

## Sample Sensible Eating Plans for Active College Women

Healthy, active college women need approximately 1600-2400 calories/day. Your individual needs may be higher or lower depending on your basal metabolic rate and level of physical activity. The plans below represent about 2000 calories, 55-60% from high quality carbohydrate, ~15% from lean protein, and ~30%\* from mostly unsaturated fat.



	<b>At Home</b>	<b>In the Dining Hall;</b>	<b>On the Go</b>
<b>Breakfast</b>	Large whole wheat bagel- 4 oz. with Peanut butter- 2 Tbsp. Fat free milk- 8 oz.	Cheerios- 1 ½ c. Fat free milk- 1 c. Scrambled eggs- 2 Orange juice- 8 oz.	Small banana Cliff bar Low fat plain yogurt- 1c. Water
<b>Snack</b>	Small banana Granola Bar Water	Piece of fruit** Water	Short latte with fat free milk- 8 oz.
<b>Lunch</b>	Turkey breast- 3 oz. Whole grain bread- 2 sl. Lettuce, tomato, mustard Light Mayonnaise- 1 tbsp Baby carrots- 1 c. Water	Turkey breast- 3 oz. Whole grain bread- 2 sl. Lettuce, tomato, mustard Light Mayonnaise- 1 tbsp Large apple Water	Baja Fresh black bean and grilled veggie burrito (no cheese, no sour cream) Water
<b>Snack</b>	Low fat plain yogurt- 1 c. Berries- 1 c. Water	Pretzels- 2 oz. Fat free milk- 8oz Water	Large apple Water
<b>Dinner</b>	Brown rice-1 c. Tofu- 1 c. cubes Veggies- 1 ½ c. (stir fried with non-stick cooking spray, low sodium soy sauce, garlic, ginger) Water	Grilled veggie pizza- 1 large slice Salad-2 c. greens, 1 c. mixed vegetables, and ½ c. kidney/garbanzo beans Italian dressing- 2 Tbsp. Water	Grilled chicken salad- (3 c. lettuce + 3 oz. chicken breast) With 2 Tbsp. Dressing Chopped nuts- 3 tbsp. Whole wheat dinner roll- 1 Fruit juice- 12 oz.
<b>Snack</b>	Large apple String cheese- 1 oz. Water	Low fat fruit yogurt Water	Frosted shredded wheat- 1 c. Fat free milk- 8 oz.

\*For optimal health, aim to keep your daily fat intake between 25-35% of your total calories.

\*\* In the residential dining restaurants, you are allowed to take a piece of fruit to go.

## Sample Sensible Eating Plans for Active College Men



Healthy, active college men need approximately 2400-3200 calories/day. Your individual needs may be higher or lower depending on your basal metabolic rate and level of physical activity. The plans below represent about 2800 calories, 55-60% from high quality carbohydrate, ~15% from lean protein, and ~30%\* from mostly unsaturated fat.

	<b>At Home</b>	<b>In the Dining Hall;</b>	<b>On the Go</b>
<b>Breakfast</b>	Large whole wheat bagel- 4 oz. with Peanut butter- 2 Tbsp. Fat free milk- 8 oz.	Cheerios- 1 ½ c. Fat free milk- 1 c. Scrambled eggs- 2 Orange juice- 12 oz.	Large banana MetRx Bar Water
<b>Snack</b>	Large banana Water	Granola bar Water	Low fat yogurt- 1 c. Whole grain bread- 1 slice Peanut butter- 2 tbsp. Jelly- 1 tbsp.
<b>Lunch</b>	Turkey breast- 3 oz. Whole grain bread- 2 sl. Lettuce, tomato, mustard Light Mayonnaise- 1 tbsp. 1/2 avocado Baby carrots- 1 c. Pretzels- 1 oz. Water	Turkey breast- 3 oz. Whole grain bread- 2 slices Lettuce, tomato, mustard Light Mayonnaise- 1 tbsp. Water	Baja Fresh black bean and grilled veggie burrito (no cheese, no sour cream) Tortilla chips- 1 oz. Water
<b>Snack</b>	Low fat fruit yogurt- 1 c. Water	Pretzels- 2 oz. Large apple ** Water	Granola bar Water
<b>Dinner</b>	Brown rice-2 c. Chicken breast- 6 oz. Veggies- 1 ½ c. (stir fried with non-stick cooking spray, low sodium soy sauce, garlic, ginger) Water	Grilled veggie pizza- 1 large sl. Chicken breast- 3 oz. Salad- 2 c. greens, 1 c. vegetables, and ½ c. kidney/garbanzo beans Italian dressing- 2 Tbsp. Water	Grilled chicken breast sandwich (on bun) Lettuce, tomato, mustard Salad (2 cups lettuce + 2 Tbsp. Dressing) Fruit juice- 12 oz.
<b>Snack</b>	Frozen bean and cheese burrito- 5 oz. Fruit juice- 12 oz.	Whole grain bread- 2 sl. Peanut butter- 2 Tbsp. Jelly- 2 Tbsp. Fat free milk- 12 oz.	Frosted shredded wheat- 2 c. Fat free milk- 16 oz.

\* For optimal health, aim to keep your daily fat intake between 25-35% of your total calories.

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