



Healthy Menu

DIET: Low Fat

Lunch

2 oz Fat-Free Turkey Sandwich w/ 1 oz Low-Fat Mozzarella Cheese, 2 Slices of Tomatoes, 1 Romaine Lettuce Leaf, 2 Slices Red Onion, on 1 Whole Wheat Sandwich Bun

1 Tablespoon of Fat-Free Dijon Dressing

3 Lemonades™ Girl Scout Cookies® or
4 Shortbread Girl Scout Cookies®

8 oz Fat-Free Milk or Chilled Water

Nutrition Facts

Calories	520
Total Fat	16g
Saturated Fat	8g
Trans Fat	1g
Cholesterol	59mg
Sodium	656mg
Total Carbohydrate	59g
Dietary Fiber	5g
Sugars	27g
Protein	39g
Vitamin A	734mg
Vitamin C	24mg
Calcium	502mg
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.