

Rule of Threes (RO3) Food Plan

Breakfast

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein (optional)
Fat (optional)

Snack

Lunch

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food"

Snack

Dinner

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food"

Snack

Normal serving size usually is one cup or twice the size indicated on food labels.

Calcium Suggestions (1 serving = 300-500 mg)

milk, yogurt, cheese, frozen yogurt, tofu, calcium supplement

Complex Carbohydrate Suggestions

cereal, bagels, bread, crackers, rice, potatoes, pasta, corn

Fat Suggestions

butter, margarine, peanut butter, cheese, cream cheese, salad dressing, mayonnaise, sauces, muffins, bacon, nuts, olives, avocado, egg yolks, fried/sautéed foods, chips, ice cream, some meats

Fruit or Vegetable Suggestions

any fresh, cooked, dried, canned, or juiced fruits or vegetables

"Fun Food" Suggestions (1 serving = 200-300 calories)

any dessert, cookies, cake, ice cream, pudding, doughnuts, croissants, candy bars, chips, fries, non-diet soda

Protein Suggestions (1 serving = 20 grams of protein)

meat, fish, poultry, eggs, cottage cheese, Greek yogurt, cheese, dried beans, hummus, tofu, peanut butter, nut butters, protein drinks & bars

Snack Suggestions

calcium, complex carbohydrates, fruit or vegetable, protein, fat
