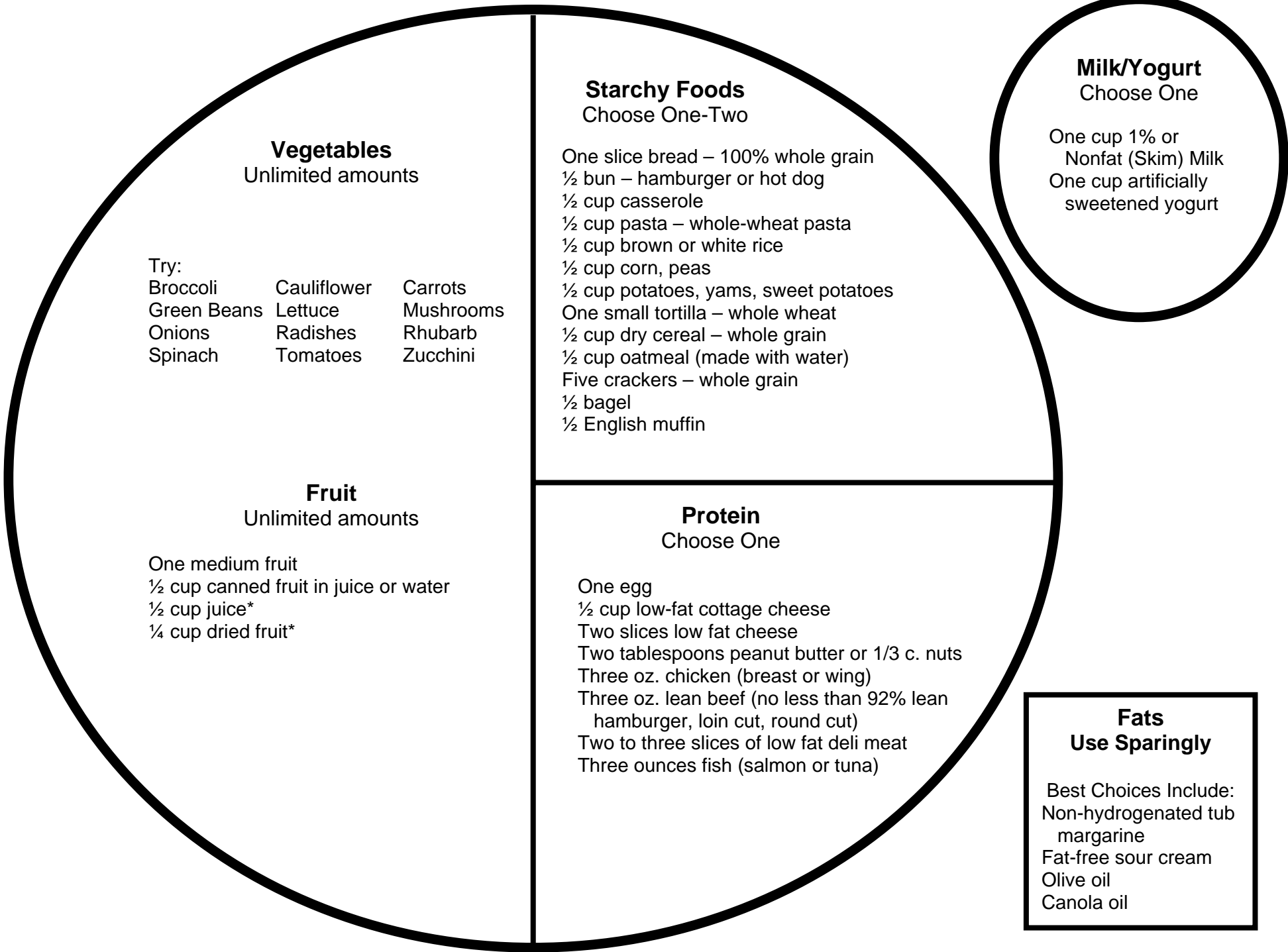




I would like to lose weight... “What Should I Eat?”

Education Outreach

1. **Eat three meals a day.** How often you eat is just as important as what you eat. We use food to fuel the work we do every day. Without this fuel, we cannot function to the best of our ability. We need to refuel at least three times a day. Skipping a meal could make you overeat at the next meal.
2. **Use your plate to guide you.** All types of food are important. The goal is to have a healthy balance to achieve good health. See the plate diagram on the reverse side of this sheet to help you determine the right amount and types of food to choose at each meal.
3. **Choose fiber.** Fiber is found in whole grains (whole wheat bread, brown rice, whole wheat spaghetti, bran cereal), fruits, and vegetables. Fiber is not a single food or substance. It can help with blood pressure, weight management, and cancer prevention. Fiber can also help you feel fuller longer.
4. **Choose lean meats.** Fat can increase your risk for a heart attack, stroke, cancer, and obesity. Fat also is very calorically dense. Look for the words “loin” (sirloin, tenderloin) or “round” on labels. Choose at least 92% lean hamburger meat. White poultry meat (breast or wing) is a good low fat option.
5. **Choose low fat dairy.** Dairy provides a wonderful source of calcium. While calcium has been suggested to help with blood pressure, weight management, and the prevention of osteoporosis, it can be high in fat. Choose skim or 1% milk, low fat yogurt, and cheese more often, and limit high fat ice cream.
6. **Set aside time for meals.** Sit down and enjoy food. Avoid eating on the run or in your vehicle. Also, set an end point to meals such as a breath mint or a piece of gum.
7. **Watch out for empty calories.** That piece of candy, regular soda, or handful of chips – all of those calories add up.
8. **Meet with a registered dietitian.** Registered dietitians are trained professionals who will teach you how foods affect your health. They will help you learn how your favorite foods can fit into a healthy diet, and help you develop a meal plan that is right for you.



Vegetables
Unlimited amounts

- Try:
- | | | |
|-------------|-------------|-----------|
| Broccoli | Cauliflower | Carrots |
| Green Beans | Lettuce | Mushrooms |
| Onions | Radishes | Rhubarb |
| Spinach | Tomatoes | Zucchini |

Fruit
Unlimited amounts

- One medium fruit
- ½ cup canned fruit in juice or water
- ½ cup juice*
- ¼ cup dried fruit*

Starchy Foods
Choose One-Two

- One slice bread – 100% whole grain
- ½ bun – hamburger or hot dog
- ½ cup casserole
- ½ cup pasta – whole-wheat pasta
- ½ cup brown or white rice
- ½ cup corn, peas
- ½ cup potatoes, yams, sweet potatoes
- One small tortilla – whole wheat
- ½ cup dry cereal – whole grain
- ½ cup oatmeal (made with water)
- Five crackers – whole grain
- ½ bagel
- ½ English muffin

Protein
Choose One

- One egg
- ½ cup low-fat cottage cheese
- Two slices low fat cheese
- Two tablespoons peanut butter or 1/3 c. nuts
- Three oz. chicken (breast or wing)
- Three oz. lean beef (no less than 92% lean hamburger, loin cut, round cut)
- Two to three slices of low fat deli meat
- Three ounces fish (salmon or tuna)

Milk/Yogurt
Choose One

- One cup 1% or Nonfat (Skim) Milk
- One cup artificially sweetened yogurt

Fats
Use Sparingly

- Best Choices Include:
- Non-hydrogenated tub margarine
 - Fat-free sour cream
 - Olive oil
 - Canola oil

* Limit to one-two servings of these foods per day.