

GUIDELINES FOR CALORIES

Dinner Pattern

1–Dinner Entree

1–Starch Serving

Vegetables (plain–as desired or 1/2 cup buttered or starchy vegetable)

1–Salad (lettuce–as desired plus 2 tbsp low calorie salad dressing or 1/2 cup fruit or other vegetable salad)

1–Fat Serving¹

1–Dessert Serving

Coffee or Tea–as desired (without cream or sugar)

¹Fat servings are optional. By selecting those items at the lower end of the average calorie range, i.e., fresh fruit rather than a small portion of dessert, the meal plan more nearly approximates 1500 calories. (Lettuce salads and fresh fruit are not always available in Navy general messes afloat.)

NOTE: Navy and Marine Corps food service personnel can use this meal pattern as the basis of the Healthy Choices Plan. Army and Air Force users should refer to the Fitness and Short Order Menu Pattern in Department of the Army Supply Bulletin SB 10-260, and the Sensible Limited Intake Menu (SLIM) in United States Air Force Worldwide Menu AFP 146-17, respectively.

REVISION