

## Appendix B. Shopping—What To Look For

### Foods Lower in Calories and Fat

Use this guide to help you shop for foods that are nutritious and lower in calories and fat to help you achieve your weight goal. Learning how to read a Nutrition Facts food label will help you save time in the store and fill your kitchen with low calorie foods.

Read labels as you shop. Pay attention to the serving size and the servings per container. All labels list total calories and fat in a serving size of the product. Compare the total calories in the product you choose with others like it; choose the

one that is lowest in calories and fat. Below is a label that identifies important information.

To achieve your weight goal, you may need to eat much less than this reference amount. For example, if you eat 1,600 calories per day, your total daily fat limit should be 53 grams (30 percent calories from fat) and 18 grams of saturated fat (10 percent calories from fat). If you eat 1,200 calories per day, your total daily fat limit should be 40 grams (30 percent calories from fat), and your total daily saturated fat limit would be 13 grams (10 percent calories from fat).

**Product:**

**Check for:**

- Serving size
- Number of servings
  
- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams
- Sodium in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how many calories and how much fat, saturated fat, cholesterol, and sodium you are getting from different foods.

The “% Daily Value” shows you how much of the recommended amounts the food provides in one serving, if you eat **2,000** calories a day. For example, one serving of this food gives you 18 percent of your total fat recommendation.

Here you can see the recommended daily amount for each nutrient for two calorie levels. If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat. If you eat 2,500 calories a day, you should eat less than 80 grams of fat and 25 grams of saturated fat. *Your daily amounts may be higher or lower, depending on the calories you eat.*

### Fat Matters, but Calories Count

A calorie is a calorie is a calorie whether it comes from fat or carbohydrate. Anything eaten in excess can lead to weight gain. You can lose weight by eating less calories and by increasing your physical activity. Reducing the amount of fat and saturated fat that you eat is one easy way to limit your overall calorie intake. However, eating fat free or reduced fat foods isn't always the answer to

weight loss. This is especially true when you eat more of the reduced fat food than you would of the regular item. For example, if you eat twice as many fat free cookies, you have actually increased your overall calorie intake.

The following list of foods and their reduced fat varieties will show you that just because a product is fat free, it doesn't mean that it is "calorie free." And, calories do count!



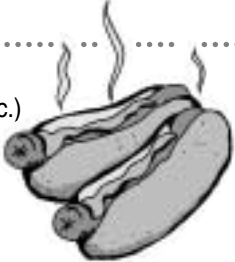
Fat Free or Reduced Fat		Regular	
	Calories		Calories
Reduced fat peanut butter, 2 T	187	Regular peanut butter, 2 T	191
<i>Cookies:</i> Reduced fat chocolate chip cookies, 3 cookies (30 g)	118	<i>Cookies:</i> Regular chocolate chip cookies, 3 cookies (30 g)	142
Fat free fig cookies, 2 cookies (30 g)	102	Regular fig cookies, 2 cookies (30 g)	111
<i>Ice cream:</i> Nonfat vanilla frozen yogurt (< 1% fat), 1/2 cup	100	<i>Ice cream:</i> Regular whole milk vanilla frozen yogurt (3–4% fat), 1/2 cup	104
Light vanilla ice cream (7% fat), 1/2 cup	111	Regular vanilla ice cream (11% fat), 1/2 cup	133
Fat free caramel topping, 2 T	103	Caramel topping, homemade with butter 2 T	103
Lowfat granola cereal, approx. 1/2 cup (55 g)	213	Regular granola cereal, approx. 1/2 cup (55 g)	257
Lowfat blueberry muffin, 1 small (2 1/2 inch)	131	Regular blueberry muffin, 1 small (2 1/2 inch)	138
Baked tortilla chips, 1 oz.	113	Regular tortilla chips, 1 oz.	143
Lowfat cereal bar, 1 bar (1.3 oz.)	130	Regular cereal bar, 1 bar (1.3 oz.)	140






Nutrient data taken from Nutrient Data System for Research, Version v4.02/30, Nutrition Coordinating Center, University of Minnesota.

## Appendix C. Low Calorie, Lower Fat Alternatives

These low calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

This guide is not meant to be an exhaustive list. We stress reading labels to find out just how many calories are in the specific products you decide to buy.

Instead of...		Replace with...
<ul style="list-style-type: none"> <li>• Evaporated whole milk</li> <li>• Whole milk</li> <li>• Ice cream</li> <li>• Whipping cream</li> <li>• Sour cream</li> <li>• Cream cheese</li> <li>• Cheese (cheddar, Swiss, jack)</li> <li>• American cheese</li> <li>• Regular (4%) cottage cheese</li> <li>• Whole milk mozzarella cheese</li> <li>• Whole milk ricotta cheese</li> <li>• Coffee cream (half and half) or nondairy creamer (liquid, powder)</li> </ul>	 <p><b>Dairy Products</b></p>	<ul style="list-style-type: none"> <li>• Evaporated fat free (skim) or reduced fat (2%) milk</li> <li>• Lowfat (1%), reduced fat (2%), or fat free (skim) milk</li> <li>• Sorbet, sherbet, lowfat or fat free frozen yogurt, or ice milk (check label for calorie content)</li> <li>• Imitation whipped cream (made with fat free [skim] milk) or lowfat vanilla yogurt</li> <li>• Plain lowfat yogurt</li> <li>• Neufchatel or "light" cream cheese or fat free cream cheese</li> <li>• Reduced calorie cheese, low calorie processed cheeses, etc.</li> <li>• Fat free cheese</li> <li>• Fat free American cheese or other types of fat free cheeses</li> <li>• Lowfat (1%) or reduced fat (2%) cottage cheese</li> <li>• Part skim milk, low-moisture mozzarella cheese</li> <li>• Part skim milk ricotta cheese</li> <li>• Lowfat (1%) or reduced fat (2%) milk or nonfat dry milk powder</li> </ul>
<ul style="list-style-type: none"> <li>• Ramen noodles</li> <li>• Pasta with white sauce (alfredo)</li> <li>• Pasta with cheese sauce</li> <li>• Granola</li> </ul>	<p><b>Cereals, Grains, and Pasta</b></p>	<ul style="list-style-type: none"> <li>• Rice or noodles (spaghetti, macaroni, etc.)</li> <li>• Pasta with red sauce (marinara)</li> <li>• Pasta with vegetables (primavera)</li> <li>• Bran flakes, crispy rice, etc.</li> <li>• Cooked grits or oatmeal</li> <li>• Whole grains (e.g., couscous, barley, bulgur, etc.)</li> <li>• Reduced fat granola</li> </ul> 
<ul style="list-style-type: none"> <li>• Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)</li> <li>• Hot dogs (regular)</li> <li>• Bacon or sausage</li> <li>• Regular ground beef</li> <li>• Chicken or turkey with skin, duck, or goose</li> <li>• Oil-packed tuna</li> </ul>	 <p><b>Meat, Fish, and Poultry</b></p>	<ul style="list-style-type: none"> <li>• Lowfat cold cuts (95% to 97% fat free lunch meats, lowfat pressed meats)</li> <li>• Lower fat hot dogs</li> <li>• Canadian bacon or lean ham</li> <li>• Extra lean ground beef such as ground round or ground turkey (read labels)</li> <li>• Chicken or turkey without skin (white meat)</li> <li>• Water-packed tuna (rinse to reduce sodium content)</li> </ul>

Instead of...		Replace with...
<ul style="list-style-type: none"> <li>• Beef (chuck, rib, brisket)</li> <li>• Pork (spareribs, untrimmed loin)</li> <li>• Frozen breaded fish or fried fish (homemade or commercial)</li> <li>• Whole eggs</li> <li>• Frozen TV dinners (containing more than 13 grams of fat per serving)</li> <li>• Chorizo sausage</li> </ul>	<b>Meat, Fish, and Poultry (continued)</b>	<ul style="list-style-type: none"> <li>• Beef (round, loin) (trimmed of external fat) (choose select grades)</li> <li>• Pork tenderloin or trimmed, lean smoked ham</li> <li>• Fish or shellfish, unbreaded (fresh, frozen, canned in water)</li> <li>• Egg whites or egg substitutes</li> <li>• Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)</li> <li>• Turkey sausage, drained well (read label)</li> <li>• Vegetarian sausage (made with tofu)</li> </ul> 
<ul style="list-style-type: none"> <li>• Croissants, brioches, etc.</li> <li>• Donuts, sweet rolls, muffins, scones, or pastries</li> <li>• Party crackers</li> <li>• Cake (pound, chocolate, yellow)</li> <li>• Cookies</li> </ul> 	<b>Baked Goods</b>	<ul style="list-style-type: none"> <li>• Hard french rolls or soft "brown 'n serve" rolls</li> <li>• English muffins, bagels, reduced fat or fat free muffins or scones</li> <li>• Lowfat crackers (choose lower in sodium)</li> <li>• Saltine or soda crackers (choose lower in sodium)</li> <li>• Cake (angel food, white, gingerbread)</li> <li>• Reduced fat or fat free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)</li> </ul>
<ul style="list-style-type: none"> <li>• Nuts</li> <li>• Ice cream, e.g., cones or bars</li> <li>• Custards or puddings (made with whole milk)</li> </ul>	<b>Snacks and Sweets</b>	<ul style="list-style-type: none"> <li>• Popcorn (air-popped or light microwave), fruits, vegetables</li> <li>• Frozen yogurt, frozen fruit, or chocolate pudding bars</li> <li>• Puddings (made with skim milk)</li> </ul> 
<ul style="list-style-type: none"> <li>• Regular margarine or butter</li> <li>• Regular mayonnaise</li> <li>• Regular salad dressings</li> <li>• Butter or margarine on toast or bread</li> <li>• Oils, shortening, or lard</li> </ul> 	<b>Fats, Oils, and Salad Dressings</b>	<ul style="list-style-type: none"> <li>• Light-spread margarines, diet margarine, or whipped butter, tub or squeeze bottle</li> <li>• Light or diet mayonnaise or mustard</li> <li>• Reduced calorie or fat free salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar</li> <li>• Jelly, jam, or honey on bread or toast</li> <li>• Nonstick cooking spray for stir-frying or sautéing</li> <li>• As a substitute for oil or butter, use applesauce or prune puree in baked goods</li> </ul>
<ul style="list-style-type: none"> <li>• Canned cream soups</li> <li>• Canned beans and franks</li> <li>• Gravy (homemade with fat and/or milk)</li> <li>• Fudge sauce</li> <li>• Avocado on sandwiches</li> <li>• Guacamole dip or refried beans with lard</li> </ul>	<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Canned broth-based soups</li> <li>• Canned baked beans in tomato sauce</li> <li>• Gravy mixes made with water or homemade with the fat skimmed off and fat free milk included</li> <li>• Chocolate syrup</li> <li>• Cucumber slices or lettuce leaves</li> <li>• Salsa</li> </ul> 

## Appendix D. Sample Reduced Calorie Menus

### Traditional American Cuisine—1,200 Calories You can use the exchange list in Appendix E to give yourself more choices.

	Calories	Fat (grams)	% Fat	Exchange for:
<b>Breakfast</b>				
• Whole wheat bread, 1 medium slice	70	1.2	15	(1 bread/starch)
• Jelly, regular, 2 tsp	30	0	0	( $\frac{1}{2}$ fruit)
• Cereal, shredded wheat, $\frac{1}{2}$ cup	104	1	4	(1 bread/starch)
• Milk, 1%, 1 cup	102	3	23	(1 milk)
• Orange juice, $\frac{3}{4}$ cup	78	0	0	( $\frac{1}{2}$ fruit)
• Coffee, regular, 1 cup	5	0	0	(free)
<b>Breakfast total</b>	<b>389</b>	<b>5.2</b>	<b>10</b>	
<b>Lunch</b>				
• Roast beef sandwich:				
Whole wheat bread, 2 medium slices	139	2.4	15	(2 bread/starch)
Lean roast beef, unseasoned, 2 oz	60	1.5	23	(2 lean protein)
Lettuce, 1 leaf	1	0	0	
Tomato, 3 medium slices	10	0	0	(1 vegetable)
Mayonnaise, low calorie, 1 tsp	15	1.7	96	( $\frac{1}{3}$ fat)
• Apple, 1 medium	80	0	0	(1 fruit)
• Water, 1 cup	0	0	0	(free)
<b>Lunch total</b>	<b>305</b>	<b>5.6</b>	<b>16</b>	
<b>Dinner</b>				
• Salmon, 2 ounces edible	103	5	44	(2 lean protein)
• Vegetable oil, $1\frac{1}{2}$ tsp	60	7	100	( $1\frac{1}{2}$ fat)
• Baked potato, $\frac{3}{4}$ medium	100	0	0	(1 bread/starch)
• Margarine, 1 tsp	34	4	100	(1 fat)
• Green beans, seasoned, with margarine, $\frac{1}{2}$ cup	52	2	4	(1 vegetable) ( $\frac{1}{2}$ fat)
• Carrots, seasoned	35	0	0	(1 vegetable)
• White dinner roll, 1 small	70	2	28	(1 bread/starch)
• Iced tea, unsweetened, 1 cup	0	0	0	(free)
• Water, 2 cups	0	0	0	(free)
<b>Dinner total</b>	<b>454</b>	<b>20</b>	<b>39</b>	
<b>Snack</b>				
• Popcorn, $2\frac{1}{2}$ cups	69	0	0	(1 bread/starch)
• Margarine, $\frac{3}{4}$ tsp	30	3	100	( $\frac{3}{4}$ fat)
<b>Total</b>	<b>1,247</b>	<b>34–36</b>	<b>24–26</b>	

Calories . . . . . 1,247  
 Total carbohydrate, % kcals . . . . . 58  
 Total fat, % kcals . . . . . 26  
 \*Sodium, mg . . . . . 1,043


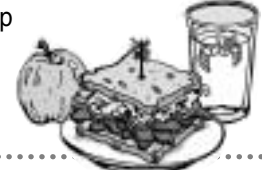


Saturated fat, % kcals . . . . . 7  
 Cholesterol, mg . . . . . 96  
 Protein, % kcals . . . . . 19

Note: Calories have been rounded.

1,200: 100% RDA met for all nutrients except vitamin E 80%, vitamin B<sub>2</sub> 96%, vitamin B<sub>6</sub> 94%, calcium 68%, iron 63%, and zinc 73%.

\* No salt added in recipe preparation or as seasoning. Consume at least 32 ounces of water.

**Traditional American Cuisine—1,600 Calories**  
 You can use the exchange list in Appendix E to give yourself more choices.

	Calories	Fat (grams)	% Fat	Exchange for:
<b>Breakfast</b>				
• Whole wheat bread, 1 medium slice	70	1.2	15.4	(1 bread/starch)
• Jelly, regular, 2 tsp	30	0	0	(1/2 fruit)
• Cereal, shredded wheat, 1 cup	207	2	8	(2 bread/starch)
• Milk, 1%, 1 cup	102	3	23	(1 milk)
• Orange juice, 3/4 cup	78	0	0	(1 1/2 fruit)
• Coffee, regular, 1 cup	5	0	0	(free)
• Milk, 1%, 1 oz	10	0.3	27	(1/8 milk)
<b>Breakfast total</b>	<b>502</b>	<b>6.5</b>	<b>10</b>	
				
<b>Lunch</b>				
• Roast beef sandwich:				
Whole wheat bread, 2 medium slices	139	2.4	15	(2 bread/starch)
Lean roast beef, unseasoned, 2 oz	60	1.5	23	(2 lean protein)
American cheese, lowfat and low sodium, 1 slice, 3/4 oz	46	1.8	36	(1 lean protein)
Lettuce, 1 leaf	1	0	0	
Tomato, 3 medium slices	10	0	0	(1 vegetable)
Mayonnaise, low calorie, 2 tsp	30	3.3	99	(2/3 fat)
• Apple, 1 medium	80	0	0	(1 fruit)
• Water, 1 cup	0	0	0	(free)
<b>Lunch total</b>	<b>366</b>	<b>9</b>	<b>22</b>	
				
<b>Dinner</b>				
• Salmon, 3 ounces edible	155	7	40	(3 lean protein)
• Vegetable oil, 1 1/2 tsp	60	7	100	(1 1/2 fat)
• Baked potato, 3/4 medium	100	0	0	(1 bread/starch)
• Margarine, 1 tsp	34	4	100	(1 fat)
• Green beans, seasoned, with margarine, 1/2 cup	52	2	4	(1 vegetable) (1/2 fat)
• Carrots, seasoned, with margarine, 1/2 cup	52	2	4	(1 vegetable) (1/2 fat)
• White dinner roll, 1 medium	80	3	33	(1 bread/starch)
• Ice milk, 1/2 cup	92	3	28	(1 bread/starch) (1/2 fat)
• Iced tea, unsweetened, 1 cup	0	0	0	(free)
• Water, 2 cups	0	0	0	(free)
<b>Dinner total</b>	<b>625</b>	<b>28</b>	<b>38</b>	
				
<b>Snack</b>				
• Popcorn, 2 1/2 cups	69	0	0	(1 bread/starch)
• Margarine, 1/2 tsp	58	6.5	100	(1 1/2 fat)
<b>Total</b>	<b>1,613</b>	<b>50</b>	<b>28</b>	
				

Calories .....1,613  
 Total carbohydrate, % kcals ..... .55  
 Total fat, % kcals ..... .29  
 \*Sodium, mg ..... 1,341

Saturated fat, % kcals ..... .8  
 Cholesterol, mg ..... .142  
 Protein, % kcals ..... .19

Note: Calories have been rounded.  
 1,600: 100% RDA met for all nutrients except vitamin E 99%,  
 iron 73%, and zinc 91%.

\* No salt added in recipe preparation or as seasoning. Consume  
 at least 32 ounces of water.

### Asian American Cuisine—Reduced Calorie

**Breakfast**

- Banana
- Whole wheat bread
- Margarine
- Orange juice
- Milk 1%, lowfat



**1,600 Calories**

- 1 small
- 2 slices
- 1 tsp
- 3/4 cup
- 3/4 cup

**1,200 Calories**

- 1 small
- 1 slice
- 1 tsp
- 3/4 cup
- 3/4 cup

**Lunch**

- Beef noodle soup, canned, low sodium
- Chinese noodle and beef salad:
  - Roast beef
  - Peanut oil
  - Soy sauce, low sodium
  - Carrots
  - Zucchini
  - Onion
  - Chinese noodles, soft type
- Apple
- Tea, unsweetened



- 1/2 cup
- 3 oz
- 1 1/2 tsp
- 1 tsp
- 1/2 cup
- 1/2 cup
- 1/4 cup
- 1/4 cup
- 1 medium
- 1 cup

- 1/2 cup
- 2 oz
- 1 tsp
- 1 tsp
- 1/2 cup
- 1/2 cup
- 1/4 cup
- 1/4 cup
- 1 medium
- 1 cup

**Dinner**

- Pork stir-fry with vegetables:
  - Pork cutlet
  - Peanut oil
  - Soy sauce, low sodium
  - Broccoli
  - Carrots
  - Mushrooms
- Steamed white rice
- Tea, unsweetened



- 2 oz
- 1 tsp
- 1 tsp
- 1/2 cup
- 1 cup
- 1/4 cup
- 1 cup
- 1 cup

- 2 oz
- 1 tsp
- 1 tsp
- 1/2 cup
- 1/2 cup
- 1/2 cup
- 1/2 cup
- 1 cup

**Snack**

- Almond cookies
- Milk 1%, lowfat



- 2 cookies
- 3/4 cup

- 
- 3/4 cup

Calories .....1,609  
 Total carbohydrate, % kcals . . .56  
 Total fat, % kcals ..... .27  
 \*Sodium, mg .....1,296  
 Saturated fat, % kcals ..... .8  
 Cholesterol, mg .....148  
 Protein, % kcals ..... .20

Calories .....1,220  
 Total carbohydrate, % kcals . . .55  
 Total fat, % kcals ..... .27  
 \*Sodium, mg .....1,043  
 Saturated fat, % kcals ..... .8  
 Cholesterol, mg .....117  
 Protein, % kcals ..... .21

1,600: 100% RDA met for all nutrients except zinc 95%, iron 87%, and calcium 93%.

1,200: 100% RDA met for all nutrients except vitamin E 75%, calcium 84%, magnesium 98%, iron 66%, and zinc 77%.

\* No salt added in recipe preparation or as seasoning. Consume at least 32 ounces of water.

### Southern Cuisine—Reduced Calorie

**Breakfast**

- Oatmeal, prepared with 1% milk, lowfat
- Milk, 1%, lowfat
- English muffin
- Cream cheese, light, 18% fat
- Orange juice
- Coffee
- Milk, 1%, lowfat



**1,600 Calories**

- 1/2 cup
- 1/2 cup
- 1 medium
- 1 T
- 3/4 cup
- 1 cup
- 1 oz

**1,200 Calories**

- 1/2 cup
- 1/2 cup
- 
- 
- 1/2 cup
- 1 cup
- 1 oz

**Lunch**

- Baked chicken, without skin
- Vegetable oil
- Salad:
  - Lettuce
  - Tomato
  - Cucumber
- Oil and vinegar dressing
- White rice
- Margarine, diet
- Baking powder biscuit, prepared with vegetable oil
- Margarine
- Water



- 2 oz
- 1 tsp
- 1/2 cup
- 1/2 cup
- 1/2 cup
- 2 tsp
- 1/2 cup
- 1/2 tsp
- 1 small
- 1 tsp
- 1 cup

- 2 oz
- 1/2 tsp
- 1/2 cup
- 1/2 cup
- 1/2 cup
- 1 tsp
- 1/4 cup
- 1/2 tsp
- 1/2 small
- 1 tsp
- 1 cup

**Dinner**

- Lean roast beef
- Onion
- Beef gravy, water-based
- Turnip greens
- Margarine, diet
- Sweet potato, baked
- Margarine, diet
- Ground cinnamon
- Brown sugar
- Corn bread prepared with margarine, diet
- Honeydew melon
- Iced tea, sweetened with sugar



- 3 oz
- 1/4 cup
- 1 T
- 1/2 cup
- 1/2 tsp
- 1 small
- 1/2 tsp
- 1 tsp
- 1 tsp
- 1/2 medium slice
- 1/4 medium
- 1 cup

- 2 oz
- 1/4 cup
- 1 T
- 1/2 cup
- 1/2 tsp
- 1 small
- 1/4 tsp
- 1 tsp
- 1 tsp
- 1/2 medium slice
- 1/6 medium
- 1 cup

**Snack**

- Saltine crackers, unsalted tops
- Mozzarella cheese, part skim, low sodium



- 4 crackers
- 1 oz

- 4 crackers
- 1 oz

1,600: 100% RDA met for all nutrients except vitamin E 97%, magnesium 98%, iron 78%, and zinc 90%.

1,200: 100% RDA met for all nutrients except vitamin E 82%, vitamin B<sub>1</sub> & B<sub>2</sub> 95%, vitamin B<sub>3</sub> 99%, vitamin B<sub>6</sub> 88%, magnesium 83%, iron 56%, and zinc 70%.

\* No salt added in recipe preparation or as seasoning.  
Consume at least 32 ounces of water.

Calories .....1,653  
Total carbohydrate, % kcals ... .53  
Total fat, % kcals ..... .28  
\*Sodium, mg .....1,231  
Saturated fat, % kcals ..... .8  
Cholesterol, mg .....172  
Protein, % kcals ..... .20

Calories .....1,225  
Total carbohydrate, % kcals ... .50  
Total fat, % kcals ..... .31  
\*Sodium, mg ..... .867  
Saturated fat, % kcals ..... .9  
Cholesterol, mg .....142  
Protein, % kcals ..... .21

### Mexican American Cuisine—Reduced Calorie

**Breakfast**

- Cantaloupe
- Farina, prepared with 1% lowfat milk
- White bread
- Margarine
- Jelly
- Orange juice
- Milk, 1%, lowfat



**1,600 Calories**

- 1 cup
- 1/2 cup
- 1 slice
- 1 tsp
- 1 tsp
- 1 1/2 cup
- 1/2 cup

**1,200 Calories**

- 1/2 cup
- 1/2 cup
- 1 slice
- 1 tsp
- 1 tsp
- 3/4 cup
- 1/2 cup

**Lunch**

- Beef enchilada:
- Tortilla, corn
- Lean roast beef
- Vegetable oil
- Onion
- Tomato
- Lettuce
- Chili peppers
- Refried beans, prepared with vegetable oil
- Carrots
- Celery
- Milk, 1%, lowfat
- Water

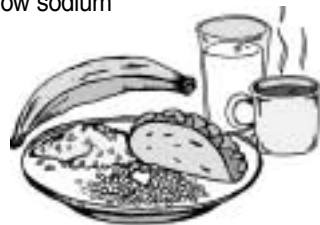


- 2 tortillas
- 2 1/2 oz
- 2/3 tsp
- 1 T
- 4 T
- 1/2 cup
- 2 tsp
- 1/4 cup
- 5 sticks
- 6 sticks
- 1/2 cup
- 

- 2 tortillas
- 2 oz
- 2/3 tsp
- 1 T
- 4 T
- 1/2 cup
- 2 tsp
- 1/4 cup
- 5 sticks
- 6 sticks
- 
- 1 cup

**Dinner**

- Chicken taco:
- Tortilla, corn
- Chicken breast, without skin
- Vegetable oil
- Cheddar cheese, lowfat and low sodium
- Guacamole
- Salsa
- Corn, seasoned with
- Margarine
- Spanish rice without meat
- Banana
- Coffee
- Milk, 1%



- 1 tortilla
- 2 oz
- 2/3 tsp
- 1 oz
- 2 T
- 1 T
- 1/2 cup
- 1/2 tsp
- 1/2 cup
- 1 large
- 1 cup
- 1 oz

- 1 tortilla
- 1 oz
- 2/3 tsp
- 1/2 oz
- 1 T
- 1 T
- 1/2 cup
- 
- 1/2 cup
- 1/2 large
- 1/2 cup
- 1 oz

1,600: 100% RDA met for all nutrients except vitamin E 97% and zinc 84%.

1,200: 100% RDA met for all nutrients except vitamin E 71%, vitamin B<sub>1</sub> & B<sub>3</sub> 91%, vitamin B<sub>2</sub> & iron 90%, and calcium 92%.

\* No salt added in recipe preparation or as seasoning.  
Consume at least 32 ounces of water.

Calories . . . . .1,638  
Total carbohydrate, % kcals . . .56  
Total fat, % kcals . . . . .27  
\*Sodium, mg . . . . .1,616  
Saturated fat, % kcals . . . . .9  
Cholesterol, mg . . . . .143  
Protein, % kcals . . . . .20

Calories . . . . .1,239  
Total carbohydrate, % kcals . . .58  
Total fat, % kcals . . . . .26  
\*Sodium, mg . . . . .1,364  
Saturated fat, % kcals . . . . .8  
Cholesterol, mg . . . . .91  
Protein, % kcals . . . . .19

### Lacto-Ovo Vegetarian Cuisine—Reduced Calorie

**Breakfast**

- Orange
- Pancakes, made with 1% lowfat milk and eggs whites
- Pancake syrup
- Margarine, diet
- Milk, 1%, lowfat
- Coffee
- Milk, 1%, lowfat

**1,600 Calories**

- 1 medium
- 3 4" circles
- 2 T
- 1½ tsp
- 1 cup
- 1 cup
- 1 oz

**1,200 Calories**

- 1 medium
- 2 4" circles
- 1 T
- 1½ tsp
- ½ cup
- 1 cup
- 1 oz



**Lunch**

- Vegetable soup, canned, low sodium
- Bagel
- Processed american cheese, lowfat
- Spinach salad:
  - Spinach
  - Mushrooms
- Salad dressing, regular calorie
- Apple
- Iced tea, unsweetened

- 1 cup
- 1 medium
- ¾ oz

- ½ cup
- ½ medium
- 



- 1 cup
- ½ cup
- 2 tsp
- 1 medium
- 1 cup

- 1 cup
- ½ cup
- 2 tsp
- 1 medium
- 1 cup

**Dinner**

- Omelette:
  - Egg whites
  - Green pepper
  - Onion
  - Mozzarella cheese, made from part skim milk, low sodium
  - Vegetable oil
- Brown rice, seasoned with Margarine, diet
- Carrots, seasoned with Margarine, diet
- Whole wheat bread
- Margarine, diet
- Fig bar cookie
- Tea
- Honey
- Milk, 1%, lowfat

- 4 large eggs
- 2 T
- 2 T
- 1 oz
- 1 T
- ½ cup
- ½ tsp
- ½ cup
- ½ tsp
- ½ tsp
- 1 slice
- 1 tsp
- 1 bar
- 1 cup
- 1 tsp
- ¾ cup

- 4 large eggs
- 2 T
- 2 T
- ½ oz
- ½ T
- ½ cup
- ½ tsp
- ½ cup
- ½ tsp
- ½ tsp
- 1 slice
- 1 tsp
- 1 bar
- 1 cup
- 1 tsp
- ¾ cup



1,600: 100% RDA met for all nutrients except vitamin E 92%, vitamin B<sub>3</sub> 97%, vitamin B<sub>6</sub> 67%, iron 73%, and zinc 68%.

1,200: 100% RDA met for all nutrients except vitamin E 75%, vitamin B<sub>1</sub> 92%, vitamin B<sub>3</sub> 69%, vitamin B<sub>6</sub> 59%, iron 54%, and zinc 46%.

\* No salt added in recipe preparation or as seasoning.  
Consume at least 32 ounces of water.

Calories . . . . .1,650  
Total carbohydrate, % kcals . . .56  
Total fat, % kcals . . . . .27  
\*Sodium, mg . . . . .1,829  
Saturated fat, % kcals . . . . .8  
Cholesterol, mg . . . . .82  
Protein, % kcals . . . . .19


Calories . . . . .1,205  
Total carbohydrate, % kcals . . .60  
Total fat, % kcals . . . . .25  
\*Sodium, mg . . . . .1,335  
Saturated fat, % kcals . . . . .7  
Cholesterol, mg . . . . .44  
Protein, % kcals . . . . .18

## Appendix E. Food Exchange List

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Within each group, these foods can be exchanged for each other. You can use this list to give yourself more choices.

**Vegetables** contain 25 calories and 5 grams of carbohydrate. One serving equals:


- 1/2 cup Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.) 
- 1 cup Raw vegetables or salad greens
- 1/2 cup Vegetable juice

**If you're hungry, eat more fresh or steamed vegetables.**


**Fat Free and Very Low Fat Milk** contains 90 calories and 12 grams of carbohydrate per serving. One serving equals:

- 8 oz Milk, fat free or 1% fat
- 3/4 cup Yogurt, plain nonfat or lowfat 
- 1 cup Yogurt, artificially sweetened


**Very Lean Protein** choices have 35 calories and 1 gram of fat per serving. One serving equals:

- 1 oz Turkey breast or chicken breast, skin removed 
- 1 oz Fish fillet (flounder, sole, scrod, cod, haddock, halibut)
- 1 oz Canned tuna in water
- 1 oz Shellfish (clams, lobster, scallop, shrimp)
- 3/4 cup Cottage cheese, nonfat or lowfat
- 2 each Egg whites
- 1/4 cup Egg substitute
- 1 oz Fat free cheese
- 1/2 cup Beans—cooked (black beans, kidney, chickpeas, or lentils): count as 1 starch/bread and 1 very lean protein

**Fruits** contain 15 grams of carbohydrates and 60 calories. One serving equals:

- 1 small Apple, banana, orange, nectarine
- 1 medium Fresh peach 
- 1 Kiwi
- 1/2 Grapefruit
- 1/2 Mango
- 1 cup Fresh berries (strawberries, raspberries, or blueberries)
- 1 cup Fresh melon cubes
- 1/8 Honeydew melon
- 4 oz Unsweetened juice
- 4 tsp Jelly or jam

**Lean Protein** choices have 55 calories and 2 to 3 grams of fat per serving. One serving equals:

- 1 oz Chicken—dark meat, skin removed
- 1 oz Turkey—dark meat, skin removed
- 1 oz Salmon, swordfish, herring, catfish, trout 
- 1 oz Lean beef (flank steak, London broil, tenderloin, roast beef)\*
- 1 oz Veal, roast, or lean chop\*
- 1 oz Lamb, roast, or lean chop\*
- 1 oz Pork, tenderloin, or fresh ham\*
- 1 oz Lowfat cheese (3 grams or less of fat per ounce)
- 1 oz Lowfat luncheon meats (with 3 grams or less of fat per ounce)
- 1/4 cup 4.5% cottage cheese
- 2 medium Sardines

**\* Limit to 1 to 2 times per week.**

**Medium Fat Proteins** have 75 calories and 5 grams of fat per serving. One serving equals:

- 1 oz Beef (any prime cut), corned beef, ground beef \*\*
- 1 oz Pork chop
- 1 each Whole egg (medium) \*\*
- 1 oz Mozzarella cheese
- 1/4 cup Ricotta cheese
- 4 oz Tofu (note that this is a heart-healthy choice)



\*\* Choose these very infrequently.

**Starches** contain 15 grams of carbohydrate and 80 calories per serving. One serving equals:

- 1 slice Bread (white, pumpernickel, whole wheat, rye)
- 2 slice Reduced calorie or "lite" bread
- 1/4 (1 oz) Bagel (varies)
- 1/2 English muffin
- 1/2 Hamburger bun
- 3/4 cup Cold cereal
- 1/3 cup Rice, brown or white—cooked
- 1/3 cup Barley or couscous—cooked
- 1/3 cup Legumes (dried beans, peas, or lentils)—cooked



- 1/2 cup Pasta—cooked
- 1/2 cup Bulgur—cooked
- 1/2 cup Corn, sweet potato, or green peas
- 3 oz Baked sweet or white potato
- 3/4 oz Pretzels
- 3 cups Popcorn, hot-air popped or microwave (80-percent light)

**Fats** contain 45 calories and 5 grams of fat per serving. One serving equals:

- 1 tsp Oil (vegetable, corn, canola, olive, etc.)
- 1 tsp Butter
- 1 tsp Stick margarine
- 1 tsp Mayonnaise
- 1 T Reduced fat margarine or mayonnaise
- 1 T Salad dressing
- 1 T Cream cheese
- 2 T Lite cream cheese
- 1/8 Avocado
- 8 large Black olives
- 10 large Stuffed green olives
- 1 slice Bacon



Source: Based on the American Dietetic Association Exchange List



### Low Calorie, Lowfat Cooking/Serving Methods

Cooking low calorie, lowfat dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how certain ingredients can add unwanted calories and fat to lowfat dishes—making them no longer lower in calories and lower in fat. The following list provides examples of lower fat cooking methods and tips on how to serve your lowfat dishes.

### Lowfat Cooking Methods

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast—for vegetables and/or chicken without skin
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken, or vegetables



### How To Save Calories and Fat

Look at the following examples for how to save calories and fat when preparing and serving foods. You might be surprised at how easy it is.



- Two tablespoons of butter on a baked potato adds an extra 200 calories and 22 grams of fat. However,  $\frac{1}{4}$  cup salsa adds only 18 calories and no fat.

- Two tablespoons of regular clear Italian salad dressing adds an extra 136 calories and 14 grams of fat. Reduced fat Italian dressing adds only 30 calories and 2 grams of fat.

### Try These Lowfat Flavorings—Added During Preparation or at the Table:

- Herbs—oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- Spices—cinnamon, nutmeg, pepper, or paprika
- Reduced fat or fat free salad dressing
- Mustard
- Catsup
- Fat free mayonnaise
- Fat free or reduced fat sour cream
- Fat free or reduced fat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh ginger
- Sprinkled buttered flavoring (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Sodium free salt substitute
- Jelly or fruit preserves on toast or bagels



### General Tips for Healthy Dining Out

Whether or not you're trying to lose weight, you can eat healthfully when dining out or bringing in food, if you know how. The following tips will help you move toward healthier eating as you limit your calories, as well as fat, saturated fat, cholesterol, and sodium, when eating out.

### You Are the Customer

- Ask for what you want. Most restaurants will honor your requests.
- Ask questions. Don't be intimidated by the menu—your server will be able to tell you how foods are prepared or suggest substitutions on the menu.
- If you wish to reduce portion sizes, try ordering appetizers as your main meal.
- General tips: Limiting your calories and fat can be easy as long as you know what to order. Try asking these questions when you call ahead or before you order. Ask the restaurant, whether they would, on request, do the following:
  - Serve nonfat (skim) milk rather than whole milk or cream.
  - Reveal the type of cooking oil used.
  - Trim visible fat off poultry or meat.
  - Leave all butter, gravy, or sauces off a side dish or entree.
  - Serve salad dressing on the side.
  - Accommodate special requests if made in advance by telephone or in person.



Above all, don't get discouraged. There are usually several healthy choices to choose from at most restaurants.

### Reading the Menu

- Choose lower calorie, lowfat cooking methods. Look for terms such as “steamed in its own juice” (au jus), “garden fresh,” “broiled,” “baked,” “roasted,” “poached,” “tomato juice,” “dry boiled” (in wine or lemon juice), or “lightly sautéed.”
- Be aware of foods high in calories, fat, and saturated fat. Watch out for terms such as “butter sauce,” “fried,” “crispy,” “creamed,” “in cream or cheese sauce,” “au gratin,” “au fromage,” “escaloped,” “parmesan,” “hollandaise,” “bearnaise,” “marinated (in oil),” “stewed,” “basted,” “sautéed,” “stir-fried,” “casserole,” “hash,” “prime,” “pot pie,” and “pastry crust.”

### Specific Tips for Healthy Choices

#### Breakfast

- Fresh fruit or small glass of citrus juice
- Whole grain bread, bagel, or English muffin with jelly or honey
- Whole grain cereal with lowfat (1%) or nonfat milk
- Oatmeal with nonfat milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes without butter on top
- Nonfat yogurt (Try adding cereal or fresh fruit.)



#### Beverages

- Water with lemon
- Flavored sparkling water (noncaloric)
- Juice spritzer (half fruit juice and half sparkling water)
- Iced tea
- Tomato juice (reduced sodium)



### **Bread**

Most bread and bread sticks are low in calories and low in fat. The calories add up when you add butter, margarine, or olive oil to the bread. Also, eating a lot of bread in addition to your meal will fill you up with extra unwanted calories and not leave enough room for fruits and vegetables.



### **Appetizers**

- Steamed seafood
- Shrimp\* cocktail (Limit cocktail sauce—it's high in sodium.)
- Melons or fresh fruit
- Bean soups
- Salad with reduced fat dressing (Or add lemon juice or vinegar.)



\* **If you are on a cholesterol-lowering diet, eat shrimp and other shellfish in moderation.**

### **Entree**

- Poultry, fish, shellfish, and vegetable dishes are healthy choices.
- Pasta with red sauce or with vegetables (primavera)
- Look for terms such as “baked,” “broiled,” “steamed,” “poached,” “lightly sauteed,” or “stir-fried.”
- Ask for sauces and dressings on the side.
- Limit the amount of butter, margarine, and salt you use at the table.



### **Salads/Salad Bars**

- Fresh greens, lettuce, and spinach
- Fresh vegetables—tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli



- Beans, chickpeas, and kidney beans
- Skip the nonvegetable choices: deli meats, bacon, egg, cheese, croutons.
- Choose lower calorie, reduced fat, or fat free dressing, lemon juice, or vinegar.

### **Side Dish**

- Vegetables and starches (rice, potato, noodles) make good additions to meals and can also be combined for a lower calorie alternative to higher calorie entrees.
- Ask for side dishes without butter or margarine.
- Ask for mustard, salsa, or lowfat yogurt instead of sour cream or butter.



### **Dessert/Coffee**

- Fresh fruit
- Nonfat frozen yogurt
- Sherbet or fruit sorbet (These are usually fat free, but check the calorie content.)
- Try sharing a dessert.
- Ask for lowfat milk for your coffee (instead of cream or half-and-half).

