

The Diabetes Prevention Program's
Lifestyle Change Program

Appendix E: Optional Participant Materials

Copyright © 1996 by the University of Pittsburgh.
Developed by the Diabetes Prevention Program Lifestyle Resource Core,
Rena Wing, PhD, and Bonnie Gillis, MS, RD
Phone: (412) 624-2248
Facsimile: (412) 624-0545
e-mail: dppwing@vms.cis.pitt.edu

Supported by the
National Institute of Diabetes and Digestive and Kidney Diseases,
National Institutes of Health.

Appendix E: Optional Participant Materials

Note: A few optional materials are included in this mailing to illustrate the *types* of optional materials that are now being developed.

The optional participant materials included in Appendix E have been reviewed by the LRC and approved for use to supplement the standard materials in the participant notebook.

Lifestyle Coaches should follow these guidelines in selecting optional materials:

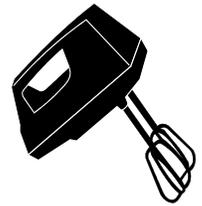
- **Be very careful not to overload participants with additional information and related materials.** A great deal of information is presented to participants, particularly during the core curriculum (first 16 sessions). More information is not always better. In fact, the key concepts of the intervention may be lost if participants are given too much information or too many handouts.
- **No supplemental materials should be given to participants unless they have been first reviewed by the LRC.** This process is designed to help the Lifestyle Coaches maintain the needed focus of each session, and it will also allow the LRC to bring additional materials and tools of presentation to the attention of the other clinical centers so that all can benefit.

Refer to Section 7.2.4., Maintaining the Basic Content and Sequence of Core Curriculum Sessions, for further guidelines.

How to Count the Grams of Fat in Recipes

If you cook from recipes often, use these steps:

1. List each ingredient and the amount on a separate line.
2. Look up the fat grams for each ingredient.
Write them down.
3. Add all the fat grams together.
4. Divide the total fat grams by the number of servings the recipe makes.
This will give the number of fat grams per serving.



Practice below with one of your favorite recipes.

Recipe Name _____

Serving Size _____ **Number of servings** _____

Ingredient	Amount	Fat grams

Divide the total fat grams _____ by the number of servings _____
= _____ grams of fat per serving

Quick Track.

Quick Track is an alternative self-monitoring tool for Lifestyle Balance participants. It has been designed for:

- Participants who find standard self-monitoring, using the Keeping Track books and Fat Counter, too difficult (for example, because of very limited reading or math skills) or
- Participants who have been successful using standard self-monitoring and now want a streamlined method for maintenance.

The first page of Quick Track lists certain “targetted” foods that are high in fat and common in the American diet. The second page lists lower-fat foods that may be eaten instead of those high-fat foods.

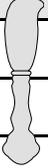
Give participants only the first page or both pages (you may want to print them back to back). Instruct participants to complete one column for each day by placing a check or hatch mark in the appropriate row **every time they eat any of the foods listed in that row in any amount**, including in mixed dishes.

Feel free to modify the targetted foods on either the front or back of the form. For example, you may want to add a specific food to one of the rows that contains similar foods (or to the row labelled “Other”) if that food is a significant source of fat and/or calories for the participant at this time. Or you may want to cross out certain rows to focus or simplify self-monitoring for a period of time.

Quick Track is a record of the *number of times* certain foods are eaten. Amounts are not recorded. Care must be taken, therefore, to educate participants about the importance of appropriate serving sizes and overall caloric intake. For some participants, you may want to write in what a “serving” should be for some of the foods and instruct them to check the row every time they eat one serving and to check the row twice or even three times for larger servings. For others, Quick Track may not be suitable because of their need to self-monitor portion sizes closely.



Check (☑) every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese 							
Sour cream, gravy							
Oil, lard, bacon fat, shortening							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk 							
Coffee creamer, cream, half and half							
Cheese, cheese or cream sauces 							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos 							
Pizza							
Hot dogs, bologna, salami, ham (except extra lean), other lunch meats 							
Bacon, sausage							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes 							
Pastry, doughnut, croissant 							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, nuts 							
Cookies, cake, pie, ice cream, chocolate candy							
Other:							

Check (every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.



GO! Lower-fat foods

M

Tu

W

Th

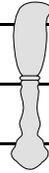
Fri

Sat

Sun

Fat Substitutes

Low-fat or fat-free margarine



Fat-free cream cheese or sour cream

Jelly, jam

Vegetable cooking spray

Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup

Dairy Foods

Skim or 1% milk



Low-fat or fat-free creamer

Low-fat or fat-free cheese

Meats, Main Dishes

Grilled or roast chicken sandwich, without mayonnaise-based sauce



Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard

Lean red meats (round or loin cuts, lean ham), with fat trimmed off

Fish, baked, broiled or grilled

Chicken or turkey, without skin, broiled, baked, or grilled

Side Dishes, Breads

Baked or boiled potato w/fat-free sour cream



Bagels, English muffins, low-fat muffins, bread, plain rolls

Vegetables, raw or cooked without added fat



Snacks, Desserts

Pretzels; plain, air-popped popcorn; low-fat chips



Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit

Other:

Count 100 Cards.

The Count 100 Cards are an alternative self-monitoring tool for Lifestyle Balance participants. The cards are designed for participants who find standard self-monitoring too difficult or who have been successful using standard self-monitoring and now want a streamlined method.

The Count 100 Cards may be used in various ways:

- Xeroxed as is on one sheet of paper, for seven days of self-monitoring per page.
- Cut into squares (allow some white space around the cards for recording comments) and stapled together to create a small booklet for the wallet or purse.
- For the home assignment during the week after Session 6 or 4, Healthy Eating: Cut into squares and stapled into the participant's Keeping Track booklet for that week.
- For greater durability: Xeroxed onto Avery 5095 Name Badge labels (they have been formatted for this particular label size) and then peeled off and stuck onto 3-by-5" index cards. The food list might be stuck on the back of every card or on only one card for reference.

Attached are:

- Participant instructions.
- Master copies of cards for 1200, 1500, 1800, and 2000-calorie goals.
- A master copy of cards on which the calorie goal is left blank and the boxes are shaded for 1200 calories. Selected participants may wish to use these cards to develop individualized patterns (e.g., with a 1500-calorie goal, a participant could "spend" an additional 300 calories in various ways: 3 more bread servings, 1 more bread and 2 more fat servings, etc.). To maintain roughly 25% of calories from fat, participants should be cautioned against eating more than 2 or 3 fat servings per day.

The shaded boxes on the cards indicate the number of recommended servings for each calorie goal, based on the following calculations:

Food Guide Pyramid Group	Avg/serving		Recommended Daily Servings for:											
	Cal.	Fat (g)	1200 calories, 33 grams fat			1500 calories, 42 grams fat			1800 calories, 50 grams fat			2000 calories, 55 grams of fat		
			Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat	Svg	Kcal	Fat
Bread	100	1	5	500	5	6	600	6	8	800	8	9	900	9
Vegetables	0	0	3	0	0	4	0	0	5	0	0	5	0	0
Fruits	100	0	2	200	0	3	300	0	4	400	0	4	400	0
Milk	100	3	2	200	6	2	200	6	2	200	6	2	200	6
Meat	100	5	2	200	10	2	200	10	2	200	10	2	200	10
Fat/Sweets	100	10	1	100	10	2	200	20	2	200	20	3	300	30
Total daily averages:				1200	31		1500	42		1800	44		2000	55

Please note:

1. The food groups are the same as in the Food Guide Pyramid, but the Count 100 Cards differ from the Food Pyramid in several significant ways.
 - The Count 100 food list includes only low-fat choices.
 - The Count 100 serving sizes have been adjusted so that one serving is roughly equivalent to 100 calories (except for vegetables which are counted as 0 calories per serving). For example, one serving of fat equals *1 Tablespoon* of oil, butter or margarine, rather than 1 teaspoon as in the Food Guide Pyramid or ADA exchange system. This allows the same portion size to be used for these foods as well as mayonnaise and peanut butter, all of which contain about 100 calories/Tablespoon. It also allows participants to count as 1 Fat/Sweet a number of common portion sizes of sweets and alcoholic beverages, such as a medium oatmeal cookie, 1/2 cup of sherbet, or 1 can (12-oz) of light beer. Lifestyle Coaches should carefully instruct participants to accurately measure portion sizes in the Fats/Sweets group and, if in doubt, overestimate rather than underestimate portions.
 - The 1200-calorie eating pattern includes 5 bread servings (the Food Guide Pyramid recommends a minimum of 6). However, the result is essentially the same, given the averaging of portion sizes and calories in the Count 100 system.
2. Participants are instructed to eat only those foods on the food list provided, and if other foods are eaten, to record them on the back of the card. Some participants will be able to use the Fat Counter to count the calories for these foods and may develop ways to include them, in serving sizes roughly equivalent to 100 calories, on the food list. Others will need the help of the Lifestyle Coach to do so.
3. Participants may want to record the meal at which each food is eaten by writing in the blocks a “B,” “L,” “D,” or “S” for breakfast, lunch, dinner, or snack instead of, or in addition to, a check mark. Or participants may want to plan a particular pattern for each meal ahead of time by writing the letters in the blocks and then placing a check mark *over* these letters when the foods are eaten.

How to Use the Count 100 Cards.



The Count 100 Cards are a quick and easy way to count calories. And by following the cards *exactly*, you should be able to stay under your calorie goal.

- Step 1. Write your Lifestyle Balance goals at the top. These are **daily** (not weekly) goals.
2. Circle the day of the week. Fill in the date.
3. Put a check mark in one of the boxes whenever you eat **1 serving** of any of the foods on the food list.

To stay under your calorie goal:

- Eat only the foods on the food list. (If you do eat other foods, write them on the back of the card. Include the name, description, and amount. Your Lifestyle Coach will help you count the calories from these foods. You will need to *add these calories to the total for the day.*)
 - Eat no more than the number of servings shown by the shaded boxes.
 - Weigh and measure the amounts you eat. Stick to the serving sizes on the food list.
 - Cook and serve the foods without any added fat. If you do add fat, measure it carefully. Then count it as 1 or more servings from the Fats/Sweets group.
4. Total the calories for the day.
- Count the number of check marks, skipping those in the Vegetable group. (1 Vegetable serving is so low in calories, it's counted as 0.)
 - Multiply by 100 (or simply add two zeros to the number of check marks). Write the answer in the Total Calories blank.
5. Record your weight, the kind of physical activity you do, and the number of minutes activity for the day.



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish, chicken/turkey (no skin), extra lean ham, round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1200 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish, chicken/turkey (no skin), extra lean ham, round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1500 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish, chicken/turkey (no skin), extra lean ham, round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 1800 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal

1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt

2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites

3 oz. (deck of cards) trimmed, no fat added: fish, chicken/turkey (no skin), extra lean ham, round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter

2 TB. salad dressing, jam/jelly, sugar

2 popsicles, ½ c. sherbet or ice milk

3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: 2000 calories, _____ min. of activity.

Sat Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____

Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____

Bread 1 slice bread, ½ bagel/muffin, 1 c. cereal
1 med. potato, ½ c. cooked rice/pasta

Veg. ½ c. cooked, 1 c. raw, ½ c. veg. juice

Fruit 1 fresh fruit, ½ c. canned, ½ c. juice

Milk 1 c. skim or 1% milk, plain 1% yogurt
2 oz. low-fat cheese, ½ c. (1%) cottage cheese

Meat ½ c. cooked dried beans, 1 egg, 2 egg whites
3 oz. (deck of cards) trimmed, no fat added: fish,
chicken/turkey (no skin), extra lean ham,
round or loin cuts of beef/pork

Fat/Sw 1 TB. oil, butter, margarine, mayo, peanut butter
2 TB. salad dressing, jam/jelly, sugar
2 popsicles, ½ c. sherbet or ice milk
3" oatmeal cookie, 4 vanilla wafers/gingersnaps



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____



Goals: ___ calories, ___ min. of activity. Sat
Sun M T W Th Fri Date: _____

Bread											
Veg.	0	0	0	0	0	0	0	0	0	0	0
Fruit											
Milk											
Meat											
Fat/Sw											

Total calories _____ Weight _____
Activity (kind, min.) _____

Personal Fat Counter.

The Personal Fat Counter is both an abbreviated Fat Counter and a simplified self-monitoring record on one page. It has been designed for Lifestyle Balance participants:

- Who find standard self-monitoring, using the Keeping Track books and complete Fat Counter, too difficult (for example, because of very limited reading or math skills) or
- Who have been successful using standard self-monitoring and now want a streamlined method for maintenance.

To use the Personal Fat Counter:

1. Personalize the form (either in handwriting or on the computer).
 - List for each meal the food items the participant eats most often, the typical amount the participant eats of each item, and the fat grams/calories in that serving size.
 - List the kinds of physical activities the participant plans to do during the week and the number of minutes planned per day.
 - Leave enough blank lines for the participant to add other foods and activities during the week.
2. Make one xerox copy of the personalized form for each day of the week. Keep the original on hand as a master copy.
3. The participant then records, on the xerox copies, the physical activities done and the foods and beverages consumed each day. If the foods and serving sizes eaten are the same as those on the form, there is no need to calculate or write down the fat grams; a check in the “Actual Serving” column will suffice. If the serving size eaten differs from that listed, the participant simply writes in the actual serving size and is able to calculate the fat grams without having to look for the food in the Fat Counter book. Any additional foods eaten are added to the form and the participant looks up the fat grams in the standard way, using the Fat Counter book (or the Lifestyle Coach could do this with the participant at the next session); if these foods are chosen often, they can be added to the master copy and the participant will not need to look them up in the future. Room is provided for sub-totaling fat grams/calories by meal and for comments.

The master copy of the Personal Fat Counter should be updated regularly. The revision process can be used to:

- **Plan ahead.** For example, a participant may decide to try fat-free sour cream instead of butter on potatoes and other vegetables during the coming week. She could write this food choice in handwriting on the personalized form for the days she plans to use it. Its presence on the form would remind her of her plan.
- **Reinforce new eating habits as they develop and are maintained.** For example, if the participant enjoys the fat-free sour cream and plans to eat it regularly, it could be added to the master copy of the personalized form in the place of butter.
- **Develop meal plans and shopping lists.** The participant can mix and match food choices on the personalized form to quickly create meal plans and shopping lists.

Lifestyle Balance Eating Plans.

Structured eating plans have been shown to help many people lose weight. Eating plans, when followed exactly, eliminate many temptations and decisions regarding food choices. Eating plans also simplify self-monitoring. Therefore, those Lifestyle Balance participants who have not lost weight as expected by Session 8 or 7, Tip the Calorie Balance, will be asked to either follow a structured eating plan or self-monitor calories. In addition, Lifestyle Coaches may give any participant one of the eating plans at any point during the study.

Attached are Lifestyle Balance Eating Plans for 1200 and 1800 calories for four days. The percent of calories from fat in both eating plans is approximately 10-15% (intentionally lower than the DPP goal of 25% fat in order to model a reduced-fat eating style). The calories are distributed approximately as follows:

	1200-Calorie Eating Plan	1800-Calorie Eating Plan
Breakfast	200-250 calories	350-400 calories
Light Meal	300-400 calories	400-500 calories
Main Meal	500-550 calories	600-650 calories
Snacks	100 calories	300 calories

The foods lists are identical for both plans. Compared to the 1200-calorie plan, the 1800-calorie plan includes these sources of additional calories: about 100 at breakfast (from bread, fruit juice, and/or diet margarine), 50-100 at the light meal (lunch) (from milk, yogurt, and/or bread), 200 at the main meal (dinner) (from bread, diet margarine, and nonfat frozen dessert), and 200 at snacks. Lifestyle Coaches may create 1500 and 2000-calorie plans, as needed, by making similar adjustments in writing on the 1200 and 1800-calorie plans. Lifestyle Coaches may also want to add a few foods to the various categories based on the participant's food preferences (for example, adding tortillas to the list of breads), provided that the average calories and fat grams per serving of the added foods are roughly the same as other foods in that category.

Participants should be encouraged to follow the plans *exactly* because it is the firm structure provided by eating plans that is most helpful. However, the plans are not designed to be followed indefinitely. It is expected that over time, participants will develop variations of the meal plans and create their own style of low-fat eating that suits their lifestyle, food preferences, and calorie needs during weight loss or weight maintenance.

Copyright © 1996 by the University of Pittsburgh. Developed by the Diabetes Prevention Program Lifestyle Resource Core, Rena Wing, PhD, and Bonnie Gillis, MS, RD. Based on eating plans developed by Donna Hansen, MS, RD, for the Women's Healthy Lifestyle Project.

1200-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Jam or jelly • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel • Jam or jelly • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (1 slice) or ½ English muffin, or ½ bagel • Jam or jelly
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • ½ pita or ½ bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • ½ pita or ½ bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Fruit • Nonfat frozen dessert (½ cup)
Snack 100 calories	Mix and match choices from the snack list to total 100 calories.			

1800-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 350-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ¾ cup fruit juice or 1 fruit serving • Toast (1 slice), or ½ English muffin, or ½ bagel 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ¾ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ½ cup milk • ¾ cup fruit juice or 1 fruit svq. 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • 1 Pita or 1 bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • 1 Pita or 1 bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit • 1 cup milk or fat-free yogurt
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable w/diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup)
Snacks 300 calories	Mix and match choices from the snack list to total 300 calories.			

Breakfast Choices



The starred foods are recommended to increase the fiber in your diet.

Cereal	Serving Size	Calories	Fat (g)
*Bran flakes	2/3 cup	90	0
Cheerios (plain)	1 cup	90	0
Corn Flakes	1 cup	110	0
*Oatmeal, cooked	2/3 cup	96	2
*Raisin Bran	3/4 cup	100	0
Shredded Wheat, Spoon Size	2/3 cup	90	1
Special K	1 cup	110	0
Milk/Yogurt			
Skim milk	1/2 cup	43	0
1% milk	1/2 cup	51	2
Lactaid lactose-reduced non-fat milk	1/2 cup	43	0
Yogurt, non-fat, plain	1 cup	136	0
Bread			
*Whole wheat toast (regular)	1 slice	70	1
White toast	1 slice	70	1
English muffin	1/2	67	0
Bagel (any flavor)	1/2 (3" diam)	78	0
Diet bread	2 slices	80	0
Egg Substitute			
Fleischmann's Egg Beaters®	1/2 cup	50	0
Healthy Choice Cholesterol- Free Egg Product®	1/2 cup	60	0
Fruit Juice			
Orange juice	1/2 cup	56	0
	3/4 cup	84	0
Grapefruit juice	1/2 cup	47	0
	3/4 cup	70	0
Apple juice	1/2 cup	58	0
	3/4 cup	87	0
Fruit			
*Banana	1/2 (8" long)	48	0
*Orange	1 (2 5/8" diameter)	62	0
*Grapefruit	1/2	47	0
*Strawberries	1 cup	46	0
*Melon (any variety)	1 cup	60	0
Diet margarine (Only if included on your plan.)			
Fleishmann's Diet tub®, Promise Extra Light® tub	2 teaspoons	33	4
Jam/Jelly			
Regular jam/jelly (any flavor)	2 teaspoons	32	0
Diet jam/jelly (any flavor)	2 teaspoons	15	0

Light Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Tuna, white, canned in water	3 ounces	99	1
Sockeye salmon, canned in water	3 ounces	118	5
Turkey or chicken breast, oven roasted (Oscar Mayer®, Hillshire Farm®, or Deli Select®)	3 ounces	90	2
Cottage cheese, 1% milk-fat	½ cup	82	1
Peanut butter, regular	1 Tablespoon	96	8

Bread

Pita bread (6" diameter)	½ pocket	95	1
	1 pocket	191	1
Bagel, any flavor (3" diameter)	½ bagel	78	1
	1 whole	157	1
*Whole wheat bread	1 slice	70	1
	2 slices	140	2
White bread	1 slice	70	1
	2 slices	140	2

Fruit

*Apple	1 (2¾" diam.)	81	0
*Banana	½ (8" long)	48	0
*Orange	1 (2⅝" diam.)	62	0
*Peaches, fresh	1 (2½ diam.)	37	0
*Pear, fresh	½ (2½ diam.)	49	0
*Pineapple, fresh	½ cup	38	0

Milk/Yogurt

Skim milk	½ cup	43	0
	1 cup	86	0
1% milk	½ cup	51	2
	1 cup	102	3
Lactaid lactose-reduced non-fat milk	½ cup	43	0
	1 cup	86	0
Yogurt, non-fat, fruited (Dannon Light®, Light & Lively®, Yoplait®)	½ cup	81	0
	1 cup	162	0



Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories and ≤ 10 gm fat.

<i>Examples: Serving Size</i>	Calories	Fat (g)	
HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	6
LC Oriental Beef w/ Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salad Dressing/Condiments

Miracle Whip® Fat-free	1 Tablespoon	19	0
WW Fat-free mayonnaise	1 Tablespoon	19	0
Kraft® Fat-free Dressings	1 Tablespoon	18 (avg.)	0
Marzetti® Fat-free Dressings	1 Tablespoon	20	0
Seven Seas® Fat-free Dressings, Creamy	1 Tablespoon	16	0
Clear	1 Tablespoon	5 (avg.)	0
Regular jelly/jam (any variety)	2 teaspoons	32 (avg.)	0
Diet jelly/jam (any variety)	2 teaspoons	15 (avg.)	0

Salad and Salad Vegetables Choose foods from the Free Food List.

Main Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Halibut	3 ounces	100	1
Cod	3 ounces	100	1
Tuna, yellow fin, fresh	3 ounces	118	1
Turkey, white meat	2 ounces	93	2
Chicken, white meat	2 ounces	81	2

Starch

Pasta: white	1 cup	197	1
*whole wheat	1 cup	197	1
Rice: white	¾ cup	154	0
brown	1 cup	216	2
wild	1 cup	166	0
Potato: baked in skin	Medium	220	0
boiled w/out skin	1½ cup	114	0
Sweet potato (yam)	Medium (5" x 2")	200	0
Dinner roll (only if included on your plan)	1	100	1

Vegetables

Broccoli, cooked	1 cup	52	0
Brussels Sprouts, cooked	1 cup	66	0
Cabbage, cooked:			
Green	1 cup	32	0
Red	1 cup	32	0
Carrots, cooked	1 cup	70	0
Cauliflower, cooked	1 cup	34	0
Corn, cooked	½ cup	66	0
Green beans, cooked	1 cup	38	0
Peas, cooked:			
Green	½ cup	62	0
Snow	1 cup	78	0
Spinach, cooked	1 cup	54	0
Squash, cooked:			
Summer	1 cup	44	0
Acorn	½ cup	69	0
Butternut	½ cup	48	1
Hubbard	½ cup	59	1
Spaghetti	1 cup	49	0
Marinara Sauce (attached recipe or a brand with ≤ 5 g fat/cup)	1 cup	115	5

Main Meal Choices (continued)



Fat	Serving Size	Calories	Fat (g)
Diet Margarine (Fleishmann's Diet tub®, Promise Extra Light® tub)	1 Tablespoon	50	6
Kraft® fat-free dressings	1 Tablespoon	18 (avg.)	0
Marzetti® fat-free dressings	1 Tablespoon	20	0
Seven Seas® fat-free dressings, creamy	1 Tablespoon	16	0
clear	1 Tablespoon	5 (avg.)	0

Fruit

*Apple	1 (2¾" diam.)	81	0
*Orange	1 (2⅝ diam.)	62	0
*Peaches, fresh	1 (2½" diam.)	37	0
*Pear, fresh	½ (2½" diam.)	49	0
*Pineapple, fresh	½ cup	38	0
*Banana	½ (8" long)	48	0

Frozen Dessert Options

Frozen Yogurt			
Crowley's Fruit Flavors®	½ cup	100	0
	¾ cup	150	0
Homemade Brand®	½ cup	100	3
	¾ cup	150	5
Sherbet	½ cup	133	2
	¾ cup	200	3
Sorbet (Dole®)	½ cup	129	0
	¾ cup	194	0

Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories and ≤ 10 gm fat.

Examples:

HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	5
LC Oriental Beef w/Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salads Choose foods from the Free Foods List.

Marinara Sauce and Chinese Stir-Fry See attached recipes.



Snack Choices

Protein	Serving Size	Calories	Fat (g)
Cottage cheese, 1% milk fat	¼ cup	41	0
Yogurt, fruited, nonfat	½ cup	100 (avg.)	0
Milk			
Skim milk	½ cup	43	0
1% milk	½ cup	51	2
Lactaid® lactose-reduced nonfat milk	½ cup	43	0
Fruit			
*Apple	½	40	0
*Banana	½	48	0
*Melon (any kind)	1 cup	60	0
*Orange	1	62	0
*Peaches, fresh	1	37	0
*Pear, fresh	½	49	0
*Pineapple, fresh	½ cup	38	0
Fruit Juice			
Apple juice	½ cup	58	0
Cranberry juice, low calorie	½ cup	72	0
Grapefruit juice	½ cup	47	0
Orange juice	½ cup	56	0
Popcorn			
Air-popped	2 cups	62	1
Orville Redenbacher's Light Gourmet Microwave® (natural and butter)	3 cups	77	3
Weight Watcher's Microwave®	½ ounce	50	1
Frozen Popsicles			
Food Club Junior Pop®	1	40	0
Dole Fruit and Juice Bars®	1	60	0
Jello Gelatin Pops®	1	35	0
Kool-Aid Gelatin Pops®	1	40	0
Hot Chocolate			
Carnation Sugar-free Hot Cocoa, Mocha and Rich Chocolate®	1 envelope	50	0
Alcohol			
Light Beer (most brands)	6 ounces	50	0
Wine, table (most brands)	3½ ounces	72	0



Free Foods

Salad greens, raw vegetables

Cabbage
Carrot
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine
Spinach
Sprouts
Summer Squash
Tomato
Zucchini

Drinks

Bouillon or broth without fat
Bouillon, low-sodium
Carbonated drinks, sugar-free
Carbonated water
Club soda
Coffee/tea
(Use only fat-free cream, skim milk, or 1% milk in coffee or tea. Adjust milk/yogurt servings accordingly.)
Drink mixes, sugar-free
Tonic water, sugar-free

Condiments

Artificial butter flavors (e.g., Butter Buds®)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard
Picante sauce
Pickles, dill, unsweetened
Taco sauce
Vinegar, any type

Sweet substitutes

Candy, hard, sugar-free
Gelatin, sugar-free
Gum, sugar-free
Sugar substitutes (saccharine, aspartame)

Miscellaneous

Herbs
Lemon juice
Nonstick pan spray
Soy sauce
Spices
Worcestershire sauce

Shopping List



Check (☑️) only the food items you need. Remember, these are the only food items you will need to follow your eating plan.

Cereals

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Special K
- Oatmeal
- Shredded Wheat

Produce, Fresh

- Apples
- Bananas
- Oranges
- Grapefruit
- Melon
- Peaches
- Pears
- Pineapple
- Strawberries
- Lemons
- Salad Greens
- Raw Vegetables
- Onions
- Green onions
- Potatoes, White
- Potatoes, Sweet

Beverages

- Skim Milk
- 1% Milk
- Diet Drinks
- Orange Juice
- Apple Juice
- Grapefruit Juice
- Cranberry Juice
- Pineapple Juice
- Sugar-free Hot Cocoa, Drink Mixes
- Bouillon or Broth, Without Fat

Salad Dressings, Condiments

- Fat-Free Salad Dressing
- Fat-Free Mayonnaise
- Mustard
- Catsup
- Horseradish
- Taco or Picante Sauce
- Vinegar

Breads/Starches

- Whole Wheat Bread
- White Bread
- Low-Calorie Bread
- English Muffin
- Bagel
- Pita Bread
- Rice, White, Brown, or Wild
- Pasta, White or Whole Wheat

Frozen Dinners

(≤ 300 calories, ≤ 10 g/fat)

- Weight Watchers
- Healthy Choice
- Lean Cuisine
- Budget Gourmet
- Light and Healthy

Frozen Desserts

- Frozen Yogurt (Crowley's Fruit)
- Sherbet
- Sorbet (Dole)
- Popsicles

Lean Protein

- Chicken or Turkey Breast, Oven Roasted, Deli
- Chicken, White Meat
- Turkey, White Meat
- Tuna/Salmon, Canned in Water
- Tuna, Yellowfin, Fresh
- Cod
- Halibut
- Yogurt, Nonfat, Plain or Fruited
- Egg Beaters
- Cottage Cheese (1% milk fat)
- Parmesan Cheese, grated
- Peanut Butter

Miscellaneous

- Vegetable oil
- Garlic
- Soy sauce
- Brown sugar
- Ginger, fresh or powdered
- Crushed tomatoes, 16 oz.
- Tomato paste, 6 oz.
- Basil, oregano, black pepper, thyme
- Parmesan cheese, grated
- Nonstick Pan Spray
- Artificial Butter Flavor
- Sugar Substitute
- Sugar-free Gum, Jello, Candy
- Coffee/Tea
- Diet Jelly/Jam
- Fat-free Creamer
- Lemon Juice

Marinara Sauce

1 Tablespoon vegetable oil	1 cup water
1 clove garlic, finely chopped	1 teaspoon basil
½ cup diced onions	½ teaspoon oregano
16 oz. crushed tomatoes, canned	¼ teaspoon fresh ground black pepper
6 oz. tomato paste, canned	¼ teaspoon thyme
	2 Tablespoons Parmesan cheese, grated

1. Add oil to medium-size cooking pot. Heat over medium heat.
2. Sauté garlic and onions in oil until transparent.
3. Add crushed tomatoes, tomato paste and water. Allow mixture to come to a boil, then reduce heat to allow mixture to simmer.
4. Add spices. Adjust amounts as desired.
5. Simmer sauce for ½ hour.
6. Serve over pasta with 2 Tablespoons grated Parmesan cheese.

Makes 4 (1-cup) servings. Per Serving: 115 calories, 5 grams fat.

Chinese Stir-Fry

2 Tablespoons soy sauce	1 Tablespoon vegetable oil
2 Tablespoons water	1 clove garlic, finely chopped
1 teaspoon firmly packed brown sugar	¾ pound boneless, skinless chicken breast, cut into 1" cubes
1 Tablespoon fresh ginger, grated or ⅛ teaspoon powdered ginger (optional)	3 cups mixed vegetables, cut into bite-sized pieces (broccoli, carrots, cauliflower, snowpeas, etc.)
2 green onions, diced	

1. Mix soy sauce, water, brown sugar, ginger and diced green onions. Stir until blended. Set aside.
2. Add oil to wok or large non-stick skillet. Heat over medium-high heat.
3. Add garlic and cubed chicken to wok or skillet. Stir-fry 5 minutes.
4. Add mixed vegetables to chicken. Stir-fry 3 minutes or until vegetables are tender crisp.
5. Add soy sauce mixture to chicken and vegetables. Stir-fry until thoroughly heated.
6. Serve over a bed of rice.

Makes 6 (¾-cup) servings. Per Serving: 140 calories, 4 grams fat.

DPP Lifestyle Balance



Name: _____

Goals: Weight _____ pounds.

Activity _____ minutes per week. (Month Year)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes						
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes						
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes						
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes						
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes						

Why weigh myself?

Lifestyle Balance participants are expected to weigh themselves regularly at home.

What are your thoughts and feelings about weighing yourself?

Some of the good things about weighing myself	Some of the not so good things about weighing myself	Solutions for dealing with the not so good things

If you don't like weighing yourself at home, try it for a month or two. And talk with your Lifestyle Coach about your thoughts and feelings.

We think you'll discover that weighing yourself will help you to:

- Respond promptly to changes in weight by adjusting your eating and activity.
- Look at trends over time and evaluate what weight loss strategies work best for you.

Blueprints for Weight Loss.



To build a house, a construction crew needs to:

- Follow a detailed blueprint or plan;
- Check their work against the blueprint as they go along; and
- When they run into problems, either do something different to follow the plan more closely or draw up a new blueprint.

What blueprint or plan have you been following to lose weight?

What problems have you run into? What can you do differently to better follow the plan? Or is it time to draw up a new blueprint?

Blueprints for weight loss	Problems I've run into	What I could do differently to better follow the plan
Keep track of fat grams. Stay under a fat gram goal for the day.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under fat gram goal for the day. <input type="checkbox"/> Staying under fat gram goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a fat goal for meals and snacks. <input type="checkbox"/> Lower the fat gram goal.
Keep track of calories and/or fat grams. Stay under a calorie goal.	<input type="checkbox"/> Not keeping track consistently. <input type="checkbox"/> Not staying under calorie goal for the day. <input type="checkbox"/> Staying under calorie goal but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Use a different way to keep track. <input type="checkbox"/> Set a calorie goal for meals and snacks. <input type="checkbox"/> Lower the calorie goal.
Follow a meal plan for: <input type="checkbox"/> Certain meals or snacks, or <input type="checkbox"/> All meals on certain days of the week, or <input type="checkbox"/> All meals every day.	<input type="checkbox"/> Not following the meal plan consistently. <input type="checkbox"/> Following the plan but not losing weight.	<input type="checkbox"/> _____ . <input type="checkbox"/> _____ . <input type="checkbox"/> Change the meal plan. <input type="checkbox"/> Eat pre-packaged meals (made at home or purchased) for: <ul style="list-style-type: none"> • Certain meals or snacks, or • All meals and snacks on certain weeks of the month, or • All meals and snacks on certain days of every week.

What's your pleasure?

It takes time and effort to build new eating and exercise habits.
One way to keep going is to be sure there's enough pleasure in your life.

List three things you enjoy doing but rarely do.

Choose things that are not related to food and that are easy to do.
See the next page for ideas.



1. _____
2. _____
3. _____

Schedule these pleasures into your life.

Get out a calendar. Make appointments with yourself.
As often as possible, schedule your pleasures for the following times:

- **When the “old you” might have rewarded yourself by overeating or being inactive.** (For example, if you used to eat ice cream or sit down in front of the TV after a hard day at work, plan to buy yourself flowers instead.)
- **Right after you've taken a challenging step toward change.** (For example, if you've been putting off enrolling in an aerobics class, plan to take a long, hot bath on the night after the first class.)
- **When you feel discouraged.** Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.

Follow through with your plan...no matter how odd it feels.

Treat your appointments with yourself as seriously as you would those with someone else you care about.

Let me count the ways...to be good to myself.

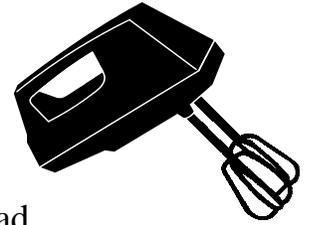
1. Soak in the bathtub.
2. Plan my career.
3. Collect shells.
4. Recycle old items.
5. Go on a date.
6. Buy flowers.
7. Go to a movie in the middle of the week.
8. Walk or jog.
9. Listen to music.
10. Recall past parties.
11. Buy household gadgets.
12. Read a humor book.
13. Think about my past trips.
14. Listen to others.
15. Read magazines or newspapers.
16. Do woodworking.
17. Build a model.
18. Spend an evening with good friends.
19. Plan a day's activities.
20. Meet new people.
21. Remember beautiful scenery.
22. Save money.
23. Go home from work.
24. Practice karate, judo, yoga.
25. Think about retirement.
26. Repair things.
27. Work on my car or bicycle.
28. Remember the words and deeds of loving people.
29. Wear sexy clothes.
30. Have a quiet evening.
31. Collect coins.
32. Take care of my plants.
33. Buy or sell stock.
34. Go swimming.
35. Doodle.
36. Collect old things.
37. Go to a party.
38. Think about buying things.
39. Play golf.
40. Play soccer.
41. Fly a kite.
42. Have a discussion with friends.
43. Have a family get-together.
44. Take a day off with nothing to do.
45. Arrange flowers.
46. Have sex.
47. Ride a motorcycle.
48. Practice religion (go to church, pray).
49. Go to the beach.
50. Sing around the house.
51. Go skating.
52. Paint.
53. Do needlepoint, crewel, knitting, sewing, etc.
54. Take a nap.
55. Entertain.
56. Go to a club meeting.
57. Go hunting.
58. Sing with groups.
59. Flirt.
60. Play a musical instrument.
61. Make a gift for someone.
62. Collect postcards.
63. Buy a record, tape, or CD.
64. Plan a party.
65. Go hiking.
66. Write a love poem.
67. Buy clothes.
68. Go sightseeing.
69. Garden.
70. Go to the beauty parlor.
71. Play cards, chess, etc.
72. Buy a book.
73. Watch children play.
74. Write a letter.
75. Write in a diary.
76. Go to a play or concert.
77. Daydream.
78. Plan to go to school.
79. Go for a drive.
80. Listen to music.
81. Refinish furniture.
82. Make lists of things to do.
83. Go bike riding.
84. Take a walk in the woods.
85. Buy a gift for someone.
86. Visit a national park.
87. Take photographs.
88. Go fishing.
89. Play with animals.
90. Read fiction.
91. Watch an old movie.
92. Go dancing.
93. Meditate.
94. Play volleyball.
95. Read nonfiction.
96. Go bowling.
97. Go to the mountains.
98. Think about happy moments in my childhood.
99. See or show photographs or slides.
100. Play cards, chess, checkers, etc.
101. Solve riddles.
102. Have a political discussion.
103. Play softball.
104. Do crossword puzzles.
105. Shoot pool.
106. Dress up and look nice.
107. Think about how I've improved.
108. Buy something for myself (perfume, golf balls, etc.)
109. Talk on the phone.
110. Kiss.
111. Go to a museum.
112. Light candles.
113. Get a massage.
114. Say "I love you."
115. Take a sauna or steam bath.
116. Go skiing.
117. Have an aquarium.
118. Go horseback riding.
119. Do a jigsaw puzzle.
120. Go window shopping.
121. Send a greeting card to someone you care about.



Other ideas:

Adapted from *The Adult Pleasant Events Schedule* by M.M. Linehan, E. Sharp, and A.M. Ivanoff, 1980.

Build a Better Recipe



Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa box label)
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk



*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!

How to Lower the Fat in Recipes

Begin slowly. Make one change at a time.

1. Leave out a high-fat food.

- Don't add the cheese topping to a casserole.
- Make spaghetti sauce without the meat.
- Other _____

2. Use less of a high-fat food.

- Use only 1 teaspoon of oil to brown meat or onions.
- Use $\frac{1}{2}$ the amount of cheese.
- Use $\frac{1}{2}$ the amount of mayonnaise.
- Other _____

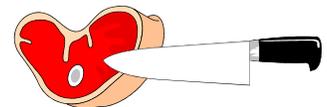


3. Use a lower-fat food instead of a high-fat one.

- Use skim or 1% milk.
- Use low-fat or fat-free cheese.
- Use fat-free sour cream.
- Use two egg whites or egg substitute instead of a whole egg.
- Other _____

4. Use a lower-fat way to cook.

- Trim fat from meat. Take skin off chicken.
- Use a nonstick pan or nonstick vegetable spray.
- Steam or microwave vegetables.
- Cook meat without adding fat.
- Drain and rinse browned ground beef.
- Chill the broth when you make soups or stews until the fat becomes solid. Spoon off the fat before using the broth.
- Other _____



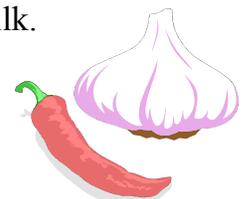
Make changes to add back moisture and flavor, too.

1. Add liquid when you remove $\frac{1}{4}$ cup of fat or more.

- Add water, fruit juice, or skim milk.
- In baked goods, add applesauce, pureed prunes, or skim milk.

2. Add flavor.

- Use wine, lemon juice, flavored vinegars or mustards.
- Use garlic, onions, hot peppers, fresh herbs and spices.



Add flavor without fat.



Experiment with different herbs and spices.

Here are a few ideas to get you started:

Beef	Bay, chives, cumin, garlic, hot pepper, marjoram, mustard, onion
Cheese	Cayenne, dill, garlic, oregano, parsley
Eggs	Cayenne, chives, dill, nutmeg, onion, parsley
Fish	Basil, chervil, dill, fennel, tarragon, garlic, parsley, thyme
Lamb	Basil, garlic, mint, onion, rosemary
Pork	Coriander, cumin, garlic, ginger, hot pepper, black pepper, thyme
Poultry	Basil, garlic, lemon, oregano, paprika, rosemary, savory, sage
Salads	Basil, chives, tarragon, garlic, parsley, sorrel, herb vinegar
Soups	Bay, basil, chervil, marjoram, parsley, savory, rosemary
Vegetables	Basil, chives, cinnamon, dill, tarragon, marjoram, mint, parsley

Some tips:

- **Go easy.** A good rule of thumb is to combine no more than two or three different herbs or spices per dish. And start with $\frac{1}{4}$ teaspoon of dried herbs or spice for 4 servings.
- **Don't use too many different seasonings in one meal.** For example, if your main dish is strongly flavored, keep the vegetable, salad, and dessert more simple.
- **Crush dried herbs in the palm of your hand** before adding to a recipe. This will revive the flavor and aroma.
- **Powdered herbs are more potent than dried flakes which are, in turn, more potent than fresh herbs.** In general, $\frac{1}{4}$ teaspoon of powdered herbs is equal to 1 teaspoon of dried herbs or 2 teaspoons of fresh herbs.
- **Store dried herbs and spices in a cool, dry, dark place.**
- **Don't keep dried herbs and spices for more than one year.**

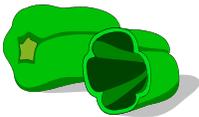


Go ethnic.

International dishes are easy to create using a few key flavorings. To start, try combining two or three of the flavorings listed below.

Chinese	Garlic, ginger, green onion, hot peppers, mustard, sesame oil, soy sauce
Caribbean	Allspice, chili powder, cilantro, curry, garlic, ginger, mint
French	Bay leaves, chervil, garlic, parsley, tarragon, thyme, wine
Greek	Garlic, lemon juice, mint, oregano, parsley, thyme
Indian	Cardamon, chili powder, curry powder, cloves, garlic, ginger, mint
Italian	Basil, garlic, oregano, parsley, tomatoes, wine
Mexican	Cilantro, chili peppers, chili powder, cinnamon, cumin, garlic, oregano
Spanish	Black pepper, chili powder, cilantro, garlic, paprika, parsley, saffron

Try sweet and hot peppers.



Milder peppers include bell peppers, New Mexican and ancho. Hot peppers include jalapeño, serrano, and habanero.

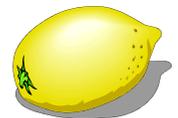


Experiment with flavored vinegars and mustards.

Flavored vinegars such as raspberry, balsamic, and herbed vinegars add zest to marinades and sauces.

Seasoned rice vinegar makes a delicious salad dressing.

Try Dijon mustard, mustard with horseradish, and other hot mustards.



Try low-fat sauces and seasoning mixtures.

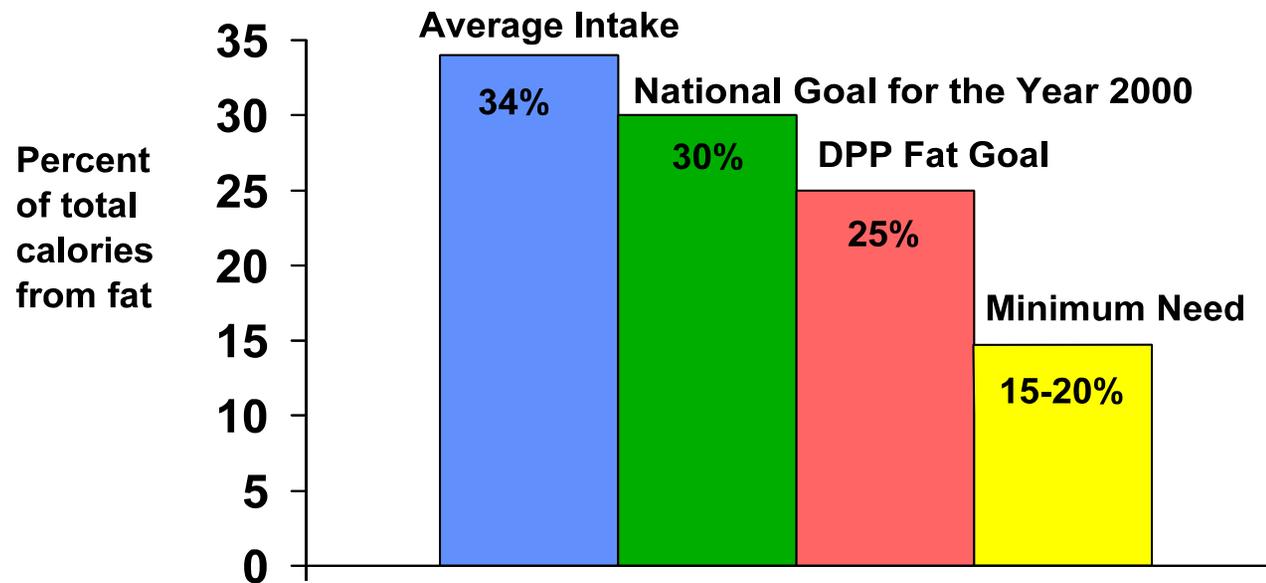
Season fish, poultry, and lean meats with lemon or lime juice, tomato sauce (low fat), Tabasco, chili sauce, barbecue sauce (low fat), salsa, Worcestershire, gravy mixes made with water, or catsup.

Try some oriental sauces such as soy, hoisin, teriyaki, oyster, or sweet and sour.

Seasoned oil sprays, available in Italian, Oriental, Cajun, and Southwestern, can be used to spice up vegetables, lean meats, or hot-air popped popcorn.

Use liquid smoke (not fatty, smoked meats) to flavor soups, beans, and vegetables.

The big picture on fat.



How to use the Big Picture on Fat.

The Big Picture on Fat is an optional handout for DPP lifestyle participants. The purpose of the handout is to place the DPP fat goal in a positive perspective as a safe, reasonable, and healthy goal. Do not use the handout if you think it would send a negative message to a particular participant.

For example, you might want to use the handout, and figures from the attached table (for Lifestyle Coach reference only), in the following situation: In the Be a Fat Detective session, you've just given Mrs. Smith her fat gram goal. Mrs. Smith is a 52 year-old Mexican-American.

- She asks, "Isn't that too little? We all need *some* fat to stay healthy, don't we?" (You might want to refer to the handout and say something like this, "That's a good point. We do need some fat, but far less than most people eat. This graph shows the DPP fat goal, which is 25% of calories from fat, and the minimum need for health, which is 15 to 20% of calories. Most Americans eat about twice as much fat as they need, or about 34% of calories from fat, on average. Experts recommend that Americans eat no more than 30%, and that is the national goal that's been set by the Surgeon General for the year 2000. The DPP fat goal is set a little lower because DPP participants are at higher risk for diabetes.")
- She comes back next week and says, "My fat grams were so high. Does everybody eat this much?" (If, based on the table on the next page, you know that her fat grams were lower than the average intake for Mexican-American women her age, you might want to say something like this, "Of course, everyone's different. The important thing is that you are learning about what *you* eat, which is the first step toward eating less fat. But to give you some perspective, we know that on average (and remember, this is just an average, with some people eating more and some people eating less than this), Mexican-American women your age tend to eat more fat than you do, about 58 grams. So you must already be doing some things to eat less fat than some of your neighbors. Is that right?" Again, tailor how you present the numbers so that you give a positive message to the particular participant. Don't mention it if it would be negative or discouraging.)

You might also choose to use the handout to reinforce the minimum need for fat if some participants cut their fat intake by too much.

Sources:

- The average intake in the United States (34%) is based on data from the most recent National Health and Nutrition Examination Survey (NHANES), 1988-1991.
- The national goal for the Year 2000 (30%) is from **Healthy People 2000: National Health Promotion and Disease Prevention Objectives**.
- The minimum need for most adults (15-20%) is from **Fats and Oils in Human Nutrition: Report of a Joint Expert Consultation (Food and Agriculture Organization/World Health Organization)**, 1994. Note: The report recommends that women of reproductive age consume at least 20% of their energy from fat.

**Mean Daily Fat Intake
by Age, Sex, and Race/Ethnicity,
United States, 1988-91**

(from the Third National Health and Nutrition Examination Survey)

This is for DPP Lifestyle Coach reference only (not to be given to participants).

Mean Daily Fat Intake (grams)								
Age	Men				Women			
	Total Population	Non- Hispanic White	Non- Hispanic Black	Mexican American	Total Population	Non- Hispanic White	Non- Hispanic Black	Mexican American
20-29 years	116	121	124	99	75	74	86	72
30-39 years	113	116	106	100	75	76	74	70
40-49 years	98	100	100	93	70	72	67	66
50-59 years	95	99	73	78	63	63	64	58
60-69 years	80	81	73	73	59	60	53	46
70-79 years	73	74	59	59	53	53	58	45
80 years and older	67	69	58	56	47	47	42	50

Quick Guide to Low-Fat Shopping

Produce

Fresh fruit and vegetables (except avocado)

Canned, Bottled, Dried Foods

Canned fruit, in water or juice (no syrup)

Canned vegetables (no sauce), vegetable juice

Canned or dried beans, nonfat refried beans

Plain rice, pasta, barley

Canned tuna or salmon in water

Spaghetti sauce: < 2 g fat per ½ cup

Jam, jelly, nonstick pan spray

Dressings, Sauces, Condiments

Mustard, flavored vinegars, salsa

Nonfat or low-fat mayonnaise/salad dressing

Fat-free coffee creamer

Dairy Case

Milk: Skim or 1%, ½% buttermilk

Cheese: < 2 g fat/ounce, 1% cottage cheese

Yogurt: < 3 g fat/8 ounces, plain or low-calorie

Egg substitute

Nonfat margarine/sour cream/cream cheese

Bread, Cereal, Snacks

Bread, English muffins, bagels, pita,

plain tortillas: < 2 g fat/serving

Cereal: < 2 g fat and < 110 calories/serving

Crackers: < 3 g fat/svg., popcorn or rice cakes

Popcorn (light or airpopped), pretzels

Vanilla wafers, gingersnaps, graham crackers

Fish, Poultry, Meat, Deli

Most types of fresh fish, unbreaded

Chicken or turkey breast, unbreaded, remove skin

Beef round or sirloin (trim fat), super lean ground

Pork tenderloin, sirloin (trim fat), Canadian bacon

Lamb leg, sirloin, loin, or shoulder (trim fat)

Deli: Chicken or turkey breast, extra lean ham

Frozen Foods

Vegetables without sauce

Frozen dinners: < 300 calories, <10 g fat

Popsicles, sherbet, nonfat/low-fat frozen desserts

Know your budget. Spend wisely.

Your calorie budget is
calories per day.

What can you afford?

Your fat budget is
grams per day.

What can you afford?

Nutrition Facts

Serving Size **2 oz.** (50g)
Servings Per Container 9

Amount per Serving

Calories **140** Calories from Fat 20

% Daily Value

Total Fat 3g	3%
Saturated Fat 1.5g	7%
Cholesterol 0mg	1%
Sodium 250mg	11%
Total Carbohydrates 25 g	8%
Dietary Fiber 1g	4%
Sugar 2g	
Protein 4g	

Watch the amounts.

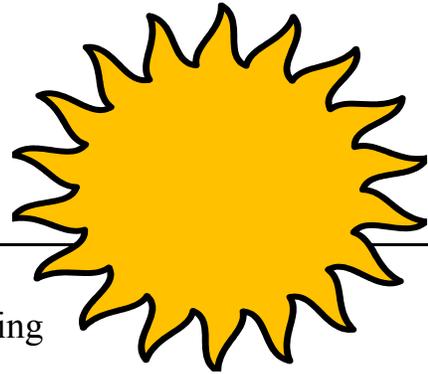
How much will YOU be eating?

If you eat more than
the amount listed,
you will get
more calories and fat.

Lifestyle Balance

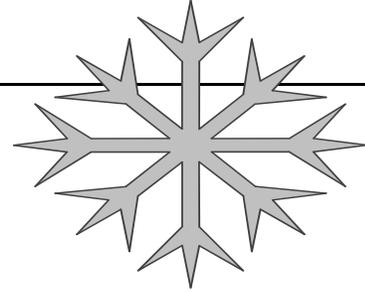


Beat the Heat



- ★ Drink water before, during, and after being active.
- ★ On hot, humid days, be active early or late in the day when it is the most cool.
- ★ Don't overdo it. Go at your own pace.
- ★ Wear light, loose-fitting, cotton clothes.
- ★ Wear a hat to shade your face from the sun.
- ★ Tell someone your route and when you'll be back.
Better yet, go with a friend.
And wear some form of ID.

Keep Warm in the Cold



★ Be active in the middle of the day, when it's the warmest.

★ Dress right from head to toe.

Head: Wear a stocking cap or ear muffs.

Body: Dress in several thin layers. Remove or add layers as needed.

- Full-length long-underwear or tights on your legs.
- T-shirt, long-sleeved turtleneck.
- Well-vented wind jacket with a zipper.

Hands: Wear mittens or gloves.

Feet: Wear well-insulated socks. Wear shoes or boots that keep your feet warm and dry and give you good traction.

★ Go out against the wind and come home with the wind.

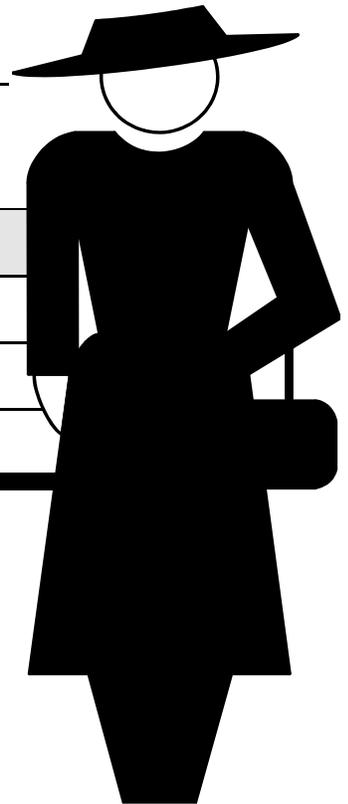
★ Avoid patches of ice.

★ Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.

Menopause and your weight.

Women tend to gain weight around the time of menopause.

Age	Number of women who are overweight
20-29	2 out of 10
40-49	4 out of 10
50-59	5 out of 10



Research suggests the following:

- This weight gain is **due to aging, not to menopause itself.**
- The weight gain is associated with an increase in total body fat.
- One of the key factors may be a **decrease in physical activity.**

What about the effect of hormone pills?

- Women who take hormone pills tend to gain about the same amount of weight as women who do not take hormones.
- This is true whether the hormones are estrogen alone or a mixture of estrogen and progestin.

The bottom line:

What can you do to avoid gaining weight around the time of menopause?

Be more physically active, and eat a healthy diet.

Sources:

Kritz-Silverstein D, Barrett-Connor E. Long-term postmenopausal hormone use, obesity, and fat distribution in older women. *JAMA*. 1996;275:46-49.

The Writing Group for the PEPI Trial. Effects of estrogen or estrogen/progestin regimens on heart disease risk factors in postmenopausal women: The Postmenopausal Estrogen/Progestin Interventions (PEPI) Trial. *JAMA*, 1995;273:199-208.

Wing RR, Matthews KA, Kuller LH, Meilahn EN, Plantinga PL. Weight gain at the time of menopause. *Arch Intern Med*. 1991;151:97-102.

How to Start Brisk Walking

Brisk walking is easy to do and good for you. Follow these three steps:

1. Warm-up

Slowly walk in place or in a circle for 1 or 2 minutes (this gets your muscles ready for stretching). Then do a couple of simple stretches (your Lifestyle Coach will show you how):

Arms: Stand up straight. Stretch your right arm to the ceiling, keeping your feet flat on the floor. Repeat with your left arm. Do this 5 times.



Legs: Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor. Rest your hands on the wall. Allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



Begin walking at a slow pace for 5 minutes, gradually increasing how fast you are walking.



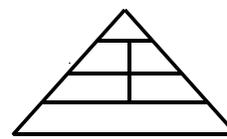
2. Walk Briskly

Walking “briskly” means to work and breathe harder than usual, but not so hard that you can’t catch your breath or talk.

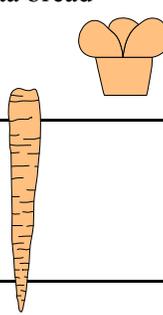
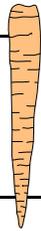
3. Cool-down

Don’t stop or sit/lie down right after walking because that can cause muscle soreness or injuries. Instead, cool-down by taking five minutes at the end of your walk to gradually slow your pace. Then do a couple of stretches for a few minutes to prevent tight, sore muscles.

You’ll learn some other stretches and more facts about fitness later in the Lifestyle Balance program. For now, just get out there and walk.



The Food Pyramid

Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
Breads, cereals, rice, pastas (6-11 svg.)	<ul style="list-style-type: none"> • ½ cup cooked rice or noodles • 1 slice bread or tortilla • ½ bagel, English muffin, pita bread • 4-6 crackers • ½ cup cooked cereal • ¾ cup dry cereal 	<ul style="list-style-type: none"> • Fried rice, fried noodles • Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas, fried sweet cakes • Granola-type cereals
Vegetables (3-5 servings)	<ul style="list-style-type: none"> • 1 cup raw vegetables • ½ cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> • Batter-fried vegetables • Vegetables with butter/margarine, cream, or high-fat sauces • Stir-fried vegetables
Fruits (2-4 svg.)	<ul style="list-style-type: none"> • 1 small fresh fruit • ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> • Fruits in pastry (as in pies), coconut • High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 svg.)	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • 1 cup low- or nonfat yogurt • 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> • 2% or whole milk, coconut milk • Regular yogurt • Regular cheese (>2 grams fat/ounce) • High in sugar: yogurt with added sugar
Meat, poultry, fish, dry beans, eggs (2-3 svg.)	<ul style="list-style-type: none"> • 2-3 ounces cooked lean meat, poultry, or fish • ½ cup tuna, canned in water • ½ cup cooked dry beans, lentils, split peas • 1 egg or ¼ cup egg substitute • ¾ cup tofu 	<ul style="list-style-type: none"> • Peanuts, peanut butter, all nuts • Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) • Chicken or turkey with skin, duck • Tuna canned in oil • Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit)	<p>Low-fat substitutes:</p> <ul style="list-style-type: none"> • Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream • Low-fat whipped topping <p>Foods lower in sugar:</p> <ul style="list-style-type: none"> • Diet soft drinks • Lite syrup 	<ul style="list-style-type: none"> • Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream • Half and half, whipped cream • Cakes, cookies, ice cream, candy, cupcakes, egg tarts • Honey, jelly, syrup, sugar • Soft drinks

The Food Pyramid and “eating lower-fat foods instead” work together.

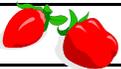
☐ **Instead of high-fat foods, pick low-fat foods.**

Choose fresh fruit and vegetables for snacks.	
Serve vegetarian dinners several times a week.	
Eat fruit for dessert.	
Other:	

☐ **Instead of high-fat foods, use lower-fat substitutes.**

Use low-fat or fat-free:		
Margarine	Cheese, cream cheese	Frozen yogurt
Mayonnaise	Salad dressing	Sour cream
Skim or 1% milk.		
Other:		

☐ **Instead of flavoring foods with fat, use low-fat flavorings.**

To flavor these foods:	Use these low-fat flavorings:
Vegetables	<ul style="list-style-type: none"> Low-fat margarine (small amount), defatted broth. Herbs, mustard, lemon juice, fat-free sauces (chili, garlic, black beans, miso). 
Bread	<ul style="list-style-type: none"> Low-fat margarine (small amount), all fruit jams.
Pancakes	<ul style="list-style-type: none"> Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> Rice vinegar, nonfat or low-fat salad dressing, lemon juice. 
Rice, noodles	<ul style="list-style-type: none"> Dry seaweed, beans, sesame seeds, vegetables. Spaghetti sauce without meat or added fat, white sauce made with skim or 1% milk and no fat.
Other:	

Quick Track

Name _____ Week of _____



Check (✓) every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese							
Sour cream							
Oil, lard, pork fat, shortening							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk							
Coffee creamer, cream, half and half, coconut milk							
Cheese, tofu							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos							
Pizza							
Hot dogs, bologna, salami, ham (except extra lean), other lunch meats							
Bacon, sausage							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes, other fried vegetables							
Fried rice, fried noodles							
Pastry, doughnut, fried sweet cakes							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, nuts							
Cookies, cake, pie, custard, pudding							
Other:							

Quick Track

Name _____ Week of _____



Check (☞) every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							

In the coming months, you'll discover a number of ways to "eat lower-fat foods instead." Here are a few examples of the difference you can make.

Ways to Eat Lower-Fat Foods Instead	Compare:	Grams of Fat
Instead of high-fat foods, pick low-fat foods.	Tortilla chips, baked, 1 cup	1
	Tortilla chips, fried, 1 cup	6
Instead of high-fat foods, use lower fat substitutes.*	Nonfat sour cream, 1 Tablespoon	0
	Low-fat sour cream, 1 Tablespoon	1
	Regular sour cream, 1 Tablespoon	3
Find ways to lower the amount of fat in meats you eat. 	Ground beef (super lean, 4% fat), 3 oz.	3
	Ground beef (regular, 25% fat), 3 oz.	19
Instead of flavoring foods with fat, use low-fat flavorings.	Corn tortilla (6" diam.), steamed, w/salsa 	0
	With 1/4 cup guacamole	8
Avoid frying foods; use other healthier ways to cook.	Flour tortilla (8" diam.), plain, not fried	3
	Flour tortilla (8" diam.), fried	11

*** Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label.



For example:

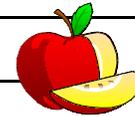
1/2 cup nonfat frozen yogurt 100 calories
 1/2 cup regular ice cream (10-12% fat) 143 calories

Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams saved.

	Breakfast	Make-Over	Grams of fat saved
Pick low-fat foods. Cook in healthy ways. Use low-fat substitutes. Use low-fat substitutes.	Chorizo sausage, 1 oz.	Turkey sausage, 1 oz.	8
	Flour tortilla, (8" diam.), fried	Flour tortilla, (8" diam), steamed	8
	Eggs, 2, scrambled, with fat	Egg substitute, ½ cup, no fat added	15
	Coffee, 1 cup, w/2 Tbsp. half + half	Coffee, 1 c., w/2 Tbsp. nonfat creamer	6

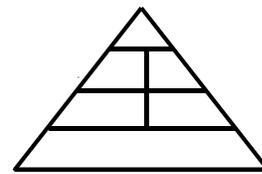
	Snack		
Pick low-fat foods.	Empanada, fruit-filled	Apple, 1 (2¾" diameter)	10

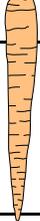
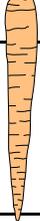
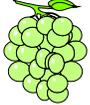


	Lunch		
Eat smaller amounts. Lower the fat in meats. Use low-fat substitutes. Eat smaller amounts. Use low-fat flavorings.	Bread, 2 sl., with 1 Tbsp. mayonnaise	Bread, 2 sl., with 1 tsp. mayonnaise	7
	Ham, regular, untrimmed, 2 ounces	Ham, extra lean, 2 ounces	6
	American cheese, 1 ounce	American cheese, low-fat, 1 ounce	6
	Tortilla chips, fried, 1 cup	Tortilla chips, fried, ½ cup	3
	Guacamole, ¼ cup	Salsa, ¼ cup	8

	Dinner		
Use low-fat substitutes. Use low-fat flavorings. Use low-fat substitutes. Use low-fat flavorings. Eat less often.	Beef enchilada, with regular cheddar	Chicken enchilada, w/reduced-fat cheddar	8
	Refried beans, with fat, ½ cup	Refried beans, no fat added, ½ cup	14
	Sour cream, 4 Tablespoons	Sour cream, nonfat, 4 Tablespoons	12
	Tossed salad, with 2 Tablespoons regular dressing	Tossed salad, with 2 Tablespoons fat-free dressing	16
	Flan, with whole milk	Orange, 1 [Save flan for a rare treat.]	12

The Food Pyramid



Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
Breads, cereals, rice, pastas (6-11 svg.) 	<ul style="list-style-type: none"> 1 slice bread or tortilla ½ bagel, English muffin, pita bread 4-6 crackers ½ cup cooked cereal, pasta, bulgur, rice ¾ cup dry cereal 	<ul style="list-style-type: none"> Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas (corn or flour) Pan dulce Granola-type cereals
Vegetables (3-5 servings)	<ul style="list-style-type: none"> 1 cup raw vegetables ½ cup cooked vegetables or vegetable juice Salsa, pico de gallo 	<ul style="list-style-type: none"> Vegetables with butter/margarine, cream, or cheese sauces Fried vegetables, olives, avocados
Fruits (2-4 svg.)	<ul style="list-style-type: none"> 1 small fresh fruit ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> Fruits in pastry (as in pies), coconut High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 svg.) 	<ul style="list-style-type: none"> 1 cup skim or 1% milk 1 cup low- or nonfat yogurt 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> 2% or whole milk Regular cheese (>2 grams fat/ounce) High in sugar: yogurt with added sugar
Meat, poultry, fish, dry beans, eggs (2-3 svg.)	<ul style="list-style-type: none"> 2-3 ounces cooked lean meat, poultry (without skin), or fish ½ cup tuna, canned in water ½ cup cooked dry beans, lentils, split peas 1 egg or ¼ cup egg substitute 	<ul style="list-style-type: none"> Peanuts, peanut butter, all nuts Bacon, sausage, chorizos, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) Chicken or turkey with skin Tuna canned in oil Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit) 	Low-fat substitutes: <ul style="list-style-type: none"> Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream Low-fat whipped topping Fat-free frozen yogurt Foods lower in sugar: <ul style="list-style-type: none"> All fruit jams Diet soft drinks Lite syrup 	<ul style="list-style-type: none"> Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream Half and half, whipped cream Cakes, cookies, ice cream, candy, cupcakes, flan Honey, jelly, syrup, sugar Soft drinks

The Food Pyramid and “eating lower-fat foods instead” work together.

☐ **Instead of high-fat foods, pick low-fat foods.**

Choose fresh fruit and vegetables for snacks.	
Serve vegetarian dinners several times a week.	
Eat fruit for dessert.	
Other:	

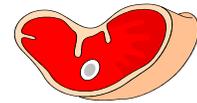
☐ **Instead of high-fat foods, use lower-fat substitutes.**

Use low-fat or fat-free:			
Margarine	Cheese, cream cheese	Frozen yogurt	
Mayonnaise	Salad dressing	Sour cream	
Skim or 1% milk.			
Other:			

☐ **Instead of flavoring foods with fat, use low-fat flavorings.**

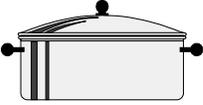
To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables, tacos, enchiladas	<ul style="list-style-type: none"> • Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa, picante sauce. • Herbs, mustard, lemon juice. 
Bread	• Nonfat cream cheese, low-fat margarine (small amount), all fruit jams. 
Pancakes	• Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	• Nonfat or low-fat salad dressing, lemon juice, vinegar
Pasta, rice	• Salsa, pico de gallo, spaghetti sauce without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.
Other:	

☐ **Find ways to lower the fat in meats you eat.**

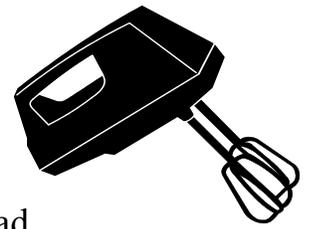


Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see. 
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
Remove skin from chicken, turkey, (This can be done before or after cooking.) 
Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, or Worcestershire.
Other:

☐ **Avoid frying foods. Use other, healthier ways to cook.**

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. 
Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).
Other:

Build a Better Recipe



Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Flour tortillas	Corn tortillas
Guacamole or avocado	Salsa, mock guacamole, pico de gallo
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of margarine
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

*Tip: In recipes for cakes, cookies, muffins, and quick breads:



- Try cutting the amount of margarine/butter by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!

Quick Track

Name _____ Week of _____



Check (☑) every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes. Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese							
Sour cream, gravy							
Oil, lard, bacon fat, shortening							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk							
Coffee creamer, cream, half and half							
Cheese, cheese or cream sauces							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos							
Pizza							
Hot dogs, chorizos, bologna, salami, ham (except extra lean), other lunch meats							
Bacon, sausage							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
Fried tortillas (corn or flour)							
French fries, fried potatoes or vegetables, avocado							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, high-fat crackers, nuts							
Cookies, cake, pan dulce, bunellos, ice cream, flan, chocolate candy, pie, empanadas							
Other:							

Quick Track

Name _____ Week of _____



Check (☑) every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls, steamed tortillas							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							

In the coming months, you'll discover a number of ways to "eat lower-fat foods instead."

Ways to Eat Lower-Fat Foods Instead	For example, instead of this food:	Fat (g)	Choose this food:	Fat (g)
Instead of high-fat foods, pick low-fat foods.	Sunflower seeds, hulled, roasted, ¼ cup	16	Pretzels, 1-ounce bag 	1
Instead of high-fat foods, use low-fat substitutes.*	Regular margarine, 1 teaspoon	4	Low-fat margarine, 1 teaspoon 	2
Find ways to lower the amount of fat in meats you eat.	Stew meat, untrimmed, 3 oz.	22	Stew meat, trimmed, 3 oz. 	13
Instead of flavoring foods with fat, use low-fat flavorings.	Baked potato with 2 tablespoons sour cream	6	Baked potato with salsa	0
Avoid frying foods; use other healthier ways to cook.	Chicken breast, with skin, breaded, fried	24	Chicken breast with skin, grilled  	9

* **Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label. For example:

- ½ cup nonfat frozen yogurt 100 calories
- ½ cup regular ice cream (10-12% fat) 143 calories

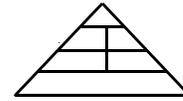


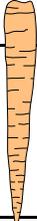
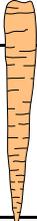
Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams saved.

High-fat Breakfast	Ways to lower the fat	Make-Over	Grams of fat saved
Pork sausage, 1 ounce	Pick low-fat foods. Cook in healthy ways. Use low-fat flavorings. Use low-fat substitutes.	Turkey sausage, 1 ounce	8
Potatoes, fried in fat, ½ cup		Potatoes, stir-fried in nonstick pan with nonstick spray, with salsa, ½ cup	12
Toast, 1 slice, with 1 tsp. margarine		Toast, 1 slice, with 1 tsp. jam or jelly	4
Coffee, 1 cup, w/2 Tbsp. creamer		Coffee, 1 c., w/2 Tbsp. nonfat creamer	6
High-fat Snack			
Fry bread, no milk, 5" diameter	Pick low-fat foods.	Apple, 1 (2-3/4" diameter)	10
High-fat Lunch			
Bread, 2 sl., with 1 Tbsp. mayonnaise	Eat smaller amounts. Lower the fat in meats. Use low-fat substitutes. Eat smaller amounts.	Bread, 2 sl., with 1 tsp. 	7
Spam, 1 ounce		mayonnaise	8
American cheese, 1 ounce		Turkey ham, lunch meat, 1 ounce	6
Potato chips, 1-ounce bag		American cheese, low-fat, 1 ounce	3
Potato chips, ½ of a 1-ounce bag			
High-fat Dinner			
Hamburger Helper®, made with regular (25% fat) ground beef, 1 serving	Lower the fat in meats. Cook in healthy ways. Use low-fat flavorings. Use low-fat substitutes. Eat less often.	Hamburger Helper®, made with lean (10% fat) ground beef, 1 serving	8
Tortilla, flour (10" diam.), fried with oil		Tortilla, flour (10" diam.), not fried	111
Corn, seasoned with fat, ½ cup		Corn, seasoned with salsa, ½ cup	0
Tossed salad w/2 Tbsp. Ranch dressing		Tossed salad w/2 Tbsp. fat-free Ranch dressing	16
Ice cream, premium, ½ cup		Orange, 1 [Save ice cream for a rare treat.]	12

The Food Pyramid



Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
 <p>Breads, cereals, rice, pastas (6-11 svg.)</p>	<ul style="list-style-type: none"> • 1 slice bread or tortilla • ½ bagel, English muffin, pita bread • 4-6 crackers • ½ cup cooked cereal, pasta, bulgur, rice • ¾ cup dry cereal 	<ul style="list-style-type: none"> • Fry bread, croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas • Granola-type cereals
<p>Vegetables (3-5 servings)</p>	<ul style="list-style-type: none"> • 1 cup raw vegetables • ½ cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> • Vegetables with butter/margarine, cream, or cheese sauces • Fried vegetables, olives, avocados
<p>Fruits (2-4 svg.)</p>	<ul style="list-style-type: none"> • 1 small fresh fruit • ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> • Fruits in pastry (as in pies), coconut • High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
<p>Milk, yogurt, cheese (2-3 svg.)</p> 	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • 1 cup low- or nonfat yogurt • 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	<ul style="list-style-type: none"> • 2% or whole milk • Regular cheese (>2 grams fat/ounce) • High in sugar: yogurt with added sugar
<p>Meat, poultry, fish, dry beans, eggs (2-3 svg.)</p>	<ul style="list-style-type: none"> • 2-3 ounces cooked lean meat, poultry (without skin), or fish • ½ cup tuna, canned in water • ½ cup cooked dry beans, lentils, split peas • 1 egg or ¼ cup egg substitute 	<ul style="list-style-type: none"> • Peanuts, peanut butter, all nuts • Bacon, sausage, chorizo • Spam®, hot dogs, hamburgers, luncheon meats, corned beef hash, potted meats • Most red meats (except lean, trimmed cuts) • Chicken or turkey with skin • Tuna canned in oil • Beans cooked in lard or salt pork
<p>Fats, sweets, alcohol (limit)</p> 	<p>Low-fat substitutes:</p> <ul style="list-style-type: none"> • Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream • Low-fat whipped topping • Fat-free frozen yogurt <p>Foods lower in sugar:</p> <ul style="list-style-type: none"> • All fruit jams • Diet soft drinks • Lite syrup 	<ul style="list-style-type: none"> • Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream • Half and half, whipped cream • Sunflower seeds, pinyon nuts • Cakes, cookies, ice cream, candy, cupcakes • Honey, jelly, syrup, sugar • Soft drinks

Quick Track

Name _____ Week of _____



Check every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, sour cream							
Oil, lard, bacon fat, shortening, gravy							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk							
Coffee creamer, cream, half and half							
Cheese							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos							
Pizza							
Stew, meundo, chili stew, mutton stew							
Hot dogs, bologna, salami, Spam ®, other lunch meats, corned beef hash, potted meat							
Bacon, sausage, chorizo							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes, fry bread, tortillas (fried)							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, sunflower seeds, pinyon nuts							
Pastry, doughnuts							
Cookies, cake, chocolate candy							
Ice cream							
Other:							

Quick Track

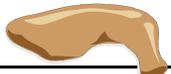
Name _____ Week of _____



Check every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							

In the coming months, you'll discover a number of ways to "eat lower-fat foods instead." Here are a few examples of the difference you can make.

Ways to Eat Lower-Fat Foods Instead	Compare:	Grams of Fat
Instead of high-fat foods, pick low-fat foods. 	Pretzels, 1-ounce bag Potato chips, 1-ounce bag	1 11
Instead of high-fat foods, use lower fat substitutes.* 	Nonfat margarine, 1 teaspoon Low-fat margarine, 1 teaspoon Regular margarine, 1 teaspoon	0 2 4
Find ways to lower the amount of fat in meats you eat. 	Roast beef (top round), trimmed, 3 oz. Roast beef (chuck), untrimmed, 3 oz.	4 22
Instead of flavoring foods with fat, use low-fat flavorings. 	Kale or collards (½ cup), cooked with chicken broth or chicken thighs (no skin) Kale or collards (½ cup), cooked with bacon, fat back, or sausage	0 2
Avoid frying foods; use other healthier ways to cook. 	Chicken breast with skin, grilled Chicken breast, w/skin, breaded, fried	9 24

* **Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label.

For example:

½ cup nonfat frozen yogurt 100 calories
 ½ cup regular ice cream (10-12% fat) 143 calories



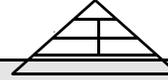
Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams saved.

	Breakfast	Make-Over	Grams of fat saved
Eat less often.	Sausage, 1 patty (1 oz)	Grits (1 cup), no fat added [Have sausage only on special occasions.]	8 13
Pick low-fat foods.	Biscuits, from mix, 2 (2" diam.)	English muffin, 1 whole	13
Use low-fat flavorings.	Butter, 2 teaspoons	Jelly, 2 teaspoons	8
Use low-fat substitutes.	Coffee, 1 cup, w/2 Tbsp. half + half	Coffee, 1 c., w/2 Tbsp. nonfat creamer	6
Snack			
Pick low-fat foods.	Doughnut, glazed, yeast, 1 (4" diameter)	Bagel, blueberry, 1 (4" diameter)	19
Lunch			
Lower the fat in meats.	Fried chicken leg (skin eaten), 1	Baked chicken leg (without skin), 1	13
Eat smaller amounts.	Hush puppies (1¼" by 2½"), fried, 6	Hush puppies (1¼" by 2½"), fried, 3	9
Use low-fat flavorings.	White beans, seasoned w/fat back, ½ cup	White beans, seasoned w/smoked turkey, ½ c.	1
Pick low-fat foods.	Blackberry cobbler, ½ cup	Baked cinnamon apple, 1	11
Dinner			
Cook in healthy ways.	Fish, flounder, deep fried, 3 oz.	Fish, flounder, baked without fat, 3 oz.	14
Use low-fat flavorings.	Mashed potatoes, ½ cup	Mashed potatoes, ½ c., no butter added	6
Use low-fat substitutes.	Gravy, ¼ cup	Gravy, from mix, with water, ¼ cup	5
Use low-fat flavorings.	Green beans, w/bacon, ½ cup	Green beans, with nonfat broth, ½ cup	2
Use low-fat substitutes.	Tossed salad w/2 Tbsp. French drsg.	Tossed salad w/2 Tbsp. fat-free drsg.	16
Pick low-fat foods.	Pound cake, 1 sl. (4¼" by 2½" by ½")	Angel food cake, 1 sl. (⅛ of 10" diam.)	10



The Food Pyramid



Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
Breads, cereals, rice, pastas (6-11 svg.) 	1 slice bread, tortilla or dinner roll ½ bagel, English muffin, pita bread 4-6 crackers ½ cup cooked cereal, grits, pasta, bulgur, rice ¾ cup dry cereal Small baked potato, 1/3 baked sweet potato 2" square cornbread (low fat recipe) 1 buttermilk biscuit (<1 grams fat) Hominy Low-fat pancakes, waffles 	Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, Regular potato chips, corn chips, tortilla chips, fried tortillas Waffles, cornbread Granola-type cereals French fries, fried potatoes Fried rice, hush puppies, pan-fried sweet potatoes Macaroni and cheese
Vegetables (3-5 servings)	1 cup raw vegetables ½ cup cooked vegetables or vegetable juice Vegetables cooked in turkey neck bones, turkey thighs, or chicken thighs (no skin)	Vegetables cooked or served with lard, fat back, ham hock, butter/margarine, cream, or high-fat sauces such as cream or cheese sauce Salads made with regular mayonnaise or salad dressing (e.g., potato salad, cole slaw, pasta salads) Fried vegetables, olives, avocados
Fruits (2-4 svg.)	1 small fresh fruit ½ cup canned fruit or fruit juice 	Fruits in pastry (as in pies, cobblers), coconut High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 svg.)	1 cup skim or 1% milk, buttermilk or lactose-reduced milk 1 cup low- or nonfat yogurt 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	Whole or 2% milk Regular cheese (>2 grams fat/ounce)
Meat, poultry, fish, dry beans, eggs (2-3 svg.)	2-3 ounces cooked lean meat, poultry (without skin), or fish, trimmed of fat ½ cup tuna, canned in water ½ cup cooked dry beans, lentils, split peas, without added fat Hog maw, pig ear, tripe, sous meat, rabbits, squirrel, venison, turtle, opossum 2 fat-free hot dogs 1 egg or ¼ cup egg substitute 	Peanuts, peanut butter, all nuts Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) Pigtails, hamhocks, pork neckbones, pig feet, pork tongue Fried chicken, fried fish Chicken or turkey with skin Tuna canned in oil Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit) 	Low-fat substitutes: Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream Low-fat whipped topping Fat-free frozen yogurt Foods lower in sugar: Diet soft drinks Lite syrup, all fruit jams	Regular margarine, shortening, lard, fat back, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream Half and half, whipped cream Cakes, cookies, ice cream, candy, cupcakes Foods high in sugar: Honey, jelly, syrup, sugar Soft drinks

The Food Pyramid and “eating lower-fat foods instead” work together.
Instead of high-fat foods, pick low-fat foods.

Choose fresh fruit and vegetables for snacks.	
Serve vegetarian dinners several times a week.	
Eat fruit for dessert.	
Other:	

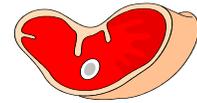
Instead of high-fat foods, use lower-fat substitutes.

Use low-fat or fat-free:			
Margarine	Cheese, cream cheese	Frozen yogurt	
Mayonnaise	Salad dressing	Sour cream	
Skim or 1% milk.			
Other:			

Instead of flavoring foods with fat, use low-fat flavorings.

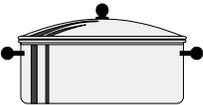
To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables, dried beans	<ul style="list-style-type: none"> Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa, low-fat cuts of meat. Herbs, mustard, lemon juice. 
Bread	<ul style="list-style-type: none"> Nonfat cream cheese, low-fat margarine (small amount), all-fruit jams.
Pancakes, waffles	<ul style="list-style-type: none"> Fruit, low-calorie syrup, unsweetened applesauce, crushed berries. 
Salads	<ul style="list-style-type: none"> Nonfat or low-fat salad dressing, lemon juice, vinegar.
Pasta, rice	<ul style="list-style-type: none"> Spaghetti sauce without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.
Other:	

Find ways to lower the fat in meats you eat.

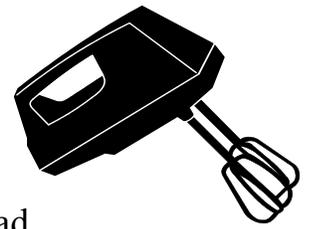


Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see. 
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
Remove skin from chicken, turkey, (This can be done before or after cooking.) 
Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, chili sauce, garlic, or Worcestershire.
Other:

Avoid frying foods. Use other, healthier ways to cook.

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. 
Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).
Other:

Build a Better Recipe



Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin), extra lean ground beef.
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of margarine
Pork or bacon fat or pork parts (e.g., ham hocks) for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, turkey neck bones, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat, evaporated skim milk
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!



Quick Track

Name _____ Week of _____



Check every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese							
Sour cream							
Oil, lard, bacon fat, shortening, fat back							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk, whole evaporated milk							
Coffee creamer, cream, half and half							
Cheese, macaroni and cheese, cheese or cream sauces							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), ground pork, meat loaf, beef burritos, tacos							
Pizza							
Hot dogs, bologna, salami, ham (except extra lean), other lunch meats							
Bacon, sausage, pig tails or feet, ham hocks, beans with pork, scrapple, chitterlings							
Peanut butter							
Most red meats (except lean trimmed cuts)							
Fried fish or fried fish sandwich, fried seafood							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes or vegetables, pan-fried/candied sweet potatoes							
Pastry, doughnut, croissant, hush puppies, cornbread, biscuits							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, nuts, pork rind							
Cookies, cake, pies, pudding							
Other:							

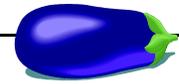


Check every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim, 1% milk, evaporated skim milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls, plain grits, hominy							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							

In the coming months, you'll discover a number of ways to "eat lower-fat foods instead." Here are a few examples of the difference you can make.

Ways to Eat Lower-Fat Foods Instead	Compare:	Grams of Fat
Instead of high-fat foods, pick low-fat foods.	Chapati/phulka, 6" diameter	0
	Puri, whole wheat, 5" diameter	7
Instead of high-fat foods, use lower fat substitutes.*	Nonfat yogurt, plain, 1 cup	0
	Low-fat yogurt, plain, 1 cup	4
	Whole milk yogurt, plain, 1 cup	8
Find ways to lower the amount of fat in meats you eat.	Chicken breast, without skin, baked	3
	Chicken breast, with skin, breaded, fried	12
Instead of flavoring foods with fat, use low-fat flavorings.	Rice, cooked with spices, no fat, ½ cup	0
	With 1 teaspoon ghee	5
	With 1 Tablespoon ghee	15
Avoid frying foods; use other healthier ways to cook.	Eggplant, stir-fried in nonstick pan w/nonstick pan spray, no fat added, ½ cup	0
	Eggplant, fried in 1 Tablespoon oil, ½ cup	15



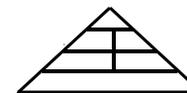
*** Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Check the label.



For example:

½ cup nonfat frozen yogurt 100 calories
 ½ cup regular ice cream (10-12% fat) 143 calories

Menu Make-Over



The menus below show examples of small changes that make a big difference in fat grams saved.

	Breakfast	Make-Over	Grams of fat saved
Pick low-fat foods.	Fried egg	Cold cereal (1 cup)	7
Use low-fat substitutes.	Milk, whole, 1 cup	Milk, skim, 1 cup	8
Use low-fat flavorings.	Toast, 1 slice, with 1 tsp. margarine	Toast, 1 slice, with 1 tsp. jam	4
Use low-fat substitutes.	Coffee, 1 cup, w/2 Tbsp. half + half	Coffee, 1 c., w/2 Tbsp. nonfat creamer	4

Snack

Pick low-fat foods.

Samosa, fried, 1	Mango, 1	5
------------------	----------	---

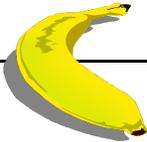
Lunch

Lower the fat in meats.
Use low-fat substitutes.
Use smaller amounts.
Eat less often.
Pick low-fat foods.

Biryani (chicken), ½ cup	Chicken, grilled, no skin, no fat added, 3 oz.	Raita, made with nonfat yogurt, 1/2 cup	10
Raita, w/whole milk yogurt, 1/2 cup		Oil for cooking, 1 teaspoon	2
Oil for cooking, 3 teaspoons		[Save ghee for special occasions.]	10
Ghee, for flavoring rice, 1 Tablespoon		Banana, 1	15
Bengali sweets, 1½" diam., 3			18

Dinner

Pick low-fat foods.
Cook in healthy ways.
Pick low-fat foods.
Use low-fat substitutes.
Pick low-fat foods.

Chicken curry, 1 cup		Rajmah/kidney beans, 1 cup	18
Eggplant (fried in 1 Tbsp. oil), ½ cup		Spiced eggplant (cooked without oil), ½ cup	15
Puris (5" diameter), 2		Phulkas, 2	14
Raita, w/whole milk yogurt, ½ cup		Raita, made with nonfat yogurt, ½ cup	4
Ice cream, premium, ½ cup		Vanilla pudding, made with 2% milk, ½ cup	10

The Food Pyramid

Group	Example low-fat foods, serving	High-fat (or high-sugar) foods
Breads, cereals, rice, pastas (6-11 svg.)	<ul style="list-style-type: none"> 1 slice bread or 1 small (6-inch) chappathi ½ naan ½ cup cooked rice, cooked cereal, pasta ¾ cup dry cereal 	<ul style="list-style-type: none"> Puri, upma
Vegetables (3-5 servings)	<ul style="list-style-type: none"> 1 cup raw vegetables ½ cup cooked vegetables or vegetable juice 	<ul style="list-style-type: none"> Vegetables with butter/margarine, cream, or high-fat sauces Fried vegetables
Fruits (2-4 svg.)	<ul style="list-style-type: none"> 1 small fresh fruit, melon wedge ½ cup canned fruit or fruit juice 	<ul style="list-style-type: none"> Fruits in pastry (as in pies), coconut High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 svg.)	<ul style="list-style-type: none"> 1 cup skim, 1% milk, or buttermilk 1 cup low- or nonfat yogurt 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) ¼ cup paneer made from low-fat or nonfat milk 	<ul style="list-style-type: none"> 2% or whole milk Regular cheese (>2 grams fat/ounce) High in sugar: yogurt with added sugar Paneer made with whole milk
Meat, poultry, fish, dry beans, eggs (2-3 svg.)	<ul style="list-style-type: none"> 2-3 ounces cooked lean meat, poultry (without skin), or fish ½ cup tuna, canned in water ½ cup cooked dry beans, lentils, split peas, dhal preparation or sambar 1 egg or ¼ cup egg substitute 2 to 2 ½ cups rasam 	<ul style="list-style-type: none"> Peanuts, peanut butter, all nuts Chicken or turkey with skin Beans, meats, poultry, fish prepared with oil
Fats, sweets, alcohol (limit)	<p>Low-fat substitutes:</p> <ul style="list-style-type: none"> Low-fat or fat-free margarine, mayonnaise, salad dressings <p>Foods lower in sugar:</p> <ul style="list-style-type: none"> Diet soft drinks 	<ul style="list-style-type: none"> Regular margarine, butter, ghee, salad dressings, cream, half and half Sweets and desserts such as gulab jamun, lapsi, kheer Food prepared in oil as in deep frying, pan frying Soft drinks, candies

The Food Pyramid and “eating lower-fat foods instead” work together.
Instead of high-fat foods, pick low-fat foods.

Choose fresh fruit and vegetables for snacks.	
Serve vegetarian dinners several times a week.	
Eat fruit for dessert.	
Other:	

Instead of high-fat foods, use lower-fat substitutes.

Use low-fat or fat-free:			
Margarine	Cheese, cream cheese	Frozen yogurt	
Mayonnaise	Salad dressing	Sour cream	
Skim or 1% milk.			
Other:			

Instead of flavoring foods with fat, use low-fat flavorings.

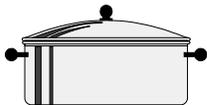
To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables	<ul style="list-style-type: none"> Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. Herbs, mustard, lemon juice. 
Bread	<ul style="list-style-type: none"> Nonfat cream cheese, low-fat margarine (small amount), all fruit jams. 
Pancakes	<ul style="list-style-type: none"> Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> Nonfat or low-fat salad dressing, lemon juice, vinegar.
Pasta, rice	<ul style="list-style-type: none"> Curries without oil, spaghetti sauce without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.
Other:	

Find ways to lower the fat in meats you eat.

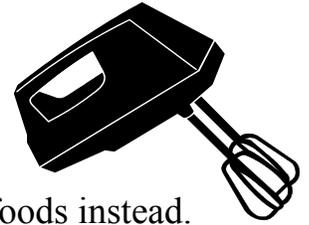


Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see. 
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
Remove skin from chicken, turkey, (This can be done before or after cooking.) 
Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, or Worcestershire.
Other:

Avoid frying foods. Use other, healthier ways to cook.

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. 
Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).
Other:

Build a Better Recipe



Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Whole milk, half and half, cream	Skim or 1% milk
Regular paneer	Paneer made with skim milk
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Butter, oil, or ghee*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of margarine
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Coconut milk, cream, whole milk yogurt	Low-fat or nonfat yogurt
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat yogurt

*Tip: In recipes for cakes, cookies, muffins, and quick breads:

Try cutting the amount of margarine/butter by 1/3 or 1/2.

Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!





Check every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Ghee							
Oil							
Shortening							
Salad dressing or mayonnaise							
Dairy Foods							
Whole or 2% milk, whole yogurt (including in raita)							
Coffee creamer, cream, half and half							
Cheese, paneer							
Meats, Main Dishes							
Chicken with skin							
Fried meats or meats cooked with added fat							
Fried foods (samosa, kofta, pakoda, paratha)							
Side Dishes, Breads							
Puri							
Potatoes or rice cooked with added fat							
Snacks, Desserts							
Pastry, doughnuts, croissant							
Gulab jumuns, lapsi, ras gulla, sira (seera)							
Ice cream							
Other:							



Check every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.

GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							