

Appendix - recommended diet plans for persons with acute porphyria.

The following diets provide 2200 kCal/day, with about 60% of calories as carbohydrates [providing more than the usual daily recommendation of 300 g of dextrose or its equivalent as readily digested carbohydrates], 20% of calories as high-biologic value protein, and 20% of calories as fat, with emphasis on unsaturated fatty acids.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
1 large Banana	1 slice Rye bread w/	½ Bagel, sesame seed	1 slice wheat bread w/ 2 tsp margarine	2 Belgian Waffles	1 cup Corn flakes cereal	¾ cup Raisin Bran cereal	
1 cup Cereal	1 Tbsp fruit spread	1 Tbsp Cream cheese, low fat	1 Fried egg	2 Tbsp Pancake syrup, low calorie	1 cup Skim milk	1 cup Skim Milk	
1 ½ cup skim Milk	¾ cup oat-type Cereal,	1 cup Oatmeal	1 link (about 1 1/2 oz) Sausage, lean or turkey	1 cup Skim Milk	1 slc Wheat bread w/ 1 Tbsp creamy peanut butter	½ Bagel, cinnamon & raisin	
	¾ cup skim Milk	½ cup Skim Milk	1 Orange	½ C Strawberries	1 Pear	1 Tbsp peanut butter, plain	
	1 cup Melon, raw	½ cup Peaches, canned, light	1 cup Milk, skim			1 Kiwifruit	

½ Grapefruit juice

Snack

1 slice wheat bread

1 Tbs Peanut butter

Snack

1 Cup Chicken gumbo soup

1 ½ C Salad with 2 T light dressing

1 slice bread

Snack

10 Pretzel Twists

1 cup Orange juice, calcium fortified

Snack

1 Wheat Tortilla

1 Tbsp jelly or honey

1/2 Grapefruit or

1 Apple

Snack

Smoothie

½ C low-fat yogurt

1 C fruit juice

½ C -1 C fruit, fresh, frozen or canned

Sweetener as desired

Snack

1 orange or fresh fruit

Snack

6 oz Apple-grape-raspberry cocktail juice drink

Sports Bar or Fruit/Oat Bar

Lunch

Lunch

Lunch

Lunch

Lunch

Lunch

Lunch:

1 Apple, sliced, w/skin

Noodles w/tuna &
vegetables: 1 1/4 cup
Egg noodles, cooked
w/out salt, 1/3 cup
Green peas, 1/2 cup
Sweet red peppers,
1/4 cup Tuna in
water, 1 Tbsp low fat
Mayonnaise

1 Deli sandwich: 1
Hard roll, 4 oz lean
turkey or Chicken
breast,

1 1/2 cup Fresh fruit
salad, w/apples,
bananas, grapes,
oranges & pears

1 pce Cheese pizza (
1/8 of 12 in pizza)

2 slices multigrain
bread

1 Wheat Tortillas

1 C Spaghetti, ½ Cup
Marinara Sauce

1 oz Roll

1 oz Cheddar cheese,
low fat

Roast Beef Sandwich:
2 Bread, 3 oz lean
meat

2 cups Tossed salad
with lettuce, tomato,
carrots, cucumber
green pepper &
radishes

2 tbsp peanut butter

¾ C refried beans

½ cup Beans

½ cup Strawberries

¾ cup Lettuce,
shredded

1 Tbsp light mayo,
lettuce

2 Tbsp Vinegar & oil
salad dressing

1 tbsp jelly

1-2 Chopped
Tomatoes, lettuce

1 slc Italian bread

2 Tomatoes, sliced

6 oz low fat Yogurt

1 C Asparagus

1C Baby carrot

1 oz Cheese

2 tsp margarine

¾ cup Juice drink,
mixed fruit

1 cup Apple Juice

1 cup skim milk

½ C Rice

1 ½ cup Salad:

1 Oatmeal Cookies

1 Piece of fruit

<p>1 cup Lettuce, tomato, carrot, cucumber green pepper & radishes, 1/2 cup Endive, 2 Tbsp light Creamy Italian salad dressing,</p> <p>10 Pretzel twists</p>		<p>1 Apple</p>				<p>6oz low fat or skim milk</p>
<p>Snack</p> <p>Sports Bar</p>	<p>Snack</p> <p>1 apple</p>	<p>Snack</p> <p>1 Banana</p> <p>4 oz Low fat yogurt</p>	<p>Snack</p> <p>½-1 C non-sugar cereal</p> <p>4 oz Skim or low fat Milk</p>	<p>Snack</p> <p>1 C mixed fruit</p> <p>½ C applesauce</p>	<p>Snack</p> <p>1 Slices wheat bread, 1 oz deli sliced lean turkey, lettuce, mustard</p> <p>1 Fruit</p>	<p>Snack</p> <p>10 Pretzel twists</p> <p>1 Piece of fruit</p>

<p>Dinner</p> <p>1 Burrito, large: 1 Flour or wheat tortilla, 1/2 cup Pinto beans, 3 oz lean meat or chicken</p> <p>1 oz Cheddar cheese, reduced fat</p> <p>1/2 Cup Rice</p>	<p>Dinner</p> <p>Baked Potato w/</p> <p>1/2 C veggie chili or beef chili</p> <p>1/4 C onion</p>	<p>Dinner</p> <p>3 oz Haddock, baked</p> <p>1/2 C Rice</p> <p>2 Tbsp Margarine</p>	<p>Dinner</p> <p>Grilled Chicken salad: 1 cup Loose-leaf lettuce, 1/2 cup Garbanzo beans, 3 Tbsp Carrots, shredded, 3 oz grilled chicken, 2 Tbsp lite dressing</p> <p>1/2 cup Lima Bean</p> <p>1 Wheat dinner rolls, small</p>	<p>Dinner</p> <p>1 cup Spaghetti,</p> <p>1/2 cup Spaghetti sauce</p> <p>2 Tbsp Parmesan cheese, grated</p>	<p>Dinner</p> <p>1 Cup Mixed vegetables (broccoli, peppers, mushroom) w/ 1 cup Linguini & 3 oz salmon.</p> <p>1 Tbsp olive oil</p> <p>1 cup Linguini</p>	<p>Dinner</p> <p>3 oz Pork chop, center loin, lean only, broiled</p> <p>1/2 Potato, boiled without skin</p> <p>1/2 cup Winter squash, mashed</p>
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	3 Egg White omelet w/ (2 tbsp each of chopped green peppers, onion, tomato, 2 tsp olive Oil)	1 large cinnamon raisin bagel with 2 tbsp. peanut butter	$\frac{3}{4}$ Cup cold cereal, bran flakes, high fiber	1 1/2 cups of shredded wheat	2 scrambled eggs with 1 oz. goat cheese, 1 cup of steamed spinach and $\frac{1}{2}$ cup of mushrooms	1 cup whole grain cereal
1 cup fortified Bran Flakes	1 cup skim Milk	1 banana	1 cup Low-Fat Milk, 1%	1 cup of skim milk,	1 whole wheat English muffin	1 cup of blueberries and strawberries
1 cup Skim or Soymilk (fat free)	1 Whole Wheat Toast		1 banana-medium 8 inch	1 cup of blueberries	12 oz. of orange juice	1 cup of fat free milk
1 medium Banana	1 tbsp Almond Butter		12 oz coffee-w/caffeine	1/2 oz. of chopped almonds		
$\frac{1}{2}$ cup Egg Substitute, scrambled	$\frac{1}{2}$ cup Cantaloupe					
Snack	Snack	Snack	Snack	Snack	Snack	Snack

1 cup Soy Yogurt	0.25 cup Dried Cranberries (0.33c)	1 oz. of cheddar cheese 10 woven wheat crackers	1 apple medium with peel	6 oz Yogurt with fruit, low fat	1 C sliced strawberries	Chocolate bar
2 tbsp granola	0.25 cup Cashews (w/o salt)				6 oz fat free, flavored yogurt	
0.2 cup raisin					1 T crunchy whole grain cereal	
Lunch	Lunch	Burrito: whole wheat tortilla, 1 cup of black beans, 1/4 cup of salsa and chopped romaine	2 slice whole wheat bread	2 cups of whole wheat pasta	Sandwich: 3 oz. of deli turkey,	Salad: 1 Grilled chicken breast, 1 oz feta cheese

1 Vegetarian Fajita:

2 cup Spinach (raw)

1 oz. of baked tortilla chips

2 cubic inch cheddar cheese

2 oz. chicken breast

2 slices of whole grain bread, spinach, ¼ Avocado

2 cup chopped lettuce, cucumber and tomato 1/2 apple, 2 tbsp. black olive

1 Whole Wheat Tortilla

2 oz. Baked skinless Chicken Breast

.15 cup mayo

1 cup broccoli ½ cup of marinara sauce

1 cup minestrone soup 1oz pretzels

2 T. fat free salad dressing

(0.2 cup each sliced Red & green Bell Peppers, Onion, cooked pinto beans, corn, 1 tbsp Olive Oil, 2 tbsp Guacamole &

2 tbsp Black Bean & Corn Salsa

3 ounce turkey breast/white meat

0.5 cup Whole Wheat Pasta

4 oz. broiled salmon (wild)

4 oz. of broiled salmon topped with a tsp. of brown sugar and chili powder

4 ounces chicken breast/white meat

4 oz. of lean turkey burger on a whole grain roll with tomato, ½ oz. blue cheese and a small baked potato

4 oz. of flank steak grilled with 1 cup onions and peppers sautéed in 1 tbsp. olive oil alongside 1 cup of brown rice

6 oz. shrimp

0.5 cup regular Pasta

1 cup couscous

1 medium baked sweet potato

1 ½ cup rice brown cook

4oz Grapes

½ cup chopped onion, celery and garlic mixture

0.6 cup Tomato Sauce
(low sodium)

$\frac{3}{4}$ cup broccoli

10 asparagus spears
roasted with 2 tsp.
olive oil

4 tbsp thousand
islang reduced cal

1 tbsp Garlic

$\frac{3}{4}$ cup carrots

$\frac{1}{4}$ cup croutons plain

0.25 cup fresh
Cilantro

Tomato & Mozzarella

1 small salad –
Garden w/ tomato,
onion

6 Soy 'Meatballs'

1 cup tomato slices

1 tsp. of olive oil, 1
can of diced
tomatoes, 4 tbsp.
black olives, $\frac{1}{2}$ cup
chopped artichoke
hearts

Serve with 2 oz. whole
wheat pasta and fresh
basil.

<p>1 cup skim milk</p> <p>1 small cinnamon raisin bagel</p>	<p>1 apple</p>	<p>1 cup skim milk</p> <p>1 peach</p>	<p>½ English muffin</p> <p>1 T peanut butter</p>	<p>½ cup cereal with fruit and nuts</p> <p>1 cup skim milk</p>	<p>3 crisp bread crackers</p> <p>2 oz turkey breast slices</p>	<p>½ cup low fat cottage cheese</p> <p>1 medium peach</p> <p>5 pieces melba toast</p>
<p>Lunch</p> <p>1 fajita (1medium flour tortilla, ½ cup sautéed vegetables,</p>	<p>Lunch</p> <p>Sandwich: 3 oz turkey breast</p>	<p>Lunch</p> <p>Large salad: mixed lettuce greens, onion, tomatoes, peppers, ½ garbanzo beans, 3 oz water packed tuna, 2 T light salad dressing</p>	<p>Lunch</p> <p>2 cups minestrone soup</p>	<p>Lunch</p> <p>Sandwich: 1 L whole grain pita</p>	<p>Lunch</p> <p>Veggie burger with 1 slice cheese; lettuce, tomato, ketchup; on bun</p>	<p>Lunch</p> <p>6 “ turkey sub with veggies and 1 oz swiss cheese</p>

6oz low fat fruited yogurt	1 cup skim milk	¼ cup soy nuts	1 apple	¼ cup sunflower seeds	¼ cup almonds	1 fruit/cereal bar
¼ cup granola cereal with fruit and nuts	2 thin and crunchy granola bars		1 cup skim milk	1 medium banana	3 dried dates	1 cup skim milk
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
4 ounce sirloin steak, trimmed	3 oz skinless chicken breast	1 ½ cup pasta	4 oz grilled or baked salmon	3 small slices cheese pizza with veggies	Stir fried vegetables with shrimp: 1 ½ cups spinach, broccoli, squash, etc; sautéed in olive oil	2 cups chili with lean beef, beans, tomatoes

1 medium, roasted red potato, with 1 tsp. olive oil

1 cup cooked carrots

Mixed green salad / 1 T. Italian dressing

1 ear corn on cob

1 tsp butter

1 cup oriental style vegetables, with 1 tsp olive oil

Tossed salad, w/ 1T Italian dressing

1 cup meat sauce

3 T Parmesan cheese

Tossed salad

1 T Italian dressing

1 medium baked sweet potato

1 tsp butter

1 cup broccoli, cooked with 1 tsp olive oil,

1 cup coleslaw made with low fat mayonnaise

1 large mixed green salad

1 T Italian dressing

1 cup mixed fruit

4 oz shrimp

Served over 2/3 cup brown rice

Mixed green salad with 2 T sunflower seeds and 1 T oil/vinegar dressing

1 cup sliced mixed fruit

Caesar salad: romaine lettuce, 2 T parmesan cheese, 1 T Caesar dressing

1 medium apple

	1 whole grain roll	1 cup spinach, sautéed in 1 tsp olive oil				
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1 Orange	1 cup skim milk	1 cup milk	3 cups low fat popcorn	15 reduced fat tortilla chips	1 cup corn bran cereal	15 animal crackers
1 string cheese stick	3 graham crackers	1 biscotti	1 small pear	½ cup salsa	1 cup skim milk	1 T almond butter
	1 T peanut butter			¼ cup refried beans		1 cup skim

WEEK 4 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
¾ cup Grits w/ cheese	1 Omelet	1 cup Fruity Oatmeal	2 Waffles	1 Bagel, cinnamon-raisin	1 Croissant'wich – w/ egg/cheese	1 cup Bran flakes cereal
1 Boiled egg	2 Pancakes	Lite Egg Benedict	1 Boiled egg	1 oz cream cheese	1 Cup Milk 1 %	2 Egg white scrambled

1 cup 1% milk	1T butter Lite syrup	1 Toast	1 cup melons	1 cup Grapes	2 Clementines	1 cup milk 1 %
1 medium banana	8 oz orange juice	1 cup Milk 1 %	1 cup Milk 1 %	1 cup Milk 1%		1 cup blueberry
Snack	Snack	Snack	Snack	Snack	Snack	Snack
5 oz Banana Pudding	1 cup Milk 1%	1 cup Grapes	1 Apple medium w/ peel	1 cup strawberry, halves	1 Cup Peach slices	1 Apple with peel
	1 corn cake	4 oz Yogurt, vanilla low fat		6 oz Yogurt, light	4 oz Orange, sherbet	2 T Peanut butter, law fat
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2 Chicken Fajitas	3 oz tuna fish	1 cup asparagus,	1 C Cream of mushroom soup	2 Slice Bread	Glazed chicken w/ vegetables	1 cup Black bean soup
1 cup green beans	1 Pita – wheat	½ cup cauliflower	3 oz Turkey Breast	2 oz Turkey breast	Salad- small Garden w/ tomato, carrots, onion	1 Sandwich- subway Turkey breast deli

1 serving Miami
Shrimp and scallops

3 oz Chicken breast

Coated corn bread
Fish

1 cup spaghetti

Curried chicken with
Rice

3 oz Beef, top, sirloin,
lean, broiled

3 oz Pork, tenderloin,
roasted

1 medium Baked
potato

1 cup Green beans

1 cup Brown rice long
grain

3 oz chicken breast

1 Vegetable Pattie

4 oz Green beans,
string, boiled

1 Cup spinach boiled

1 cup Asparagus

Small salad: garden
w/ tomato, onion

1 cup Broccoli, Raw

1 oz cheese,
mozzarella

Garden Salad

1 cup mushroom, raw

1 cup vegetables,
mixed, boiled

½ cup caramel custard

1 oz cheddar cheese

1 T Italian dressing

Salad- Lrg, garden
w/tomato & onion

1T French dressing,
fat free

½ T Olive oil

2 T BBQ, healthy
choice

1 cup cranberry juice

2T Italian fat free
dressing

1T Italian fat free
dressing

½ cup spaghetti
sauce

½ cup chopped onion

1 Peanut oatmeal
cookie

1 Medium fruit

1 package, Fruit,
mixed, dried

1 tsp buttery spread

4 oz Fruit Juice

1 tsp spices, garlic

					1 Pita Bread	
					Maple fruit compote	
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1 Granola bar, hard, almond	1 Cup Milk 1 %	1 small box Raisins, seedless	1 Candy bar	3 saltine crackers	1 cup milk 1 %	1oz Roasted Cashews
4.4 oz Yogurt, non fat, fruit variety	1 Biscotti		1 cup Milk 1 %	6 oz vegetable juice		½ cup Dessert- Egg custard