



Meal Type | Lunch/Dinner

**MEAL CODE** | **LCML (LOW CALORIE MEAL)**

Effective Date | 01 June 2009

**ALTERNATE NAMES:**

Calorie-restricted

**GUIDELINES:**

**PROHIBITED**

- Fried foods
- Added fats, oils and sugar
- Gravies and sauces
- Rich desserts

**ACCEPTABLE**

- Lean meats
- Low fat dairy products
- Fresh fruit and vegetables
- High fibre wholegrain breads
- High fibre wholegrain cereals
- Packaged fruit, if packed in water or in their own juices
- Unsweetened fruit juice
- Commercially prepared low-calorie products
- High intensity sweeteners (Acesulfame-K, Aspartame, Cyclamate, Neohesperidine, Acesulfam Aspartame salt, Saccharin, Sucralose, Stevia, Thaumatin, Neotame)

**USE :**

Passengers wishing to follow a calorie-restricted diet.

**CHARACTERISTICS :**

Increased complex carbohydrates.

High fibre. Low fat.

Calories < 400 per meal up to 1200 calories per 24-hour period.

**NOTE :**