

MyPyramid Sample 2000 Calorie Menus for 7 Days

Sample MyPyramid Menu	Serving	Estimated WG	Calories	ounce - equivalents
whole grain sandwich bun	1 bun	38	200	1
cooked oatmeal	1/2 cup	17	100	1
whole wheat dinner roll	1 ounce	16	90	1
whole wheat toast	1 slice	15	95	1
whole wheat dinner roll	1 ounce	16	90	1
whole wheat english muffin	1 muffin	32	130	2
puffed wheat cereal	1 cup	16	100	1
whole wheat toast	1 slice	15	95	1
whole wheat pita	2 ounces	16	160	2
whole wheat dinner roll	2 ounce	32	180	2
whole wheat french toast	2 slices	30	190	2
whole wheat crackers	5 crackers	3	70	1
buckwheat pancakes	3 pancakes	30	300	3
whole wheat crackers	10 crackers	6	140	2
brown rice	1 cup	52	215	2
TOTAL		334	2155	23
Per Day		48	308	3
		grams of WG per day	calorie/ day from WG	ounces of WG

**"Good Source" = 5g
Grams of Whole Grains 5 g- 9.9g**

Meal	Product	Number of servings	Labeled serving size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Breakfast bar	1	1 bar (45g)	40g	<1/2	5.5	5.5	170	170
Lunch	Bread	2	1 slice (28 g)	50	1	5	10	60	120
Snack	Muffin	1	1 muffin	55g	<1/2	5	5	160	160
Dinner	Frozen Entrée*	1	295 g		<1/2	5	5	240	100
Snack	Cake	1		80g	<1/2	5	5	290	290
Total		6					30.5		840

DAY 2									
Breakfast	Waffle	1	2 waffles (70g)	85g	<1/2	5.6	5.6	180	180
Lunch	Chix Noodle Soup	1	250 g	245g	<1/2	5	5	110	110
Snack	Pretzel	1		30g	<1/2	5	5	370	370
Dinner	Hamburger Bun	1	1 bun (43g)	50g	<1/2	5.9	5.9	120	120
Snack	Cookie	1		30g	<1/2	5	5	140	140
Total		6					26.5		920

DAY 3									
Breakfast	RTE oats cereal	1	31g	30g	1/2	8	8	120	120
Lunch	Bread	2	1 slice (28g)	50	1	5	10	60	120
Snack	Granola Bar	1	1 bar (62g)	40g	<1/2	6	6	240	240
Dinner	Cheese Pizza**	1	130g		<1/2	7	7	260	200
Snack	Brownies	1		40g	<1/2	5	5	160	160
Total		6					36		840

Averages		6					31		867
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* Calorie level for the WG pasta

**Calorie level for the pizza crust

**"Excellent Source" =10g
Grams of Whole Grains 10g-15.9g**

Meal	Product	Number of servings	Labeled Serving Size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Doughnut	1	55g	55g	5/8	10	10	220	220
Lunch	Rice	1		45g (dry) 140g (prep)	5/8	10	10	170	170
Snack	Crackers	1	30g	30g	5/8	10	10	120	120
Dinner	Pasta	1		55g (dry) 140g (prep ared)	5/8	10	10	200	200
Total		4			2 1/2		40		710

DAY 2									
Breakfast	Oat flakes cereal	1	30g	30g	>5/8	11	11	110	110
Lunch	Canned pasta	1	212g		5/8	10	10	230	230
Dinner	Frozen Entrée*	1	227g		>5/8	11.5	11.5	240	100
Snack	Crackers	1	30g	30g	5/8	10	10	130	130
Total		4					42.5		570

DAY 3									
Breakfast	Waffles	1		85g	5/8	10	10	230	230
Lunch	Bread	2	1slice (28g)	50g	>3/4	13.9	27.8	70	140
Dinner	Tortilla	1		55g	5/8	10	10	150	150
Snack	Cookies	1	3 cookies (33g)	30g	>3/4	13	13	150	150
Total		5					60.8		670

Average		4.3					48		650
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* Calorie level for pasta only

**Blended Menu for "Good Source" = 5g and "Excellent Source"=10g
Grams of Whole Grains 5 g - 15.9 g**

Meal	Product	Number of servings	Labeled Serving Size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Breakfast bar	1	1 bar (45g)	40g	<1/2	5.5	5.5	170	170
Lunch	Rice	1		45g (dry) 140g (prep)	5/8	10	10	170	170
Snack	Crackers	1	30g	30g	5/8	10	10	120	120
Dinner	Hamburger Bun	1	1 bun (43g)	50g	<1/2	5.9	5.9	120	120
Snack	Brownies	1		40g	<1/2	5	5	160	160
Total		5					36.4		740

DAY 2									
Breakfast	Oat flakes cereal	1	30g	30g	>5/8	11	11	110	110
Lunch	Chix Noodle Soup	1	250g	245g	<1/2	5	5	110	110
Snack	Granola Bar	1	1 bar (62g)	40g	<1/2	6	6	240	240
Dinner	Frozen Entrée*	1	227g		>5/8	11.5	11.5	240	100
Snack	Crackers	1	30g	30g	5/8	10	10	130	130
Total		5					43.5		690

Average		5					40		715
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* Calorie level for pasta only

" Good Source" = 8g
Grams of Whole Grains 8 g - 15.9 g

Meal	Product	Number of servings	Labeled Serving Size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Cereal	1	32g	30g	1/2	8	8	120	120
Lunch	Bread	1	2 slices (57g)	50g	>1/2	8.6	8.6	150	150
Snack	Cereal bar	1	1 bar (35g)	40g	1/2	8	8	140	140
Dinner	Pasta	1	56g	55g (dry) 140g(prepared)	1/2	8	8	270	270
Snack	Cookies	1	2 cookies (31g)	30g	1/2	8	8	110	110
Total		5					40.6		790
DAY 2									
Breakfast	Cereal	1	3/4 cup (28 g)	30g	1/2	8	8	110	110
Lunch	PBJ Sandwich*	1	1 sandwich (63g)		1/2	8	8	220	100
Snack	whole grain crackers	1	30g	30g	5/8	10	10	130	130
Dinner	Macaroni & cheese whole wheat pasta**	1	56g	55g (dry) 140g(prepared)	1/2	8	8	200	200
Snack	Snack	1	1 pouch (21g)	30g	>1/2	9	9	100	100
Total		5					43		640
DAY 3									
Breakfast	Bagel	1	1 bagel (92g)	55g	>1/2	9.2	9.2	240	240
Lunch	Whole wheat Bread	1	1 slice (28g)	50g	>3/4	13.9	13.9	70	70
Snack	Bar	1	1 bar (28g)	40g	1/2	8	8	110	110
Dinner	Bread	1	2 slices (60g)	55g	>1/2	8.7	8.7	200	200
Snack	Cookies	1	1 package (24 g)	30g	>1/2	9	9	100	100
Total		5					48.8		720
Average		5					44		717

*Calorie level for bread only

** Calorie level for dry pasta level

**"Excellent Source" = 16g
Grams of Whole Grains 16 g - 22 g**

Meal	Product	Number of servings	Labeled Serving Size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Cereal	1	1 cup (30 g)	30g	1	16	16	110	110
Lunch	Bread	1	1 sl (35 g)	50g	1	16	16	100	100
Snack	Granola bar	1	2 bars (42 g)	40g	1	16	16	180	180
Total		3					48		390

DAY 2									
Breakfast	Energy Bar	1	1 bar (65g)	40g	1	16	16	240	240
Snack	Crackers	1	17 crackers (30g)	30g	1	16	16	130	130
Dinner	Frozen entrée w/ WG pasta*	1			>1 3/4	> 16	> 16	280	100
Total		3					48		470

DAY 3									
Breakfast	Cereal	1	29g	30g	>1	19	19	90	90
Lunch	Multi-grain Bread	1	1 slice (40g)	50g	1 1/4	20.2	20.2	100	100
Snack	94% Butter flavor Popcorn	1	1(43g)	50g	> 1 1/4	21	21	110	110
Total		3					60.2		300
Average		3					52		387

* Calorie level for pasta only

**Blended Menu for "Good Source" = 8g and "Excellent Source" =16g
Grams of Whole Grains 8 g - 22 g**

Meal	Product	Number of servings	Labeled Serving Size	RACC	Number of ounce-equivalents	Whole Grains (grams)/serving	Total WG	Calories/serving	Total Calories
DAY 1									
Breakfast	Cereal	1	1 cup (30 g)	30g	1	16	16	110	110
Lunch	Frozen entrée w/ WG pasta*	1			> 1 3/4	> 16	16	280	100
Dinner	Bread	1	2 slices (57g)	50g	>1/2	8.6	8.6	150	140
Snack	Bar	1	1 bar (62g)	40g	<1/2	9	9	240	240
Total		4					49.6		590

DAY 2									
Breakfast	Energy Bar	1	1 bar (65g)	40g	1	16	16	240	240
Snack	Crackers	1	17 crackers (30g)	30g	1	16	16	130	130
Lunch	PBJ Sandwich**	1	1 sandwich (63g)		1/2	8	8	220	100
Snack	Cookies	1	1 pouch (21g)	30g	>1/2	9	9	100	100
Total		4					49		570

Average		4					49		580
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* Calorie level for pasta only

** Calorie level for bread only