

## STANDARD DIET 1400 KCAL FOR CHILDREN → BODY WEIGHT MAINTENANCE

	MEALS	MENU <sup>1 TIME WEEKLY</sup>
"WHITE" MEAT	<b>BREAKFAST</b>	Fresh orange juice (1 cup) + 1 sl. white bread (1oz.) + 1oz. Kaseri cheese, or any other medium- fat cheese.
	<b>SNACK</b>	1 apple, medium (4 oz.) + 1 cereal bar, high in fiber (90kcal, 0.8 oz. carbs., <0.1 oz. fat per serving)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetables' soup + chicken, without skin, roasted (3 oz.)+ rice, cooked (2/3 cup, 3.5 oz.)
	<b>SNACK</b>	1 banana, medium (4 oz.)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + corn, boiled (1.5 oz.) + rice, cooked (2/3 cup, 3.5 oz.) + + 2 tbs parmesan cheese, grounded + 1 egg, boiled (large, 2 oz.)

	MEALS	MENU <sup>2 TIMES WEEKLY</sup>
"RED"MEAT/ MINCED	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup) + 2 sl. whole wheat bread (1oz. each) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	<b>SNACK</b>	Fresh orange juice (1 cup)
	<b>LUNCH</b>	Seasonal salad (1 bowl) <sup>(1)</sup> + beef steak (or any other type of red meat, low/medium fat) (3 oz.) + 1 medium potato, baked (6 oz.)
	<b>SNACK</b>	Homemade Smoothie: 1 banana, medium (2 oz.)+ Yogurt, medium in fat (3.5 oz.)
	<b>DINNER</b>	Spaghetti, cooked (2/3 cup, 3.5 oz.) + 3-4 tbs parmesan cheese, grounded + homemade tomato sauce

	MEALS	MENU <sup>1 TIME WEEKLY</sup>
FISH	<b>BREAKFAST</b>	Yogurt, full- fat (1 cup, 7oz.) + muesli (1 oz.) + strawberries (1 ¼ cup, 6 oz.)
	<b>SNACK</b>	Fresh orange juice (1 cup) + 2 bread sticks (1 oz. each)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegatebles' soup + fish (4 oz.) + 2 small potatos, boiled (3 oz. each)
	<b>SNACK</b>	1 apple, small
	<b>DINNER</b>	1 baked potato (medium, 5.5 oz.) or homemade French fries in olive oil (3.5 oz.) + Feta cheese (0.5 oz.)or 2 tbs parmesan cheese, grounded

	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)
	<b>LUNCH</b>	Fresh beans, cooked in olive oil, including potatoes or rice (or other starchy vegetables), 1 reatsuran serving (10oz.) + 2 oz. Feta cheese, or any other medium- fat cheese + 1 sl. Bread (1 oz.)
	<b>SNACK</b>	1 pear, medium (4 oz.)
	<b>DINNER</b>	Omelet (1 egg+ 2 eggs' white + 2 tbs grounded cheese) with vegetables+ 1 sl. Whole wheat bread (1 oz.)

MEALS		MENU <sup>1 TIME WEEKLY</sup>
LEGUMES	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)+ 1 banana (2 oz.)
	<b>SNACK</b>	Fresh orange juice (1 cup)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + Lentils, soup, with tomato sauce (1 serving, 9 oz.) + 1 oz. Feta cheese, or any other medium- fat cheese + 1 sl. Bread (1 oz.)
	<b>SNACK</b>	Oats cream (quaker with water): Fresh full- fat milk 3,5% (1/2 cup) + oat flakes (1 oz.) + 1 banana, medium (2 oz.) + 1 tsp honey
	<b>DINNER</b>	1 homemade toasted sandwich: 2 sl. Whole wheat bread (1 oz. Each) + 1 oz. low fat ham + 0.5 oz. kaseri cheese, or any other medium- fat cheese + vegetables

MEALS		MENU <sup>1 TIME WEEKLY</sup>
STARCH	<b>BREAKFAST</b>	Fresh full- fat milk 3,5% (1 cup)+1 sl. bread (1 oz.)+ egg, fried (1 large, 1oz.)
	<b>SNACK</b>	1 banana, medium (4 oz.)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + spaghetti, boiled(1 cup, 4oz.) + 2 tbs. cheese, grounded + homemade vegetable sauce
	<b>SNACK</b>	Fresh orange juice (1 cup)
	<b>DINNER</b>	Seasonal salad (1 bowl) <sup>(1)</sup> + beef steak (or any other type of red meat, low/medium fat) (3 oz.) + 1 small potato, baked (3 oz.)

Nutritional Facts:	
<b>Energy (Kcal)</b>	1450
<b>Proteins</b>	2.3 oz. (18.2%)
<b>Carbohydrates</b>	6.6 oz. (51.9%)
<b>Fats</b>	1.8 oz. (31.3%)

### 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 purees 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.



NutriNet

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.