

Sample Menu #4

Breakfast

Whole grain waffle, 1 small, with 1 teaspoon soft tub margarine and 1
tablespoon light (reduced-sugar) maple syrup
Blueberries, fresh or frozen, thawed, ½ cup (to top waffle and stir in yogurt)
Yogurt, low-fat and low-calorie, ¾ cup

Snack

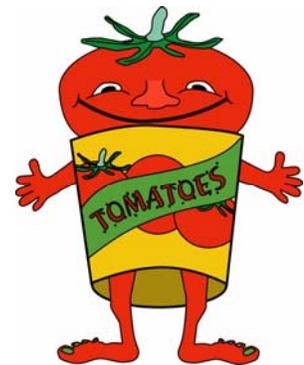
Graham crackers, 3 squares, spread with 1 tablespoon peanut butter
Raisins, 2 tablespoons (sprinkle on peanut butter crackers)

Lunch

Heat n' Eat Chili (recipe provided)
Cornbread muffin, 1 small, prepared with low-fat milk

Snack

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



Evening meal

Salmon pasta salad (chilled), made with 2 ounces salmon, canned in water
(low-sodium preferred), drained, ½ cup cooked whole wheat
macaroni, ¼ cup frozen and thawed green peas, ¼ cup diced onion, 2
teaspoons reduced-fat mayonnaise
Spinach, sautéed with 1 teaspoon canola oil, ½ cup cooked
Carrots, sliced, steamed, ½ cup
Dinner roll, 1 small, spread with 1 teaspoon low-sugar fruit preserves

Snack

Popcorn, air-popped, 3 cups
Peanuts, unsalted, 2 tablespoons
Milk, 1%, 1 cup

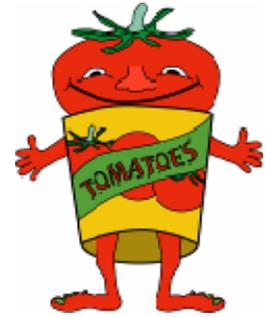
*Remember to drink plenty of fluids throughout the day! Water, tea, coffee,
small amounts of juice, and other liquids all can help to keep you hydrated.

Heat n' Eat Chili

Serves 4 (approximately 1 cup/serving)

Ingredients:

- 1 (16 ounce) can no-salt-added tomatoes (crushed, whole, or diced)
- 1 (16 ounce) can pinto beans, undrained
- ½ cup each diced sweet onion and diced red or green bell pepper
- 1 cup lean ground beef, cooked (such as ground round or sirloin)
- 2 teaspoons chili powder
- ¼ cup frozen corn kernels, thawed (optional)



Directions:

1. In a food processor, puree the tomatoes and pinto beans together, and pour into a medium sized pot; place the pot on the stove over medium heat.
2. Stir in the chili powder.
3. Add the onions, peppers, ground beef, and corn to the bean and tomato mixture.
4. When the chili starts to bubble, cover the pot and turn the heat down to medium-low/low. Simmer for about 25-30 minutes, stirring occasionally.



Try this!

Save leftovers to have for a quick lunch or evening meal with a small baked potato or piece of cornbread. Sprinkle low-fat cheese into the chili for added protein and calcium.

Estimated Nutrition Facts per serving:

300 calories
9 g total fat
3 g saturated fat
29 g carbohydrate
25 g protein
10 g fiber

Department

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