

1500 Calorie Diet

In this example menu of a 1,500 kcal diet, you can see how it's easy to have full meals and snacks and still stick within the recommended calories and food groups for a 1,500 kcal diet.

The menu contains 3 servings protein, 5 servings vegetables, 6 ounces whole grains, 3 servings fruit and 3 servings dairy OR calcium-containing foods.

You may consume 100-500 additional calories in snacks or larger portion sizes, depending on your caloric needs.

Meal	Food Group
Breakfast	
1 scrambled egg with 240 mL onion and 240 mL tomato	1 protein, 1 veg
20 grapes	1 fruit
1 slice whole wheat toast	1 grain
Lunch	
Sandwich: 30 mL peanut butter and 1 banana on 2 slices whole wheat bread	1 protein, 2 grain, 1 fruit
120 mL veggie sticks with cool herb dipping sauce	1 veg, 1 dairy
Dinner	
120 mL (57 g) whole wheat spaghetti	1 grain
240 mL tomato sauce with veggies and 14 g parmesan cheese	2 veg, 1 dairy
1/2 cup kidney beans	1 protein
240 mL salad	1 veg
Snacks	
1 apple	1 fruit
240 mL yoghurt with 30 ml granola	1 dairy, 2 grain