



## Calorie Boosters



The V8® Diet sample menu plan provides approximately 1,200 calories per day and meets the MyPyramid recommendations for a 1,200 calorie diet. To meet the recommended nutrient intakes of an increased calorie level use the chart below. Locate the calorie level pattern that is appropriate for you and add the specified amount from each of the food groups to the V8 Diet sample menu each day. For example, if 1,600 calories per day is needed, add 1 Fruit selection, 1 Milk selection, 1 Grain selection, 2 Lean Meat and Bean selections, 1 Vegetable selection, and 1 Oil selection from the food group lists of foods below to the 1,200 calorie V8 menu plan each day.

MyPyramid Food Groups	MyPyramid 1,200 Calorie Diet	MyPyramid Calorie Levels			
		1,400	1,600	1,800	2,000
Fruits	1 cup	+1	+1	+1	+2
Milk	2 cups	-	+1	+1	+1
Grains	4 ounce equivalents	+1	+1	+2	+2
Lean Meat and Beans	3 ounce equivalents	+1	+2	+2	+2½
Vegetables	1½ cups	-	+1	+2	+2
Oils	17 grams	-	+1	+1	+2



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The lowest sodium choices (<40mg) are shown in green.

### Fruit

- Apple juice, 100% juice (½ cup)
- Apples (½ cup sliced)
- Applesauce, unsweetened (½ cup)
- Apricots, dried (¼ cup)
- Banana (1 small)
- Blueberries (½ cup)
- Grapefruit (½ medium)
- Grapes (½ cup)
- Melon (1 medium wedge or ½ cup melon balls)
- Mixed Fruit (½ cup fresh or canned, drained)
- Orange (1 small or ½ cup sections)
- Orange juice, 100% juice (½ cup)
- Orange, mandarin (½ cup canned, drained)
- Peach (1 small or ½ cup canned, drained)
- Pineapple (½ cup canned, drained)
- Plum (1 large plum)
- Raisins (¼ cup)
- Strawberries (½ cup)
- V8® V.Fusion™ juice (8 oz. equals 1 fruit selection *and* 1 vegetable selection)

### Milk

- Frozen yogurt, fat-free (1 cup)
- Low-sodium cheese, Swiss, mozzarella, or Cheddar cheese (1 ½ oz)
- Milk, low-fat or fat-free (1 cup)
- Yogurt, flavored light (1 cup)

### Grains

- Bagel, whole grain (1 mini bagel or ½ large bagel equals 2 grain selections)
- Bread, whole grain (1 regular slice)
- Cereal, ready-to-eat, whole grain (1 cup)\*
- Crackers, rye (2 crispbreads)\*
- Crackers, whole grain (5 crackers)\*
- English muffin, whole grain (½ muffin)
- Oatmeal, cooked, without added fat or salt (½ cup)
- Pasta, whole grain, cooked without added fat or salt (½ cup)
- Popcorn, air-popped, without added fat or salt (3 cups popped)
- Rice, brown, cooked without added fat or salt (½ cup)
- Roll, whole grain (1 oz)
- Tortillas, whole grain wheat or corn (1- 6" tortilla)

\*Lower sodium options available and are recommended when 1,800 or 2,000 calories per day are needed.



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## Vegetables

### (Without added fat or salt)

- Beans, green, cooked from fresh or frozen (½ cup)
- Broccoli, raw or cooked (½ cup)
- Cabbage, raw or cooked (½ cup)
- Carrots, raw or cooked (½ cup)
- Cauliflower, raw or cooked (½ cup)
- Celery, raw or cooked (½ cup)
- Collards, cooked (½ cup)
- Corn, cooked from fresh or frozen (½ cup)
- Cucumber, raw (½ cup)
- Dry beans and peas, cooked from dried or frozen (½ cup)
- Endive, raw (1 cup)
- Kale, cooked (½ cup)
- Lettuce, green leafy or iceberg, raw (1 cup)
- Mushrooms, cooked or raw (½ cup)
- Onions, cooked or raw (½ cup)
- Peppers, green or red, cooked or raw (½ cup)
- Potatoes, baked (½ medium potato)
- Romaine, raw (1 cup)
- Spinach, cooked (½ cup)
- Spinach, raw (1 cup)
- Squash, winter or summer, cooked (½ cup)
- Tomatoes, raw or cooked from fresh (½ cup)

- Low Sodium V8® vegetable juice (½ cup)
- V8® V.Fusion™ juice (8 oz. equals 1 fruit selection *and* 1 vegetable selection)
- Watercress, raw (1 cup)

## Lean Meat and Beans

### (Without added fat or salt)

- Beef, lean, cooked (1 oz)
- Chicken breast, skinless, cooked (1 oz)
- Dry beans and peas, cooked from dried or frozen (¼ cup)
- Egg, cooked (1 whole)
- Fish, fresh, cooked (1 oz)
- Nuts, dry roasted, unsalted (½ oz)
- Peanut butter (1 tbsp)\*
- Pork, loin, lean, cooked (1 oz)
- Shell fish, cooked (1 oz)
- Tofu (¼ cup)
- Tuna fish, low-sodium, canned (1 oz)
- Turkey breast, skinless, cooked (1 oz)

## Oils

- Vegetable oil (1 tsp.)
- Margarine, soft, zero *trans* fat (1 tsp.)
- Mayonnaise (1 tsp.)

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