

Low Fat and Low Sodium Dinner Menus

To make a low-fat dinner meal, choose from the following list. All dinners are less than or equal to 10 grams total fat. If desired, canned or fresh fruit may be added to each meal.

- 2 cups cooked spaghetti, 1 cup spaghetti sauce*, cooked vegetables, lettuce salad with fat-free salad dressing*. Select spaghetti sauce with less than 400mg. sodium per serving.
- Frozen entree with less than 10 grams total fat*, cooked vegetables and fresh fruit.
- 1 serving macaroni and cheese from a box mix,* (powdered) made with skim milk and fat-free margarine, lettuce salad with fat-free salad dressing*, cooked vegetables.
- 4 ounces baked or grilled boneless chicken breast (no skin), may brush with barbecue sauce* or fat-free salad dressing (ranch, catalina or French)*, cooked vegetables, baked potato with butter-flavored sprinkles and fat-free sour cream.
- 1-2 cups chili* made with 90% lean ground beef, fat-free saltines and fresh fruit. Use low sodium tomato juice and canned tomatoes to reduce the sodium.
- 4 ounces oven-fried chicken breast (no skin), rice, lettuce salad with fat-free salad dressing.
- 4 ounces baked ham* (at least 95% lean), baked sweet potato and cooked vegetables.
- 1 serving beef stew made with top sirloin beef and plenty of vegetables, dinner roll, fruit.
- 4 ounces grilled or baked pork loin chop, lettuce salad with fat-free salad dressing*, baked potato topped with butter-flavored sprinkles and fat-free ranch salad dressing*, cooked vegetables.

- 4 ounces roasted or baked turkey breast, mashed potatoes made with skim milk, vegetables.
- 4 ounces grilled hamburger made with 90% lean ground beef topped with mustard, lettuce, tomato, onion, pickle*, and fat-free cheese*, hamburger bun, lettuce salad with fat-free salad dressing*, cooked vegetables.
- Baked or broiled fish, baked potato with butter-flavored sprinkles and fat-free sour cream, cooked vegetables.
- Stir-fried vegetables and strips of chicken breast, pork loin, or sirloin cooked in 2-3 tablespoons of boiling broth* (instead of oil), rice and fruit. Use low sodium broth to reduce the sodium.

Low fat sausage*, or hot dog* (at least 96% lean) on a bun topped with lettuce, tomato, onion and mustard, oven-fried potatoes, cooked vegetables.

Taco made with 90% lean beef, lettuce, chopped tomatoes, onion, and fat-free sour cream, spanish rice, fat-free refried beans*.

Lunch or Dinner at a Restaurant Healthy Choices

- Deli sandwich with lean roast beef*, turkey*, chicken*, or ham*. Order the sandwich with everything except mayonnaise, cheese, and oil. Deli meat sandwiches are generally high in sodium.
- Bean Burrito*
- Grilled chicken sandwich without mayonnaise
- Broiled or grilled chicken breast or fish
- Filet mignon, New York Strip, or Sirloin
- Veggie burger with lettuce, tomato, and onion
- Pasta with marinara sauce*
- Baked potato
- Fat-free or low calorie salad dressing*

(*) These foods are higher in sodium and may need to be limited.

For more information or to speak with a Registered Licensed Dietitian, call OSF Saint Francis Nutrition Access Line at (309) 655-3705.

