



GOLDEN WEST MEDICAL CENTER, P.C.

230 W. Ajo Way, Tucson, Arizona 85713 (520) 792-1966

<http://www.TucsonMedical.com>

NUTRITIONAL GUIDELINES FOR LOSING WEIGHT

Required

- ☺ 100 ounces of water per day (3 quarts).
- ☺ No sugar, fried foods, grease, lard, butter, oil, or alcohol.
- ☺ Remove all temptations from home including pies, cake, candy, ice cream, nuts, potato chips, sodas, and beer.
- ☺ Have vegetables on hand prepared for snacks.
- ☺ Maximum daily calories: women - 1200, men - 1800.
- ☺ Maximum daily fat grams: women - 20, men - 30.

You May Have

- ☺ Fruits should be fresh or canned without sugar. One small fruit is 60 calories.
- ☺ Vegetables should be steamed or grilled. One cup is 50 calories.
- ☺ Potatoes may be baked, boiled, or microwaved. Eat with only Fat Free toppings.
- ☺ Pinto Beans, Chili Beans, Kidney Beans without added fat (bacon, lard, cheese).
- ☺ Rice may be steamed or boiled, not fried. (Brown rice is best). 1/2 cup is 110 calories.
- ☺ Spaghetti, Macaroni, Couscous, and other Pastas. 2 ounces is 200 calories..
- ☺ Bread - one slice is 80 calories, one bagel is 230 calories.
- ☺ Corn Tortillas - 1 soft tortilla is 35 calories.
- ☺ Lean Meat - one 4 ounce portion is 200 calories (the size of a deck of cards). Must be baked, broiled, grilled, not fried, with skin removed from poultry. No organ meats.
- ☺ Fat Free Toppings, Flavorings, Dressings, and Spreads (mustard, catsup, relish, salsa, vinegar, lemon, and lime). Artificial sweetener is OK.
- ☺ Coffee, or Tea without cream or sugar.
- ☺ Sugar Free Soft Drinks that are 6 calories or less per can.

Also

- ☺ Do 50 minutes of aerobic exercise 5 times per week swimming, jogging, treadmill, exercycle, Stairmaster, rowing machine, Nordic Track, Healthrider, exercise tapes, or exercise classes.
- ☺ Consider using exercise equipment in your home if weather or time of day is a problem for outdoor exercise.

Menu Suggestions

BREAKFAST #1

1 fruit, 2 slices of toast with low sugar spread, cereal (1 cup corn flakes, wheaties, rice chex, cheerios, or 3/4 cup raisin bran, or 3/4 cup cooked cereal), 1/2 cup skim or 1% milk.

BREAKFAST #2

6 ounces Fat Free fruit flavored yogurt, 1 bagel with 1 oz. Fat Free cream cheese, 1 small fruit.

LUNCH OR DINNER #1

2 oz. spaghetti with marinara sauce, 2 cups salad (lettuce with other vegetables and 2 tablespoons Fat Free dressing), one small fruit.

LUNCH OR DINNER #2

Baked potato with 1/2 cup chili beans, 2 cups salad with 1/4 cup salsa, 1 small fruit.

LUNCH OR DINNER #3

4 oz. grilled fish or chicken, 1/2 cup steamed vegetables, 1/2 cup steamed rice, 1 cup salad with lemon or vinegar, 1 small fruit.

LUNCH OR DINNER #4

1 Low Fat frozen dinner or entree (Weight Watchers, Healthy Choice, Lean Cuisine, Michelina have meals that are 300 calories or less), 1 cup salad with 2 tablespoons Fat Free dressing, 1 small fruit.

THE GOOD - ACCEPTABLE SNACKS

- ☺ Fruit - plum, peach, orange, apple, etc.
- ☺ Watermelon, Cantaloupe
- ☺ Raw Vegetables - carrots, celery, radishes, etc.
- ☺ Dill Pickles
- ☺ Unsweetened gelatin
- ☺ Fat Free Crackers such as Ry-Krisp Natural
- ☺ Popcorn that is air popped
- ☺ Popcorn that is 96% Fat Free (microwave)
- ☺ 1 ounce of Baked Potato Chips, Baked Tortilla Chips (1.5 grams of fat or less per serving).
- ☺ 1 ounce Fat Free pretzels or pretzel crisps

THE BAD - FOODS TO AVOID

- ⊗ Avocados, Olives, Nuts
- ⊗ Milk (whole, 2%) and whole milk products.
- ⊗ Egg yolks.
- ⊗ Pie, pastry, cake, cookies, ice cream, donuts.
- ⊗ Rich Desserts, coconut
- ⊗ Flour tortillas (approx 230 calories each).
- ⊗ Sweets such as sugar, honey, syrup, candy, jelly.
- ⊗ Cream sauces, gravy, cream soups.
- ⊗ Regular Soda Pop
- ⊗ Alcoholic beverages.
- ⊗ Fruit juice.
- ⊗ Fried foods.
- ⊗ Coffee cream or substitutes.
- ⊗ Whipped toppings.
- ⊗ All dressings and toppings except for **FAT FREE**.
- ⊗ Butter, cheese, or cream sauces.

THE HEALTHY - VEGETABLES FOR GOOD HEALTH

(all vegetables)

Asparagus	Mushrooms
Broccoli	Okra
Brussel Sprouts	Peas
Cabbage	Peppers (Chilies)
Cauliflower	Potatoes
Celery	Radish
Cucumber	Sauerkraut
Chard	Spinach
Collard	Squash
Corn	String Beans
Greens	Sweet Potatoes
Kale	Tomatoes
Lettuce (all)	Turnip
Mustard Greens	Yams

MODIFYING YOUR EATING HABITS

- Do not eat while watching TV or reading.
- Confine eating to your usual eating place.
- Use smaller plates so portions appear larger.
- Serve your own food, avoid family style service.
- Eat slowly, put fork down between bites.
- Avoid "all you can eat" buffets.
- Avoid animated discussions during your meal.
- Do not linger at the table when meal is over.
- Eat dinner 3 hours or more before bedtime.

MODIFYING YOUR SHOPPING HABITS

- Shop only from a prepared list, no impulse buying.
- Do not shop when you are hungry.
- Do not eat the free snacks offered at supermarkets to promote sales.

READING A FOOD LABEL - JUST THE BASICS

Nutrition Facts	
Serving Size 1 package (13g)	
Servings Per Container 6	
<hr/>	
Amount Per Serving	
Calories 50	Calories from Fat 10
<hr/>	
% Daily Value*	
Total Fat 1g	2%

Serving Size - This is the reference serving for all the information below. This represents the amount commonly served and eaten.

Servings Per Container - This is the number of servings the package contains.

Amount Per Serving - This tells you how much you can eat to have one serving.

Calories - This tells you how many calories you get if you eat one serving. Use this number to count your total calories to stay within your **MAXIMUM DAILY TOTAL CALORIE LIMIT** (1200 calories for women, 1800 calories for men).

Total Fat - This tells you the total grams of fat you get if you eat one serving. Use this number to count your total fat intake to stay within your **MAXIMUM DAILY TOTAL FAT GRAM LIMIT** (20 grams for women, 30 grams for men).

For your purpose, this is the only information on the food label that you need to know. The rest of the label is informational, but can be confusing. So simplify your life and read **JUST THE BASICS**.

REMEMBER

FAT FREE does not mean calorie free. Stay within your daily calorie limit.

Use only **FAT FREE** margarine, cream cheese, sour cream, mayonnaise, miracle whip, salad dressing, and vegetable toppings. **DO NOT USE LOW FAT, LOW CALORIE, OR LITE - ONLY FAT FREE.**

We are here to assist you to accomplish your goals. If you have questions, please ask us.