




WEIGHT-LOSS EATING GUIDE

FAT: The fat in the foods you eat can make you fat! While too much of any kind of fat can make you gain weight, small amounts of fats are needed for good health. These "better" fats are called polyunsaturates and monounsaturates. Polyunsaturated fats are found in vegetable oils such as corn, safflower, soybean and sesame. Monounsaturated fats are found in olive, canola and peanut oils, and in avocado. Moderate amounts of these "better" fats can be eaten daily.

Saturated fats are found in meats, dairy products and certain oils such as coconut, palm and palm kernel. Trans-fatty acids are found in margarine and have been shown to

adversely affect your cholesterol profile. They may promote poor cardiovascular health and should be entirely avoided.

Here are some practical suggestions for reducing the amount of fat that you eat in your diet. Eat daily from the "green light" section of food choices, while being more cautious with the "yellow light" foods. Consume "red light" food choices only rarely while following your weight-loss plan.

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|  <ul style="list-style-type: none"> • Poultry/turkey, white meat • Red meats, round cuts, top sirloin • Pork, white meat, low-fat • Fish, canned tuna, salmon, shrimp • Seafood • Egg whites or egg-substitute • Skim milk • Soy or rice milks, non- or low-fat • Non-fat cheeses • Soy products, low-fat |  <ul style="list-style-type: none"> • Red meats, choice cuts • Cold cuts, low-fat • Herring, mackerel • Sardines, squid • Low-fat milk • Soy or rice milks, regular • Low-fat cheeses • Low-fat, frozen entrees • Soy products, regular • Olive oil, cooking sprays • Chestnuts |  <ul style="list-style-type: none"> • All fried foods • Poultry or turkey, dark meat, with skin • Other red meats including organ meats, t-bone steak, hamburger, hot dogs, cold cuts, salami, bologna • Bacon, sausage, ham • Tuna packed in oil • Whole eggs, omelets | <ul style="list-style-type: none"> • Whole-fat milk and cheeses • Frozen entrees, high-fat • French fries, potato chips • Whole-fat margarine, butter, mayonnaise, sour cream, cream cheese • Avocado, guacamole, olives • Other nuts and seeds, nut butters • Cream sauces |
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CARBOHYDRATES: The word "carbohydrate" is a nutritional term for what is more commonly known as "starch" or "sugar." We need to eat a certain amount of carbohydrates because they provide calories or energy for the body, as well as consume other phytonutrients. There are three major types of carbohydrates: complex, refined and simple.

Complex or whole-grain carbohydrates are the ones we should eat for good health. They are relatively low in fat while rich in vitamins, minerals and fibers. Examples of complex carbohydrates are starchy foods such as potatoes, yams, corn, whole-wheat bread, cereal and pasta, brown rice, beans, peas and lentils.

Refined carbohydrates include white bread, white rice, pasta, cookies, pies, cakes and most baked desserts. It is best to avoid these types of carbohydrates in general because they are high in calories and low in essential nutrients.

Simple carbohydrates are also known as "sugars." Some simple carbohydrates are good to eat such as whole, fresh fruits. Other simple carbohydrates should be avoided while on a weight-loss program. Examples of these include white sugar, brown sugar, corn syrup, honey, maple syrup, molasses, malt syrup, jams and jellies.

It is easy to overeat both refined and simple carbohydrates. Since the total number of calories is important while following a weight-loss regimen, it is recommended to limit these types of foods.

Eat daily from the "green light" section, limit the foods from the "yellow light" section to once or twice a week, and mostly avoid the "red light" section while trying to lose weight.

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|  <ul style="list-style-type: none"> • Whole-grain pasta, bread, bagels, crackers • Oatmeal, whole-grain, non-sweetened cereals • Brown rice • Corn, beans, peas, legumes, lentils • Sweet potato, yam • Vegetables, fresh or frozen, tomatoes • Whole fruits, fresh or frozen • Sugar-free gelatin • Air-popped popcorn |  <ul style="list-style-type: none"> • Crackers, regular (1 serving) • Muffins, waffles, pancakes, granola • Pretzels • Potatoes • Canned fruits, unsweetened • Canned vegetables • Sorbet, sherbet, sugar-free pudding • Non-fat cookies or other non-fat desserts • Wine, limit to one glass. |  <ul style="list-style-type: none"> • Pasta, bread, crackers, made from white flour • Sweetened cereals • Croissants, doughnuts, pastries, pies • White rice • Fruit, canned, sweetened • Refried beans, packed in oil • Dried fruits • Buttered popcorn • Ice cream, chocolate, candies, other desserts • Regular sodas, beer |
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INSTEAD OF...

- Cooking in butter or oil
- High-fat cream sauces
- Regular portion size
- Sautéed, fried
- Sauces and dressings
- Potato salad, coleslaw
- Butter, oils
- Cream soup
- Basket of bread on your table

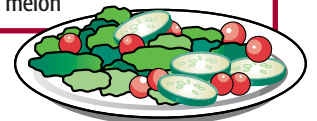
At the salad bar:

- fried noodles, crumbled bacon bits, sunflower seeds,
- potato salad, coleslaw, avocado, olives, cheese

TRY...

- Chicken or vegetable stock, water, or use a tablespoon or two of olive oil to saute vegetables
- Non-fat tomato-based sauces, salsa
- Appetizer size
- Grilled, steamed, poached, broiled (no butter), stir-fried
- Order them on the side and use sparingly
- 3-bean salad, cold salads with no added oil or mayonnaise
- Non-stick cooking sprays, non-stick pots and pans
- Bouillon-based soup
- Ask for carrot and celery sticks

- cauliflower, broccoli, green or red peppers, carrots,
- tomatoes, peas, beans, lentils, pineapple, melon



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