

CAMP SWEENEY

NUTRITION PROGRAM & MEAL PLANS

Camp Sweeney's meal plans are based on the American Diabetes Association's Exchange Lists. A constant carbohydrate meal plan is emphasized along with balanced portions of protein and fat. Camp Sweeney's meal plan is a conscious effort to decrease the amount of cholesterol and increase the amount of dietary fiber at each meal. Each child's meal plan will be individually designed to his or her nutritional requirements in order to achieve the careful balance between medication, exercise and proper nutrition. The Camp nutritionist will be available for individual consultation during the parent conference at the beginning of the sessions.

SNACKS: Average calories morning snack is 60-80 calories per serving, and for afternoon snack is 150-200 calories per serving. Bedtime snacks are not included in the total calories for each meal plan but will be adjusted according to campers' bedtime blood sugar determinations. Calories for bedtime snacks can range 200-400 calories per evening.

Meal Plans

Example of Dinner

Meal Plan A (Approximately 1600 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
36g Carb	15g Carb	36g Carb	15g Carb	36g Carb	varies
1 fruit	1 fruit	1 fruit	1 starch	1 fruit	
1 starch		1 starch		1 starch	
1 oz meat		2 oz meat		2 oz meat	
1 fat		1 vegetable		1 vegetable	
½ milk		1 fat		1 fat	
		½ milk		½ milk	



Meal Plan B (Approximately 1800 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
57g Carb	15g Carb	57g Carb	15g Carb	57g Carb	varies
1 fruit	1 fruit	1 fruit	1 starch	1 fruit	
2 starches		2 starches		2 starches	
1 meat		2 meats		2 meats	
1 fat		1 vegetable		1 vegetable	
1 milk		1 fat		1 fat	
		1 milk		1 milk	



Meal Plan C (Approximately 2300 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
72g Carb	15g Carb	72g Carb	15g Carb	72g Carb	varies
2 fruits	1 fruit	2 fruits	1 starch	2 fruits	
2 starches		2 starches		2 starches	
2 meats		2 meats		2 meats	
1 fat		1 vegetable		1 vegetable	
1 milk		1 fat		1 fat	
		1 milk		1 milk	



Meal Plan D (Approximately 2500 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
80g Carb	15g Carb	80g Carb	15g Carb	80g Carb	varies
2 fruits	1 fruit	2 fruits	1 starch	2 fruits	
2½ starches		2½ starches		2½ starches	
2 meats		3 meats		3 meats	
1 fat		1 vegetable		1 vegetable	
1 milk		1 fat		1 fat	
		1 milk		1 milk	



Meal Plans

Example of Dinner

Meal Plan E (Approximately 2800 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
87g Carb	15g Carb	87g Carb	15g Carb	87g Carb	varies
2 fruits	1 fruit	2 fruits	1 starch	2 fruits	
3 starches		3 starches		3 starches	
2 meats		3 meats		3 meats	
3 fats		1 vegetable		1 vegetable	
1 milk		1 fat		1 fat	
		1 milk		1 milk	



Meal Plan F (Approximately 3300 Calories)					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
102g Carb	15g Carb	102g Carb	15g Carb	102g Carb	varies
2 fruits	1 fruit	2 fruit	1 starch	2 fruits	
4 starches		4 starches		4 starches	
3 meats		3 meats		4 meats	
3 fats		1 vegetable		1 vegetable	
1 milk		1 fat		1 fat	
		1 milk		1 milk	



Meal Plan G (Approximately 3600 Calories)*					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
114g Carb	15g Carb	114g Carb	15g Carb	114g Carb	varies
2 fruits	1 fruit	2 fruits	1 starch	2 fruits	
4 starches		4 starches		4 starches	
3 meats		4 meats		4 meats	
3 fats		1 vegetable		1 vegetable	
2 milks		2 fats		2 fats	
		2 milks		2 milks	

