

# TIPS FOR WEIGHT REDUCTION

## ↑INCREASE

### ↑FIBER

Vegetables, fresh fruit, dried beans, brown rice, whole wheat bread, oatmeal, bran cereal

### ↑LOWFAT FOODS

Unsweetened soymilk, egg white, bean curd (tofu), seafood, skinless poultry, lean meat

### ↑WATER

### ↑EXERCISE

### MAY USE AS DESIRED:

|             |                        |
|-------------|------------------------|
| clear broth | sugar free soda        |
| tea         | sugar free gelatin     |
| coffee      | sugar substitutes      |
| lemon juice | spices/herbs           |
| vinegar     | leafy green vegetables |
| mustard     |                        |

### REMEMBER

- AVOID SKIPPING MEALS
- EAT SLOWLY

## ↓DECREASE

### ↓FAT

fried foods, sausage, BBQ meats, potato chips, nuts, oil, butter, margarine, salad dressings, cheese, whole milk, cream

### ↓SUGAR

soda, ice cream, pastries, dessert, cookies, candies, jams, condensed milk, white sugar, brown sugar, honey

### ↓PORTION SIZE

### ↓UNHEALTHY SNACKS

### ↓ALCOHOL

### ↓EATING OUT AT FAST FOOD PLACES OR RESTAURANTS

## SAMPLE 1200 CALORIE MEAL PLAN

| Breakfast                                                                     | Lunch                                                                                                  | Dinner                                                                                           | Snack                         |
|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------|
| ½ c. cereal<br>1 slice. wheat bread<br>1 tsp. margarine<br>1 c. fat free milk | ½ c. noodles<br>2 oz lean meat<br>1 c. vegetables<br>1 tsp. oil<br>clear broth<br>tea<br>1 small fruit | 1/3 c. rice<br>2oz. fish<br>1 c. vegetables<br>1 tsp. oil<br>clear broth<br>tea<br>1 small fruit | 1 small fruit<br>½ c. soymilk |