HOUSTON FAMILY NUTRITION

1500 Calorie Meal Plan

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	5 oz.	2 cups	1 ½ cups	3 cups	5 oz.

Physical Activity Target
150 Minutes

Meal Plan A

(based on a 1500 calorie diet)

Breakfast

1 ounce(s) Grains
½ cup(s) Fruits
½ cup(s) Dairy

Morning Snack

1 ounce(s) Grains
½ cup(s) Fruits

Lunch

1 ounce(s) Grains
½ cup(s) Vegetables
½ cup(s) Fruits
1 cup(s) Dairy
2½ ounce(s) Protein Foods

Afternoon Snack

½ cup(s) Vegetables
½ cup(s) Dairy

Dinner

2 ounce(s) Grains
1 cup(s) Vegetables
1 cup(s) Dairy
2 ½ ounce(s) Protein Foods

Meal Plan B

(based on a 1500 Calorie Plan)

Breakfast

1 ounce(s) Grains
1 cup(s) Dairy
1 ounce(s) Protein Foods

Morning Snack

½ cup(s) Fruits
½ cup(s) Dairy

Lunch

2 ounce(s) Grains
½ cup(s) Vegetables
½ cup(s) Dairy
2 ounce(s) Protein Foods

Afternoon Snack

1 ounce(s) Grains
½ cup(s) Vegetables

Dinner

1 ounce(s) Grains
1 cup(s) Vegetables
1 cup(s) Fruits
1 cup(s) Dairy
2 ounce(s) Protein Foods

Meal Plan C

(based on a 1500 Calorie Plan)

Breakfast

1 cup(s) Fruits
1 cup(s) Dairy

Morning Snack

1 ounce(s) Grains
½ cup(s) Dairy
1 ounce(s) Protein Foods

Lunch

1 ½ ounce(s) Grains
½ cup(s) Vegetables
½ cup(s) Dairy

Afternoon Snack

1 ½ ounce(s) Grains
½ cup(s) Vegetables
½ cup(s) Dairy
2 ounce(s) Protein Foods

Dinner

1 ½ ounce(s) Grains
1 cup(s) Vegetables
½ cup(s) Fruits
2 ounce(s) Protein Foods









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