
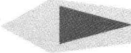








Eating Right & Light - Tips and Menus

What should we eat to stay healthy when trying to lose weight? Each day someone tries to answer that question. People are different so it's difficult to identify the "ideal weight-loss diet." The more we know about food, the more easily we can plan to eat a variety of foods in the proper amounts to maintain a balance of calories and body weight.

Some reminders for safe and effective weight loss are:

-  Eat a variety of nutritious foods based on the "Food Guide Pyramid."
-  Eat at least 1500 calories per day unless under a doctor's supervision.
-  Increase physical activity to at least 30 minutes per day. Walking briskly is a good beginning.
-  Eat fewer foods that are high in fat.
-  Eat fewer foods that are high in sugar.
-  Avoid or limit alcoholic beverages.
-  Add little or no fat when cooking or preparing foods.
-  Eat smaller portions and don't go back for "seconds."

A gradual weight loss of 1-2 pounds per week is most likely to be maintained. Remember, food alone cannot make us healthy, but good eating habits based on moderation and variety can be a good beginning. It's also very important to increase physical activity when trying to lose weight.

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LOW-CALORIE MENUS

BREAKFAST IDEAS

Banana, 1/2 small
High-fiber cereal, 1 cup
Skim milk, 1 cup

Orange juice, 1/2 cup
High-fiber cereal, 1 cup
Prunes, 1/4 cup
Skim milk, 1 cup

Orange juice, 6 oz.
High-fiber cereal, 1 cup
Whole-wheat toast, 1 slice
Skim milk, 1 cup

Orange juice, 6 oz.
Oatmeal, 1 cup
Skim milk, 1 cup

Orange juice, 6 oz.
Egg, boiled, 1
Whole-wheat toast, 1 slice
Skim milk, 1 cup

LUNCH IDEAS

Taco, 1
(beans, tomato, lettuce, grated
cheese)
Skim milk, coffee, tea, 1 cup

Quiche, 1/6 of pie
Lettuce salad, 1 1/2 cups
Whole-wheat roll, 1 small

Tuna salad plate:
(1/2 cup tuna, 1/2 oz. cheese,
1 tsp. mayonnaise, 1 egg, 1
tomato)
Whole-wheat roll, 1
Skim milk, 1 cup

Sliced turkey sandwich:
(turkey, wheat bread, mustard)
Tossed salad, 1 1/2 cups
Skim milk, 1 cup

Hamburger on bun
(lean hamburger, 2 oz.,
hamburger roll, lettuce,
mustard and/or catsup)
Cabbage slaw, 3/4 cup
Sliced peaches, 1/2 cup
Skim milk, coffee, tea, 1 cup

DINNER IDEAS

Baked fish, 4 oz.
Rice, 2/3 cup
Green beans, 1/2 cup
Whole-wheat bread, 1 slice
Carrot sticks
Apple, small
Skim milk, coffee, tea, 1 cup
1 tsp. butter, margarine, or oil

Baked chicken, 3 oz.
Broccoli, 1/2 cup
Baked potato, 1 small
Applesauce, 1/2 cup
Skim milk, coffee, tea, 1 cup
1 tsp. butter or margarine

Beef/vegetable stir fry
(beef, peppers, onion, carrots,
and peas), 1 cup
Rice, 2/3 cup
Mixed fruit, 1/2 cup
Skim milk, coffee, tea, 1 cup
1 tsp. butter, margarine, or oil

Sliced pork, 3 oz.
Baked sweet potato, 1 small
Green beans, 1/2 cup
Baked apple, 1 small
Skim milk, coffee, tea, 1 cup
1 tsp. butter or margarine

Bean soup, 1 cup
Carrot/celery strips, 1/2 cup
Cornbread, 1 piece
Skim milk, coffee, tea, 1 cup

Try one of
these delicious menu
ideas for your next meal.