



Healthy Menu

DIET: Zero Grams Trans Fat

Lunch

4 oz Grilled Boneless Chicken Sandwich with 100% Whole Wheat Bread and Lettuce and Tomato Slices

4 oz Pasta Salad with Italian Dressing

8 oz Smoothie made with Fruit such as Berries, Kiwi, Grapes and Low-Fat Yogurt

2 Thanks-A-Lot™ Girl Scout Cookies® or
5 Reduced Fat Daisy-Go-Rounds™ Girl Scout Cookies®

Nutrition Facts

Calories	889
Total Fat	21g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	103mg
Sodium	1154mg
Total Carbohydrate	133g
Dietary Fiber	15g
Sugars	55g
Protein	49g
Vitamin A	1004mg
Vitamin C	110mg
Calcium	618mg
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.