

STANDARD DIET 1200 KCAL FOR CHILDREN → BODY WEIGHT MAINTENANCE

MEALS		MENU ¹ TIME WEEKLY
"WHITE" MEAT	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	SNACK	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)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetables' soup + chicken, without skin, roasted (1 oz.)+ rice, cooked (2/3 cup, 3.5 oz.)
	SNACK	Oats cream (quaker with water): Fresh full- fat milk 3,5% (1/2 cup) + oat flakes (1 oz.) + 1 banana, medium (2 oz.) + 2 tsp raisins
	DINNER	1 homemade toasted sandwich: 2 sl. Whole wheat bread (1 oz. Each) + 1 oz. kaseri cheese, or any other medium- fat cheese.
	MEALS	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU ² TIMES WEEKLY
"RED"MEAT/ MINCED	BREAKFAST	Fresh full- fat milk 3,5% (1 cup) + 1sl. whole wheat bread (1oz.) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	SNACK	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)
	LUNCH	Seasonal salad (1 bowl) ⁽¹⁾ + meatballs, grilled/ cooked (or any other type of red meat, low/medium fat) (2 oz.) + 1 small potato, baked (3 oz.)
	SNACK	1 banana, medium (2 oz.)
	DINNER	Spaghetti, cooked (1 cup, 5 oz.) + 2 tbs parmesan cheese, grounded + homemade tomato sauce
	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU ¹ TIME WEEKLY
FISH	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	SNACK	Fresh orange juice (1 cup) + 1 bread stick (1 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegatebles' soup + fish (2 oz.) + 1 small potato, boiled (3 oz.)
	SNACK	1 apple, small + 1 sl. bread (1 oz.) + ½ tsp tachini + 1tsp honey
	DINNER	1 baked potato (medium, 6 oz.) or homemade French fries in olive oil (3.5 oz.) + Feta cheese (0.5 oz.)
	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU ¹ TIME WEEKLY
GREEK- OLIVE OIL	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	SNACK	Fresh orange juice (1 cup)
	LUNCH	Fresh beans, cooked in olive oil, including potatoes or rice (or other starchy vegetables) + 1 oz. Feta cheese, or any other medium- fat cheese + 1 sl. Bread (1 oz.)
	SNACK	1 pear, medium (3 oz.)+ Yogurt, full- fat (3.5. oz.)+ 1tsp honey
	DINNER	Seasonal salad ⁽¹⁾ + 1 egg, boiled +1 sl. Bread (1 oz.)
	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU ¹ TIME WEEKLY
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BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
SNACK	Fresh orange juice (1 cup)
LUNCH	Seasonal salad ⁽¹⁾ + Lentils, soup, with tomato sauce (1/2 cup, 3.5 oz.) + 1 sl. Bread (1 oz.)
SNACK	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
DINNER	1 egg, boiled (large, 1 oz.) +1 sl. Bread (1 oz.)
BREAKFAST	Fresh full- fat milk 3,5% (1 cup)

MEALS		MENU ^{1 TIME WEEKLY}
STARCH	BREAKFAST	Fresh full- fat milk 3,5% (1 cup) + 1sl. whole wheat bread (1oz.) + 1tsp. Tachini or butter+ 1tsp honey or homemade jam
	SNACK	1 banana, medium (4 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, boiled(1 cup, 4oz.) + 2 tbs. cheese, grounded + homemade vegetable sauce
	SNACK	Fresh orange juice (1 cup)
	DINNER	Seasonal salad ⁽¹⁾ + 1 burger, grilled/cooked (2 oz.)
	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)

Nutritional Facts:	
Energy (Kcal)	1200
Proteins	1.8 oz. (17%)
Carbohydrates	5.6 oz. (52%)
Fats	1.5 oz. (31%)

Notes:

⁽¹⁾ **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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