

SAMPLE 5,000 CALORIE DIET

- BREAKFAST:** 2 Scrambled Eggs with Cheese
1 Bagel with Butter
1 Hash Brown Patty
1 Cup Melon
1 ½ Cups Orange Juice
- SNACK:** 1 Cup Low-Fat Yogurt
6 Fig Newton Cookies
1 Cup Grape Juice
- LUNCH:** 2 Slices Pizza
1 ½ Cups Tossed Salad with Dressing
2 Cups Gatorade
1 Cup Frozen Yogurt
- SNACK:** 6 Ritz Crackers
2 Tablespoons Peanut Butter
¼ Cup Raisins
1 Cup Juice
- DINNER:** 4 oz. Roast Beef with Gravy
Baked Potato
Butter & Sour Cream
1 Cup Broccoli with Butter
1 ½ Cups 2% Milk
1 Slice Apple Pie
- SNACK:** 3 Chocolate Chip Cookies
1 Cup 2% Chocolate Milk

5000 CALORIES / 172 GRAMS PROTEIN

(14% PROTEIN, 52% CARBOHYDRATE, 34% FAT)

Written 2/01
Revised 2/04
Reviewed 5/07, 6/10

©The Children's Hospital of Philadelphia 2010. Not to be copied or distributed without permission. All rights reserved.
Patient family education materials provide educational information to help individuals and families. You should not rely on this information as professional medical advice or to replace any relationship with your physician or healthcare provider.