

STANDARD DIET 1000 KCAL FOR CHILDREN BODY WEIGHT MAINTENANCE

“ W H I T E ” M E A T	MEALS	MENU ^{1 TIME WEEKLY}
“ W H I T E ” M E A T	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	Chicken soup: seasonal vegetables, boiled ⁽¹⁾ + chicken without skin (1 oz.)+ 1 potato, boiled (3 oz)
	SNACK	Fresh orange juice (1/2 cup) + 1 sl. white bread (1 oz.) + 1oz. Kaseri cheese, or any other medium- fat cheese.
	DINNER	Fresh full- fat milk 3,5% (1 cup)

“ R E D ” M E A T / M I N C E D	MEALS	MENU ^{2 TIMES WEEKLY}
“ R E D ” M E A T / M I N C E D	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⁾ + Beef silverside, without visible fat, cooked (1 oz.) + homemade potato puree (1/2 cup, 3.5 oz.)
	SNACK	Oats cream (quaker with water): Fresh full- fat milk 3,5% (1/2 cup) + oat flakes (1 oz.) + 1 apple, small
	DINNER	Fresh full- fat milk 3,5% (1 cup)

F I S H	MEALS	MENU ^{1 TIME WEEKLY}
F I S H	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 vegatebles' soup + fish (2 oz.) + 1 small potato, boiled (3 oz.)
	SNACK	1 pear, medium (3 oz.)
	DINNER	Fresh full- fat milk 3,5% (1 cup)

G R E E K - O I L	MEALS	MENU ^{1 TIME WEEKLY}
G R E E K - O I L	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	Fresh beans, cooked in olive oil (or other starchy vegetables) + 1 oz. Feta cheese, or any other medium- fat cheese
	SNACK	Fresh orange juice (1/2 cup) + 1 egg, boiled + 1sl. White bread (1oz.)

V E G E T A B L E	DINNER	Fresh full- fat milk 3,5% (1 cup)
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L E G U M E S	MEALS	MENU ^{1 TIME WEEKLY}
	BREAKFAST	Fresh full- fat milk 3,5% (1 cup)+ cereals (1 oz.)
	SNACK	Fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	LUNCH	Lentils, soup, with tomato sauce (1/2 cup)+ 1 oz. Feta cheese, or any other medium-fat cheese.
	SNACK	Fresh orange juice (1/2 cup) + 1 oz, homemade biscuits or cake
	DINNER	Fresh full- fat milk 3,5% (1 cup)

S T A R C H	MEALS	MENU ^{1 TIME WEEKLY}
	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 (1/2 cup) + 1 egg, boiled
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, boiled(1 cup) + 2 tbs. cheese, grounded + homemade vegetable sauce
	SNACK	Fruit puree or fruit salad, all made out of 2 fruit equivalents (e.g. ½ banana + 1 small apple)
	DINNER	Fresh full- fat milk 3,5% (1 cup)

Nutritional Facts:	
Energy (Kcal)	1000
Proteins	1.5 oz. (16%)
Carbohydrates	5 oz. (52%)
Fats	1.4 oz. (34%)

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.

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.