



# Healthy Menu

## DIET: Low Fat

### Dinner

- 3 oz Baked Flounder with Dill and Lemon Wedge
- 4 oz Black Beans
- 4 oz Steam Broccoli Crowns and Baby Carrots
- 3/4 cup Mixed Greens Salad
- 1 Tablespoon Balsamic Vinaigrette Dressing
- 3 Peanut Butter Sandwich Girl Scout Cookies® or
- 5 Reduced Fat Daisy-Go-Rounds™ Girl Scout Cookies®
- 8 oz Fat-Free Milk or Chilled Water

### Nutrition Facts

<b>Calories</b>	543
<b>Total Fat</b>	13g
Saturated Fat	4g
Trans Fat	0.5g
<b>Cholesterol</b>	63mg
<b>Sodium</b>	793mg
<b>Total Carbohydrate</b>	66g
Dietary Fiber	12g
Sugars	26g
<b>Protein</b>	42g
Vitamin A	3363mg
Vitamin C	82mg
Calcium	582mg
Iron	5mg

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.