

## Sample Menu #2

### **Breakfast**

Cinnamon Apple Bites (recipe provided)  
Whole wheat English muffin, 1 whole, toasted, with ¼ cup  
reduced-fat shredded cheddar cheese, melted  
Coffee, 1 cup, with artificial sweetener as desired



### **Snack**

Strawberries, sliced, ½ cup, topped with 1 tablespoon light whipped topping  
and 1 tablespoon toasted sliced almonds

### **Lunch**

Turkey sandwich, made with 2 slices whole wheat bread, 2 ounces roasted  
turkey breast without skin, 2 teaspoons reduced-fat mayonnaise,  
lettuce and tomato  
Bean salad (chilled), made with ½ cup canned garbanzo beans, rinsed and  
drained, ¼ cup sliced carrots (no-salt-added canned), 1 small chopped  
celery stalk, 1 teaspoon olive or canola oil, salt-free seasoning to taste  
Broccoli florets, raw or steamed, ½ cup, with 2 tablespoons reduced-fat  
ranch dressing for dipping

### **Snack**

Tangerines, 1 medium or 2 small  
Milk, 1%, 1 cup

### **Evening Meal**

Pork tenderloin, lean, roasted, 3 ounces  
Green beans, fresh or frozen, ½ cup, with stewed tomatoes (no-salt-added  
preferred), ½ cup  
Sweet potato, baked with 1 teaspoon soft tub margarine and cinnamon, 1  
small  
Whole wheat toast, 1 slice, with 1 teaspoon low-sugar fruit preserves

### **Snack**

Graham crackers, 3 squares  
Milk, 1%, 1 cup

\*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small  
amounts of juice, and other liquids all can help to keep you hydrated.

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## Cinnamon Apple Bites



**Serves 2**

### **Ingredients:**

- 2 medium sweet apples, cut into bite-sized chunks (peeling optional)
- 1 tablespoon soft tub margarine
- 1 teaspoon brown sugar
- ¼ teaspoon ground cinnamon
- ½ teaspoon cornstarch, mixed with enough water to dissolve
- 2 tablespoons 100% apple juice or water
- ¼ teaspoon vanilla extract (optional)

### **Directions:**

1. In a small saucepan over medium-low heat, melt the margarine.
2. Stir in the brown sugar, cinnamon, apple juice or water, cornstarch, and vanilla; add the apples.
3. Stir all ingredients together to coat apples evenly.
4. Cook apples until fork tender, about 15-20 minutes, stirring occasionally.
5. Serve warm.



#### **Try this!**

Cut an apple in half and slather with a tablespoon of peanut butter for a quick and healthy snack. You can also combine apple chunks with celery, grapes, walnuts, and low-fat mayonnaise to build a Waldorf salad.

#### **Estimated Nutrition Facts per serving:**

**120** calories  
**4 g** total fat  
**1 g** saturated fat  
**23 g** carbohydrate  
**0 g** protein  
**3 g** fiber