

Medically Supervised Weight Loss Program (MSWLP)

INTRODUCTION CLASS

This section includes:

- Preparing Yourself for Weight Loss Surgery
- Basic Food Groups
- Daily Food Choices
- Food Groups and Exchange Lists
- Menu Planning Guide for men and women
- Menu Examples
- Meal Ideas for Weight Loss Activity
- My Goals

ASSIGNMENTS

1. Fill out the Meal Ideas for Weight Loss worksheet
2. Fill out the My Goals worksheet to set one diet and exercise goal for the following month.

Preparing Yourself for Weight Loss Surgery

Most insurance companies require you to attend a structured weight loss program for 3-12 months prior to surgery. Losing weight prior to surgery provides the following benefits:

1. Shrinks the liver: a large liver makes it difficult for the surgeon to complete the surgery.
2. Jump starts your weight loss: weight loss before surgery will help you reach your final goal weight.
3. Allows time to prepare: weight loss surgery requires drastic changes in eating habits. Changing some of your habits now will help you be successful after surgery.

EAT & DRINK LIKE A WEIGHT LOSS SURGERY PATIENT!

1. Sip water or other calorie free beverages between meals
2. Do not drink and eat at the same time. Wait 30 minutes after eating to drink.
3. Avoid juice, sports drinks, soda, coffee, black tea, energy drinks and alcohol
4. Avoid fast food, fried food, white bread, white rice, white pasta and sweets
5. Eat your protein food first, then vegetables, then fruit or whole grains
6. Use small plates and utensils
7. Chew your food well and take 30 minutes to finish a meal
8. Pay attention to when you are satisfied after eating. Stop eating before feeling full.
9. Eat 5-6 small meals or 3 meals and 2-3 healthy snacks a day
10. Ask your doctor about taking a multi vitamin. After surgery you will need to take several vitamins and minerals for life.



Daily Food Choices

Food Groups	Food Choices & Serving Sizes	Foods to Avoid or Limit
<p>PROTEIN CHOICES: (35 to 75* calories per ounce) Try to keep your protein choices very lean and less than 55 calories per ounce.</p>	<p>1 oz. of lean meat, chicken, fish or meat substitute = 1 oz. (3 oz. meat = deck of cards) 1 egg or ¼ cup egg substitute or 2 egg whites = 1 oz. 1 oz. low-fat cheese (3 grams fat/oz.) = 1 oz. 3 tablespoons non-fat cream cheese = 1 oz. ½ cup cooked dried beans and peas = 1 oz. ¼ cup cottage cheese or tuna = 1 oz. ½ cup tofu = 1 oz. 1/3 cup non-fat, plain Greek yogurt = 1 oz.</p>	<p>High fat meat (prime, ground beef with > 10% fat, ribs, sausage, hot dogs, bacon, etc.) High fat cheese Fried chicken and fish Poultry with the skin</p>
<p>VEGETABLE CHOICES: (25 calories/serving)</p>	<p>½ cup cooked non-starchy vegetable (asparagus, beets, broccoli, cabbage carrots, cauliflower, green beans, greens, onion, pepper, tomato, zucchini) ½ cup vegetable juice 1 cup raw vegetables</p>	<p>Creamed or au gratin vegetables Vegetables with sauce or cheese</p>
<p>FRUIT CHOICES: (60-100* calories/serving)</p>	<p>1 medium fresh fruit – the size of a tennis ball (apple, orange, peach, pear, plum, etc.) ½ large fruit (banana, grapefruit) 2-3 small fresh fruit (apricot, kiwi, tangerine, etc.) 1 cup melon or berries Handful of grapes ½ cup unsweetened canned fruit or juice 2-3 Tbsp. dried fruit</p>	<p>Dried fruit (concentrated and often with added sugar) Fruit juice (lacks fiber and does not fill you up)</p>
<p>STARCH CHOICES: (80-100* calories/serving) One starch serving contains 15 grams of carbohydrate.</p> <p>Check the food label for serving size, fat content and calories. The first ingredient should be whole wheat flour.</p>	<p>1 slice whole wheat/whole grain bread 1 small corn or low-carb whole grain flour tortilla ½ whole wheat English muffin or pita bread ¾ cup high-fiber, low-sugar cold cereal (less than 8 grams sugar, more than 3 grams fiber/serving) ¼ cup granola (look for low sugar) ½ cup cooked oatmeal or whole grain cereal 1/3 cup brown rice or whole grain pasta 4-6 low-fat, whole-wheat crackers 1 small potato ½ cup cooked sweet or white potato, corn, peas ½ cup cooked dried beans or lentils</p>	<p>White flour products (white bread, bagels, tortillas, crackers, etc.) White rice High fat breads (croissants, biscuits, muffins, cornbread, etc.) Refined breakfast cereals with >8 grams sugar per serving French fries, chips</p>
<p>MILK CHOICES: (90-100 calories/serving)</p>	<p>1 cup non-fat or 1% milk, or plain soy milk ¾ cup plain non-fat or light yogurt (Cheese & Greek yogurt are in the protein section)</p>	<p>Whole or 2% milk Regular or low-fat yogurt with >9g sugar</p>
<p>FAT CHOICES: (45 calories/serving)</p>	<p>1 tsp. oil, butter, margarine or mayonnaise 1 ½ tsp. natural peanut butter 1 Tbsp. salad dressing, cream cheese, low-fat margarine/mayonnaise, nuts or seeds 2 Tbsp. sour cream or reduced-fat salad dressing 1/8 large avocado, 5 large olives</p>	<p>Butter Shortening Lard Stick margarine Products made with trans-fat Regular sour cream</p>
<p>FREE FOODS: (20 calories/serving) Limit to 3 servings per day.</p>	<p>¼ cup salsa, 1 Tbsp. ketchup or pickle relish sugar-free jello</p>	<p>Candy, regular soda, chips, regular popcorn, ice cream, cookies, etc.</p>

*Calorie content of foods will vary depending on their fat content and the portion size. Meal plans are based on proteins at 55 calories per ounce, fruit at 60 calories per serving, and starch at 80 calories per serving.

Basic Food Groups

In each category, write down 5 of your favorite food items.
Be specific with the kind of food (for example, put sourdough bread,
not just bread).

PROTEIN _____

FATS _____

BREADS/CEREALS/STARCHES _____

DAIRY _____

FRUITS _____

VEGETABLES _____

SWEETS, SODAS, DRINKS, SNACKS, OTHER _____





Food Groups And Exchanges

**Using exchanges to learn portion
size and create menus**

The food exchange lists can be used in detail to plan menus with a specific number of servings of each food group at meals and snacks (often needed for diabetes); or they can be used as a reference for what counts as “a serving”, or exchange as the name implies. For example, on the fruit exchange list $\frac{1}{2}$ cup applesauce can be exchanged or traded for 3 dates, or 1 cup raspberries, etc.

The food exchanges group foods together of similar nutrient content. A serving will have an average carbohydrate, protein, fat, and calorie content.

Bread and Starch

BREAD/STARCH LIST:

15g carbohydrates, 0-3g protein, 0-1g fat, 80 kcalories

Bread (one starch exchange equals)

Bagel.....	1/2 each (1 oz)
Bagel, 4 oz.....	1/4 each (1oz)
Bread, white, whole wheat, rye	1 slice (1 oz)
Bread sticks, crisp, 4" x 1/2 "	4 (2/3 oz)
English muffin	1/2 each
Hot dog or hamburger bun	1/2 (1 oz)
Naan, 8 x 2 inch	1/4
Pancake, 4" across, 1/4" thick.....	1
Pita, 6" across.....	1/2
Roll, plain, small	1 (1 oz)
Tortilla, flour, 10" across.....	1/3

BREAD/STARCH LIST

Waffle, 4" square or across, low fat	1
Muffin, plain, blueberry, bran, small	1
Raisin bread, unfrosted	1 slice (1 oz)
Tortilla, corn 5" across.....	1
Tortilla, flour, 6" across.....	1

CEREALS AND GRAINS

Bran cereals (raisin bran, all bran.....	1/2 cup
Bulgur wheat	1/2 cup
Cooked cereals (cream of wheat, cream of rice)	1/2 cup
Cereals, unsweetened, ready to eat.....	3/4 cup
Cracklin' oat bran.....	2/3 cup (also = 1 fat)
Honey bunches of oats	3/4 cup
Kashi go lean crunch.....	1/2 cup
Golden grahams.....	3/4 cup
Special K	1 cup
Raisin bran	1/2 cup
Product 19	1 cup
Cinnamon life	3/4 cup
Cornmeal, dry	3Tbsp
Couscous.....	1/3 cup
Flour (dry)	3Tbsp
Granola, low fat.....	1/4 cup
Grapenuts	1/4 cup
Grits, cooked.....	1/2 cup
Kasha, cooked	1/2 cup

Bread and Starch (cont.)

Millet.....	1/3 cup
Muesli	¼ cup
Oats, regular, cooked	½ cup
Pasta, cooked.....	½ cup
Puffed cereals	1-1/2 cups
Rice, white or brown, cooked	½ cup
Shredded wheat	½ cup
Sugar frosted cereals (frosted flakes, trix, cocoa puffs, etc)	½ cup
Wheat germ	3Tbsp

STARCHY VEGETABLES

Baked beans	1/3 cup
Corn, canned or frozen	½ cup
Corn on cob, large.....	½ cob (5 oz.)
Mixed vegetables with corn, peas, or pasta.....	1 cup
Peas, green.....	½ cup
Plantain.....	½ cup
Potato, boiled or mashed	½ cup
Potato, baked with skin.....	½ medium (3 oz.)
Squash, winter (acorn, butternut, pumpkin)	1 cup
Yam, sweet potato. Plain	½ cup

CRACKERS AND SNACKS

Animal crackers.....	8 each
Graham crackers, 2 ½ inch square	3
Matzos	¾ oz.
Melba toast	4 slices
Oyster crackers	24
Popcorn (popped, no fat added or low-fat microwave)	3 cups
Pretzels	¾ oz
Rice cakes, 4 inch across	2
Saltine type crackers.....	6
Snack chips, fat-free or baked (tortilla, potato).....	15-20 (¾ oz.)
Whole-wheat crackers, no fat added.....	2-5 (¾ oz.)
Rold Gold pretzels, regular.....	8 each
Cinnamon graham cracker sticks.....	8 each

BEANS, PEAS, AND LENTILS

(Count as 1 starch exchange, plus 1 very lean protein (meat) exchange).

- Beans and peas (garbanzo, pinto, black, kidney, white, split peas – cooked ½ cup
- Lima beans, cooked 2/3 cup
- Lentils, cooked ½ cup

STARCHY FOODS PREPARED WITH FAT

(Count as 1 starch exchange and 1 fat exchange)

- Biscuit, 2 ½ inch across 1 each
- Chow mein noodles ½ cup
- Corn bread, 2 inch cube 1
- Crackers, round butter type 6
- Croutons 1 cup
- French-fried potatoes (oven baked) 1 cup (2 oz.)
- Granola ¼ cup
- Hummus 1/3 cup
- Muffin, 5 oz. 1/5 (1 oz.)
- Popcorn, microwaved 3 cups
- Sandwich crackers, cheese or peanut butter filling 3
- Snack chips (potato, tortilla) 9-13 (3/4 oz.)
- Stuffing, bread (prepared) 1/3cup
- Taco shell, 6 inch across 2
- Waffle, 4 inch square or across 1
- Whole-wheat crackers, fat added 4-6 (1 oz.)



Fruits

FRUIT LIST:

15g carbohydrates, 0g protein, 0g fat, 60 kcalories

Apple, unpeeled, small	1 (4 oz).
Applesauce, unsweetened	½ cup
Apples, dried.....	4 rings
Apricots, fresh	4 whole (5 ½ oz.)
Apricots, dried	8 halves
Banana, small	1 (4 oz.)
Blackberries.....	¾ cup
Blueberries.....	¾ cup
Cantaloupe, small	1/3 melon or 1 cup cubes
Cherries, sweet, fresh	12 (3 oz.)
Cherries, sweet, canned	½ cup
Dates.....	3
Figs, fresh.....	1 ½ large or 2 medium (3 ½ oz.)
Figs, dried	1 ½
Fruit cocktail.....	½ cup
Grapefruit, large	½ each
Grapefruit sections, canned	¾ cup
Grapes, small.....	17 (3 oz.)
Honeydew melon.....	1 slice (10 oz.) or 1 cup cubes
Kiwi	1 (3 ½ oz.)
Mandarin oranges, canned	¾ cup
Mango, small.....	½ fruit (5 ½ oz.) or ½ cup
Nectarine, small.....	1 (5 oz.)
Orange, small	1 (6 ½ oz.)
Papaya	½ fruit or 1 cup cubes
Peach, medium, fresh	1 (4 oz)
Peaches, canned.....	½ cup
Pear, large, fresh.....	½ (4 oz.)
Pears, canned	½ cup
Pineapple, fresh.....	¾ cup
Pineapple, canned.....	½ cup
Plums, small, fresh.....	2 (5 oz.)
Plums, canned	½ cup
Plums, dried (prunes)	3
Raisins	2Tbsp
Raspberries	1 cup
Strawberries	1 ¼ cup whole berries
Tangerines, small	2 (8 oz).
Watermelon	1 slice (14 oz.) or 1 ¼ cup cubes

Fruit juice, unsweetened

Apple juice/cider..... ½ cup

Cranberry juice cocktail 1/3 cup

Cranberry juice cocktail, lite 1 cup

Fruit juice blends, 100% juice..... 1/3 cup

Grape juice..... 1/3 cup

Grapefruit juice..... ½ cup

Orange juice..... ½ cup

Pineapple juice ½ cup

Prune juice 1/3 cup



Milk

MILK LIST

This list includes different kinds of milk and yogurt. They are divided into fat-free and low fat, reduced fat (2%), and whole milk. A milk choice (exchange) has the same protein and carbohydrate but different amounts of fat.

Fat-free and Low-fat milk: 12g carbohydrates, 8g protein, 0-3g fat, 100 kcalories

Fat-free milk.....	1 cup
½% milk.....	1 cup
1% milk.....	1 cup
Buttermilk, low-fat or fat free.....	1 cup
Evaporated fat-free milk.....	½ cup
Fat-free dry milk.....	1/3 cup dry
Soy milk, low-fat or fat-free.....	1 cup
Yogurt, fat-free, flavored, with non-nutritive sweetener and fructose.....	2/3 cup (6 oz.)
Yogurt, plain, fat-free.....	2/3 cup (6 oz.)

Reduced Fat: 12g carbohydrates, 8g protein, 5g fat, 120 kcalories

2% milk.....	1 cup
Soy milk.....	1 cup
Rice milk.....	1 cup
Sweet acidophilus milk.....	1 cup
Yogurt, plain, low-fat.....	¾ cup

Whole Milk: 12g carbohydrates, 8g protein, 8g fat, 160 kcalories

Whole milk.....	1 cup
Evaporated whole milk.....	½ cup
Goat's milk.....	1 cup
Kefir.....	1 cup
Yogurt, plain (made from whole milk).....	¾ cup


If you do not use at least 2 cups per day from this food group, taking a calcium supplement is recommended. Look for supplements with calcium citrate for better absorption.

Vegetables

VEGETABLE LIST

one vegetable exchange is ½ cup cooked or 1 cup raw
5g carbohydrates, 2g protein, 0g fat, 25kcalories

Artichoke
Okra
Artichoke hearts
Onions
Asparagus
Pea pods
Beans (green, wax, Italian)
Peppers (all varieties)
Beets
Radishes
Broccoli
Salad greens (endive, escarole, lettuce, romaine, arugula)
Cabbage
Sauerkraut (high in sodium)
Cauliflower
Spinach
Celery
Summer squash
Cucumber
Tomato
Eggplant
Tomatoes, canned
Green onions or scallions
Tomato sauce
Greens (collard, kale, mustard, turnip)
Tomato/vegetable juice (high in sodium)
Kohlrabi
Turnips
Leeks
Water chestnuts
Mixed vegetables (without corn)
Watercress
Mushrooms
Zucchini



Protein

PROTEIN (MEAT) LIST: the protein group is divided into 4 categories: very lean, lean, medium-fat, and high fat. In general one protein exchange is 1 oz. Meat, fish, poultry, or cheese; ½ cup beans, peas or lentils. Each protein exchange provides 7 grams protein.

Very Lean protein: 0g carbohydrates, 7g protein, 0-3g fat, 35-55kcalories

Poultry: Chicken or turkey (white meat, no skin),
Cornish hen (no skin)..... 1 oz.
Fish: Fresh or frozen cod, flounder, haddock, halibut, trout,
smoked salmon, tuna fresh or canned in water 1 oz
Shellfish: Clams, crab, Lobster, scallops, shrimp,
imitation shellfish..... 1 oz.
Game: duck or pheasant (no skin), venison, buffalo, ostrich..... 1 oz.
Cheese with 1 gram of fat or less per ounce:
 Fat-free or low fat cottage cheese ¼ cup
 Fat-free cheese..... 1 oz
Other: Processed sandwich meats with 1 gram of fat
or less per ounce, such as deli thin, shaved meats,
chipped beef, turkey, ham 1 oz.
Egg whites 2 each
Egg substitutes, plain ¼ cup
Hot-dogs with 1 gram of fat or less per ounce 1 each 1-oz.
Sausage with 1 gram of fat or less per ounce 1 oz.
The following foods count as one very lean protein and one starch
exchange: Beans, peas, lentils (cooked) ½ cup

Lean protein/meat Substitutes: 0g carbohydrates, 7g protein, 0-3g fat, 33-55kcalories

Beef: USDA select or Choice grades of lean beef trimmed of fat,
such as round, sirloin, and flank steak; tenderloin;
roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed);
ground round..... 1 oz.
Pork: Lean pork such as fresh ham; canned, cured, or boiled ham;
Canadian bacon; tenderloin, center loin chop 1 oz.
Lamb: Roast, chop, or leg..... 1 oz.
Poultry: Chicken, turkey (dark meat, no skin); chicken
(white meat, with skin); domestic duck or goose
(well-drained of fat, no skin) 1 oz.
Fish: Herring (uncreamed or smoked) 1 oz.
 Oysters 6 medium
 Salmon (fresh or canned), catfish 1 oz.
 Sardines (canned) 2 medium
 Tuna (canned in oil, drained) 1 oz.

Cheese: 4.5% fat cottage cheese.....	¼ cup
Grated Parmesan.....	2Tbsp.
Cheeses with 3 grams of fat or less per oz.....	1 oz.
Hot dogs with 3 grams fat or less (1-½ oz.); sandwich meat with 3 grams fat or less	1 oz.

Medium-fat Protein (meat) and substitutes: 0g carbohydrates, 7g protein, 4-7g fat, 75kcalories

Beef: Most beef products fall into this category
(ground beef, meatloaf, corned beef, short ribs,
Prime grades of meat trimmed of fat such as prime rib).....

1 oz.	
Pork: Top loin, chop, Boston butt, cutlet.....	1 oz.
Lamb: Rib roast; ground lamb.....	1 oz.
Poultry: Chicken (dark meat, with skin), ground turkey or ground chicken, fried chicken	1 oz.
Fish: any fried fish product (fish sticks, etc)	1 oz.
Cheese with 5 grams or less fat per ounce: Feta.....	1 oz.
Mozzarella	1 oz.
Ricotta.....	¼ cup (2 oz.)
Other: egg	1 each
Sausage with 5 grams of fat or less per ounce.....	1 oz.
Tempeh.....	¼ cup
Tofu	4 oz. Or ½ cup

High-fat protein (meat) and Substitutes list: 0g carbohydrates, 7g protein, 8+g fat, 100kcalories

Pork: Spareribs, ground pork, pork sausage.....	1 oz.
Cheese: All regular cheeses, such as American, cheddar, Monterey Jack, Swiss	1 oz.
Other: Processed sandwich meats with 8 grams of fat of less per oz, such as bologna, salami	1 oz.
Sausage, such as bratwurst, Italian, knockwurst, Polish, smoked	1 oz.
Hot dog (turkey or chicken)	1 each (10/lb)
Bacon.....	3 slices (20slices/lb)

Fats

FAT EXCHANGE LIST: 0g carbohydrates, 0g protein, 5g fat, 45kcalories

Monounsaturated fats

Avocado, medium	2Tbsp. (1/8 of avocado)
Oil (Canola, Olive, peanut).....	1 teaspoon
Olives: ripe (black).....	8 large
Olives: green, stuffed.....	10 large
Nuts: almonds, cashews	6 nuts
Mixed nuts (50% peanuts).....	6 nuts
Peanuts.....	10 nuts
Pecans	4 halves
Peanut butter, smooth or crunchy	1/2Tbsp.
Sesame seeds.....	1Tbsp.
Tahini or sesame seed paste.....	2 teaspoon

Polyunsaturated fats

Margarine: stick or tub or squeeze	1 teaspoon
Lower fat spread (30%-50% vegetable oil)	1Tbsp.
Mayonnaise: regular	1 teaspoon
Mayonnaise: reduced fat.....	1Tbsp.
Nuts: Walnuts,.....	4 halves
Oil (corn, safflower, soybean, sunflower).....	1 teaspoon
Salad dressing: regular.....	1Tbsp.
Salad dressing: reduced fat.....	2Tbsp.
Miracle whip salad dressing, regular	2 teaspoons
Miracle whip, reduced fat.....	1Tbsp.
Seeds: pumpkin, sunflower	1Tbsp.

Saturated fats

Bacon, cooked	1 slice (20 per lb.)
Bacon grease	1 teaspoon
Butter: stick.....	1 teaspoon
Butter, whipped	2 teaspoons
Butter, reduced fat.....	1Tbsp.
Coconut, sweetened, shredded	2Tbsp.
Coconut milk.....	1Tbsp.
Cream, half & half	2Tbsp.
Cream cheese: regular	1Tbsp. (1/2 oz.)
Cream cheese, reduced fat.....	1-1/2Tbsp.
Shortening or lard.....	1 teaspoon
Sour cream: regular	2Tbsp.
Sour cream, reduced fat.....	3Tbsp.

Vegetarian Foods

Vegetarian foods (entrees, frozen meals)

5 Morningstar Farms Buffalo wings.....	1 starch, 2 protein, 1 fat
4 Morningstar Farms chicken nuggets.....	1 starch, 2 protein
1 Morningstar farms chicken patty.....	1 starch, 2 protein
1 Morningstar farms corn dog.....	1 starch, 1 protein
1 Morningstar farms griller	2 protein, 1 fat
2 Morningstar farms breakfast links	1 protein
1 Morningstar farms veggie dog.....	2 protein
1 Boca burger	2 protein
1 serving Vegetarian lasagna (about 1 cup)	1 starch, 2 protein, 1 fat
1 cheese enchilada	1 starch, 2 protein, 2 fat
1 serving fettuccine Alfredo (about 1 cup).....	2 starch, 2 fat
1 bean, rice, and cheese burrito (regular).....	3 starch, 2 protein, 2 fat
1 small piece garlic bread, 1 oz.....	1 starch, 1 fat
½ cup fried rice	1 starch, 1 fat
2 small egg rolls	1 starch, 1 fat
1 small cheese enchilada.....	1 starch, 2 protein, 2 fat
1 quesadilla	2 starch, 2 protein, 2 fat

Combination Foods

Combination foods

1-1/4 cups tuna noodle casserole	2 starch, 2 protein, 1-2 fat
1 cup chili with beans	2 starch, 2 protein, 1-2 fat
1 cup macaroni and cheese.....	2 starch, 2 protein, 2 fat
1 cup lasagna.....	2 starch, 2 protein, 1-2 fat
1 cup spaghetti and meat sauce or meat balls	2 starch, 2 protein, 1 fat
2 cups chow mein (no noodles).....	1 starch, 2 protein
½ cup tuna or chicken salad	½ starch, 2 protein, 1 fat
1 cup bean soup	1 starch, 1 protein
1 cup tomato soup, made with water	1 starch
¼ of 12" cheese pizza, thin crust	2 starch, 2 protein, 2 fat
1 (7 oz.) pot pie	2-1/2 starch, 2 protein, 2 fat
12-oz. Stouffer's spaghetti and meat sauce.....	3 starch, 3 protein, 3 fat
7-oz. Stouffer's lasagna.....	2 starch, 2 protein, 2 fat
½ cup potato salad.....	1 starch, 1 fat

Condiments

1Tbsp. honey.....	1 fruit
4Tbsp. Sweet & Sour sauce.....	1 starch
1Tbsp. jelly.....	1 fruit
4Tbsp. BBQ sauce.....	1 starch
½ cup pasta sauce.....	1 starch

Snack Items, desserts, sweets

5 pieces red vine licorice	1 starch
½ cup sorbet	1 starch
½ cup frozen yogurt	1 starch
½ cup regular ice cream	1 starch, 1 fat
2Tbsp Quick chocolate drink mix	1 starch
½ cup pudding.....	1 starch
3 cups plain popcorn	1 starch
1 snickers miniature candy bar.....	1 starch
1 Hershey’s miniature candy bar	½ starch
24 teddy grahams	1 starch
1 oz. Goldfish crackers.....	1 starch
27 cheez-its.....	1 starch, 1 fat
1 pop tart.....	2 starch
10 nutter butter bites.....	1 starch, 1 fat
8 ‘nilla wafers.....	1 starch
4 ginger snaps	1 starch
11 honey graham flips	1 starch, 1 fat
9 pretzel flips.....	1 starch, 1 fat
¼ cup yogurt covered raisins.....	1 fruit, 1 fat
15 Mission tortilla strips	1 starch, 1 fat
2 small York peppermint patties.....	1 starch
3 chips ahoy cookies	1 starch, 1 fat
M & M’s peanuts, (1.74 oz. Pkg.)	1-1/2 starch, 3 fat
4 oz. Blueberry cheesecake	1 fruit, 2 starch, 1 protein, 3 fat
1, 3” cookie	1 starch, 2 fat
1/6th of 8” lemon meringue pie.....	3 starch, 2 fat
1/8th of 9” cherry pie.....	2 fruit, 2 starch, 3 fat
½ cup Swiss Miss Custard	1 protein, 1 fat, 1 starch
1 large brownie (2.75” x 7/8”).....	2 starch, 2 fat
1 serving cake with frosting	2 starch, 2 fat
½ cup regular trail mix.....	2 protein, 2 fruit, 4 fat
1 nutrigrain bar.....	1 fat, 1 starch
1 Lorna Doones snack pack (4 cookies).....	1 fruit, 1 starch
4 ind. Fig newtons.....	2 fruit, 1 starch

These foods are mostly “refined” foods due to higher sugar and fat content; using the exchanges is a way to picture what they are worth from the basic food groups. You’ll note that they most often take up exchanges (choices) from starches and fats.

Fast Foods

These are examples of typical fast foods; for specific ones that you like, check either the company's web site or at the restaurant for a list of nutrition information.

Burrito with beef (5-7 oz.)	3 starch, 1 protein, 1 fat
Chicken nuggets, 6 each	1 starch, 2 protein, 1 fat
Grilled chicken sandwich, 1	2 starch, 3 very lean protein
Chicken wings, hot, 6 each	1 starch, 5 med-fat protein, 1 fat
Fish sandwich with tartar sauce, 1	3 starch, 1 med-fat protein, 3 fats
French fries, 1 medium serving (5 oz.)	4 starch, 4 fats
Hamburger, regular.....	2 starch, 2 med-fat protein
Hot dog with bun	1 starch, 1 protein, 2 fat
Individual pan pizza, 1 each	5 starch, 3 protein, 4 fats
Soft serve cone, 1 small (5 oz.)	2.5 starch, 1 fat
Submarine sandwich, regular, 1 6-inch sub	3 starch, 2 protein, 2 fat
Sub sandwich with less than 6 grams fat, 1 6-inch sub	3 starch, 2 protein
Taco, hard or soft shell, 1 (3-3 ½ oz.)	1 starch, 1 protein, 1 fat



Meal Plans for Weight Loss (Women)

	1200 calories		1500 calories
Breakfast: 2 oz. lean protein 1 serving starch OR milk 1 serving fruit 1 serving fat	300 calories	Breakfast: 2 oz. lean protein 1 serving starch 1 serving milk 1 serving fruit 1 serving fat	400 calories
Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	125 calories	Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	150 calories
Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 1 serving starch OR fruit OR milk 1 serving fat	300 calories	Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 2 serving starch OR fruit OR milk 1 serving fat	400 calories
Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	125 calories	Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	150 calories
Dinner: 4 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving starch OR fruit OR milk 1 serving fat	350 calories	Dinner: 4 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving starch OR fruit OR milk 2 servings fat	400 calories

- Eat three balanced meals per day and (optional) eat two small snacks per day.
- Try to eat meals and snacks at regular times each day.
- Include 5-9 servings combined total of fruits and vegetables per day.
- Include protein, fiber (mostly from plant foods), and fat at each meal. These nutrients will keep you feeling full and satisfied for longer.
- Refer to the "Daily Food Choices" handout for appropriate serving sizes and food choices.
- Drink 48-64 oz. (6-8 cups) of water each day. Avoid beverages that contain calories.
- Avoid fried foods, all soda, beverages with added sugar, alcoholic beverages, candy and desserts.
- Limit frozen dinners and entrees to once a day.
- Follow the above meal plan pattern if eating out:
- Limit serving size by putting half or some of the meal in a take-home container (do not eat this leftover portion on the same day).
- Avoid most fast food; eat at a sit-down restaurant instead.
- Check nutrition information on the restaurant's website before visiting. Limit total intake to 400-500 calories.

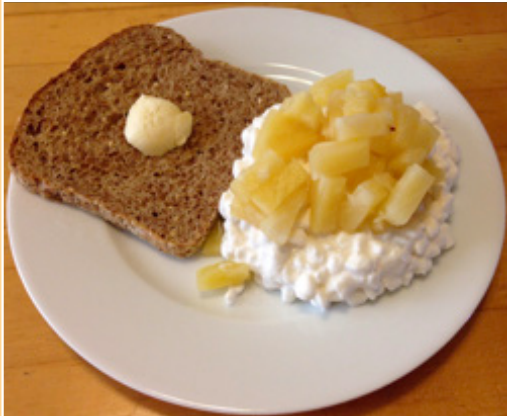
Meal Plans for Weight Loss (Men)

	1500 calories		1800 calories
Breakfast: 2 oz. lean protein 1 serving starch 1 serving milk 1 serving fruit 1 serving fat	400 calories	Breakfast: 2 oz. lean protein 1 serving starch 1 serving milk/yogurt 1 serving fruit 2 servings fat	450 calories
Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	125 calories	Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	200 calories
Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 2 serving starch OR fruit OR milk 1 serving fat	450 calories	Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 2 serving whole grain/starch 1 serving fruit OR milk/yogurt 2 servings fat	450 calories
Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	125 calories	Snack: <ul style="list-style-type: none"> • Include foods with protein and fiber • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	200 calories
Dinner: 4 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving starch OR fruit OR milk 2 serving fat	400 calories	Dinner: 5 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving starch 1 serving fruit OR milk OR extra starch 2 servings fat	500 calories

- Eat three balanced meals per day and (optional) eat two small snacks per day.
- Try to eat meals and snacks at regular times each day.
- Include 5-9 servings combined total of fruits and vegetables per day.
- Include protein, fiber (mostly from plant foods), and fat at each meal. These nutrients will keep you feeling full and satisfied for longer.
- Refer to the "Daily Food Choices" handout for appropriate serving sizes and food choices.
- Drink 48-64 oz. (6-8 cups) of water each day. Avoid beverages that contain calories.
- Avoid fried foods, all soda, beverages with added sugar, alcoholic beverages, candy and desserts.
- Limit frozen dinners and entrees to once a day.
- Follow the above meal plan pattern if eating out:
- Limit serving size by putting half or some of the meal in a take-home container (do not eat this leftover portion on the same day).
- Avoid most fast food; eat at a sit-down restaurant instead.
- Check nutrition information on the restaurant's website before visiting. Limit total intake to 400-500 calories.

Breakfast Ideas

All plated items are on 8 ½ inch salad plates



½ cup nonfat or low fat cottage cheese with ½ cup fruit, 1 piece whole wheat toast, and 1 teaspoon trans-fat free margarine



2 eggs, scrambled in 1 teaspoon of oil, on Orowheat 100% whole wheat sandwich thins® with 1 small apple on the side



2 spinach squares (see recipe) + 1 small fruit. If you eat this, you get an extra fat, like 45 calories worth of sugar free coffee creamer



Overnight banana walnut oatmeal (see recipe), topped with 1 individual container of Dannon Light & Fit Greek Yogurt®

Lunch Ideas

All plated items are on 8 ½ inch salad plates



Tuna salad (see recipe) with shredded lettuce, tomato & 4 Ak-Mak crackers



Chinese Chicken salad with 3 oz of grilled chicken breast and simple home-made Asian dressing (see recipe)



Turkey sandwich with three slices of turkey, lettuce, mustard and tomato on Orowheat® 100% whole wheat sandwich thins served with 1 cup of baby carrots and 1 tablespoon of ranch dressing

Dinner Ideas

All plated items are on 8 ½ inch salad plates



Turkey Spinach Bolognese (see recipe)



4 oz pan seared salmon with ½ cup roasted potatoes and 1 cup steamed green beans



4 oz Orange Glazed Chicken (see recipe) with 1/3 cup whole grains and 1 cup steamed broccoli



Pan Roasted Lemon Pepper Chicken breast with 1/3 cup whole grains and 1 cup steamed zucchini

Snack Ideas

Snacks can be helpful to ease hunger and cravings when meals are more than 4 hours apart. They can also help to stabilize blood sugars. However, snacks must be planned and should be convenient and easy to carry with you. Choose high-quality snacks that contain a fruit, vegetable or “healthy carb,” along with some protein. Snacks should be limited to 125-200 calories.

TRY THESE SATISFYING SNACKS:

- 1.** 12 almonds with 12 baby carrots
(140 calories)
Other nuts and vegetables, or small or ½ medium fruit can be used
- 2.** 1 oz. low-fat cheese with 3 Ak-Mak crackers (stone-ground whole wheat)
(150 calories)
- 3.** ½ cup low-fat cottage cheese with ½ cup canned pineapple or other fruit
(Canned fruit should be canned in juice or light syrup)
(135 calories)
- 4.** 6 oz. light (non-fat, sugar-free) yogurt with a ½ medium or 1 small fruit
(130-160 calories)
- 5.** 1 fat-free Ry-Krisp cracker with 2 oz. tuna and 1 tsp. of low-fat mayonnaise
(145 calories)
- 6.** 1 oz. string cheese with 1 cup raw vegetables
(125 calories)
- 7.** 1 ½ Tbsp. natural old-fashioned peanut butter with 1 stalk celery
(150 calories)
- 8.** ¼ cup hummus with 1 cup raw vegetables
(130 calories)
OR 3 Tbsp. hummus with 3 Ak-Mak crackers
(stone-ground whole wheat)
(145 calories)

Meal Ideas for Weight Loss (Women)

Think about meals you can make that matches the meal plan below. Fill in your ideas in the blank column.

	1200 calories	Write your meal ideas for each meal and snack below
Breakfast: 2 oz. lean protein 1 serving whole grain/starch OR milk/yogurt 1 serving fruit 1 serving fat	300 calories	<hr/> <hr/> <hr/> <hr/>
Snack: <ul style="list-style-type: none"> • Include protein • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	125 calories	<hr/> <hr/> <hr/> <hr/>
Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 1 serving whole grain/starch OR fruit OR milk/yogurt 1 serving fat	300 calories	<hr/> <hr/> <hr/> <hr/>
Snack: <ul style="list-style-type: none"> • Include protein • If snack not eaten, the calories can be distributed among the meals • See "Snack List" handout for examples 	125 calories	<hr/> <hr/> <hr/> <hr/>
Dinner: 4 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving whole grain/starch OR fruit OR milk/yogurt 1 serving fat	350 calories	<hr/> <hr/> <hr/> <hr/>

Meal Ideas for Weight Loss (Men)

Think about meals you can make that matches the meal plan below. Fill in your ideas in the blank column.

	1500 calories	Write your meal ideas for each meal and snack below
Breakfast: 2 oz. lean protein 1 serving whole grain/starch 1 serving milk/yogurt 1 serving fruit 1 serving fat	350 calories	<hr/> <hr/> <hr/> <hr/>
Snack: <ul style="list-style-type: none"> • Include protein • If snack not eaten, the calories can be distributed among the meals • See "Snack List" for examples 	150 calories	<hr/> <hr/> <hr/> <hr/>
Lunch: 3 oz. lean protein 2 servings vegetables (cooked or raw) 2 serving whole grain/starch OR fruit OR milk/yogurt 1 serving fat	400 calories	<hr/> <hr/> <hr/> <hr/>
Snack: <ul style="list-style-type: none"> • Include protein • If snack not eaten, the calories can be distributed among the meals • See "Snack List" handout for examples 	150 calories	<hr/> <hr/> <hr/> <hr/>
Dinner: 4 oz. lean protein 2-3 servings vegetables (cooked or raw) 1 serving whole grain/starch OR fruit OR milk/yogurt 2 servings fat	400 calories	<hr/> <hr/> <hr/> <hr/>

My Goals

Check the lifestyle changes that you want to accomplish this next month. You must choose at least one diet goal and one exercise goal.

My Diet Goals

- I will track my food and beverages with a food journal or phone app
- I will track my calories & protein.
Women: aim for 1200-1500 calories per day, Men: aim for 1500 – 1800 calories per day
- I will avoid soda, juice, sports drinks, sweetened tea and any other drinks with sugar
- I will decrease or eliminate fast-food meals
- I will drink at least 48-64 oz of water or sugar free beverages without carbonation
- I will eat at least 5 servings of fruit and vegetables per day
- I will use smaller plates for meals (7 to 9 inches)
- I will pay attention to physical hunger and moderate fullness
- I will identify triggers for eating when not hungry and chose an alternative activity
- Other: _____

My Exercise Goals

- I will walk _____ minutes _____ days per week
- I will use an exercise video for _____ minutes _____ days a week
- I will use an elliptical machine, bike, rowing machine or stair stepper for _____ minutes _____ days per week
- I will swim for _____ minutes _____ days per week
- I will do resistance training for _____ minutes _____ times per week
- I will do a group activity (fitness class, sport, etc.) for _____ minutes _____ days a week
- Other: _____