

TABLE 1

Description and comparative analysis between diets A, B e C, in relation to number of exchange servings and energy value.

| MEALS | Diet <u>A</u> : 2450 Kcal | Diet <u>B</u> : 1225 Kcal | Diet <u>C</u> : 1225 Kcal + additional fats |
|-------------------|---|---|--|
| Breakfast | <ul style="list-style-type: none"> - Fruit: 1 serving - Starches: 2 servings - Skim Milk: 1 serving - Sugar: 2 servings - Fat: 1-serving • Energy : 400 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Starches: 1 serving - Skim Milk: ½ serving - Sugar: 1 serving - Fat: ½ serving • Energy : 200 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Croissant : ½ unit - Whole Milk: ½ serving - Sugar: 1 serving - Fat: ½ serving - Milk Cream: 1 Tbsp • Energy: 370 Kcal ➔ Exceeding*: 170 Kcal |
| Intermediate meal | <ul style="list-style-type: none"> - Fruit: 1 serving - Starches: 2 servings - Sugar: 2 servings - Fat: 1 serving • Energy: 310 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Starches: 1 serving - Sugar: 1 serving - Fat: ½ serving • Energy: 155 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Stuffed Cookies: 3 units - Sugar: 1 serving - Fat: ½ serving • Energy: 270 Kcal ➔ Exceeding *: 115 Kcal |
| Lunch | <ul style="list-style-type: none"> - Starch: 3 servings - Grilled Meat: 1 ½ servings - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 13 Ml • Energy: 525 Kcal | <ul style="list-style-type: none"> - Starch: 1 ½ servings - Grilled Meat: 0,75 serving - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 6,5 mL • Energy: 260 Kcal | <ul style="list-style-type: none"> - Starch: 1 ½ servings - Fried Meat: 0,75 serving - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 6,5 mL - Mayonnaise: 2 Tbsp • Energy: 480 Kcal ➔ Exceeding *: 220 Kcal |
| Intermediate meal | <ul style="list-style-type: none"> - Fruit: 1 serving - Starches: 1 serving - Skim Milk: 1 serving - Sugar: 2 servings • Energy : 400 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Starches: 1 serving - Skim Milk: ½ serving - Sugar: 1 serving - Fat: ½ serving • Energy : 200 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Stuffed Cake: 1 slice • Energy: 830 Kcal ➔ Exceeding *: 630 Kcal |
| Dinner | <ul style="list-style-type: none"> - Starch: 3 servings - Tomato sauce: 2 Tbsp - Grilled Meat: 1 ½ servings - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 13 mL • Energy: 525 Kcal | <ul style="list-style-type: none"> - Starch: 1 ½ servings - Tomato sauce: 1 Tbsp - Grilled Meat: 0,75 servings - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 6,5 mL • Energy: 260 Kcal | <ul style="list-style-type: none"> - Starch: 1 ½ servings - Stroganoff sauce: 1 Tbsp - Grilled Meat: 0,75 servings - Vegetable B: 2 servings - Leaves: <i>ad libitum</i> - Oil**: 6,5 mL • Energy: 360 Kcal ➔ Exceeding *: 100 Kcal |
| Intermediate meal | <ul style="list-style-type: none"> - Fruit: 1 serving - Starches: 1 serving - Skim Milk: 1 serving - Sugar: 2 servings • Energy : 275 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Starches: 1 serving - Skim Milk: ½ serving - Sugar: 1 serving • Energy : 135 Kcal | <ul style="list-style-type: none"> - Fruit: ½ serving - Starches: 1 serving - Skim Milk: ½ serving - Sugar: 1 serving • Energy : 135 Kcal ➔ Exceeding *: 0 Kcal |
| Total | 2435 Kcal | 1210 Kcal | 2445 Kcal Total Exceeding *: 1235 Kcal |

*Energy difference between Diets B and C (diet B with additional high energy density foods)

**Oil used to cook the foods and to prepare the salad sauce.