

**NUTRITION
TIPS
TO MAINTAIN A
HEALTHY WEIGHT**

- **REPLACE LOST FLUIDS**
- **AVOID ALCOHOL AND DRINKS WITH CAFFEINE**
- **DILUTE JUICES WITH WATER**
- **EAT SMALL MEALS EVERY 4 TO 6 HOURS**
- **EAT FOODS AT ROOM TEMPERATURE**
- **AVOID EATING SPICY FOODS**
- **TALK WITH YOUR PHARMACIST AND DIETITIAN ABOUT DRINKING SUPPLEMENTS**

RECIPE CORNER

Tuna / Salmon Salad

INGREDIENTS

- 1 (7 ounce) can solid white tuna packed in water, drained
- 1 (6 ounce) can boneless salmon
- 1/4 cup ranch dressing
- 1 tsp red onion
- 1 hard boiled egg
- 1/4 cup celery
- 1 tablespoon sweet pickle relish, or to taste
- 1 tsp dill weed and a squeeze of fresh lemon juice

DIRECTIONS

1. Mash tuna together with all ingredient in small bowl Garnish with lettuce tomatoes and cucumbers. Serve chilled



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Date: 4/08/2008
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<u>SUNDAY</u> Sample menu for nausea	<u>MONDAY</u> Sample menu for diarrhea	<u>TUESDAY</u> Regular menu	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>Breakfast</p> <p>1 packet of oatmeal 1 slice dry toast</p> <p>Mid-morning Snack</p> <p>1 cup fruit juice or 1 cup applesauce</p>	<p>Breakfast</p> <p>1/2 cup of rice cereal mixed with 1/2 cup apple-sauce</p> <p>2 slices white toast Margarine Jelly 8 oz of milk</p>	<p>Breakfast</p> <p>4 oz OJ</p> <p>1/2 cup shredded hash browns</p> <p>Two scrambled eggs 2 white toast Margarine Jelly 6 oz milk</p> <p>Mid day snacks add a piece of fruit and 6 graham crackers, pudding, peanut butter crackers choose 2</p>	<p>Breakfast</p> <p>8 oz Apple cherry juice</p> <p>2 Kashi Golean waffles 1 scrambled egg with cheese 2 tlbs of syrup 4 oz milk</p>	<p>Breakfast</p> <p>1/2 cup of oj</p> <p>1 cup of mandarin oranges 1 cup of yogurt 2 slice of toast 8 ounces of milk</p>	<p>Breakfast</p> <p>2 egg omelet with cheese And shredded potatoes and chunks of banquet roasted chicken breast 2 slices of white bread 1 cup of apple cherry juice 1 cup of milk 1 cup of peaches</p>	<p>Breakfast</p> <p>1 cup of Froot loops 1/2 cup of milk 1 toast w margarine and jelly 8 ounces of juice 1 apple</p>
<p>Lunch</p> <p>3-4 ounces of water packed salmon on 1 slice of white bread with fat free Mayonnaise</p>	<p>Lunch</p> <p>Boiled ham sandwich 2 tps fat –free mayonnaise 2 slices of white bread 1 cup well cooked minestrone soup without beans 8 ounces apple juice</p>	<p>Lunch</p> <p>Tuna sandwich (recipe on opposite page) 2 slices of white bread 1 cup vegetable soup 1 apple 8 oz tea</p>	<p>Lunch</p> <p>6 ounces of beefaroni 1 cup green beans 1 cup of whole kernel corn 1 white roll 1 cup mandarin oranges 8 ounces of apple cherry juice</p>	<p>Lunch</p> <p>3 oz of turkey meatloaf 1/2 cup macaroni and cheese 1 cup of mixed vegetables 1 slice of bread 1/2 of pudding 8 oz of sweet tea</p>	<p>Lunch</p> <p>1 Hillshire Farms Bratwurst 1 slices of bread 1 cup of vegetable soup Mustard/ mayo Garden salad 1 apple 8 oz of tea</p>	<p>Lunch</p> <p>4 ounce of chicken salad 2 slice of bread toasted Lettuce Tomato pickle Mayo 1 cup of mixed vegetables 1 cup of applesauce 8 ounces of ice tea</p>
<p>Early afternoon snack</p> <p>1 cup skim milk with 1 packet instant breakfast</p> <p>Mid afternoon snack</p> <p>1 cup vegetable soup broth based</p> <p>Early Evening snack</p> <p>1 cup raw carrots or 12 ounces of chilled vegetable juice</p> <p>Before bed snack</p> <p>4-6 graham crackers</p> <p>Evening Meal</p>	<p>Evening Meal</p> <p>4 ounce baked chicken skin removed 1/2 cup white rice or egg noodles or masked potatoes with fat-free gravy 1/4 cup well cooked carrots 1 cup fat-free lactose milk</p>	<p>Evening Meal</p> <p>2 Turkey patties w/gravy 1/2 cup Mashed potatoes 1 cup green beans 1 cup of carrots 4 slices of fresh tomatoes 1/2 cup peaches 8 oz of sweet tea</p>	<p>Evening Meal</p> <p>1 cup of Southwest Beef Stew 2 corn muffins 1 cup of carrots 1 cup of cucumber and tomato salad 2 tlbs of salad dressing 8 oz of sweet tea</p>	<p>Evening Meal</p> <p>1 cup chicken and stars soups 1 cup of green peas 1 cup of carrots Tossed garden salad with dressing 6-8 crackers 8 ounces of sweet tea</p>	<p>Evening Meal</p> <p>2 slices of Stouffers Cornerstone bistro pizza 2 cups of lettuce 3 slices of tomatoes 3 slices of cucumber 2 tlbs of dressing 1 slice of pound cake 8 ounces of tea</p>	<p>Evening Meal</p> <p>1 cup black-eyed peas 1 cup turnip greens 1 cup carrots 1 cup of dirty rice 2 corn muffins 8 ounces of ice tea 1 cup of milk 1 cup of mixed fruit</p>
<p>Evening Meal</p>	<p>Evening Snack</p> <p>5 to 6 graham crackers</p>	<p>Evening Snack</p> <p>5 to 6 graham crackers</p>	<p>Evening Snack</p> <p>1/2 cup of Froot Loops</p>	<p>6 peanut butter crackers 6 ounces of milk</p>	<p>Peanut butter and jelly sandwich on 1 slice of</p>	<p>6 cheese and crackers 1 cup of juice</p>