



MyPyramid Menu

1,600 Calories 2,300 mg Sodium

Breakfast

Oatmeal Breakfast

- Cooked oatmeal (1 cup) with raisins (¼ cup)
- Low-fat milk (1 cup)

Lunch

Chicken Noodle Soup & Turkey Sandwich

- Campbell's® Condensed Chicken Noodle soup **OR** 25% Less Sodium Chicken Noodle soup (1 cup prepared)
- Turkey Sandwich: Spread 1 slice Pepperidge Farm® Whole Grain bread with 1 tbsp. light mayonnaise; top with 2 oz. sliced turkey breast, 2 slices (¾ oz. each) Swiss cheese, 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- Baby carrots & celery sticks (½ cup each)
- 1 medium orange

Dinner

Salad & Hamburger Dinner

- Salad: Mix 1 cup leafy salad greens, ½ plum tomato, sliced and ¼ cup sliced cucumber. Mix 2 tsp. olive oil & 2 tsp. vinegar. Pour over salad and toss.
- Hamburger: Place a 3 oz. cooked lean hamburger patty on a toasted hamburger bun with 2 slices of tomato, 2 slices onion, and 1 leaf lettuce.

Snacks

- Fat-free frozen yogurt (1 cup) topped with sliced strawberries (½ cup)

Calculated Daily Nutrition:

Calories: 1621
Total Fat: 51g
Saturated Fat: 18g
Cholesterol: 192mg

Sodium: 1852mg
Total Carbohydrates: 203g
Dietary Fiber: 22g
Protein: 91g

MyPyramid Food Group Servings:

Grains: 6 oz-eq
Whole Grains: 4 oz-eq
Vegetables: 2 cups
Fruits: 1 ½ cups

Milk: 3 cups
Meat & Beans: 5 oz-eq



MyPyramid Menu

2,000 Calories 2,300 mg Sodium

Breakfast

Oatmeal Breakfast

- Cooked oatmeal (1 cup) with raisins (¼ cup) and walnuts (1 tbsp.)
- Low-fat milk (1 cup)
- Low Sodium V8® vegetable juice (8 oz.)

Lunch

Chicken Noodle Soup & Turkey Sandwich

- Campbell's® Condensed Chicken Noodle soup **OR** 25% Less Sodium Chicken Noodle soup (1 cup prepared)
- Turkey Sandwich: Spread 1 slice Pepperidge Farm® Whole Grain bread with 1 tbsp. light mayonnaise; top with 2 oz. sliced turkey breast, 2 slices (¾ oz. each) Swiss cheese, 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- Baby carrots & celery sticks (½ cup each)
- 1 medium orange

Dinner

Salad & Hamburger Dinner

- Salad: Mix 2 cups leafy salad greens, ½ plum tomato, sliced and ¼ cup sliced cucumber. Mix 1 tbsp. olive oil & 1 tbsp. vinegar. Pour over salad and toss.
- Hamburger: Place a 3 oz. cooked lean hamburger patty on a toasted hamburger bun with 2 slices of tomato, 2 slices onion, and 1 leaf lettuce.

Snacks

- Fat-free frozen yogurt (1 cup) topped with sliced strawberries (½ cup)
- Unsalted popcorn (3 cups air-popped)
- V8® V-Fusion™ Blueberry Pomegranate (12 oz. bottle)

Calculated Daily Nutrition:

Calories: 2006
Total Fat: 62g
Saturated Fat: 19g
Cholesterol: 192mg

Sodium: 2321mg
Total Carbohydrates: 272g
Dietary Fiber: 29g
Protein: 97g

MyPyramid Food Group Servings:

Grains: 7 oz-eq
Whole Grains: 5 oz-eq
Vegetables: 4 ¼ cups
Fruits: 2 ¼ cups

Milk: 3 cups
Meat & Beans: 5 ½ oz-eq



MyPyramid.gov
STEPS TO A HEALTHIER YOU



MyPyramid Menu

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Breakfast

Bagel Breakfast

- Pepperidge Farm® Whole Wheat Mini bagels (1) toasted and spread with sugar-free jelly (1 tbsp.)
- Low-fat milk (1 cup)

Lunch

Campbell's® Chunky™ Healthy Request® Old Fashioned Vegetable Beef Soup & Tuna Sandwich

- Campbell's® Chunky™ Healthy Request® Old Fashioned Vegetable Beef soup (1 cup)
- Tuna Sandwich: Mix 1/3 of a 6 oz. can (2 oz.) low-sodium tuna packed in water with 1 tbsp. minced onion and 2 tsp. mayonnaise. Spread on one slice Pepperidge Farm® Whole Grain bread, top with 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- Sliced raw veggies (½ cup)
- 1 small apple

Dinner

Chinese Chicken & Broccoli Dinner

- Stir-fried chicken breast strips (3 oz.) in peanut or sesame oil (2 tsp.)
- Steamed broccoli (1 cup)
- Hot cooked brown or white rice (1 cup)

Snacks

- Flavored light yogurt (1 cup) mixed with blueberries (½ cup)
- Low-fat chocolate milk (1 cup)
- 1 medium orange

Calculated Daily Nutrition:

Calories: 1590
Total Fat: 32g
Saturated Fat: 9g
Cholesterol: 137mg

Sodium: 1540mg
Total Carbohydrates: 241g
Dietary Fiber: 29g
Protein: 100g

MyPyramid Food Group Servings:

Grains: 5 oz-eq
Whole Grains: 3 oz-eq
Vegetables: 2 cups
Fruits: 2 cups

Milk: 3 cups
Meat & Beans: 5 oz-eq



MyPyramid Menu

2,000 Calories 1,500 mg Sodium

Breakfast

English Muffin Breakfast

- Pepperidge Farm® Whole Wheat English Muffin (1) toasted and spread with soft unsalted margarine (2 tsp.) and jelly (2 tbsp.)
- Low-fat milk (1 cup)

Lunch

Campbell's® Chunky™ Healthy Request® Old Fashioned Vegetable Beef Soup & Tuna Sandwich

- Campbell's® Chunky™ Healthy Request® Old Fashioned Vegetable Beef soup (1 cup)
- Tuna Sandwich: Mix 1/3 of a 6 oz. can (2 oz.) low-sodium tuna packed in water with 1 tbsp. minced onion and 2 tsp. mayonnaise. Spread on one slice Pepperidge Farm® Whole Grain bread, top with 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- Sliced raw veggies (1 cup)
- 1 small apple

Dinner

Chinese Chicken & Broccoli Dinner

- Stir-fried chicken breast strips (3 oz.) in peanut or sesame oil (2 tsp.)
- Steamed broccoli (1 cup)
- Hot cooked brown or white rice (1 cup)

Snacks

- Low-fat frozen yogurt (1 cup) topped with sliced strawberries (½ cup) and chopped walnuts (1 tbsp.)
- Low-fat chocolate milk (1 cup)
- 1 medium orange
- V8 Splash® Tropical Blend juice drink (8 oz.)

Calculated Daily Nutrition:

Calories: 1987
Total Fat: 45g
Saturated Fat: 11g
Cholesterol: 137mg

Sodium: 1588mg
Total Carbohydrates: 302g
Dietary Fiber: 29g
Protein: 100g

MyPyramid Food Group Servings:

Grains: 6 oz-eq
Whole Grains: 4 oz-eq
Vegetables: 2 ½ cups
Fruits: 2 cups

Milk: 3 cups
Meat & Beans: 5 ½ oz-eq

