



Healthy Menu

DIET: Normal

Dinner

Nutrition Facts

<p>3 oz Roast Beef with 1/2 Cup Mushrooms</p> <p>4 oz Steamed Parslied Red Potatoes</p> <p>1/2 Cup Steamed Broccoli</p> <p>1/2 Cup Slice Cucumber and Onion Salad Marinated with Lite Italian Dressing</p> <p>4 Thin Mints Girl Scout Cookies® or 2 Caramel deLites® Girl Scout Cookies®</p> <p>8 oz Fat-Free or Low-Fat Milk</p> <p>Coffee with 1 Tablespoon Cream, if desired</p>	<table border="1"> <tr> <td>Calories</td> <td>635</td> </tr> <tr> <td>Total Fat</td> <td>22g</td> </tr> <tr> <td>Saturated Fat</td> <td>9g</td> </tr> <tr> <td>Trans Fat</td> <td>0g</td> </tr> <tr> <td>Cholesterol</td> <td>48mg</td> </tr> <tr> <td>Sodium</td> <td>716mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>78g</td> </tr> <tr> <td>Dietary Fiber</td> <td>8g</td> </tr> <tr> <td>Sugars</td> <td>32g</td> </tr> <tr> <td>Protein</td> <td>32g</td> </tr> <tr> <td>Vitamin A</td> <td>366mg</td> </tr> <tr> <td>Vitamin C</td> <td>73mg</td> </tr> <tr> <td>Calcium</td> <td>320mg</td> </tr> <tr> <td>Iron</td> <td>7mg</td> </tr> </table>	Calories	635	Total Fat	22g	Saturated Fat	9g	Trans Fat	0g	Cholesterol	48mg	Sodium	716mg	Total Carbohydrate	78g	Dietary Fiber	8g	Sugars	32g	Protein	32g	Vitamin A	366mg	Vitamin C	73mg	Calcium	320mg	Iron	7mg
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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.