

***Forget about self-control, you have to control your environment.
If you don't have it in the house you will not be able to eat it.***

Points to Consider:

Overeating beyond what your body needs by ***a mere 100 calories per day*** will lead to ***a 10 pound weight gain per year.***

Stock your house with whole foods that are naturally low in calories so that you can eat often and eat well.

Engaging in physical activity most days of the week is a must for good health and weight control. A brisk walk for 30 minutes burns only about 150 calories, so make careful food selections.

A Note to Parents:

You cannot expect your child to do something that you are not willing to do. The parent is responsible for what, when and where children eat and the children are responsible for how much to eat. You may not be able to change society, but you can change your household culture with a little time and effort.

Meal Planning:

Meals should be made up of foods from different groups.

Use the plate method to guide your meal planning and portions:

1/2 of the plate should be non-starchy vegetables

1/4 of the plate should be lean protein

1/4 of the plate should be a starch (preferably with fiber)

FOOD CATEGORY	MAKING THE BEST CHOICES
Produce	Bag of apples, oranges and pears. Raw vegetables for salad—the more colorful the salad the better. Choose dark types of lettuce and orange and red vegetables. Stock up on vegetables to steam as a side dish or to add to stir-fry.
Breads & Starches	100% whole wheat bread. Look at label and make sure each slice has 2-3 grams of fiber. “Lite” breads are lower in calories. Choose lite hamburger and hot dog buns. Pasta: any type is okay, whole wheat is best. Some brands make a blend, which is a bit more palatable and still provides fiber. Rice: brown
Cereals	Unsweetened breakfast cereals with fiber—Shredded Wheat, Wheat Chex, and Whole Grain Cheerios. Kashi makes cereals without refined sugars and hydrogenated oils.
Canned Foods	Fruit packed in juice with no added sugar. No added salt canned vegetables. Look for pasta sauce with no added sugar.
Meats	Chicken or turkey, white meat only, no skin. Lean beef such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump) Pork tenderloin, center loin chop, Canadian bacon, fresh ham. Fresh or frozen cod, flounder, haddock, halibut, trout and tuna packed in water, salmon. Clams, crab, lobster, scallops, shrimp Cheese with 1 gram of fat or less per oz. Egg whites or egg substitute It is better to use fresh meats, but for occasional use: fat free hot dogs and bologna, sandwich meat with 1.5 grams of fat or less.
Dairy	Skim or 1% milk only. Look for cheese made from skim or 2% milk (1 gram of fat or less per oz. is best). Fat free cream cheese and sour cream. Light, non-fat yogurt.
Fats	Tub, spray or squeeze margarine (look for ones that say “no trans fats”). Light or low fat mayonnaise, light salad dressing. Olive, canola or peanut oil to use in cooking.
Beverages	Limit fruit juice to absolutely no more than ½ cup per day. Try diet V-8 Splash, Crystal Light, Sugar free Kool-aid. Water is best, so drink plenty of it and add a twist of lemon for added flavor.
Frozen Foods	Frozen dinners can be fast and easy to prepare. Lean Cuisine and Healthy Choice are usually the best choices. Stock up on frozen vegetables with no added salt or fat.
Snacks	Sugar-free Jell-O, sugar free Popsicles, light microwave popcorn (or regular popcorn prepared in an air popper and flavored with a small amount of spray margarine). Fruit and raw vegetables are healthy snacks and help get in the minimum 5 servings per day required for good health. Natural peanut butter (which has not been hydrogenated so contains no trans fats).
Sweets & Desserts	Sweet foods should not be used for a daily snack. Many commercially baked snack cakes, muffins, cookies, etc. are high in trans fats, and refined sugar and refined flour. Sweet foods are also high in calories without much nutrient content and are not filling.