



# Healthy Menu

## DIET: Diabetic

### Dinner

### Nutrition Facts

<p>4 oz Grilled Salmon Steak with Dill and Lemon</p> <p>1/2 Cup Lima Beans</p> <p>1/2 Cup Steamed Cauliflower</p> <p>3/4 Cup Mixed Greens, Tomato and 1 oz Avocado Salad with 1 Tablespoon Low-Fat Tomato Basil Salad Dressing</p> <p>3 Lemonades™ Girl Scout Cookies® or 2 Thanks-A-Lot™ Girl Scout Cookies®</p> <p>8 oz Fat-Free Milk</p> <p>Coffee or Decaffeinated Coffee with 2 Tablespoon 2% milk, non-caloric Sweetener</p>	<table border="1"> <tr> <td><b>Calories</b></td> <td>650</td> </tr> <tr> <td><b>Total Fat</b></td> <td>24g</td> </tr> <tr> <td>Saturated Fat</td> <td>8g</td> </tr> <tr> <td>Trans Fat</td> <td>0g</td> </tr> <tr> <td><b>Cholesterol</b></td> <td>104mg</td> </tr> <tr> <td><b>Sodium</b></td> <td>492mg</td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td>58g</td> </tr> <tr> <td>Dietary Fiber</td> <td>10g</td> </tr> <tr> <td>Sugars</td> <td>26g</td> </tr> <tr> <td><b>Protein</b></td> <td>50g</td> </tr> <tr> <td>Vitamin A</td> <td>931mg</td> </tr> <tr> <td>Vitamin C</td> <td>56mg</td> </tr> <tr> <td>Calcium</td> <td>263mg</td> </tr> <tr> <td>Iron</td> <td>4mg</td> </tr> </table>	<b>Calories</b>	650	<b>Total Fat</b>	24g	Saturated Fat	8g	Trans Fat	0g	<b>Cholesterol</b>	104mg	<b>Sodium</b>	492mg	<b>Total Carbohydrate</b>	58g	Dietary Fiber	10g	Sugars	26g	<b>Protein</b>	50g	Vitamin A	931mg	Vitamin C	56mg	Calcium	263mg	Iron	4mg
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These menus are presented as examples of balanced diets. Every person is different and should not undertake a diet plan without first consulting a physician. Sample menus developed by Gloria Young, Ed.D., M.S., R.D.