



Healthy Menu

DIET: Diabetic

Lunch

3 oz Beef Strips and 1 Cup Green Lettuces and Cherry or Grape Tomato Salad with 1 Tablespoon Fat-Free Sugar-Free Herb Salad Dressing

4 oz Green Pepper, Celery and Carrot Sticks

4 Shortbread Girl Scout Cookies® or 4 Thin Mints Girl Scout Cookies®

8 oz Fat-Free Milk

Iced Tea with Lemon

Nutrition Facts

Calories	514
Total Fat	14g
Saturated Fat	8g
Trans Fat	0.75g
Cholesterol	74mg
Sodium	716mg
Total Carbohydrate	66g
Dietary Fiber	5g
Sugars	42g
Protein	37g
Vitamin A	2097mg
Vitamin C	130mg
Calcium	283mg
Iron	6mg

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.