

## 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

#### SAMPLE 1200 CALORIE MEAL PLAN

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

### ↓ 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