

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## General, Healthful Nutrition

The general, healthful diet is based on the 2010 Dietary Guidelines for Americans and is intended as a guide for adults and older children who want to follow a healthful eating pattern. This diet may be individualized by a registered dietitian (RD) to help you achieve and then maintain a healthy weight.

- The general, healthful diet may be lower in energy, sodium, and fat than many diets.
- It is high in fiber because of the focus on whole grains, fruits, and vegetables.
- The protein sources include limited amounts of lean meat, with more protein coming from fish, poultry, and vegetable sources, including beans and peas as well as low-fat or fat-free dairy products.
- Saturated fats and *trans* fats are minimized as much as possible, as are sugary drinks and desserts.

### Recommended Foods

<b>Grains</b>	Whole grains such as whole wheat, quinoa, millet, and bulgur; bread, rolls, and pasta made from whole grains; brown or wild rice; hot or cold cereals made from whole grains and without added sugar
<b>Vegetables</b>	All fresh vegetables, especially fresh, dark, green, red, or orange vegetables; peas and beans; low-sodium frozen or canned vegetables, prepared without added salt; low-sodium vegetable juices
<b>Fruits</b>	All fresh, frozen, and dried fruits; canned fruit packed in water or fruit juice without added sugar; fruit juice without added sugar
<b>Milk and Milk Products</b>	Low-fat or fat-free milk, yogurt, and cheese and frozen desserts made from low-fat milk
<b>Meat and Other Proteins</b>	Boiled, baked, or grilled lean meat trimmed of fat, skinless poultry, fresh seafood, and shellfish; canned seafood packed in water; unsalted nuts, unsalted nut butters; tofu; dried beans and peas; eggs
<b>Fats and Oils</b>	Olive, peanut, and canola oils and margarine; salad dressing and mayonnaise made from these oils
<b>Other</b>	Soups and casseroles made from allowed ingredients and without added fat or salt

## Foods Not Recommended

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<b>Grains</b>	Sweetened, low-fiber cereals; packaged baked goods; snack crackers and chips, cheese crackers, butter crackers, and biscuits; frozen waffles, sweet breads, donuts, pastries, packaged baking mixes, pancakes, cakes, and cookies
<b>Vegetables</b>	Regular canned or frozen vegetables or vegetables prepared with salt, canned tomatoes, canned tomato sauce, fried vegetables, vegetables in cream sauce or cheese sauce
<b>Fruits</b>	Fruits packed in syrup or made with added sugar
<b>Milk and Milk Products</b>	Whole milk, cream, cheeses made from whole milk, sour cream; yogurt or ice cream made from whole milk or with added sugar
<b>Meat, Poultry, Fish and Other Proteins</b>	Marbled or fatty meats such as ribs; poultry with skin; fried meats, poultry, or fish; sausages, hot dogs, and deli meats such as pastrami, bologna, or salami; fried eggs
<b>Fats and Oils</b>	Solid shortening or partially hydrogenated oils; solid margarine; margarine that contains <i>trans</i> fats; butter
<b>Alcohol</b>	More than one drink per day (for adults over 21)
<b>Other</b>	Regular soda or other sugary beverages; juice drinks; sugary and/or fatty desserts, candy, and other sweets; salt and seasonings that contain salt

**Notes:**

## Sample 1-Day Menu

<b>Breakfast</b>	½ cup orange juice ½ cup oatmeal (or 1 cup bran flakes) 1 slice whole wheat toast 1 teaspoon margarine, made from allowed fat 1 cup low-fat or fat-free milk
<b>Lunch</b>	Turkey sandwich: 3 oz turkey on whole wheat bread with mustard, lettuce, and tomato ½ cup fresh, raw carrots 1 piece fresh fruit 1 cup low-fat or fat-free milk
<b>Dinner</b>	3 oz baked fish with fresh herbs ½ cup brown or wild rice 1 cup green beans 1 cup mixed greens salad 2 tablespoons low-fat salad dressing Whole wheat roll 1 teaspoon margarine, made from allowed fat
<b>Snack</b>	1 cup low-fat or fat-free yogurt with ½ cup strawberries or blueberries

The general, healthful diet can be interchanged with the food and nutrition portion of the National Heart, Lung, and Blood Institute's Therapeutic Lifestyle Changes (TLC), as recommended by the American Heart Association, or the Dietary Approaches to Stop Hypertension (DASH) diet. The amount of food consumed while on the general, healthful diet may be individualized by a registered dietitian (RD) to help a client achieve and then maintain a healthy weight. If the diet is individualized by an RD to provide a consistent carbohydrate intake, the general, healthful diet can be substituted for the following obsolete diets: no concentrated sweets, American Diabetes Association diet, diabetic diet, or diabetic diet with a specific kilocalorie level (e.g., 1,600 kcal American Diabetes Association diet). It may also replace the cardiac diet, heart-healthy diet and low-fat/low-sodium diet.

### Notes:

## Sample 1-Day Meal Plan

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Use this form to develop an individualized meal plan.

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snack</b>	

**Notes:**