

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	vinegar
tea	mustard
coffee	spices/herbs
lemon juice	leafy green vegetables

↓ 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

REMEMBER:

- DON'T SKIP 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