

Menu Guidelines for Soft and Regular Diets

If you plan your menus according to the following guidelines you will be able to meet the required **protein, net carbohydrate, fat and fluid** nutritional needs to promote optimal weight loss and maintain a healthy nutritional status.

	For Males	For Females
Breakfast	14-21 grams of protein 15 grams of carbohydrates 10 grams of fat	14-21 grams of protein 15 grams of carbohydrates 10 grams of fat
Snack	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat
Lunch	21 grams of protein 10-15 grams of carbohydrates 5 grams of fat	14-21 grams of protein 10-15 grams of carbohydrates 5 grams of fat
Snack	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat	15 grams of protein 0-5 grams of carbohydrates 0-5 grams of fat
Dinner	21 grams of protein 10-15 grams of carbohydrates 5-10 grams of fat	14-21 grams of protein 10-15 grams of carbohydrates 5-10 grams of fat
Totals	86-93 grams of protein 35-55 grams of carbohydrates 20-35 grams of fat	72-93 grams of protein 35-55 grams of carbohydrates 20-35 grams of fat

Sip on minimum of 64-80 ounces of calorie free fluids through the day.
Avoid drinking 5-10 minutes before and 20-30 minutes after meals.
Avoid drinking during a meal.