

STANDARD DIET 1400 KCAL FOR CHILDREN → BODY WEIGHT MAINTENANCE

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

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

	MEALS	MENU ^{1 TIME WEEKLY}
FISH	BREAKFAST	Yogurt, full- fat (1 cup, 7oz.) + muesli (1 oz.) + strawberries (1 ¼ cup, 6 oz.)
	SNACK	Fresh orange juice (1 cup) + 2 bread sticks (1 oz. each)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetables' soup + fish (4 oz.) + 2 small potatoes, boiled (3 oz. each)
	SNACK	1 apple, small
	DINNER	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, ground

	MEALS	MENU ^{1 TIME WEEKLY}
GREEK- OLIVE OIL	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)
	LUNCH	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.)
	SNACK	1 pear, medium (4 oz.)
	DINNER	Omelet (1 egg+ 2 eggs' white + 2 tbs ground cheese) with vegetables+ 1 sl. Whole wheat bread (1 oz.)

MEALS		MENU ^{1 TIME WEEKLY}
LEGUMES	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)+ 1 banana (2 oz.)
	SNACK	Fresh orange juice (1 cup)
	LUNCH	Seasonal salad ⁽¹⁾ + Lentils, soup, with tomato sauce (1 serving, 9 oz.) + 1 oz. Feta cheese, or any other medium- fat cheese + 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 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 ^{1 TIME WEEKLY}
STARCH	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+1 sl. bread (1 oz.)+ egg, fried (1 large, 1oz.)
	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 bowl) ⁽¹⁾ + beef steak (or any other type of red meat, low/medium fat) (3 oz.) + 1 small potato, baked (3 oz.)

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

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 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.