

**6 APPENDIX VI. PRACTICAL DIETARY THERAPY INFORMATION**

**A.1. Shopping—What To Look For**

- a. Low-Calorie Shopping List
- b. Low-Calorie, Lower-Fat Alternatives
- c. Fat-Free Versus Regular—Calorie Comparisons
- d. Good Sources of Calcium

**A.2. Food Preparation—What To Do**

- Low-Calorie, Low-Fat Cooking/Serving Methods

**A.3. Dining Out—How To Choose**

- a. General Tips for Healthy Dining Out
- b. Tips for Healthy Multicultural Dining Out

**A.4. Sample Reduced-Calorie Menus**

- a. Traditional American Cuisine—Reduced Calorie
- b. Asian-American Cuisine—Reduced Calorie
- c. Southern Cuisine—Reduced Calorie
- d. Mexican-American Cuisine—Reduced Calorie
- e. Lacto-Ovo Vegetarian Cuisine—Reduced Calorie

**VI. A.1. Shopping—What To Look For**

**A.1.a. Low-Calorie Shopping List**

Make a shopping list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

*Dairy case*

- Low-fat (1%) or fat-free (skim) milk
- Low-fat or reduced-fat cottage cheese
- Fat-free cottage cheese
- Low-fat cheeses
- Low-fat or nonfat yogurt
- Light or diet margarine (tub, squeeze or spray)
- Reduced-fat or fat-free sour cream
- Fat-free cream cheese
- Eggs/Egg substitutes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Breads, muffins, rolls*

- Bread, bagels, pita bread
- English muffins

- Yeast breads (whole wheat, rye, pumpernickel, multi-grain, raisin)
- Corn tortillas (not fried)
- Low-fat flour tortillas
- Fat-free biscuit mix
- Rice crackers
- Challah
- \_\_\_\_\_
- \_\_\_\_\_

*Cereals, crackers, rice, noodles, and pasta*

- Plain cereal, dry or cooked
- Saltines, soda crackers (low sodium or unsalted tops)
- Graham crackers
- Other low-fat crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Rice (brown, white, etc.)