

WEIGHT-REDUCTION DIET

(Sheet 1 of 2)

PURPOSE:

This is a simple "exchange list" diet for individuals who want to lose weight. The goal of diet therapy is to reduce caloric intake to a level that can be safely and comfortably tolerated. Usually diets that provide 1,200 to 1,500 calories a day are acceptable for most people. However, you and your health care provider should determine the appropriate amount of calories required for your weight, height, activity level and general health. The example shown is for a 1,400 calories per day menu. It may be modified by adding more food portions.

DESCRIPTION:

Plan your breakfast, lunch, and dinner meals by selecting items from the appropriate food list. This sample diet allows you one fruit portion, one starch, and one milk for breakfast. You may choose cereal with banana and milk. Coffee or tea is a "free" item. Amounts of each portion are indicated in each food list. Portions can be interchanged among breakfast, lunch, and dinner as long as the total for the day doesn't exceed those indicated. For example, you can eat all your fruits for breakfast if desired, but don't exceed four portions for the day.

SUGGESTED MEAL PLANS FOR APPROXIMATELY 1,400 CALORIES PER DAY DIET**DAILY PORTIONS FROM FOOD LISTS**

(See lists below and following page)

BREAKFAST	LUNCH	DINNER	SNACK
1 Fruit	2 Meats	3 Meats	1 Starch
2 Starches/Bread	1 Vegetable	1 Fat	1 Fruit
1 Milk	1 Fat	2 Starches/Bread	1 Milk
	2 Starches/Bread	1 Vegetable	
	1 Fruit	1 Fruit	
	(raw vegetable as desired)	(raw vegetable as desired)	

FRUIT LIST (60 calories, 15 grams carbohydrates):

(A portion is 1 small piece or 1/2 cup unless listed)

Apples (Juice or Sauce)	Fruit Cocktail	Plums (2)
Apricots (4)	Grapefruit or Juice	Prunes (3)
Apricots, dried (7 halves)	Grapes (15)	Prune Juice (1/4 cup)
Banana (1/2)	Grape Juice	Raspberries (1 cup)
Blackberries (3/4 cup)	Lemon	Raisins (2 Tbsp)
Blueberries (3/4 cup)	Orange/Orange Juice	Rhubarb
Cantaloupe (1/3)	Peach	Strawberries (10)
Cherries (12 or 1/2 cup)	Pear	Tangerine
Dates (2)	Pineapple (3/4 cup fresh)	Watermelon (1 cup)

VEGETABLE LIST (25 calories, 5 grams carbohydrates, 2 grams protein):

(A portion is 1 cup raw or 1/2 cup cooked)

Artichoke	Celery	Peppers
Asparagus	Cucumber	Peas
Beans (green, wax or sprouts)	Eggplant	Pumpkin
Beets	Endive	Radish
Broccoli	Mixed Vegetables	Rutabaga
Brussels Sprouts	Mushrooms	Spinach
Cabbage or Sauerkraut	Okra	Squash
Cauliflower	Onions	Tomato
Carrot	Parsnips	Turnips

Note: Some vegetables are shown in the Starch List.

WEIGHT-REDUCTION DIET**(Sheet 2 of 2)****STARCH LIST (80 calories, 15 grams carbohydrates, 2–3 grams protein, 1–2 grams fat):**

(A portion is 1/4 cup or as listed)

Angel Food Cake (1 oz)	Cornbread (2 inch cube)	Popcorn, fat-free (3 cups)
Bagel (small or 1 oz)	Cornstarch (2 Tbsp)	Potato, white (1/2 cup)
Beans, canned (1/3 cup)	English muffin (1/2)	Potato, sweet (1/3 cup)
Biscuit (2 1/2 inch size, 1)	Gelatin (1/2 cup)	Pretzels (5 small)
Bread (1 slice)	Graham crackers (2)	Rice (1/3 cup)
Bun (1/2)	Lentils, canned (1/3 cup)	Rice cakes (2)
Cereal (3/4 cup, dry; 1/2 cup hot)	Matzo crackers (3/4 oz)	Saltines (6)
Corn (1/2 cup)	Pancake (4 inch size, 1)	Taco Shell (1)
Cookies (fat-free, 1 or 2 small)	Pasta (1/2 cup)	Tortilla (one 6-inch)
	Pita bread (6 inch size, 1/2)	

MEAT OR MEAT SUBSTITUTE LIST (55–70 calories, 7 grams protein, 3–5 grams fat):

(A portion is 1 ounce or 1/4 cup or as listed)

Beef (lean cuts)	Eggs (3 per week)	Pork (chops, ham, roast)
Cheese (skim milk types)	Fish (all types)	Shellfish
Cold Cuts or Frankfurters (95% fat-free)	Lamb (leg, roasted)	Soybeans, cooked (1/3 cup)
Cottage Cheese (1/3 cup)	Peanut Butter (1 Tbsp)	Veal
	Poultry (no skin)	

FAT LIST (45 calories, 5 grams fat):

(Use nonfat or low-fat products when they are available)

Bacon, crisp (1 slice)	Gravy (2 Tbsp)	Oils (1 teaspoon)
Cheese, cream* (1 Tbsp)	Margarine* (1 teaspoon)	Olives (5 large)
Coconut (2 Tbsp)	Mayonnaise* (1 teaspoon)	Salad Dressings* (1 Tbsp)
Cream, light (2 Tbsp)	Nuts (6 to 10)	Seeds (1 Tbsp)

* Portion amounts may be increased if using nonfat products (e.g., mayonnaise, 2 Tbsp)

MILK LIST (80 calories, 12 grams carbohydrates, 8 grams protein):

Skim milk (1 cup) Yogurt (1 cup plain, nonfat, unsweetened except with sugar substitute)

FREE ITEMS: (You may have these as desired)

Beverages: Coffee, tea, sugar-free beverages	Raw salad greens—lettuce, parsley, romaine, spinach, watercress, endive, escarole,
Pickles, except sweet pickles	cabbage, Chinese cabbage, other greens
Bouillon and consommés	Nonstick pan spray
All spices, herbs, flavorings, and artificial sweeteners	Lemon or lime juice
Catsup, mustard, soy sauce, vinegar	Sugar substitutes
Worcestershire sauce	
Sugar-free gelatin	

ADDITIONAL INFORMATION:

- Purchase fruits fresh, fresh-frozen, or canned unsweetened, or in natural juices. All juices should be unsweetened.
- Vegetable and fruit portions are for the edible amounts of the item.
- Allowed amounts of meats are after cooking; amounts shown are for edible parts only (excluding bones). Be sure to trim all extra fat away from meat before cooking. Remove skin from all poultry. Roasting or broiling of meats is preferred.
- If salt intake is limited, avoid foods high in sodium (e.g., pickles) and don't use salt at the table.
- Even though the diet should meet your nutritional needs, a vitamin and mineral supplement may be recommended by your health care provider.
- Everyone on a diet will experience an occasional setback. This doesn't mean failure. Long-term success is still possible.
- Combine your diet with eating behavior modification to help you maintain the weight loss.