

## Examples of High-Carb Breakfast Meals

### At Home:

Orange juice, Fresh fruit. Low-fat yogurt, Pancakes with syrup, 2% or skim milk  
or  
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

### At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk  
or  
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

### At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

### At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage), Orange juice, Low-fat milk

## Examples of High-Carb Lunch or Dinner Meals <>

Large turkey sandwich on 2 slices of Whole-wheat bread  
Slice of low-fat cheese  
Lettuce, Tomato  
Fresh vegetables (carrots and celery strips)  
Low-fat yogurt  
Fresh fruit or fruit juice

Minestrone Soup  
Spaghetti with Marinara Sauce  
Salad  
Italian Bread  
Fresh Fruit  
2% or skim Milk  
Sherbet

Chili on a large baked potato  
Whole grain bread or muffin  
Low-fat chocolate milkshake  
Fresh fruit

Thick crust cheese and vegetable pizza  
Side salad  
Fresh fruit  
2% or skim milk

## Lunch/Dinner at Fast Food Restaurants <>

### LUNCH/DINNER AT FAST FOOD RESTAURANTS

#### McDonald's - 500 kcal

Chicken fajita  
Vanilla low-fat milk  
shake

OR

Hamburger  
Low-fat milk  
Low-fat frozen yogurt cone

#### McDonald's - 700-750 kcal

Hamburger  
Side salad with low calorie dressing  
Strawberry low-fat milkshake

#### McDonald's - 1,000 kcal

McLean Deluxe with cheese  
Medium fries  
Chocolate low-fat milkshake

#### Burger King - 500 kcal

BK Broiler with BBQ sauce  
2% milk

Orange juice

**Arby's - 700-750 kcal**

French dip  
Side salad with lite Italian dressing  
Jamocho shake

**Taco Bell - 700-750 kcal**

Bean burrito with red sauce  
Plain 10" tortilla  
Low-fat milk

**Pizza Hut - 1,000 kcal**

2 slices medium cheese pan pizza  
6 breadsticks  
Beverage

**Wendy's - 1,000 kcal**

Plain baked potato  
Chili  
Side salad  
Small frosty

**Breakfast Tips**

- Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
- If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

**Lunch and Dinner Tips**

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.