

Sample 1,600-Calorie Diet for Weight Loss

For a generally healthy adult — a sample day emphasizing lean protein, vegetables, fruit, whole grains and minimally processed foods.

Calories are estimates and vary by brand, preparation and portion size. A 1,600-calorie target is not appropriate for every adult; calorie needs depend on age, sex, height, weight and activity level.

Meal	Food	Approx. kcal
Breakfast	2 eggs scrambled with spinach and tomato; 1 slice whole-wheat toast; 1 small banana; coffee without added sugar	≈400
Lunch	4 oz grilled chicken breast; large salad with mixed greens, cucumber, tomato and carrots; 1 Tbsp olive-oil vinaigrette; 1 small baked potato	≈500
Snack	6 oz plain nonfat Greek yogurt + ½ cup berries + 1 Tbsp chopped walnuts	≈200
Dinner	4 oz baked salmon; ½ cup cooked brown rice; 1½ cups steamed broccoli/green beans; 1 tsp olive oil; 1 small orange	≈500

Total: approximately 1,600 calories

Simple substitutions

• Chicken ↔ turkey, lean beef, tofu or beans. • Salmon ↔ other fish or skinless poultry. • Brown rice ↔ quinoa, barley or a small baked potato. • Greek yogurt ↔ low-fat cottage cheese or unsweetened yogurt.

Weight-loss tips

Use measuring cups or a food scale for calorie-dense foods such as oils, nuts, dressings and grains. Choose water or unsweetened beverages most of the time. USDA MyPlate emphasizes fruits, vegetables, grains, protein foods and dairy/fortified alternatives and recommends monitoring body weight and adjusting intake as needed. [■cite■turn0search0■](#)

QR code: USDA MyPlate



Scan to open the USDA MyPlate website for additional meal-planning and healthy-eating resources.

This is an educational sample, not individualized medical or nutrition advice. Adults with diabetes, kidney disease, significant gastrointestinal disease, eating disorders, pregnancy, or other conditions may need a different plan.