

Extras for Meal Planning



GNI

My Meals My Way (MMMW) meal planning templates and food lists are focused on getting you the food and nutrition your body needs. The calories that we get from adding “Extras,” such as sugary or salty snacks, desserts, higher fat condiments or sauces, are *in addition to* the foods on the meal planning templates. Prioritize getting all the food group servings on your template, whether you are using the Heart Healthy, all food groups, vegetarian, vegan, or no-dairy plan. Those are the foods you *need to eat*. You could think of Extras as the foods that you *want to eat*, in addition to your *need to eat* foods. Please do not replace your need to eat foods with extras!

This Extras Food List is to help you plan the Extras that you may want to include in your meals through snacks, treats, and some recipe ingredients. The examples listed below are about **100 calories** each. The lists will give you a sense of how many servings of Extras you are planning to go with your weekly meal plans. Extras add up; we want to help you to choose which Extras you want in your meal plans.

Sweet Extras	100 calorie equivalents
Cake with frosting	2" x 2" slice
Candy <ul style="list-style-type: none"> <li data-bbox="134 436 279 468">Hard candy <li data-bbox="134 510 311 541">Chocolate bar <li data-bbox="134 583 272 615">Gum drops <li data-bbox="134 657 391 688">Gum (not sugar-free) 	<ul style="list-style-type: none"> <li data-bbox="736 436 839 468">4 pieces <li data-bbox="736 510 808 541">½ bar <li data-bbox="736 583 915 615">8 small pieces <li data-bbox="736 657 839 688">4 pieces
Cookies	1-2 small
Ice cream	⅓ cup
Jello	½ cup
Pastry	½ of 1 small
Pie	½ of small slice
Pudding	⅓ cup
Cream-based Extras	100 calorie equivalents
Cream cheese	2 Tbs
Dessert topping	⅓ cup
Half & half	4 Tbs
Salad dressing	2 Tbs
Sour cream	2 Tbs
Whipped cream	⅓ cup

Toppings and Condiment Extras	100 calorie equivalents
Butter or margarine	2 tsp
Honey	1.5 Tbs
Jelly or jam	2 Tbs
Mayonnaise	2 tsp
Sugar	2 Tbs
Syrup	1.5 Tbs
Salty Snacks Extras	100 calorie equivalents
Popcorn - air popped, plain	3 cups
Popcorn - oil popped	2 cups
Potato chips	¾ oz or 8-15 chips
Pretzels	1 oz. or 15 “tiny twists”
Tortilla chips	1 oz. or 6-8 chips
Alcohol Extras	100 calorie equivalents
Beer	8 oz. (varies)
Liquor (not including mixers)	1.5 oz. (varies)
Wine	4 oz. (varies)