



Welcome to Slim-Care™, THE Weight Control and Nutrition Program designed for you.

Slim-Care™'s goal is a healthier body for you, for life, through proper nutrition & exercise.

Slim-Care™ has been developed specifically for you, to make your life simpler and healthier. It does this by:

1. Taking the struggle out of food selection (it practically does the work for you.)
2. Showing you how to design your own safe exercise program geared to your age and capability.

The Slim-Care™ Program includes:

1. Graphic illustrations on how to use the program.
2. The Slim-Care™ Book.
3. Your own personal nutritional analysis.
4. Four different calorie-level meal plans.
5. Easy-to-use color-coded food selection cards.
6. One week's menus for each calorie level.
7. Emphasis on healthy meals to increase fiber and decrease fat.
8. Simple, yet complete discussion of food groups.
9. Clear, but brief, discussion on fiber, cholesterol, fat, vitamins and minerals.
10. Exercise information.

The program is designed so you can make your own healthy food selections easily and quickly. Use the menus as a guide and make your own substitutions when you feel comfortable doing so.

Read the Slim-Care™ Book as many times as necessary (especially pages 2 thru 16, 22 thru 24, 29 & 30), until you feel comfortable with the information. Remember to keep your color-coded cards in numerical order when there is more than one card to a set. Also be sure to check the reverse side of each card for all your food selections.

The Slim-Care™ Program will be an important partner to you in the pursuit of good health. I wish you well.

Program Director
Janette Wessels, R.D.



Slim - Care™



Nutrition and Exercise Guide

JANETTE WESSELS, R.D.

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As YOUR PERSONAL GUIDE TO A HEALTHIER BODY
THROUGH IMPROVED NUTRITION
Revised May, 1988 & February, 1991 by Janette Wessels, R.D.

and the name changed to

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& Exercise Guide

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Welcome to Slim-Care™. This Slim-Care™ nutrition and exercise guide can be used alone as a concise guidebook to better health. When used in conjunction with the Slim-Care™ program, it is designed to help you eat better, look better, and feel better. It is user friendly, and complete enough to have been used in some of the most sophisticated health spas in America. It takes the mystery out of maintaining proper weight, and even helps you design your own aerobic exercise program. You are to be congratulated upon taking this important step toward good health.

1. NAME _____
2. IDEAL WEIGHT _____
3. DAILY CALORIE LEVEL TO REACH IDEAL WEIGHT _____
4. DAILY CALORIE LEVEL TO MAINTAIN IDEAL WEIGHT _____
5. ESTIMATED WEIGHT LOSS PER WEEK AT THIS CALORIE LEVEL _____

This Slim-Care™ Book may be all you need to improve your overall health and that of your entire family. The book has five basic goals:

1. *To help you understand basic necessary information about food groups.*
2. *To teach you some brief, but important facts, about vitamins , minerals, fats and fiber.*
3. *To show you how to determine your ideal weight and how to figure the number of calories to maintain that weight.*
4. *To help you design your own weight control program using common sense nutritional information.*
5. *To teach you how to set up your own personal aerobic exercise program to be used alone (for cardiac fitness) or in conjunction with your weight loss program.*

Begin a healthier lifestyle now — read and enjoy!

All personal recommendations given in this guide are made with the understanding that there are no medical problems. Before beginning a weight reduction program, or before radically changing your diet, you should consult your own physician.

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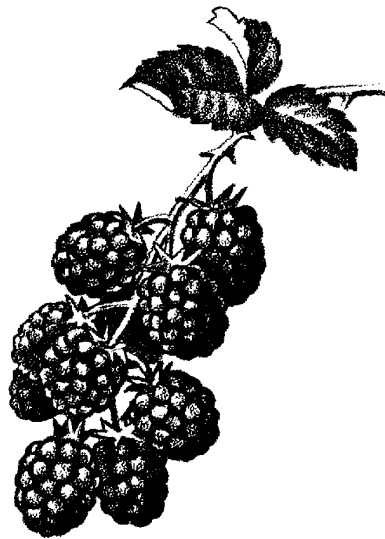
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FOREWORD

The food we eat supplies nutrients and energy for growth and repair of our bodies, maintaining and keeping our bodies alive and energized for work and play, as well as for rest and recuperation.

Foods vary in the amount of essential nutrients they supply, and no one food can supply all the required nutrients. The needs of our body vary depending upon our age, sex, activity, body build, and our health.

All the foods needed to supply our bodies with the nutrients and energy we require are found in the Basic Food Groups. We will examine these groups in detail.



*FRUITS AND VEGETABLES
(Pink and Green Cards)*



These groups include all fruits and vegetables. You should have a minimum of five to six servings daily (1/2 C. equals a serving if you are not using the color coded cards). One serving of fruit equals 60 calories (Pink cards). One serving of vegetables equals 25 calories (Green card).

Fruit

Fruit selected should be fresh, frozen, or juice pac. Do not select fruits packed in light or heavy syrup.

Vegetables

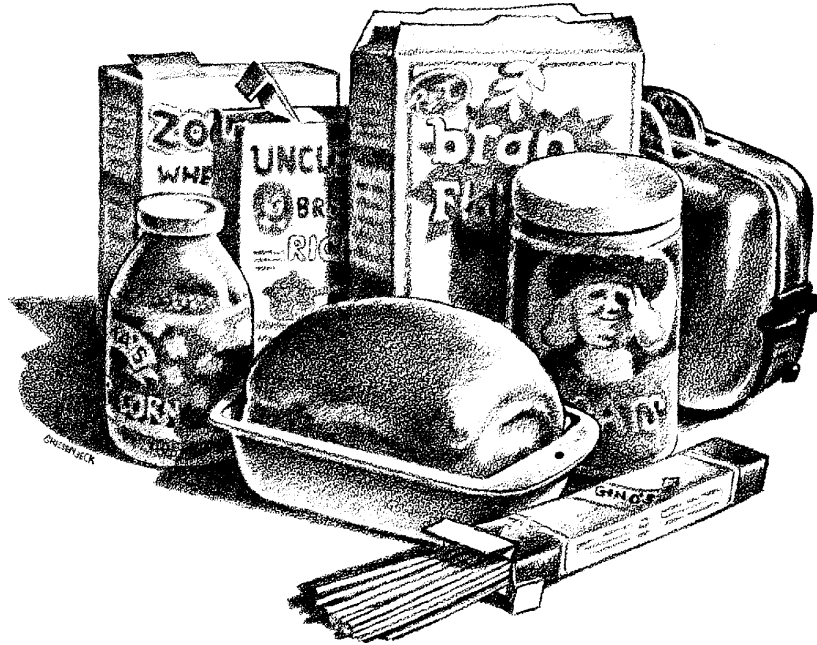
Vegetables should be prepared without butter, cream sauces, cream soups, or butter sauces. A butter flavored fat free spray and a fat-free salad dressing will reduce the amount of additional fat and calories when vegetables or salad is served. Lettuce is a free vegetable.

Vitamin C fruits and vegetables (good to fair sources)—oranges, grapefruit, raw strawberries, broccoli, brussel sprouts, sweet red and green peppers, mango, papaya, melons, asparagus tips, raw cabbage, collards, garden cress, kale, kohlrabi, mustard greens, potatoes, and sweet potatoes with skins on, spinach and turnip greens.

Vitamin A fruits and vegetables — Apricots, cantaloupe, mango, persimmons, pumpkin, broccoli, carrots, chard, collards, garden cress, kale, spinach, turnip greens, beet greens, dandelion greens, mustard greens and winter squash.

Besides being good sources of Vitamin A and C, fruits and vegetables are valuable sources of fiber (include skins and seeds). Dark green vegetables are also a good source of calcium, riboflavin, iron, folacin and magnesium. Fruits and vegetables contain no cholesterol and very little fat.

BREAD AND CEREAL
(Yellow Cards)



This group includes all products made with whole grains or enriched flour or meal. Plan to eat at least four servings daily. One serving is one slice of bread, one-half cup of cooked cereal, three-fourths cup of dry cereal, one-half cup of cooked noodles, macaroni, spaghetti. The approximate caloric content per serving is 80 calories (Yellow cards).

Breads and cereals are an important source of complex carbohydrates, B vitamins and iron. They also contribute protein, magnesium, folacin and fiber. The group includes bread, muffins, biscuits, waffles, pancakes, cooked and dry cereals, cornmeal, grits, flour, noodles, macaroni, spaghetti, rice, dried peas, beans & lentils. Whole wheat breads and bran cereals are a good source of fiber.

MILK
(White Card)



<i>Children</i>	<i>2 to 3 servings per day</i>
<i>Teens</i>	<i>4 servings per day</i>
<i>Adults</i>	<i>2 servings per day</i>
<i>Pregnant Women</i>	<i>3 servings per day</i>
<i>Nursing Mothers</i>	<i>4 servings per day</i>

This group includes milk in any form (skim, 1%, 2%, whole) evaporated, buttermilk, powdered milk and low-fat yogurt (White card).

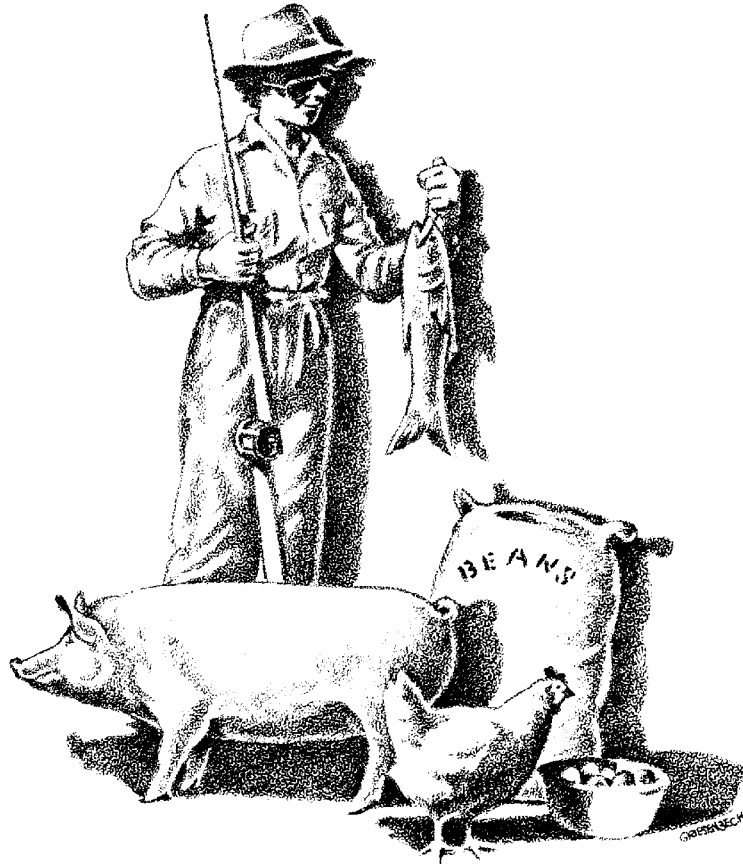
Milk and milk products provide calcium (300 mg/cup), riboflavin, Vitamins A, D, B₆ and B₁₂, and protein. 1 cup milk provides approximately the same amount of protein as 1 ounce of meat.

FATS
(Blue Cards)

The fat group includes saturated & unsaturated fats. Choices from the unsaturated fats will often help to reduce cholesterol & triglyceride levels. Fats are needed to carry fat-soluble vitamins A,D,E, & K. They also supply the essential fatty acids. 1 selection of fat provides 45 calories (Blue card).



*MEAT, FISH, POULTRY AND CHEESES
(Tan Cards)*



Eat 2 servings daily, one serving equals 2 to 3 ounces of cooked lean meat, beef, fish or poultry, lamb, pork, veal, shellfish (shrimp, oysters, crabs, etc.) organ meats (liver, kidney, heart) eggs, cheeses and peanut butter. 95-99% fat free meats have an approximate caloric content of 50 calories per ounce. Meats should be roasted, baked, broiled or steamed in order to eliminate additional fat & calories. Breading, deep fat frying, pan frying (unless fried without additional fat being added), sauces, cream soups, wine and gravies increase the calorie value significantly.

Weigh meats and meat substitutes after the meat has been cooked, the skin taken off, the fat trimmed off & the bone taken out.

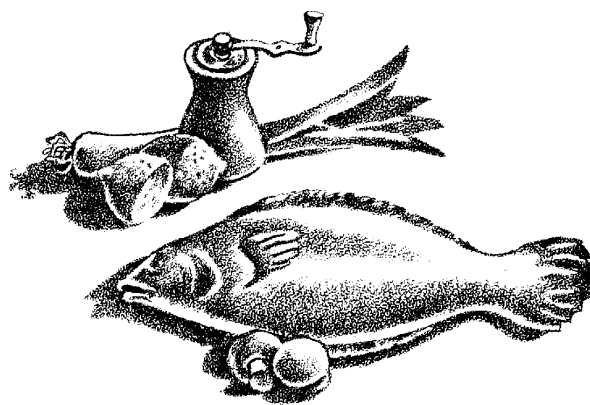
Meat, fish and poultry are noted for their high complete protein content. Phosphorus, Vitamin A, B₆, B₁₂, and iron are other valuable nutrients contributed by the Meat Group. Vitamin B₁₂ is found only in foods of animal origin.

Red meat and oysters are good sources of zinc; liver and egg yolks are good sources of Vitamin A and iron. The body can make better use of the iron found in meats if it is eaten together with a good source of Vitamin C.

The “American Diet” derives a large percentage of its calories from fat. Meats, especially, are noted for their high cholesterol and saturated fat content. Keeping this in mind, if you want to control or modify your fat and cholesterol intake, you should limit your daily consumption of meat, fish and poultry to 4–6 ounces of lean meat daily.

Fish and poultry contain fewer calories per ounce than red meat. The skin of poultry has a higher cholesterol content as do organ meats, egg yolks and shrimp.

The recommended daily intake of cholesterol is under 300 mg daily and saturated fat is under 18 gm daily.



SWEETS AND ALCOHOL



A basic number of servings is not recommended from this group. Candy, sugar, jam, jellies, syrups, toppings, soft drinks, cake, pie, cookies, pastries, wine, beer and liquor are included.

Caloric content of foods in this group:

<i>Butter, 1 tsp.</i>	<i>35</i>	<i>calories</i>
<i>Margarine, 1 tsp.</i>	<i>35</i>	<i>"</i>
<i>Mayonnaise, 1 tsp.</i>	<i>65</i>	<i>"</i>
<i>Salad Drsg.-French, 1 Tbsp.</i>	<i>60</i>	<i>"</i>
<i>Sugar, 1 Tbsp.</i>	<i>45</i>	<i>"</i>
<i>Jam, 1 Tbsp.</i>	<i>55</i>	<i>"</i>
<i>Jelly, 1 Tbsp.</i>	<i>55</i>	<i>"</i>
<i>Soft Drinks, 8 oz. cola type</i>	<i>95</i>	<i>"</i>
<i>Candy, 1 oz. milk chocolate</i>	<i>150</i>	<i>"</i>
<i>Cake, 1/16 of 10" chocolate layer cake, iced</i>	<i>445</i>	<i>"</i>
<i>Pie, 1/7 of 9" pie — Apple</i>	<i>345</i>	<i>"</i>
<i>Do-nut, cake type</i>	<i>125</i>	<i>"</i>
<i>Cookies, 3" diameter, plain</i>	<i>120</i>	<i>"</i>
<i>Wine, 3 1/2 oz (1 glass)</i>	<i>85</i>	<i>"</i>
<i>Beer, 12 oz.</i>	<i>150</i>	<i>"</i>
<i>Whiskey, 1 1/2 oz. (1 jigger)</i>	<i>115</i>	<i>"</i>

The nutritional contribution of this entire group is mainly calories, with the exception of vegetable oil which does contribute Vitamin E and essential fatty acids to our diet. The foods found in this group are the ones that should be avoided, particularly if weight loss is desired.

REMEMBER —

“OUT OF SIGHT — OUT OF MIND” for the Sweets & Alcohol and your favorite high caloric foods. If these foods prove too tempting or are your weakness, refrain from buying or preparing them. If you can’t resist, make them as inaccessible as possible. Remove the temptation!

GENERAL GUIDELINES FOR WEIGHT REDUCTION

This book has been written to help you with your personal weight loss program. You need to eat healthy, nutritious meals, rather than snacks, high calorie foods and “junk foods”

You do not have to purchase special foods for your diet, but a few guidelines must be kept in mind.

- 1. It is important that you eat your meals at approximately the same time each day. Do not skip meals.*
- 2. Follow the meal plan (calorie level) that has been recommended for you by your health care provider.*
- 3. Weigh or measure all your food portions. If a serving size is 1/2 cup, measure 1/2 cup. If a 1 oz. portion is needed, weigh a 1 oz. portion (1 oz. = 30 grams).*
- 4. Replace regular soft drinks with diet soft drinks.*
- 5. If you chew gum, always use sugarless gum.*
- 6. Fruits should be fresh or frozen without sugar or juice pac fruits. Avoid fruits packed in light or heavy syrup.*
- 7. Meats should be lean, cooked, well trimmed, skin taken off and the bone taken out before being weighed for your portion size.*
- 8. Regular salad dressing should be replaced with a fat-free dressing.*
- 9. Lettuce salad, if served with a fat-free dressing, is a free food.*
- 10. 2 slices of diet or lite bread equals 1 slice of regular bread.*
- 11. 1 tablespoon of diet margarine equals 1 teaspoon of regular margarine.*

The meal plans on the following pages have been calculated to meet your personal calorie level.

If you are using the color coded food selection cards, all foods listed on them equal 1 selection per item.

Examples:

- 1 selection of fruit from the pink card or 1/2 C. orange juice.*
- 2 selections of bread from the yellow cards or 1 slice wheat bread and 1 small baked potato.*
- 1 selection of vegetable from the green card or 1/2 C. beets.*
- 1 selection of milk from the white card or 1 C. skim or 1% milk.*
- 2 selections of meat from the tan cards or 1/2 C. water pac tuna*

If you would like a guide through the program, please refer to the graphic illustrations in the packet.

A reduction of 500 calories a day from the calories needed to maintain your ideal weight will result in a weight loss of 1 pound per week.

<i>Example:</i>	<i>Calories needed to maintain ideal weight:</i>	<i>1625</i>
	<i>Less 500 calories per day</i>	<i><u>500</u></i>
	<i>Calories per day to lose 1 lb. per week</i>	<i>1125</i>

In order to lose 1 pound per week, you must reduce your weekly calorie intake by 3500 calories. 1 pound of weight = 3500 calories.

MEAL PLANS

Meal plan for 1000 calorie Diet (Calories - 1030, Carbohydrates - 139 grams, Fat - 20 grams, Protein - 60 grams)

Breakfast

- 1 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from yellow cards*

Lunch

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 1 Selection from yellow cards*
- 1 Selection from green card*

Supper

- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 1 Selection from yellow cards*
- 1 Selection from green card*

Snack

- 1/2 Selection from white card*

*MEAL PLAN for 1200 Calorie Diet — (Calories - 1200, Carbohydrate - 154 grams, Fat - 30 grams,
Protein - 63 grams)*

Breakfast

- 1 Selection from white card*
- 1 Selection from pink cards*
- 2 Selection from yellow cards*
- 1 Selection from blue cards*

Lunch

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 1 Selection from yellow cards*
- 1 Selection from green card*

Supper

- 1/2 Selection from white card*
- 2 Selections from tan cards*
- 1 Selection from yellow cards*
- 1 Selection from green card*
- 1 Selection from blue cards*

Snack

- 1 Selection from pink cards*
- 1 Selection from yellow cards*

MEAL PLAN for 1500 Calorie Diet — (Calories - 1515, Carbohydrates - 209 grams, Fat - 35 grams, Protein - 73 grams)

Breakfast

- 1 Selection from white card*
- 1 Selection from pink cards*
- 3 Selection from yellow cards*
- 1 Selection from blue cards*

Lunch

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 1 1/2 Selection from yellow cards*
- 2 Selections from green card*
- 1 Selection from blue cards*

Supper

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 1 1/2 Selection from yellow cards*
- 2 Selections from green card*
- 1 Selection from blue cards*

Snack

- 1 Selection from pink cards*
- 1 Selection from yellow cards*

MEAL PLAN for 1800 Calorie Diet — (Calories - 1805, Carbohydrate - 239 grams, Fat - 45 grams, Protein - 90 grams)

Breakfast

- 1 Selection from white card*
- 2 Selections from pink cards*
- 1 Selection from tan cards*
- 3 Selections from yellow cards*
- 1 Selection from blue cards*

Lunch

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 2 Selections from yellow cards*
- 2 Selections from green card*
- 1 Selection from blue cards*

Supper

- 1/2 Selection from white card*
- 1 Selection from pink cards*
- 3 Selections from tan cards*
- 2 Selections from yellow cards*
- 2 Selections from green card*
- 1 Selection from blue cards*

Snack

- 1 Selection from pink cards*
- 1 Selection from yellow cards*

MEAL PLAN for 2000 Calorie Diet — (Calories - 2035, Carbohydrate - 281 grams, Fat - 45 grams, Protein - 101 grams)

Breakfast

- 1 Selection from white card
- 2 Selections from pink cards
- 1 Selection from tan cards
- 3 Selections from yellow cards
- 0 Selections from green cards
- 1 Selection from blue cards

Lunch

- 1 Selection from white card*
- 1 Selection from pink cards*
- 2 Selections from tan cards*
- 3 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Supper

- 1 Selection from white card*
- 2 Selections from pink cards*
- 3 Selections from tan cards*
- 2 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Snack

- 0 Selections from white card*
- 1 Selection from pink cards*
- 1 Selection from yellow cards*

MEAL PLAN for 2200 Calorie Diet — (Calories - 2220, Carbohydrate - 311 grams, Fat - 50 grams, Protein - 104 grams)

Breakfast

- 1 Selection from white card
- 2 Selections from pink cards
- 1 Selection from tan cards
- 4 Selections from yellow cards
- 0 Selections from green cards
- 2 Selections from blue cards

Lunch

- 1 Selection from white card*
- 2 Selections from pink cards*
- 2 Selections from tan cards*
- 3 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Supper

- 1 Selection from white card*
- 2 Selections from pink cards*
- 3 Selections from tan cards*
- 2 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Snack

- 0 Selections from white card*
- 1 Selection from pink cards*
- 1 Selection from yellow cards*

MEAL PLAN for 2500 Calorie Diet — (Calories - 2515, Carbohydrate - 356 grams, Fat - 55 grams, Protein - 117 grams)

Breakfast

- 1 Selection from white card
- 2 Selections from pink cards
- 2 Selections from tan cards
- 4 Selections from yellow cards
- 0 Selections from green cards
- 2 Selections from blue cards

Lunch

- 1 Selection from white card*
- 2 Selections from pink cards*
- 2 Selections from tan cards*
- 3 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Supper

- 1 Selection from white card*
- 2 Selections from pink cards*
- 3 Selections from tan cards*
- 3 Selections from yellow cards*
- 2 Selections from green cards*
- 1 Selection from blue cards*

Snack

- 0 Selections from white card*
- 2 Selections from pink cards*
- 2 Selections from yellow cards*

Eating nutritionally does not have to be expensive; in fact, if you buy and eat from the Basic Food Groups, your grocery bill can be reduced considerably. The foods found in the Alcohol & Sweet Group are costly and usually add nothing to the diet except calories.

THE SIX ESSENTIAL NUTRIENTS

We have concentrated on the Basic Food Groups and minimum daily requirements because of the six essential nutrients that they furnish to our bodies. What are these nutrients?

- 1. Water is the one nutrient most important to survival. Without water, man can survive only a few days. Water is needed to give the body structure and form, necessary for all metabolism, and it is needed to help maintain a stable body temperature. We get water from the food we eat and the liquids we drink. Our body needs 6–8 glasses of water daily.*
- 2. Fat is needed to carry fat-soluble Vitamins A, D, E & K. It supplies essential fatty acids, cushions body organs, and supplies energy. Fat is found mainly in the Meat and Milk Groups, with smaller amounts being found in the Fruit & Vegetable and Bread & Cereal Groups. Our main source of fat comes from the Fat, Sweet & Alcohol Group (the non-essential foods).*
- 3. Protein is needed for growth and repair of tissue; it makes hemoglobin and forms antibodies. Complete protein is found in the Meat and Milk Groups and incomplete protein is found in the Bread Group.*
- 4. Carbohydrate provides a good source of energy. Its sources can also provide roughage and fiber (found in fruits, vegetables, breads and cereals). Natural sources of carbohydrate are found in the Fruit & Vegetable, Milk, and Bread & Cereal Groups.*
- 5. Vitamins —*

Vitamin A is needed for normal growth, normal vision, and to help keep the skin, digestive and mucous linings healthy. Good sources of Vitamin A are found in the Fruit & Vegetable, Meat, and Milk Groups. Key sources are deep green and deep yellow fruits and vegetables, liver, egg yolk, cheese and milk. Dry, rough, itchy skin, night blindness, and increased susceptibility to respiratory infection may be symptoms of Vitamin A deficiency. Vitamin A also may have a role in preventing cancer. RDA 5000 IU for men; 4000 IU for women.

Vitamin B₁ (Thiamine) is needed for releasing energy from food and keeping our nerves healthy and appetite normal. Vitamin B₁ is found in the Meat, Fruit & Vegetable, and Bread and Cereal Groups. Excellent sources are pork, dry beans and peas, and whole grain and enriched breads and cereals. Symptoms of Vitamin B₁ deficiency could include confusion, poor appetite, poor memory, weakness of eye muscles, uncoordinated walk, and inability to concentrate. RDA 1.5 mg. men; 1.1 mg. women.

Vitamin B₂ (Riboflavin) helps with oxygen use in the cells and is needed for healthy mouth and tongue tissue. Vitamin B₂ is found in all four food groups. Milk, organ meats, lean meat, cheese, eggs, leafy green vegetables, whole grain and enriched cereals and breads are excellent sources. Anemia, cracks at the corner of the mouth, and burning or itching of the eyes may occur from Vitamin B₂ deficiency. RDA 1.7 mg. men; 1.3 mg. women.

Niacin is needed to help release energy from food and for maintaining healthy skin, digestive system, and tongue. In high doses, niacin can also help reduce cholesterol, but may produce side effects of flushing and itching. Good sources of niacin are found in the Meat and Fruit & Vegetable Groups. Excellent sources are legumes, nuts, lean meat and poultry. RDA 19 mg. men; 15 mg. women.

Vitamin B6 is important in maintaining the body's immune system and in the proper metabolism of protein. The Meat, Fruit & Vegetable, and Bread Groups help supply Vitamin B₆. Meats, whole grain cereals, dry beans, potatoes and dark green leafy vegetables are good sources of Vitamin B₆. Possible deficiency symptoms include extreme nervousness, depression, sore tongue & scaly skin. RDA 2.0 mg. men; 1.6 mg. women.

Vitamin B9 (Folic Acid) helps form blood cells and helps prevent anemia. It is found in the Meat and Fruit & Vegetable Groups. Liver and dark green leafy vegetables are good sources. Deficiency can cause fatigue, diarrhea, and other intestinal disorders and anemia. RDA 200 mcg men; 180 mcg women.

Vitamin B12 helps prevent anemia and is found only in the Milk and Meat Groups in foods of animal origin. Deficiency of this vitamin can cause anemia accompanied by sore tongue and weight loss. RDA 2.0 mcg.

Vitamin C helps fight infections and aids in the healing of wounds. It is necessary to help form and bind cells together and is needed to strengthen blood vessel walls. The main sources of Vitamin C are the Vitamin C fruits in the Fruit & Vegetable Group. Deficiency of this vitamin can cause easy bruising or bleeding of gums, dental problems, and rough skin. RDA 60 mg.

Vitamin D is needed to help build teeth and bones along with the aid of calcium and phosphorus. Sources of Vitamin D are found in the Milk and Meat Groups. Milk and butter are fortified with Vitamin D. Sardines, salmon, herring, tuna, egg yolk and liver are also valuable sources of Vitamin D. Deficiency of this vitamin can cause bone pain, softening of bones and excessive tooth decay. RDA 200 IU.

Vitamin E is believed to play an essential part in slowing down the aging process. Sources of Vitamin E are found in the Milk, Meat, and Vegetable Groups. Good sources are found in milk, muscle meats, fish and leafy vegetables. The richest source of Vitamin E is vegetable oil. It may have a role in preventing cancer. RDA 15 IU for men; 12 IU for women.

6. *Minerals* —

Calcium helps build bones and teeth, is important in normal blood clotting, and helps muscles (heart included) and nerves to function properly. Good sources of calcium are found in the Milk Group and in dark green leafy vegetables.

Iron is needed with protein to make hemoglobin. The Meat and Fruit & Vegetable Groups supply iron. Iron is found mainly in liver, lean meats, egg yolks, whole wheat, dry beans, seafoods, and deep green leafy vegetables.

Phosphorous is needed to help build bones and teeth and helps the body use food for energy. Excellent sources are found in the Milk Group.

Potassium is important in the fluid–electrolyte balance and muscle activity. Potassium is found mainly in the Meat, Fruit & Vegetable and Bread Groups — excellent sources being legumes, whole grains, leafy vegetables, potatoes, meats, oranges, bananas and apricots.

Magnesium helps to maintain healthy nerves and muscles, helps the body to use food energy and is especially important in maintaining normal heart rhythm. Sources of magnesium are the Meat, Milk and Fruit & Vegetable Groups. Whole grains, nuts, meats, milk and legumes supply most of our magnesium needs.

Zinc plays an important part in protein and carbohydrate digestion, and is necessary for normal growth and healing. Good sources of zinc are found in the Meat Group, namely seafood, meat and eggs.

Without professional help, many people whose daily calorie intake is under 1800 calories are not getting even the minimal required amounts of some vitamins and minerals. It may be wise to “play it safe” and take a daily vitamin and mineral supplement. You can obtain your own personal nutritional analysis by filling in the Diet Diary on Page 66 and mailing or e-mailing it to wesbar@fidnet.com to determine whether your diet is deficient in any important nutrients.



FIBER IN YOUR DIET

For several years the importance of fiber in our diet was sadly neglected because of the high popularity of processed and refined foods.

Now, because of recent nutritional discoveries, fiber is once again recognized as a necessity in our diet. The effectiveness of laxatives as a replacement for fiber in the diet and as a correction for constipation and hemorrhoid problems has been a popular misconception. Not only is this practice harmful to our health, but it is also expensive and usually quite unnecessary.

Foods that provide fiber normally provide bulk to our diet. Bulky foods in our diet help to fill us up and reduce the temptation for higher calorie foods.

Recent studies suggest that soluble fiber (dissolves in water), like oat bran, may help in reducing cholesterol and controlling diabetes. Insoluble fiber, like wheat bran, may play an important role in weight loss by providing bulk to our diet. This increased bulk also can help correct constipation problems if taken with an adequate intake of fluid.

Our bodies need between 6 and 10 grams of crude fiber daily (20 - 30 grams of dietary fiber). If your daily intake of fiber falls below this level, you may want to add 2 T. of unprocessed wheat bran to your daily intake. The Meat and Milk Groups of food do not contain any fiber. The Fruit & Vegetable and Bread & Cereal Groups provide good sources of fiber. Remember, peelings and seeds add fiber to the diet.

The following food fiber values are based on dietary fiber. Though it is difficult to make a precise comparison, you can figure that one gram of crude fiber is roughly equivalent to 2 to 3 grams of dietary fiber.

Good sources of fiber are:

FRUITS

<i>Blackberries</i>	<i>1/2 cup</i>	<i>4.6 gm</i>
<i>Pears, raw</i>	<i>1 medium</i>	<i>4.0 gm</i>
<i>Apples</i>	<i>1 medium</i>	<i>3.0 gm</i>
<i>Raspberries</i>	<i>1/2 cup</i>	<i>3.0 gm</i>
<i>Blueberries</i>	<i>1/2 cup</i>	<i>2.0 gm</i>
<i>Strawberries</i>	<i>1/2 cup</i>	<i>2.0 gm</i>
<i>Banana</i>	<i>1 medium</i>	<i>1.8 gm</i>
<i>Honeydew Melon</i>	<i>2"x7"</i>	<i>1.8 gm</i>
<i>Orange</i>	<i>1 medium</i>	<i>1.6 gm</i>

VEGETABLES

<i>Peas</i>	<i>1/2 cup</i>	<i>4.0 gm</i>
<i>Cucumber, with peel</i>	<i>1 med.</i>	<i>3.4 gm</i>
<i>Rutabagas</i>	<i>1/2 cup</i>	<i>3.0 gm</i>
<i>Sweet Potato</i>	<i>1 small</i>	<i>3.0 gm</i>
<i>Squash, Acorn</i>	<i>1/2 cup</i>	<i>2.3 gm</i>
<i>Broccoli</i>	<i>1/2 cup</i>	<i>2.3 gm</i>
<i>Carrots</i>	<i>1/2 cup</i>	<i>2.0 gm</i>
<i>Sauerkraut</i>	<i>1/2 cup</i>	<i>1.8 gm</i>
<i>Cabbage</i>	<i>1 cup</i>	<i>1.6 gm</i>
<i>Tomato</i>	<i>1 med.</i>	<i>1.5 gm</i>
<i>Corn, whole kernel</i>	<i>1/2 cup</i>	<i>1.5 gm</i>
<i>Brussel Sprouts</i>	<i>1/2 cup</i>	<i>1.4 gm</i>
<i>Potato, baked with skin</i>		<i>1.4 gm</i>

LEGUMES (Cooked)

<i>Lentils</i>	<i>1 cup</i>	<i>8.0 gm</i>
<i>Lima Beans</i>	<i>1 cup</i>	<i>8.0 gm</i>
<i>Kidney Beans</i>	<i>1 cup</i>	<i>7.0 gm</i>
<i>White Beans</i>	<i>1 cup</i>	<i>7.0 gm</i>
<i>Pinto Beans</i>	<i>1 cup</i>	<i>7.0 gm</i>
<i>Split Peas</i>	<i>1 cup</i>	<i>3.0 gm</i>

BREADS & CEREAL

<i>Unprocessed Bran</i>	<i>1 oz. (1/2 C)</i>	<i>14 gm</i>
<i>High Fiber Cereals</i>	<i>1 oz</i>	<i>5 – 15 gm</i>

(Check the labels of these cereals for fiber content)

FAIR SOURCES

Fruits not listed as good sources supply .3 to .6 gm of fiber per 1/2 cup.

Vegetables not listed as good sources supply .3 to .7 gm fiber per 1/2 cup

<i>Whole Wheat Bread</i>	<i>1 slice</i>	<i>1.6 gm</i>
<i>Brown rice</i>	<i>1/2 cup</i>	<i>1.4 gm</i>
<i>Lettuce</i>	<i>3 1/2 oz.</i>	<i>1 gm</i>
<i>Popcorn</i>	<i>1 cup</i>	<i>1 gm</i>
<i>Peanut Butter</i>	<i>1 T.</i>	<i>.5 gm</i>

POOR SOURCES

<i>Fruit & Vegetable Juices</i>	<i>1/2 cup</i>	<i>.1 to .2 gm</i>
<i>Macaroni, Noodles,</i>		
<i>Spaghetti and white rice</i>	<i>1/2 cup</i>	<i>.2 gm</i>
<i>White bread</i>	<i>1 slice</i>	<i>.1 gm</i>
<i>Saltines</i>		<i>Trace</i>

saturated fats. Palm oil and coconut oil are vegetable oils and are very high in saturated fats. Even though there is no cholesterol in these oils, saturated fats can increase cholesterol levels. Many food companies label their products “made only with vegetable oils, No Cholesterol,” yet this same product may contain palm oil or coconut oil or a hydrogenated oil. When a label reads “hydrogenated oil” the oil used will contain more saturated fat, since hydrogenation increases saturation and turns the oil into a solid. One group of fats which have attracted more attention recently are the mono-unsaturated oils, they may be the best of all since they may even lessen your risk for cardiovascular disease. The most popular representatives of this group are canola oil, olive oil & peanut oil. Generally, vegetable oils (not palm or coconut oil) should be used in preference to animal fats and should be one of the following: Canola oil, olive oil, peanut oil, corn oil, sunflower oil, soybean oil or safflower oil.. You can probably significantly reduce the amount of saturated fat and cholesterol in your meals simply by cooking with one of the above oils. Margarines are preferable to butter, and should be made from the same oils, keeping in mind the softer the margarine, the less saturated (and better for you) it is. Check labels on processed food for the type of shortening used in the product.

SATURATED FAT / CHOLESTEROL COMPARISONS

		<i>Saturated Fat</i>	<i>Cholesterol</i>
<i>Vegetables</i>		<i>0 mg</i>	<i>0 mg</i>
<i>Fruit</i>		<i>0 mg</i>	<i>0 mg</i>
<i>Cereals and grains</i>		<i>0 mg</i>	<i>0 mg</i>
<i>Margarine, Canola Oil</i>	<i>1 Tbsp.</i>	<i>1 gm</i>	<i>0 mg</i>
<i>Butter</i>	<i>1 Tbsp.</i>	<i>7.6 gm</i>	<i>31 mg</i>
<i>Skim Milk</i>	<i>1 Cup</i>	<i>.3 gm</i>	<i>4 mg</i>
<i>2% Milk</i>	<i>1 Cup</i>	<i>2.9 gm</i>	<i>18 mg</i>
<i>Whole Milk</i>	<i>1 Cup</i>	<i>4.9 gm</i>	<i>33 mg</i>
<i>Sherbet</i>	<i>1/2 Cup</i>	<i>2 gm</i>	<i>5 mg</i>
<i>Ice Milk</i>	<i>1/2 Cup</i>	<i>1.8 gm</i>	<i>9 mg</i>
<i>Ice Cream, 11%</i>	<i>1/2 Cup</i>	<i>4.5 gm</i>	<i>30 mg</i>
<i>Low Fat Cottage Cheese</i>	<i>1/2 Cup</i>	<i>.8 gm</i>	<i>10 mg</i>
<i>Cottage Cheese 3.5%</i>	<i>1/2 Cup</i>	<i>3 gm</i>	<i>15 mg</i>
<i>Swiss Cheese</i>	<i>1 oz</i>	<i>5 gm</i>	<i>26 mg</i>
<i>American Cheese</i>	<i>1 oz</i>	<i>5.6 gm</i>	<i>27 mg</i>

		<i>Saturated Fat</i>	<i>Cholesterol</i>
<i>Cheddar Cheese</i>	<i>1 oz.</i>	<i>6 gm</i>	<i>30 mg</i>
<i>Halibut, baked</i>	<i>3 oz.</i>	<i>.4 gm</i>	<i>36 mg</i>
<i>Water Pac Tuna</i>	<i>3 oz.</i>	<i>.1 gm</i>	<i>48 mg</i>
<i>Cod, baked</i>	<i>3 oz.</i>	<i>.1 gm</i>	<i>48 mg</i>
<i>Turkey Breast, roasted</i>	<i>3 oz.</i>	<i>1 gm</i>	<i>59 mg</i>
<i>Lean ham, baked</i>	<i>3 oz.</i>	<i>3 gm</i>	<i>60 mg</i>
<i>Salmon, baked</i>	<i>3 oz.</i>	<i>1.6 gm</i>	<i>68 mg</i>
<i>Extra-lean Beef, broiled</i>	<i>3 oz.</i>	<i>5.4 gm</i>	<i>70 mg</i>
<i>Chicken Breast, baked</i>	<i>1/2 chicken</i>	<i>.9 gm</i>	<i>73 mg</i>
<i>Extra-lean Pork, roasted</i>	<i>3 oz.</i>	<i>7.9 gm</i>	<i>91 mg</i>
<i>Shrimp, boiled</i>	<i>3 oz.</i>	<i>.3 gm</i>	<i>130 mg</i>
<i>Egg White</i>	<i>1</i>	<i>0 gm</i>	<i>0 mg</i>
<i>Egg Yolk</i>	<i>1</i>	<i>1.7 gm</i>	<i>272 mg</i>

TRIGLYCERIDES

A high triglyceride level can often be reduced by: 1. Weight loss. 2. Reduction in saturated fat intake. 3. Reduction in alcohol consumption. 4. Reduction in simple carbohydrates, such as sugar.

SODIUM IN TODAY'S DIET

We are all hearing that we consume too much sodium in our "American Diet." Many of our foods, water included, contain natural sodium. By the time we have processed our foods and prepared them for the table, the sodium content has skyrocketed. To control or modify your daily sodium intake, remember these simple rules:

- 1. Processed foods, as a rule, are high in sodium: lunchmeat, smoked meats, crackers, chips pickles, olives, canned soups and sauerkraut, to name a few.*
- 2. Recommended sodium intake should not exceed 3000 mg. daily. 1 teaspoon of salt contains approximately 2000 mg. (2 gm.) of sodium.*
- 3. Salt your food lightly during cooking; do not add salt at the table.*

LOSING WEIGHT

Ninety-five percent of all people who lose weight will regain that weight. Also, most people who start a standard weight reduction diet will “fall off” the diet. Several reasons may explain this:

1. Soon after starting a diet, the survival instinct recognizes a potential starvation and begins to make the person ravenously hungry.

2. The metabolic rate (and therefore the caloric requirement) begins to decrease soon after hunger is felt — another survival mechanism. Everything works against the dieter who is hungry. Two elements are necessary to lose weight and keep it off: (1) Eating a balanced diet (basic four) with increased amounts of foods which make you feel “full” — instead of hungry. These foods are the complex carbohydrates — bread, cereal, vegetable, and fruit groups (see pages 2 – 10). The second element necessary to lose weight permanently is a regular aerobic exercise program. This program can be tailored to your weight-loss goals, but once ideal weight is attained, you should continue the exercise for at least twenty minutes, three times weekly to maintain cardiac fitness. If you follow these guidelines, you will definitely lose weight and keep it off.

Following are noted calorie expenditures for different activities. Properly performed aerobic exercise, in a weight reduction program, appears to do more than just expend calories, since the weight loss is always out of proportion to the calorie expenditure. You lose more than just calories by proper exercise.



ACTIVITY AND EXERCISE

We all wonder at one time or another how many calories we will use if we engage in a certain type of work or activity. For example:

<i>Sleeping</i>	<i>Approx.</i>	<i>70</i>	<i>cal./hour</i>
<i>Watching TV or sitting</i>	“ “	<i>85</i>	“ “
<i>Driving a car</i>	“ “	<i>120</i>	“ “
<i>Light housework</i>	“ “	<i>150</i>	“ “
<i>Shopping</i>	“ “	<i>150</i>	“ “
<i>Golf</i>	“ “	<i>250</i>	“ “
<i>Swimming</i>	“ “	<i>300</i>	“ “
<i>Dancing</i>	“ “	<i>350</i>	“ “
<i>Chopping wood</i>	“ “	<i>400</i>	“ “
<i>Handball</i>	“ “	<i>420</i>	“ “
<i>Bicycling 5 1/2 miles</i>	“ “	<i>250</i>	<i>calories</i>
<i>Walking 2 1/2 miles</i>	“ “	<i>250</i>	<i>calories</i>
<i>Skiing 10 miles</i>	“ “	<i>600</i>	<i>calories</i>

To formulate your weight loss program, first determine the calories needed to maintain your ideal weight from Table A and B on pages 34 and 35. Subtract 500 calories from that number and you will have the number of calories per day which will allow you to lose at least one pound per week. One pound per week is quite enough (that's 52 pounds per year). Losing weight slowly will help it to be permanent. If, after your figuring, you have some "extra calories" to eat daily, take them from the vegetable and fruit group, since this group will fill you up with the least number of calories. Please note that foods in the fats, sweets, and alcohol group often cause cravings which will make dieting more difficult. If you want to "splurge" during your diet (like on a weekend day or special occasion) increase your caloric intake that day to the number to maintain your ideal weight (about 500 calories daily more than your diet plan). This way, although you won't be losing weight that day, at least you won't be gaining. Plan your meals using the guidelines in this book for a "Basic Diet" and combine this with your individualized exercise program. You will be amazed at the results.

EXERCISE PROGRAM

A proper aerobic exercise program may be extremely important in the maintenance of good health. Next to diet, exercise is perhaps the most important factor in control for the non-insulin dependent diabetic. It helps by using up calories, and by making the cells of your body more reactive to your own insulin. For someone who wishes to lose weight and “keep it off”, a proper aerobic exercise program is essential. The word “aerobic” implies exercising in the presence of an adequate oxygen supply in your blood. When exercise is not aerobic, you realize it later because several hours after the exercise is completed, your muscles hurt because of the buildup of lactic acid and other chemical compounds.

The key to developing a proper aerobic program is to stay within your own personal aerobic training zone. How can one determine this zone? The best way is to learn to take your pulse during the period of exercise. Your pulse during the activity should not exceed 180 beats per minute minus your age in years. (For example, a 40 year old man should not plan to have his pulse rate exceed 140 beats per minute.) You can estimate the lowest effective training pulse rate by subtracting 20% from the figure above. (If the maximum training pulse rate in our 40 year old man is 140, the lowest effective training pulse to give the desired result would be 140 minus 20% of 140 (28) or 112 beats per minute. Therefore, he should plan to exercise and keep his pulse rate between 112 and 140 beats per minute.) There are much more complex (and more precise) methods for determining these figures, but using the simple calculations above should provide values useful in setting up your own exercise program. Almost any activity you enjoy can bring your pulse to an aerobic level. The exercise must be able to maintain the pulse rate reasonably constant near the training rate, should be maintained for 20 minutes duration, and should be done at least 3 times per week. Based on current data, it would appear that exercising for longer than 20 minutes, or doing it more than 3 to 4 times per week, is not necessarily that much better, unless you are participating in a weight loss program, in which case you may wish to increase your exercise frequency and duration (check with your physician).

Low impact exercise such as walking, cycling, and swimming are excellent choices. In cold climate regions during the winter, a popular method is to purchase either a stationary bicycle, or an attachment to your current bicycle which allows it to be supported off its rear wheel, and thereby become a stationary bike. This allows you to use the same exercise machine during summer and winter. The exercise indoors can be done in front of the television set, or while reading a magazine, and you will be amazed at how quickly the time passes if you have a diversion to use during the exercise period. Just to help you remember, here is a brief summary of the suggestions noted above:

- 1. Determine your target training pulse by subtracting your age from 180, and this gives the maximum pulse rate in beats per minute.*
- 2. Learn to take your wrist or neck pulse while exercising.*
- 3. Select an exercise form that allows a relatively constant working pulse to be maintained.*
- 4. Exercise at least 3 days per week, summer and winter.*
- 5. Maintain your pulse within the training range for at least 20 minutes each session.*
- 6. Do not push yourself beyond your capacity. You should be able to talk (though winded) while exercising.*
- 7. Make exercise enjoyable and relaxing. Find a friend to exercise with, or use some other diversion like television or reading when possible. Make it become an integral part of your life.*

Perhaps the most important suggestion of all is to consult your physician to be certain he sees no reason why you should not engage in an exercise program. Be sure your doctor approves of your exercise program before beginning. Also, if you experience any problems during exercise like chest pain or extreme shortness of breath, this could be a warning sign that means you should consult your physician.

HEIGHT – WEIGHT CALORIE CHARTS

The following figures are calculated for the individual with a medium body frame. Information for calculating the ideal weight and calorie level to maintain your ideal weight for individuals with small and large frames is also included.

CALORIES TO MAINTAIN IDEAL WEIGHT

<i>Males</i>	<i>Weight</i>	<i>Inactive</i>	<i>Moderately Active</i>	<i>Active</i>
5'	105#	1365	1575	2100
5'1"	111#	1443	1665	2200
5'2"	117#	1521	1755	2340
5'3"	123#	1599	1845	2460
5'4"	129#	1677	1935	2580
5'5"	135#	1755	2025	2700
5'6"	141#	1833	2115	2820
5'7"	147#	1911	2205	2940
5'8"	153#	1989	2295	3060
5'9"	159#	2067	2385	3180
5'10"	165#	2145	2475	3300
5'11"	171#	2223	2565	3420
6'	177#	2301	2655	3540
6'1"	183#	2379	2745	3660
6'2"	189#	2457	2835	3780
6'3"	195#	2535	2925	3900
6'4"	201#	2613	3015	4020

Individuals (male & female) with a small body frame may determine their ideal weight and ideal calorie level simply by reducing the figures given for their weight and calories by 10%. Example: F – 5'4", I.W. is 120#, calories for a moderately active individual is 1800; 120# less 10% = 120 - 12 = 108#; 1800 calories less 10% = 1800 - 180 = 1620 calories.

Individuals with a large body frame may determine their ideal weight and ideal calorie level by increasing the figures given for their weight and calories by 10%. Example: M – 5'10", I.W. is 165#, calories for a moderately active individual is 2475; 165# increased 10% = 165 + 16.5 = 181.5#; 2475 calories increased by 10% = 2475 + 247.5 = 2722.5 calories.

**CALORIES
TO MAINTAIN IDEAL WEIGHT**

<i>Females</i>	<i>Weight</i>	<i>Moderately</i>		
		<i>Inactive</i>	<i>Active</i>	<i>Active</i>
4'10"	90#	1170	1350	1800
4'11"	95#	1235	1425	1900
5'	100#	1300	1500	2000
5'1"	105#	1365	1575	2100
5'2"	110#	1430	1650	2200
5'3"	115#	1495	1725	2300
5'4"	120#	1560	1800	2400
5'5"	125#	1625	1875	2500
5'6"	130#	1690	1950	2600
5'7"	135#	1755	2035	2700
5'8"	140#	1820	2100	2800
5'9"	145#	1885	2175	2900
5'10"	150#	1950	2250	3000



MENUS FOR 1000 CALORIE DIET

Day 1

Breakfast

- 1/2 C. Fresh Orange Juice*
- 1 slice Whole Wheat Toast /All Fruit Jelly*
- 1/2 C. Bran Flakes*
- 1 C. Skim or 1% Milk*

Lunch

- 1/2 C. Tomato Juice*
- 1/2 C. Cottage Cheese/1 1/4 cup Strawberries*
Toss Salad w/Fat-Free Dressing - free
- 6 Wheat Thins*
- 1/2 C. Skim or 1% Milk*

Dinner

- 1/2 Baked Chicken Breast (no skin)*
- 1 Small Baked Potato with Butter Buds*
Garden Salad with Fat-Free Dressing - free
- 1/2 C. Carrots*
- 1 Fresh Pear*

Snack

- 1/2 C. Skim or 1% Milk*

Day 2

Breakfast

- 1/2 Grapefruit*
- 1 Slice Whole Wheat Toast /All Fruit Jelly*
- 1/2 C. Shredded Wheat*
- 1 C. Skim or 1% Milk*

Lunch

2 oz. *Broiled Beef Patty*
Fresh Tomato Salad (Whole Tomato) w/ Fat-Free Dressing
1 *Slice Whole Wheat Bread*
Fresh Peach
1/2 C. *Skim or 1% Milk*

Dinner

2 oz. *Lean Baked Ham*
1/2 C. *Steamed Broccoli & Cauliflower*
1 1/4 C. *Watermelon*
1 *Whole Wheat Roll/All Fruit Jelly*

Snack

1/2 C. *Skim or 1% Milk*

Day 3

Breakfast

1/2 C. *Fresh Orange Juice*
1/2 *Wheat English Muffin /All Fruit Jelly*
1/2 C. *Oatmeal*
1 C. *Skim or 1% Milk*

Lunch

1/4 C. *Water pac Tuna served on 1 large Tomato*
w/Lettuce and Fat-Free Dressing
1 *Slice Whole Wheat Bread*
1 *Apple*
1/2 C. *Skim or 1% Milk*

Dinner

- 3 oz. 97% Fat-Free Hot Dogs*
- 1/4 C. Baked Beans*
- 1 C. Coleslaw (made with Fat-Free Dressing)*
- 3/4 C. Diet Jello*
- 1/2 C. Juice Pac Fruit Cocktail*

Snack

- 1/2 C. Skim or 1% Milk*

Day 4

Breakfast

- 1/2 Banana*
- 1 Slice Whole Wheat Toast w/All Fruit Jelly*
- 3/4 C. Corn Flakes*
- 1 C. Skim or 1% Milk*

Lunch

- 2/3 C. Italian Spaghetti Sauce*
- 1/2 C. Spaghetti*
- Large Lettuce Salad w/Fat-Free Dressing - free*
- 1 Fresh Pear or 1/2 cup Juice Pac Pears*
- 1/2 C. Skim or 1% Milk*

Dinner

- 2 oz. Baked Fish/Lemon*
- 1/2 C. Oven Brown Potatoes*
- 1 C. Raw Veggies w/Fat-Free Dressing*
- 3/4 C. Juice Pac Mandarin Oranges*

Snack

- 1/2 C. Skim or 1% Milk*

Day 5

Breakfast

- 1/2 C. *Fresh Orange Juice*
- 1 *Bagel w/1 Tbsp. F.F. Cream Cheese & All Fruit Jelly*
- 1 C. *Skim or 1% Milk*

Lunch

- 3/4 C. *Chile (Extra-lean Ground Beef) w/3 Saltines*
- 1/2 C. *Carrot & Celery Stix*
- 1 C. *Cantaloupe*
- 1/2 C. *Skim or 1% Milk*

Dinner

- 2 oz. *Baked Salmon/Dill Sauce*
Small Baked Potato/Chives
- 1/2 C. *Cauliflower*
Lettuce Wedge w/Fat-Free Dressing - free
- 1/2 C. *Juice Pac Applesauce*

Snack

- 1/2 C. *Skim or 1% Milk*

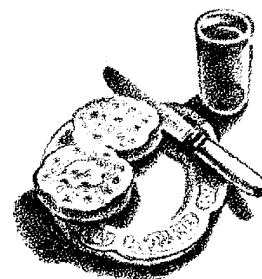
Day 6

Breakfast

- 1/2 C. *Fresh Orange Juice*
- 1 *Waffle/Diet Syrup*
- 1/3 C. *All Bran*
- 1 C. *Skim or 1% Milk*

Lunch

- Chef's Salad (1 oz. lean Ham, 1 oz. Turkey, w/Fat-Free Dressing)*
- 6 *Wheat Thins*
- 1/2 C. *V-8 Juice*
- 12 - 15 *Grapes*
- 1/2 C. *Skim or 1% Milk*



Dinner

- 2 oz. Porcupine (Extra-lean Ground Beef) Meat Balls*
- 1/2 C. Mashed Potatoes/Skim or 1% Milk/2 T. Tomato Gravy*
- 1/2 C. Asparagus*
- 1 C. Cucumbers w/Fat-Free Dressing - free*
- 1 C. Strawberries*

Snack

- 1/2 C. Skim or 1% Milk*

Day 7

Breakfast

- 3 Prunes*
- 1 Slice WholeWheat Toast/All Fruit Jelly*
- 3/4 C. Wheaties*
- 1 C. Skim or 1% Milk*

Lunch

- 3/4 C. Vegetable Soup w/6 Saltines*
- 1/2 C. Cottage Cheese*
- Lettuce Salad w/Fat-Free Dressing - free*
- Diet Jello w/ 1/2 Banana*
- 1/2 C. Skim or 1% Milk*

Dinner

- 3/4 C. Oriental Chicken*
- 1/3 C. Rice Pilaf*
- 1 C. Raspberries*

Snack

- 1/2 C. Skim or 1% Milk*

MENUS FOR 1200 CALORIE DIET

Day 1

Breakfast

- 1/2 C. Fresh Orange Juice*
- 1 Slice Wheat Toast w/All Fruit Jelly*
- 1 tsp. Canola Oil Margarine*
- 1/2 C. Bran Flakes*
- 1 C. Skim or 1% Milk*

Lunch

- 1/2 C. Tomato Juice*
- 1/2 C. Cottage Cheese w/*
- 1 1/4 C. Strawberries*
- Toss. Salad/Fat-Free Dressing-free*
- 10 Wheat Thins*
- 1/2 C. Skim or 1% Milk*

Dinner

- 1/2 Baked Chicken Breast (no skin)*
- 1 Small Baked Potato*
- Garden Salad w/Fat-Free Dressing-free*
- 1/2 C. Carrots*
- 1 tsp. Canola Oil Margarine*
- 1/2 C. Skim or 1% Milk*

Snack

- 3 Graham Cracker Squares*
- 15 Grapes*

Day 2

Breakfast

- 1/2 Grapefruit*
- 1 Slice Whole Wheat Toast w/All Fruit Jelly*

1 tsp. Canola Oil Margarine
1/2 C. Shredded Wheat
1 C. Skim or 1% Milk

Lunch

2 oz. Broiled Beef Patty
Dill Pickle
1/2 Hamburger Bun
Fresh Tomato Salad (Whole) w/Fat-Free Dressing
1 Fresh Peach
1/2 C. Skim or 1% Milk

Dinner

2 oz. Lean Baked Ham
1/2 C. Steamed Broccoli & Cauliflower
1 Whole Wheat Roll w/All Fruit Jelly
1 tsp. Canola Oil Margarine
1/2 C. Skim or 1% Milk

Snack

1/3 C. Frozen Yogurt
1 1/4 C. Watermelon

Day 3

Breakfast

1/2 C. Fresh Orange Juice
1/2 Wheat English Muffin w/All Fruit Jelly
1/2 C. Oatmeal
1 tsp. Canola Oil Margarine
1 C. Skim or 1% Milk

Lunch

1/4 C. Water Pac Tuna served on 1 large tomato w/lettuce w/Fat -Free Dressing
1 Slice Whole Wheat Bread

1 Apple
1/2 C. Skim or 1% Milk

Dinner

3 oz. 97% Fat-Free Hot Dogs
1/4 C. Baked Beans
1 C. Coleslaw w/1 T. Lite Miracle Whip
3/4 C. Diet Jello
1/2 C. Skim or 1% Milk

Snack

3 Graham Cracker Squares
1/2 C. Juice Pac Fruit Cocktail

Day 4

Breakfast

1/2 Banana
1 Slice Whole Wheat Toast w/All Fruit Jelly
1 tsp. Canola Oil Margarine
3/4 C. Corn Flakes
1 C. Skim or 1% Milk

Lunch

2/3 C. Italian Spaghetti Sauce
1/2 C. Spaghetti
Large Lettuce Salad/Fat-Free Dressing-free
1 Fresh Pear
or
1/2 C. Juice Pac Pears
1/2 C. Skim or 1% Milk

Dinner

2 oz. Baked Fish/Lemon
1/2 C. Oven Brown Potatoes
1 C. Raw Veggies w/Fat-Free Dressing

1 tsp. Canola Oil Margarine
1/2 C. Skim or 1% Milk

Snack

1/4 C. Sherbet
3/4 C. Juice Pac Mandarin Oranges

Day 5

Breakfast

1/2 C. Fresh Orange Juice
*1 Bagel w/1 1/2 Tbsp. Lite Cream Cheese &
All Fruit Jelly*
1 C. Skim or 1% Milk

Lunch

3/4 C. Chili (extra lean ground beef)
1/2 C. Carrot & Celery Sticks
1 C. Cantaloupe
1/2 C. Skim or 1% Milk

Dinner

2 oz. Baked Salmon
1 Small Baked Potato w/Chives
1 tsp. Canola Oil Margarine
1/2 C. Cauliflower
Lettuce Wedge/Fat-Free Dressing-free
1/2 C. Skim or 1% Milk

Snack

3 C. Popcorn
1/2 C. Juice Pac Applesauce or
1/2 C. Apple Juice

Day 6

Breakfast

1/2 C. Fresh Orange Juice
1 Waffle/Diet Syrup
1/3 C. All Bran
1 C. Skim or 1% Milk

Lunch

Chef's Salad with
1 oz. Ham
1 oz. Turkey
Fat-Free Dressing
1/2 C. V-8 Juice
15 Grapes
9 Wheat Thins
1/2 C. Skim or 1% Milk

Dinner

2 oz. Porcupine Meatballs (Ex.Lean)
1/2 C. Mashed Potatoes/2T. Tomato Gravy
1 tsp. Canola Oil Margarine
1/2 C. Asparagus
1 C. Cucumbers/Fat-FreeDressing-free
1/2 C. Skim or 1% Milk

Snack

6 Vanilla Wafers
1 1/4 C. Strawberries

Day 7

Breakfast

3 Prunes
1 Slice Whole Wheat Toast w/All Fruit Jelly
3/4 C. Wheaties
1 C. Skim or 1% Milk

Lunch

3/4 C. Vegetable Soup
6 Saltines
1/2 C. Cottage Cheese
Lettuce Salad/Fat-Free Dressing-free
Diet Jello w/1/2 Banana
1/2 C. Skim or 1% Milk

Dinner

3/4 C. Chicken Oriental with
1/3 C. Rice Pilaf
1 tsp. Canola Oil Margarine
1/2 C. Skim or 1% Milk

Snack

3 Graham Cracker Squares
1 C. Raspberries

MENUS FOR 1500 CALORIE DIET

Day 1

Breakfast

- 1/2 C. Fresh Orange Juice*
- 2 Slices Wheat Toast w/All Fruit Jelly*
- 1 tsp. Canola Oil Margarine*
- 1/2 C. Bran Flakes*
- 1 C. Skim or 1% Milk*

Lunch

- 1 C. Tomato Juice*
- 1/2 C. Cottage Cheese w/*
- 1 1/4 C. Strawberries*
- Toss. Salad/Fat-Free Dressing-free*
- 15 Wheat Thins*
- 1/2 C. Skim or 1% Milk*

Dinner

- 2 oz. Baked Chicken Breast (no Skin)*
- 1 Small Baked Potato*
- 1 C. Raw Veggies /Fat-Free Dressing*
- 1/2 C. Carrots*
- 1/2 Slice Whole Wheat Bread*
- 1 tsp. Canola Oil Margarine*
- 1 Fresh Pear*
- 1/2 C. Skim or 1% Milk*

Snack

- 3 Graham Cracker Squares*
- 15 Grapes*

Day 2

Breakfast

- 1/2 Grapefruit*

2 *Slice Whole Wheat Toast w/All Fruit Jelly*
1 tsp. *Canola Oil Margarine*
1/2 C. *Shredded Wheat*
1 C. *Skim or 1% Milk*

Lunch

2 oz. *Broiled Beef Patty*
 Dill Pickle
1/2 *Hamburger Bun*
 Fresh Tomato Salad (Whole) w/
1 T. *Lite Miracle Whip*
1/2 C. *Spinach*
1 *Fresh Peach*
3 *Vanilla Wafers*
1/2 C. *Skim or 1% Milk*

Dinner

2 oz. *Lean Baked Ham*
1/4 C. *Sweet Potatoes*
1 C. *Steamed Broccoli & Cauliflower*
1 1/4 C. *Watermelon*
1/2 *Whole Wheat Roll*
1 tsp. *Canola Oil Margarine*
1/2 C. *Skim or 1% Milk*

Snack

1/3 C. *Frozen Yogurt*
1/3 C. *Grape Juice*

Day 3

Breakfast

1/2 C. *Fresh Orange Juice*
1 *Wheat English Muffin w/All Fruit Jelly*
1/2 C. *Oatmeal*
1 tsp. *Canola Oil Margarine*
1 C. *Skim or 1% Milk*

Lunch

3/4 C. Vegetable Soup
1/4 C. Water Pac Tuna served on 1 large tomato w/Lettuce
1 T. Lite Miracle Whip or 1 tsp. Canola Oil Margarine
1 1/2 Slices Whole Wheat Bread
1 Apple
1/2 C. Skim or 1% Milk

Dinner

3 oz. 97% Fat-Free Hot Dogs
1/4 C. Baked Beans
1/2 C. Asparagus
1/2 Small Baked Potato
1 C. Coleslaw/Fat-Free Dressing
1 tsp. Canola Oil Margarine
3/4 C. Diet Jello
1/2 C. Juice Pac Fruit Cocktail
1/2 C. Skim or 1% Milk

Snack

3 Graham Cracker Squares
2 T. Raisins

Day 4

Breakfast

1/2 Banana
2 Slices Whole Wheat Toast w/All Fruit Jelly
1 tsp. Canola Oil Margarine
3/4 C. Corn Flakes
1 C. Skim or 1% Milk

Lunch

2/3 C. Italian Spaghetti Sauce
3/4 C. Spaghetti
1 tsp. Canola Oil Margarine
1/2 C. Green Beans
Large Lettuce Salad/Fat-Free Dress.-free
1 Fresh Pear

or

1/2 C. Juice Pac Pears

1/2 C. Skim or 1% Milk

Dinner

2 oz. Baked Fish/Lemon

1/2 C. Oven Brown Potatoes

1 C. Raw Veggies w/Fat-Free Dressing

1/2 C. Beets

1/2 Slice Whole Wheat Bread

1 tsp. Canola Oil Margarine

3/4 C. Juice Pac Mandarin Oranges

1/2 C. Skim or 1% Milk

Snack

1/4 C. Sherbet

1 Apple

Day 5

Breakfast

1/2 C. Fresh Orange Juice

*1 Bagel w/1 1/2 Tbsp. Lite Cream Cheese &
All Fruit Jelly*

3/4 C. Rice Krispies

1 C. Skim or 1% Milk

Lunch

3/4 C. Chili (extra lean ground beef)

3 Saltines

1 C. Carrot & Celery Sticks

1 C. Cantaloupe

1 tsp. Canola Oil Margarine

1/2 C. Skim or 1% Milk

Dinner

2 oz. Baked Salmon w/Dill Sauce

1 *Small Baked Potato w/Chives*
1 tsp. *Canola Oil Margarine*
1/2 C. *Cauliflower*
1/2 C. *Pea Pods*
Lettuce Wedge/Fat-Free Dressing-free
1/2 *Slice Whole Wheat Bread*
1/2 C. *Juice Pac Applesauce*
1/2 C. *Skim or 1% Milk*

Snack

3 C. *Popcorn*
1/2 *Banana*

Day 6

Breakfast

1/2 C. *Fresh Orange Juice*
1 *Waffle/Diet Syrup*
2/3 C. *All Bran*
1 C. *Skim or 1% Milk*

Lunch

Chef's Salad with Fat-Free Dressing
1 oz. *Ham*
1 oz. *Turkey*
1 C. *V-8 Juice*
15 *Grapes*
9 *Wheat Thins*
1/2 C. *Skim or 1% Milk*

Dinner

2 oz. *Porcupine Meatballs (Ex.Lean)*
1/2 C. *Mashed Potatoes/ 2 T. Tomato Gravy*
1 C. *Cucumbers/Fat-Free Dressing-free*
1 C. *Asparagus*
1/2 *Slice Whole Wheat Bread*
1 tsp. *Canola Oil Margarine*

1 1/4 C. Strawberries
1/2 C. Skim or 1% Milk

Snack

6 Vanilla Wafers
2 Plums

Day 7

Breakfast

3 Prunes
2 Slices Whole Wheat Toast w/All Fruit Jelly
1 tsp. Canola Oil Margarine
3/4 C. Wheaties
1 C. Skim or 1% Milk

Lunch

1 1/2 C. Vegetable Soup
6 Saltines
1 tsp. Canola Oil Margarine
1/2 C. Cottage Cheese
Lettuce Salad/Fat-Free Dressing-free
Diet Jello w/1/2 Banana
3 Vanilla Wafers
1/2 C. Skim or 1% Milk

Dinner

3/4 C. Chicken Oriental with
1/2 C. Rice Pilaf
1 tsp. Canola Oil Margarine
1 C. Raw Veggie Salad/Fat-Free Dressing
1 C. Raspberries
1/2 C. Skim or 1% Milk

Snack

3 Graham Cracker Squares
1 Orange

MENUS FOR 1800 CALORIE DIET

Day 1

Breakfast

1/2 Banana
1/2 C. Fresh Orange Juice
2 Slices Wheat Toast w/All Fruit Jelly
1 tsp. Canola Oil Margarine
1 T. Peanut Butter
1/2 C. Bran Flakes
1 C. Skim or 1% Milk

Lunch

1 C. Tomato Juice
1/2 C. Cottage Cheese w/
1 1/4 C. Strawberries
Toss. Salad/Fat-Free Dressing-free
10 Wheat Thins
6 Vanilla Wafers
1/2 C. Skim or 1% Milk

Dinner

3 oz. Baked Chicken Breast (no Skin)
1 Small Baked Potato
1 C. Raw Veggies /Fat-Free Dressing
1/2 C. Carrots
1 tsp. Canola Oil Margarine
1 Slice Whole Wheat Bread
1 Fresh Pear
1/2 C. Skim or 1% Milk

Snack

3 Graham Cracker Squares
15 Grapes

Day 2

Breakfast

- 1/2 C. Fresh Orange Juice*
- 1/2 Grapefruit*
- 3 Egg Whites (Scrambled)*
- 2 Slice Whole Wheat Toast w/All Fruit Jelly*
- 1 tsp. Canola Oil Margarine*
- 1/2 C. Shredded Wheat*
- 1 C. Skim or 1% Milk*

Lunch

- 2 oz. Broiled Beef Patty*
- Dill Pickle*
- 1 Hamburger Bun*
- Fresh Tomatoe Salad (Whole) w/*
- 1 T. Lite Miracle Whip*
- 1/2 C. Spinach*
- 1 Fresh Peach*
- 1/2 C. Skim or 1% Milk*

Dinner

- 3 oz. Lean Baked Ham*
- 1/4 C. Sweet Potatoes*
- 1 C. Steamed Broccoli & Cauliflower*
- 1 1/4 C. Watermelon*
- 1 Whole Wheat Roll*
- 1 tsp. Canola Oil Margarine*
- 1/2 C. Skim or 1% Milk*

Snack

- 1/3 C. Frozen Yogurt*
- 1/3 C. Grape Juice*

Day 3

Breakfast

- 1 C. Fresh Orange Juice
- 1 Wheat English Muffin w/ All Fruit Jelly
- 1 tsp. Canola Oil Margarine
- 1/2 C. Oatmeal
- 1 oz. Lean Ham
- 1 C. Skim or 1% Milk

Lunch

- 3/4 C. Vegetable Soup
- 1/4 C. Water Pac Tuna served on 1 large tomato w/Lettuce
- 1 T. Lite Miracle Whip
- 2 Slices Whole Wheat Bread
- 1 Apple
- 1/2 C. Skim or 1% Milk

Dinner

- 4 oz. 97% Fat-Free Hot Dogs
- 1/4 C. Baked Beans
- 1/2 C. Asparagus
- 1 Small Baked Potato
- 1 C. Coleslaw/Fat-Free Dressing
- 1 tsp. Canola Oil Margarine
- 3/4 C. Diet Jello
- 1/2 C. Juice Pac Fruit Cocktail
- 1/2 C. Skim or 1% Milk

Snack

- 3 Graham Cracker Squares
- 2 T. Raisins

Day 4

Breakfast

- 1 Banana
- 2 Slices Whole Wheat Toast w/All Fruit Jelly
- 1 tsp. Canola Oil Margarine
- 3/4 C. Corn Flakes
- 1 oz. Sliced Turkey
- 1 C. Skim or 1% Milk

Lunch

- 2/3 C. Italian Spaghetti Sauce
- 1 C. Spaghetti
- 1 tsp. Canola Oil Margarine
- 1/2 C. Green Beans
- Large Lettuce Salad/Fat-Free Dress.-free
- 1 Fresh Pear
- or
- 1/2 C. Juice Pac Pears
- 1/2 C. Skim or 1% Milk

Dinner

- 3 oz. Baked Fish/Lemon
- 1/2 C. Oven Brown Potatoes
- 1 C. Raw Veggies w/Fat-Free Dressing
- 1/2 C. Beets
- 1 Slice Whole Wheat Bread
- 1 tsp. Canola Oil Margarine
- 3/4 C. Juice Pac Mandarin Oranges
- 1/2 C. Skim or 1% Milk

Snack

- 1/4 C. Sherbet
- 1 Apple

Day 5

Breakfast

- 1 C. Fresh Orange Juice
- 1 Bagel w/1 1/2 Tbsp. Lite Cream Cheese & All Fruit Jelly
- 3 Egg Whites (Scrambled)
- 3/4 C. Rice Krispies
- 1 C. Skim or 1% Milk

Lunch

- 3/4 C. Chili (extra lean ground beef)
- 3 Saltines
- 1 C. Carrot & Celery Sticks
- 1 C. Cantaloupe
- 1 tsp. Canola Oil Margarine
- 3 Vanilla Wafers
- 1/2 C. Skim or 1% Milk

Dinner

- 3 oz. Baked Salmon w/Dill Sauce
- Small Baked Potato w/Chives
- 1 tsp. Canola Oil Margarine
- 1/2 C. Cauliflower
- 1/2 C. Pea Pods
- Lettuce Wedge/Fat-Free Dressing-free
- 1 Slice Whole Wheat Bread
- 1/2 C. Juice Pac Applesauce
- 1/2 C. Skim or 1% Milk

Snack

- 3 C. Popcorn
- 1/2 Banana

Day 6

Breakfast

- 1 C. Fresh Orange Juice
- 1 Waffle/Diet Syrup
- 1 oz. Link Sausage
- 2/3 C. All Bran
- 1 C. Skim or 1% Milk

Lunch

- Chef's Salad with*
- 1 oz. Ham
- 1 oz. Turkey
- Fat-Free Dressing
- 12 Wheat Thins
- 1 C. V-8 Juice
- 15 Grapes
- 1/2 C. Skim or 1% Milk

Dinner

- 3 oz. Porcupine Meatballs (Ex. Lean)
- 1/2 C. Mashed Potatoes/ 2 T. Tomato Gravy
- 1 C. Cucumbers/Fat-Free Dressing-free
- 1 C. Asparagus
- 1 Slice Whole Wheat Bread
- 1 tsp. Canola Oil Margarine
- 1 1/4 C. Strawberries
- 1/2 C. Skim or 1% Milk

Snack

- 6 Vanilla Wafers
- 2 Plums

Day 7

Breakfast

- 3 Prunes
- 1/2 C. Fresh Orange Juice
- 2 Slices Whole Wheat Toast w/All Fruit Jelly
- 1 tsp. Canola Oil Margarine
- 1 T. Peanut Butter
- 3/4 C. Wheaties
- 1 C. Skim or 1% Milk

Lunch

- 1 1/2 C. Vegetable Soup
- 6 Saltines
- 1 Slice Whole Wheat Bread
- 1 tsp. Canola Oil Margarine
- 1/2 C. Cottage Cheese
- Lettuce Salad/Fat-Free Dressing-free
- Diet Jello w/1/2 Banana
- 1/2 C. Skim or 1% Milk

Dinner

- 1 C. Chicken Oriental with
- 2/3 C. Rice Pilaf
- 1 tsp. Canola Oil Margarine
- 1 C. Raw Veggie Salad/Fat-Free Dressing
- 1 C. Raspberries
- 1/2 C. Skim or 1% Milk

Snack

- 3 Graham Cracker Squares
- 1 Orange

*MENUS FOR TODAY'S LIFESTYLE
HIGH FIBER – LOW SATURATED FAT – LOW CHOLESTEROL
(approximately 2000 calories per day)*

Day 1

Breakfast

- 1/2 C. Fresh Orange Juice*
- 2 slices Whole Wheat Toast with 2 tsp. Canola Oil Margarine and 2 tsp. Peanut Butter*
- 3/4 C. Regular Oatmeal with 2 T. Bran*
- 1 C. 1% or Skim Milk*

Lunch

- 1 C. Tomato Rice Soup*
- 3/4 C. Low Fat Cottage Cheese/1/2 cup Fruit Plate*
- 8 Whole Wheat Thins*
- 1 C. 1% or Skim Milk*

Dinner

- 1/2 Baked Chicken Breast (no skin)*
- 1 Med. Baked Potato with 1 tsp. Canola Oil Margarine*
- Garden Salad with 2 tbsp. Vinegar & Canola Oil Dressing*
- Whole Wheat Dinner Roll with 1 tsp. Canola Oil Margarine*
- 1/2 C. Sherbet*
- 1 C. 1% or Skim Milk*

Day 2

Breakfast

- 1/2 Grapefruit*
- 2 slices Whole Wheat Toast with 2 tsp. Canola Oil Margarine/Jelly*
- 1 C. Low Fat Yogurt*
- 1 oz. Corn Bran Cereal with 2 T Bran*
- 1 C. 1% or Skim Milk*

Lunch

- 3 oz. Broiled Extra-lean Ground Beef Patty on Whole Wheat Bun*
- Fresh Tomato Salad*
- 10 Potato Chips (Canola Oil prepared)*
- 1 C. 1% or Skim Milk*

Dinner

- 3 oz. Lean Baked Ham*
- 1/3 C. Sweet Potatoes*
- 1/2 C. Steamed Broccoli*
- 3/4 C. Fresh Fruit Salad with Fruit Dressing*
- Whole Wheat Roll/1 tsp. Canola Oil Margarine*
- 1/2 C. Sorbet*
- 1 C. 1% or Skim Milk*

Day 3

Breakfast

- 1/2 C. Fresh Orange Juice*
- 2 slices French Toast made with Egg Beaters or Scramblers*, fried in Canola Oil*
- Margarine/Syrup*
- 1 lg. Shredded Wheat Biscuit with 2 T Bran*
- 1 C. 1% or Skim Milk*

Lunch

- 2 oz. Water pac Tuna Salad (made with 2 tbsp. Fat-Free Salad Dressing (no eggs))*
- 2 slices Whole Wheat Bread with 1 tsp. Canola Oil Margarine*
- 1/2 C. Carrot and Celery Stix*
- 1 Apple*
- 1 C. 1% or Skim Milk*

** Substitutes such as Egg Beaters or Scramblers may be used in omelets or egg salad. Salad fillings such as tuna, ham, or chicken, may be substituted for egg yolks when preparing deviled eggs.*

Dinner

- 3 oz. 97% Fat Hot Dogs or 3 oz. Meat Loaf*
- 1/2 C. Baked Beans*
 - Coleslaw (2 tbsp. Sweet Sour Dressing made with Canola Oil)*
 - Whole Wheat Dinner Roll/1 tbsp. Canola Oil Margarine*
- 3/4 C. Fruit Jello (no whipped cream)*
- 1 C. 1% or Skim Milk*

Day 4

Breakfast

- 1 Banana*
- 2 slices Whole Wheat Toast with 2 tsp. Canola Oil Margarine/Jelly*
- 3/4 C. Bran Flakes with 2 T Bran*
- 1 C. Low Fat Yogurt*
- 1 C. 1% or Skim Milk*

Lunch

- 3/4 C. Italian Spaghetti Sauce with/1 1/2 cups Spaghetti and Parmesan Cheese*
 - Garden Salad with 2 tbsp. Vinegar and Canola Oil Dressing*
- 1 slice Garlic Toast with 1 tsp. Canola Oil Margarine*
- 1 Pear Sauce or fresh Pear*
- 1 C. 1% or Skim Milk*

Dinner

- 3 oz. Baked Fish/Lemon*
- 1/2 C. Oven Brown Potatoes with Canola Oil Margarine*
- 1/2 C. Tiny Peas with Pearl Onions*
 - Whole Wheat Roll with 1 tsp. Canola Oil Margarine*
- 1/8 Lemon Chiffon Pie/Crust made with Canola Oil Margarine*
- 1 C. 1% or Skim Milk*

Day 5

Breakfast

- 1/2 C. Fresh Orange Juice*
- 2 slices Whole Wheat Toast with 2 tsp. Canola Oil Margarine*
- 1/4 C. Egg Beaters or Scramblers*
- 1 oz. All Bran Cereal with 2 T. Bran*
- 1 C. 1% or Skim Milk*

Lunch

- 1 C. Chile (Extra-lean Ground Beef) 5 Saltines*
- 1 oz. Swiss and Mozzarella Cheese Cubes*
- 1 C. Fresh Fruit Plate*
- 1 C. 1% or Skim Milk*

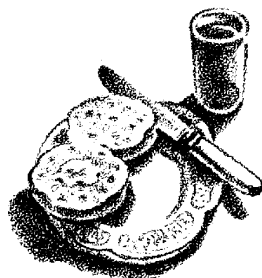
Dinner

- 3 oz. Baked Salmon/Dill Sauce*
- Med. Baked Potato/Chives/2 tsp. Canola Oil Margarine*
- 1/2 C. Carrots*
- Lettuce Wedge with 2 tbsp. Fat-Free Dressing*
- Whole Wheat Roll/1tsp. Canola Oil Margarine*
- 1/2 C. Ice Milk Dessert*
- 1 C. 1% or Skim Milk*

Day 6

Breakfast

- 1 C. Tomato Juice*
- 2 Waffles/Syrup/2 tsp. Canola Oil Margarine*
- 1 oz. Rice Krispies with 2 T Bran*
- 1 C. 1% or Skim Milk*



Lunch

- Chef's Salad (1 oz. lean Ham, 2 oz. Turkey, 1% or Skim Milk Cheese, 4 tbsp. Fat-Free Dressing)*
- 1 Whole Wheat Roll with 1 tsp. Canola Oil Margarine*
- 1 Brownie made with Canola Oil Margarine and Nuts*
- 1 C. 1% or Skim Milk*

Dinner

- 3 oz. Porcupine (Extra-lean Ground Beef) Meat Balls*
- 1/2 C. Mashed Potatoes/1% or Skim Milk/Canola Oil Margarine*
- 1/2 C. Corn*
- Cucumbers/Vinegar and 1 tbsp. Canola Oil Dressing*
- Whole Wheat Roll with 1 tsp. Canola Oil Margarine*
- 1 C. Strawberries*
- 1 C. 1% or Skim Milk*

Day 7

Breakfast

- Assorted Fresh Fruit*
- 2 slices Whole Wheat Toast/2 tsp. Canola Oil Margarine*
- 1 C. Low Fat Yogurt*
- 1 oz. Grapenuts with 2 T Bran*
- 1 C. 1% or Skim Milk*

Lunch

- 1 C. Oriental Chicken*
- 1/2 C. Rice Pilaf*
- Fresh Vegetable Plate/Fat-Free Dressing Dip*
- Whole Wheat Dinner Roll with 1 tsp. Canola Oil Margarine*
- 1/2 C. Fruit Ice*
- 1 C. 1% or Skim Milk*

Dinner

Pizza or favorite foods

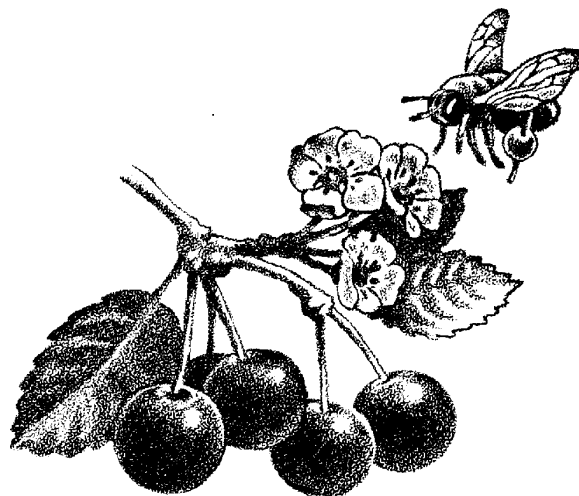
The addition of a favorite meal once a week may help you stay on a good healthy diet.

Everyone wants to feel good and be healthy. Unfortunately, the American diet, situational stress, and our sedentary lifestyles have promoted disease more often than health. We hope this simple, concise booklet can start you on a path of self-healing which will bring you the greatest gift of all — a long life filled with happiness and good health.

Sincerely,

Janette Wessels, R.D.

Janette Wessels



ACKNOWLEDGEMENTS

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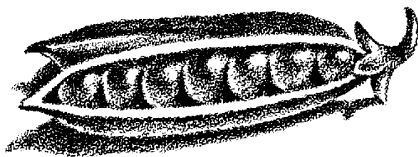
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SLIM-CARE DIET DIARY



Make a list of the foods and beverages (ounces or cups) you eat or drink for 3 consecutive days (please give a general recipe of hot dishes). Your daily record should be divided into Breakfast - Lunch - Dinner (see sample below). Bring the completed record to Slim-Care class. A computerized nutritional analysis will be produced using your supplied information and the latest nutritional analysis computer software available.

Your analysis will include 22 essential nutrients, among them; calories, cholesterol, saturated fat, vitamins and minerals including calcium, fiber and sodium. In short, you will then know which foods you are eating are actually good for you and which are not. In addition you will learn if there are any vitamin or mineral deficiencies.

Your completed analysis will be e-mailed to you for your review.

	Breakfast	Lunch	Dinner
Day 1	Cereal 1 oz. Toast 1 slice w/ 1 tsp. marg.	None	3 oz. Ham 1 Med. Baked Potato 1 cup Milk
Day 2	2 Eggs & 2 slices toast 2 tsp. marg. & 1 cup Coffee	1 bowl Campbell's Chicken Noodle Soup 2 slices bread w/ 1 tsp. marg. 3 soda crackers	None
Day 3	None	1 Taco 12 oz. Pepsi	4 oz. Meatload (3 oz. hamburger, 1 oz. bread crumbs, 1 egg, 2 tsp. catsup, 2 tsp. onions) 2 slices bread w/ 2 tsp. marg.

Use for form only.

Send completed diary to:

Janette Wessels, R.D.
P.O. Box 1114
Branson, MO 65615

Please Fill In: Name _____

Address _____

City/State/Zip _____

Age _____ Height _____ Weight _____ Sex _____

Activity Level: (Circle) Inactive Moderately Active Active

	Breakfast	Lunch	Dinner
Day 1	_____	_____	_____
Day 2	_____	_____	_____
Day 3	_____	_____	_____