

## STANDARD DIET 1000 KCAL FOR CHILDREN → BODY WEIGHT MAINTENANCE

MEALS	MENU <sup>1 TIME WEEKLY</sup>	
"WHITE" MEAT	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	<b>SNACK</b>	Fresh orange juice (1 cup) or fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>LUNCH</b>	Chicken soup: seasonal vegetables, boiled <sup>(1)</sup> + chicken without skin (1 oz.)+ 1 potato, boiled (3 oz)
	<b>SNACK</b>	Fresh orange juice (1/2 cup) + 1 sl. white bread (1oz.) + 1oz. Kaseri cheese, or any other medium- fat cheese.
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)

MEALS	MENU <sup>2 TIMES WEEKLY</sup>	
"RED"MEAT/ MINCED	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup) + 1sl. whole wheat bread (1oz.) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	<b>SNACK</b>	Fresh orange juice (1 cup) or fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + Beef silverside, without visible fat, cooked (1 oz.) + homemade potato puree (1/2 cup, 3.5 oz.)
	<b>SNACK</b>	Oats cream (quaker with water): Fresh full- fat milk 3,5% (1/2 cup) + oat flakes (1 oz.) + 1 apple, small
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)

MEALS	MENU <sup>1 TIME WEEKLY</sup>	
FISH	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	<b>SNACK</b>	Fresh orange juice (1 cup) or fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegatebles' soup + fish (2 oz.) + 1 small potato, boiled (3 oz.)
	<b>SNACK</b>	1 pear, medium (3 oz.)
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)

MEALS	MENU <sup>1 TIME WEEKLY</sup>	
GREEK- OLIVE OIL	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup) + 1sl. whole wheat bread (1oz.) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	<b>SNACK</b>	Fresh orange juice (1 cup) or fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>LUNCH</b>	Fresh beans, cooked in olive oil (or other starchy vegetables) + 1 oz. Feta cheese, or any other medium- fat cheese
	<b>SNACK</b>	Fresh orange juice (1/2 cup) + 1 egg, boiled + 1sl. White bread (1oz.)
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)



MEALS		MENU 1 TIME WEEKLY
LEGUMES	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	<b>SNACK</b>	Fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>LUNCH</b>	Lentils, soup, with tomato sauce (1/2 cup)+ 1 oz. Feta cheese, or any other medium-fat cheese.
	<b>SNACK</b>	Fresh orange juice (1/2 cup) + 1 oz, homemade biscuits or cake
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU 1 TIME WEEKLY
STARCH	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup) + 1sl. whole wheat bread (1oz.) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	<b>SNACK</b>	Fresh orange juice (1/2 cup) + 1 egg, boiled
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + spaghetti, boiled(1 cup) + 2 tbs. cheese, grounded + homemade vegetable sauce
	<b>SNACK</b>	Fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	<b>DINNER</b>	Fresh full- fat milk 3,5% (1 cup)

<b>Nutritional Facts:</b>	
<b>Energy (Kcal)</b>	1000
<b>Proteins</b>	1.5 oz. (16%)
<b>Carbohydrates</b>	5 oz. (52%)
<b>Fats</b>	1.4 oz. (34%)

**Notes:**

<sup>(1)</sup> **Seasonal salad** (from non-starchy vegetables) may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 tablespoons (1 tablespoon= 3 teaspoons)

In meals such as meat, rice, sauces and pureesm try to add vegetables, so that the daily consumption of vegetables is increased (e.g. carrot puree, tomato sauce, broccoli bites)

Quantities are based on cooked food, normally prepared with ½ - 1 tbs olive oil per food serving.

Feel free to consult the unit "Food Groups" in order to make changes and to develop your own diet based on your own nutritional preferences.

Meat, fish and legumes belong in the group of proteins

Rice, potatoes and bread belong in the group of carbohydrates

Olive oil and nuts belong in the group of fat.

The Food Group of "**Free Foodstuff**" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.



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