

Fountain of Good Health



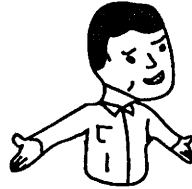
Hi!
I'm "Slim" and I "Care"
about my Health. I've
been on an 1800 calorie
meal plan.

Eating Right Road

COME DINE WITH ME!

Come Dine with me
and you will see
how easy and rewarding
it can be
to follow the level
of your calorie.

Now lets start &
you will see
how easy healthy
eating can be.



MEAL PLAN for 1800 Calorie ADA Diet—(Cholesterol - 300, Carbohydrate - 280 grams, Fat - 45 grams, Protein - 50 grams)

Breakfast

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

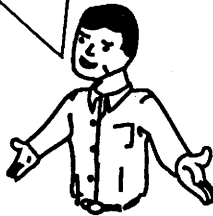
Dinner

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

Dessert/Lunch

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

This is page 16 in my
Slim-Care Guide.



For Lunch, I get
1 selection from
the white card.

I'm selecting 1 cup
of skim milk.



SKIM AND VERY LOWFAT MILK

Skim Milk	1 cup
1/2% Milk	1 cup
1% Milk	1 cup
Lowfat Buttermilk	1 cup
Evaporated Skim Milk	1/2 cup
Dry Nonfat Milk	1/3 cup
Plain Nonfat Yogurt	8 oz.

White Card
1 card,
7 selections to choose from.

**FRESH, FROZEN,
JUICE-PAC CANNED FRUIT**

Apple (raw, 2 in. across)**	1 apple
Applesauce (unsweetened)	1/2 cup
Apricots (medium, raw)	4 apricots
Apricots (canned)	1/2 cup, or 4 halves
Banana (9 in. long)**	1/2 banana
Blackberries (raw)**	3/4 cup
Blueberries (raw)**	3/4 cup
Cantaloupe (5 in. across)	1/3 melon (cubes)
Cherries (large, raw)	12 cherries
Cherries (canned)	1/2 cup
Figs (raw, 2 in. across)	2 figs
Fruit cocktail (canned)	1/2 cup
Grapefruit (medium)	1/2 fruit
Grapefruit (segments)	3/4 cup

Pink Cards
2 cards

48 selections to choose from.

1 selection from
the Pink Cards.

I'm selecting 12
cherries.



2 selections from
the Tan Cards.

I'm selecting 2 oz.
of beef.



Tan Cards
3 cards
84 selections to choose from.

DAILY MEAT CHOICES

Beef: (Lean beef, such as round, sirloin, 1 oz. and flank steak; tenderloin; and chipped beef*)	1 oz.
Pork: (Lean pork, such as fresh ham, canned, cured or boiled ham*, Canadian bacon*, tenderloin)	1 oz.
Veal: (Lean chops and roasts)	1 oz.
Poultry: (Chicken, turkey, Cornish hen (without skin))	1 oz.
Fish: All fresh and frozen fish	1 oz.
Crab, lobster, scallops, shrimp, clams (fresh or canned in water)	2 oz.
Oysters	6 medium
Tuna (canned in water)	1/4 cup
Herring (uncreamed or smoked)	1 oz.
Sardines (canned)	2 medium

VEGETABLES

Corn**	1/2 cup
Corn on Cob, 6 in.**	1
Lima Beans**	1/2 cup
Peas, Green**	1/2 cup
(canned or frozen)	
Potato, baked**	1 small
Potato, mashed	1/2 cup
Potato, mashed w/Gravy	1/3 cup
Squash, winter** (acorn, butternut)	1 Tbsp.
Yam, sweet potato, plain**	1 cup
Yam, sweet potato, plain**	1/3 cup

Card 2

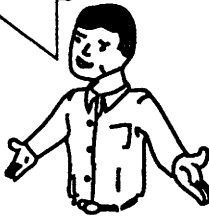
Yellow Cards

3 cards

62 selections to choose from.

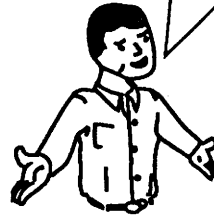
2 1/2 selections from the Yellow Cards.

I'm selecting 1 small baked potato and 3/4 cup corn.



2 selections from the Green Card.

I'm selecting 1/2 cup of carrots and 1/2 cup vegetable juice (on back of card).



Green Card

1 card

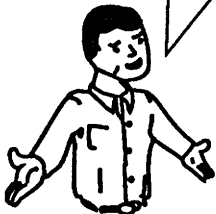
27 selections to choose from

VEGETABLES

	Cooked	Raw
Artichoke	1/2 Med.	same
Asparagus	1/2 Cup	1 Cup
Beans	1/2 Cup	1 Cup
Bean Sprouts	1/2 Cup	1 Cup
Beets	1/2 Cup	1 Cup
Broccoli**	1/2 Cup	1 Cup
Brussels Sprouts**	1/2 Cup	1 Cup
Cabbage**	1/2 Cup	1 Cup
Carrots**	1/2 Cup	1 Cup
Cauliflower	1/2 Cup	1 Cup
Eggplant	1/2 Cup	1 Cup
Greens	1/2 Cup	1 Cup
Kohlrabi	1/2 Cup	1 Cup
Leeks	1/2 Cup	1 Cup

1 selection from Blue Cards.

I'm selecting 1 tsp. margarine.



UNSATURATED FATS

Avocado	1/2 medium
Margarine	1 tsp.
Margarine, diet	1 Tbsp.
Mayonnaise	1 tsp.
Mayonnaise, (light)	1 Tbsp.
Nuts and Seeds	
Almonds, dry roasted	6 whole
Cashews, dry roasted	1 Tbsp.
Pecans	2 whole
Peanuts	20 small or 10 large
Walnuts	2 whole
Other nuts	1 Tbsp.
Seeds, Pine Nuts, Sunflower (without shells)	1 Tbsp.
Pumpkin Seeds	2 tsp.

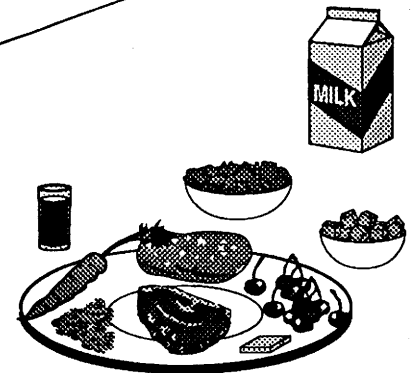
Card 1

Blue Card

2 cards

33 selections to choose from.

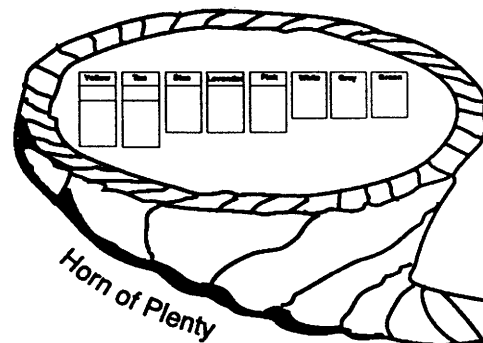
To Review: For Lunch on my 1800 calorie meal plan I get - 1 C. skim milk, 12 cherries, 2 oz. beef, 1/2 C. vegetable juice, 1/2 C. carrots, 1 small baked potato, 3/4 C. corn and 1 tsp. margarine. The toss salad with low Cal. dressing and the diet jello are free (lavender cards).



Wasn't that easy? Great variety and my calories, cholesterol and saturated fats are under control.



Your Turn Now



Use your Slim-Care Guide and tune into the Calorie Level prescribed by your physician.