



# Medical Weight Management

## Visit Two

1,500 to 1,800 calorie diet

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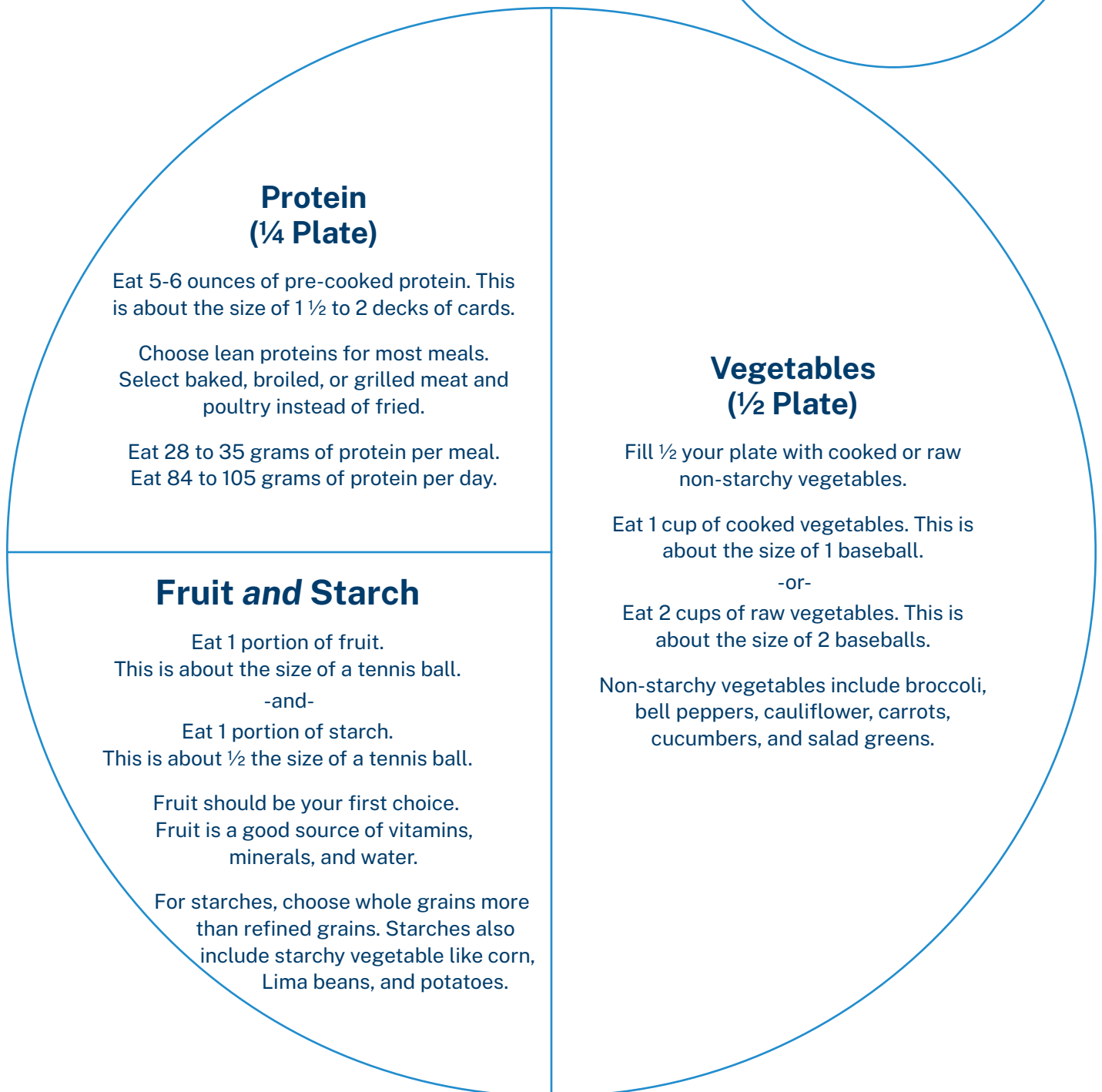
## The Plate Model

The Plate Model can help you build a balanced meal.

### The Plate Model tells you:

1. What foods should go on your plate.
2. How much of these foods you should put on your plate.

Your plate should be about 9 inches across.  
Please refer to your Meal Plan for exact portion sizes.



## Customized Meal Plan for 1,500 to 1,800 Calories with Moderate Carbohydrate

<b>Breakfast</b> <i>500 Calories</i>	<b>Protein</b>	6 servings of very lean protein <b>or</b> 5 servings of lean protein
	<b>Vegetables</b>	0 to 1 serving
	<b>Fruit / Starch</b>	1 serving of fruit AND 1 serving starch
	<b>Fat</b>	2 servings
	<b>Optional Food</b>	1 serving
<b>Optional Snack</b> <i>100 Calories</i>		
1 item from the 100 Calorie Snack List		
<b>Lunch</b> <i>500 Calories</i>	<b>Protein</b>	6 servings of very lean protein <b>or</b> 5 servings of lean protein
	<b>Vegetables</b>	3 servings
	<b>Fruit / Starch</b>	1 serving of fruit AND 1 serving starch
	<b>Fat</b>	2 servings
	<b>Optional Food</b>	1 serving
<b>Optional Snack</b> <i>100 Calories</i>		
1 item from the 100 Calorie Snack List		
<b>Dinner</b> <i>500 Calories</i>	<b>Protein</b>	6 servings of very lean protein <b>or</b> 4 servings of lean protein
	<b>Vegetables</b>	3 servings
	<b>Fruit / Starch</b>	1 serving of fruit AND 1 serving starch
	<b>Fat</b>	2 servings
	<b>Optional Food</b>	1 serving
<b>Optional Snack</b> <i>100 Calories</i>		
1 item from the 100 Calorie Snack List		
<b>Daily Water</b>	Drink at least 8 glasses (8 ounces each or 64 ounces total) of water each day <b>or</b> Drink $\frac{1}{2}$ your desired body weight in ounces of water each day <ul style="list-style-type: none"> <li>• Example: Drink 90 ounces of water each day if your goal weight is 180 pounds (half of 180 is 90)</li> </ul>	
<b>Bedtime</b>	Stop eating 2 to 3 hours before bedtime	

## Example Foods

### Foods High in Sodium and Fats

\* Foods marked with 1 asterisk (\*) are high in **sodium**. These foods have more than 480 mg per serving.

Do not eat more than 1 serving of turkey sausage or bacon per meal.

\*\* Foods marked with 2 asterisks (\*\*) are high in monounsaturated and polyunsaturated **fats**.

Monounsaturated and polyunsaturated fats can be good for your heart but only when eaten in moderation.

These types of fats are better than foods with saturated and trans fats are unhealthy fats (butter, dairy products made with whole milk, baked goods).

### Measurement Units and Abbreviations

cups.....	c
grams.....	g
inches .....	in
milligrams.....	mg
ounces.....	oz
tablespoon .....	tbsp
teaspoon .....	tsp

### Very Lean Protein | 6 servings per meal

Calories: About 35 per serving | Fat: About 0 to 1 g per serving | Protein: About 7 g per serving

#### 1 serving equals:

- 1 oz chicken (white meat, no skin)
- 1 oz turkey (white meat, no skin)
- 1 oz duck, pheasant, venison (no skin)
- 1 oz fish filet (flounder, trout, halibut, cod, tilapia)\*\*
- 1 oz shellfish (clams, crabs, scallops, shrimp)
- 1.5 oz tofu
- 2 egg whites
- ¼ c egg substitute
- ½ c cooked beans (black, kidney, chickpeas, lentils) - counts as 1 serving of very lean protein and 1 serving of starch
- 3 oz protein drink
- 1 oz tuna packed in water

or

### Lean Protein | 5 servings per meal

Calories: About 55 per serving | Fat: About 3 g per serving | Protein: About 7 g per serving

#### 1 serving equals:

- 1 oz chicken (dark meat, no skin)
- 1 oz turkey (dark meat, no skin)
- 1 oz salmon, swordfish, herring\*\*
- 6 medium oysters
- 2 medium sardines
- 1 oz lean beef (flank steak, London broil, tenderloin, roast beef)
- 1 oz veal roast or lean veal chop
- 1 oz pork tenderloin or fresh ham
- 1½ oz meatless burger
- 1 oz lamb roast or lean chop
- 1 oz turkey sausage patty\*
- 2 strips turkey bacon\*
- 1 oz low-sodium lunch meats\*
- 1 large or extra-large whole egg
- 1 oz (¼ c) shredded cheese
- ¼ c cottage cheese
- ¼ c Greek yogurt (plain or low-sugar)
- ½ c 1% milk (Fairlife®)
- ½ c unsweetened soy milk
- ¼ c hummus - counts as 1 serving of lean protein and 1 serving of starch

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## Vegetables | 3 servings per meal (lunch and dinner, breakfast optional)

Calories: About 25 per serving | Carbohydrates: About 5 g per serving

**Note:** Corn, succotash, and potatoes are starches and **NOT** vegetables

1 serving equals (½ c cooked or 1 c raw):

- asparagus
- beets
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- cucumber
- eggplant
- green or yellow beans
- kale
- lettuce
- mushrooms
- okra
- onions
- peas
- peapods
- peppers
- radishes
- spinach
- sprouts
- summer squash
- tomatoes
- turnips
- zucchini
- or ½ cup low sodium v-8 juice

## Fruits | 1 serving per meal

Calories: About 60 per serving

Carbohydrates: About 15 g per serving

**Note:** Stay away from juices and dried fruits

1 serving equals:

- 1 (4 oz) small apple, nectarine, pear
- 1 (6½ oz) small orange
- 2 (8 oz) small tangerines
- 1 (6 oz) banana (4 to 6-in)
- 1 (3½ oz) kiwi
- ½ large grapefruit
- ¾ c blueberries, blackberries
- 1 c raspberries
- 1¼ c whole strawberries
- 1 c cubed cantaloupe, honeydew
- 1¼ c cubed watermelon
- ¾ c cubed pineapple
- 4 (5½ oz) whole apricots
- 12 (3 oz) cherries
- 17 (3 oz) small grapes
- 2 (5 oz) small plums
- ½ (5½ oz) small mango

## AND

## Starches | 1 serving per meal

Calories: About 80 to 100 per serving

Carbohydrates: About 15 to 22 g per serving

**Note:** Make at least ½ your grains whole

1 serving equals:

- 1 slice bread (100% whole wheat, pumpernickel, rye, white)
- 2 slices reduced calorie or “lite” bread
- 1 deli flat
- ¼ (1 oz) large bagel
- 1 whole mini bagel
- ½ English muffin
- ½ (1 oz) hot dog or hamburger bun
- ½ pita bread (6-in across)
- 1 6-in tortilla
- 1 waffle (4-in square)
- ¾ c dry unsweetened cereal
- ½ cooked and unsweetened steel cut or old fashioned oatmeal
- ⅓ c cooked rice
- ⅓ c cooked barley, couscous, quinoa
- ⅓ c cooked pasta
- ⅓ c corn, succotash, green peas
- ⅓ of a large corn on the cob
- ⅓ (3 oz) large baked sweet or white potato

## Fats | 2 servings per meal

Calories: About 45 per serving | Fat: About 5 g per serving

### 1 serving equals:

- 1½ tsp natural nut butter (peanut or almond)\*\*
- 6 unsalted almonds or cashews\*\*
- 10 unsalted peanuts\*\*
- 4 halves unsalted pecans or walnuts\*\*
- 16 unsalted pistachios\*\*
- 1 tbsp unsalted seeds (pumpkin, sunflower, flax) \*\*
- 2 tbsp avocado\*\*
- 8 large black olives\*\*
- 10 large green olives\*\*
- 1 tsp oil (olive, canola, peanut, soybean, corn, sunflower) \*\*
- 1 tsp butter
- 1 tsp regular mayonnaise
- 1 tbsp regular salad dressing
- 2 tbsp half-and-half

## Optional Foods | 1 serving per meal

Calories: Less than 20 per serving | Carbohydrates: 5 g or less

### sugar-free or low-sugar foods

#### 1 serving equals:

- 1 sugar-free hard candy
- 2 tsp light or no sugar added jelly or jam
- 2 tbsp sugar-free pancake syrup
- 1 tbsp low-sodium soy sauce

### condiments

#### 1 serving equals:

- 2 tsp barbeque sauce
- 1 tbsp honey mustard
- 1 tbsp ketchup
- 1 tbsp pickle relish
- ¼ c salsa
- 1 tbsp hot sauce
- 1 tbsp taco sauce

## “Free Foods” | can be eaten any time in moderation

### 1 serving equals:

- flavoring extracts (vanilla, almond, peppermint)
- garlic
- sugar-free gum
- fresh or dried herbs
- horseradish
- lemon or lime juice
- mustard
- non-stick cooking spray
- low-sodium sauces
- vinegar
- pepper or misses dash

## Drinks Allowed

- spring water (with or without flavor or carbonation)
- decaffeinated coffee
- decaffeinated tea
- water enhancers (example: STUR)
- sugar-free drink mixes (example: Crystal Light Pure®)
- club soda
- sugar-free carbonated drinks
- non-fat, low-sodium bouillon or broth

## 100 Calorie Snack List

The snacks on this list are healthy and low in carbohydrates. They are each around 100 calories. Do **NOT** eat more than 3 snacks per day.

### Salty Snacks

Carbohydrates: 5 g or less

- 1 c green bell pepper and 1 string cheese
- 6 cherry tomatoes, 1 string cheese, and 1 tsp balsamic vinegar
- 2 tbsp black olives and 1 string cheese
- ½ cucumber (4-in) and 1 string cheese
- 2 oz chicken (baked, broiled, grilled), 1 tsp mayonnaise, and 1 large lettuce leaf
- 2 oz low-sodium deli turkey, 1 tsp mayonnaise, and 1 large lettuce leaf
- 2 oz tuna (in water, drained), 1 tsp mayonnaise, and 1 large lettuce leaf
- 1 large hard-boiled egg, 1 tsp mayonnaise, and 1 large lettuce leaf
- 8 celery sticks (4-in each) and 1 tbsp natural nut butter
- 8 celery sticks (4-in each) and 1 tbsp ranch dressing
- 1 c sliced green pepper and 1 tbsp ranch dressing
- 3 c mixed greens and 1 tbsp ranch dressing
- 6 cherry tomatoes and 1 tbsp ranch dressing
- 3 c mixed greens, 1 tsp olive oil, and 2 tsp balsamic vinegar
- ¼ avocado
- ½ c cottage cheese and cinnamon
- 7 walnut halves
- 8 green olives
- 9 pecan halves
- 11 cashews
- 14 almonds
- 17 peanuts
- 25 pistachios
- 1½ tbsp pumpkin seeds
- 2 tbsp sunflower seeds

### Sweet and Salty Snacks

Carbohydrates: 10 g or less

- ¼ c shredded wheat (unsweetened) and 1 string cheese
- ¼ c blueberries and ½ c cottage cheese
- ¼ c raspberries and ½ c cottage cheese
- ⅓ c blackberries and ½ c cottage cheese
- ⅓ c cubed cantaloupe and ½ c cottage cheese
- 1 tbsp apple butter (no sugar added) and ½ c cottage cheese
- 3 large strawberries and ½ c cottage cheese
- ½ cucumber (4-in) and 2 tbsp hummus
- 1 c chopped broccoli and 2 tbsp hummus
- 1 c chopped cauliflower and 2 tbsp hummus
- 10 baby carrots and 1 tbsp hummus
- 10 baby carrots and 1 tbsp ranch dressing
- 1 c chopped broccoli and 1 tbsp ranch dressing
- 1 c chopped cauliflower and 1 tbsp ranch dressing
- 1 c sliced red bell pepper and 2 tbsp guacamole
- 10 cherry tomatoes and 2 tbsp guacamole
- 1 c sliced zucchini and ¼ c salsa
- 1 rice cake and 2 tsp natural nut butter
- ½ c shelled edamame
- ½ 100% whole wheat deli thin and 3 egg whites

## Sweet Snacks

Carbohydrates: 15 g or less

- ½ large grapefruit
- 1 whole fruit (examples: apple, pear, orange)
- ¾ c blueberries or blackberries
- 1 c raspberries
- ¼ c strawberries
- 2 plums
- 12 cherries
- 17 grapes
- ½ c blueberries and 7 almonds
- ¼ c raspberries and 6 oz plain Greek yogurt
- ¼ c blueberries and 6 oz plain Greek yogurt
- ⅓ c blackberries and 6 oz plain Greek yogurt
- 3 large strawberries and 6 oz plain Greek yogurt
- ½ small apple and 2 tsp natural nut butter
- ½ small banana and 2 tsp natural nut butter
- ½ 100% whole wheat deli thin and 2 tsp natural nut butter
- 1 c roasted chickpeas
- ⅓ c pineapple chunks and ½ c cottage cheese
- ½ small peach and ½ c cottage cheese
- ½ small apple and 1 string cheese
- ¼ c black beans, 2 tbsp salsa, and 1 tbsp shredded cheese

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## How to Read a Food Label

Food makers can make health claims about certain nutrients, such as calcium, fiber, and fat, that are found naturally in foods. The health claims must be balanced and based on current, reliable scientific studies. And the claims must be approved by the U.S. Food and Drug Administration (FDA).

Health claims may be statements like:

- “This food is a good source of calcium. Adequate intake of calcium may reduce the risk of osteoporosis.”
- “Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers.”

But just because a food label has a health claim does not mean that the food is healthy for you. For example, a food that is labeled as “a good source of calcium” may still be high in fat, salt, or sugar.

### Terms you can trust

A food label includes the front panel, the ingredients list, and the Nutrition Facts label. The terms on labels are legally defined for food companies. Phrases such as “low-fat,” “light,” and “-free” (as in “fat-free”) are standardized for all foods. If a food uses one of these terms, you can trust that it meets the criteria for that term.

### The Nutrition Facts label

The Nutrition Facts label is a handy guide when you’re making choices about what foods to eat. These labels help you by:

- Providing important information about how a food fits into your diet goals.
- Allowing you to compare products and pick the one that is best for you.
- Telling you the serving size of food and how many servings are in the package.
- Telling us how many calories and how much fat, sugars, sugar alcohols, and fiber are in a food.

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## Food label terms

Term	What it means (per serving)
Calorie-free	Food has less than 5 calories.
Low-calorie	Food has less than 40 calories.
Light	Has $\frac{1}{3}$ fewer calories or $\frac{1}{2}$ the fat of the regular product.
Fat-free or sugar-free	There's less than $\frac{1}{2}$ g of fat or sugar.
Low-fat	There are 3 g or less of fat.
Lean	There are 10 g or less of fat, $4\frac{1}{2}$ g of saturated fat, and less than 95 mg of cholesterol in a 3 oz serving of meat, poultry, or seafood.
Low cholesterol	Food has less than 20 mg of cholesterol and 2 g or less of saturated fat.
Low sodium	Food has 140 mg or less of sodium.
Good source of	There's at least 10% of the Daily Value of the vitamin or nutrient.
High in	Provides 20% or more of the Daily Value of a nutrient.
High fiber	Has 5 or more g of fiber.

### Reading a Nutrition Facts label

#### 1. Start with the **servicing size**.

- The calories and nutrients listed on the rest of a Nutrition Facts food label are based on one serving.



- If the label says that the serving size is a half-cup and you eat one cup, you're getting twice the number of calories and other nutrients listed on the label.

#### 2. Calories measure a quantity of food; they do not measure the quality of the food. You can find the number of **calories** listed in bold below the serving size.

- You can use that to see how the food fits into your total daily calorie needs.
- The Nutrition Facts food label uses 2,000 calories a day as a general recommendation.
- Keep in mind that each person is different and your daily calorie needs may be more or less than this.

#### 3. The percent **Daily Value**, or DV, shows how much of a nutrient is in a serving, based on how much of the nutrient you need every day.

- You can use the percent Daily Value to figure out if a serving of food is high or low in nutrients like saturated fat, sodium, fiber, and added sugars.
- If the Daily Value is 5% or less for a nutrient, it means that the food is low in that nutrient.
- If the Daily Value is 20% or more for a nutrient, it means that the food is high in that nutrient.

#### 4. Check the label for saturated and **trans fats**. Try to limit these types of fats.

#### 5. Choose foods with less **sodium**. Check the label.

- Foods that have 5% or less of the Daily Value per serving are low in sodium.
- Foods that have 20% or more of the Daily Value per serving are high in sodium.

6. Check for **added sugars**. These are sugars that are added to foods during processing.

- You can limit the number of added sugars you eat by choosing foods that have less than 5% of the Daily Value per serving for added sugars.

7. You can use the food label to find out how much **fiber, vitamin D, calcium, iron, and potassium** are in a food.

- These are nutrients that many people need more of in their diets.

8. By checking the **ingredients list**, you can see everything that's in a food.

- This list tells you what the food is made of. This helps you if you have a food allergy or intolerance or if you should not eat certain food ingredients like collagen protein or sorbitol.
- The ingredients are listed in order by amount. If an ingredient is higher on the list, it means there's more of it in that food.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Information is per serving and **NOT** per container.

Limit saturated fats.

Stay away from trans fats.

Limit sugars to 5 g.

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### After weight loss surgery

If you had weight loss surgery, you will also need to check the Nutrition Facts label to learn:

- Is the food low calorie?
  - o Low-calorie foods have 40 or less calories per serving.
- Is the food low in fat?
  - o Low fat foods have no more than 3 g of fat per 3½ oz serving or less than 30% of the calories from fat.
  - o Limit saturated fat to 1 g or less.
  - o Stay away from trans fats.
- Is the food low in sugar?
  - o Limit sugar to 5 g per serving.
  - o If sugar alcohols are listed on the label, these count ½ as much towards your sugar limit. Not all labels list sugar alcohols.

- Is the food a good source of fiber?
  - o Fiber helps prevent constipation.
  - o Fiber can make you feel full for longer.
  - o Good sources of fiber will have 3 g or more per serving.
- Is the food a high-quality protein? How much protein does it have?
  - o Make sure that the proteins you select are lean meats, chicken, fish, dairy, whey protein isolate, or soy protein isolate.

Modified from: Ignite Healthwise, LLC Staff  
All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.

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## Healthy Eating: Cutting Unhealthy Fats From Your Diet

Foods like cheese, butter, sausage, and desserts may taste great, but they can have a lot of unhealthy saturated fat or trans-fat. Eating too much unhealthy fat could lead to high cholesterol and heart disease. But you can choose foods that are lower in these fats. Fat should be about 10 grams per meal.

Start with small changes. Use heart-healthy olive or canola oil instead of butter for cooking. Pick low-fat or nonfat yogurt or cottage cheese instead of whole-milk yogurt or cottage cheese. Over time, you can add more small changes.

**Saturated fats** are those that become hard at room temperature. They are found mostly in animal-based foods (such as meat, butter, milk, and cheese) and in coconut oil, palm oil, and cocoa butter.

Saturated fats should only be eaten in limited amounts because they harm blood vessels, which increases a person's risk for developing hardening of the arteries (atherosclerosis). Saturated fats also affect the levels of cholesterol in the blood and increase the risk of developing coronary artery disease.

Most of a person's fat calories should be from **monounsaturated fats** (such as from olive oil, peanut oil, avocados, and nuts) or **polyunsaturated fats** (such as from liquid vegetable oils, corn oil, or soybean oil).

**Trans fats** are primarily created through hydrogenation, a process that turns liquid oils into solids like hard margarine and shortening. Some animal-based foods have small amounts of naturally occurring trans fats.

Trans fat can increase cholesterol levels the same way as saturated fat.

## How can you make healthier choices?

### Replacing unhealthy fats

Some foods can have a lot of unhealthy saturated fat or trans-fat. Here are some ways to replace unhealthy fats with healthier choices.

#### Options for replacing unhealthy fats

Food group	Instead of these foods that are high in unhealthy fats:	Choose these healthier foods:
Meat, poultry, and fish	<ul style="list-style-type: none"><li>• Regular ground beef</li><li>• Fatty or highly marbled cuts</li><li>• Spare ribs</li><li>• Organ meat</li><li>• Poultry with skin, fried chicken</li><li>• Fried fish, fried shellfish</li><li>• Lunch meat, bologna, salami, hot dogs, sausage</li></ul>	<ul style="list-style-type: none"><li>• Extra-lean ground beef (97% lean)</li><li>• Ground turkey breast (without skin added)</li><li>• Meats with fat trimmed off before cooking</li><li>• Skinless chicken</li><li>• Baked, broiled, or poached fish</li></ul>
Dairy products	<ul style="list-style-type: none"><li>• Whole milk and 2% milk</li><li>• Whole-milk yogurt and cottage cheese</li><li>• Whole-milk cream cheese and sour cream</li><li>• Most cheeses</li><li>• Cream, half-and-half, nondairy creamer</li></ul>	<ul style="list-style-type: none"><li>• Low-fat (1%) or fat-free milk</li><li>• Low-fat or nonfat yogurt and cottage cheese</li><li>• Low-fat or nonfat cream cheese, sour cream</li><li>• Low-fat or nonfat cheeses</li></ul>
Fats and oils	<ul style="list-style-type: none"><li>• Coconut oil, palm oil</li><li>• Butter, stick margarine</li><li>• Lard, shortening, bacon fat</li><li>• Peanut butter that has been hydrogenated (the no-stir kind)</li></ul>	<ul style="list-style-type: none"><li>• Canola oil, olive oil, peanut oil</li><li>• Soft margarines with no trans fats and no more than one-third of the total fat from saturated fat</li><li>• Natural peanut butter that has not been hydrogenated</li></ul>
Breads and cereals	<ul style="list-style-type: none"><li>• Breads in which fat or butter is a major ingredient</li><li>• Most granolas (unless fat-free or low-fat)</li><li>• High-fat crackers, store-bought pastries and muffins</li></ul>	<ul style="list-style-type: none"><li>• Regular breads, cereals, rice, corn tortillas, pasta, and low-fat crackers. Choose whole grains as much as possible.</li></ul>
Fruits and vegetables	<ul style="list-style-type: none"><li>• Fried vegetables</li><li>• Vegetables cooked with butter, cheese, or cream sauce</li><li>• Coconut</li></ul>	<ul style="list-style-type: none"><li>• Any fruits and vegetables that do not have added fat</li></ul>
Sweets and desserts	<ul style="list-style-type: none"><li>• Ice cream, whipping cream, whipped topping</li><li>• Store-bought pies, cakes, doughnuts, and cookies made with coconut oil, palm oil, or hydrogenated oil</li><li>• Chocolate candy</li></ul>	<ul style="list-style-type: none"><li>• Frozen yogurt; low-fat or nonfat versions of treats such as ice cream</li><li>• Cakes and cookies made with unsaturated fats or those made with cocoa powder</li><li>• Fruit</li></ul>

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## Reducing saturated fat

Try these ideas for lowering the amount of unhealthy saturated fat in your diet.

- Put the focus on vegetables, fruits, and whole grains.
  - Try main dishes that use whole wheat pasta, brown rice, dried beans, or vegetables.
  - Think of meat as a side dish instead of as the main part of your meal.
- Reduce saturated fats in the protein foods you eat.
  - Choose plant proteins more often. These include soy products, beans, and nuts.
  - If you eat meat, choose options lower in saturated fat, such as fish, poultry with the skin removed, and leaner cuts of red meat.
  - Trim fat from meats before you cook them. Drain off fat after you brown the meat or while you roast it.
- Use healthier fats when cooking.
  - Choose unsaturated fats, such as canola or olive oil, instead of butter or shortening.
  - Try cooking methods that use less fat, such as broiling, steaming, or grilling.
- Choose lower-fat dairy products. These include nonfat or low-fat milk, yogurt, and cheeses.
- Read food labels on packaged foods.
  - Choose those with little saturated fat.
  - Be aware that “fat-free” isn’t always the best choice. Some fat-free foods are high in sugar and calories.
- Choose lower-fat options when you eat out.
  - Select foods that are broiled or poached instead of fried or breaded.
  - Order sauces, gravies, and salad dressings on the side, and use only a little.
  - Choose tomato sauce instead of cream sauce.
  - Have a salad for your side dish.

My ideas for lowering the amount of fats I eat:

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Author: Ignite Healthwise, LLC Staff  
All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.

## Portion Distortion

It is difficult to eat out and lose weight. Try to limit eating out to no more than once a week, this includes take out and fast foods. When you eat out at restaurants, fast food, or diners, they give you large portions. The portions are generally doubled at lunch and tripled at dinner.

- Your calorie limit when eating out is between 400-600 calories per meal.
- Check it out, the calorie count for every meal should be listed on the menu.
- Try not to save up your calories for the day and eat them all at one meal.
- Try to split a meal or take half of your meal home.

When eating out, generally, you will be served bread first, salad next and your protein last. Ask the waiter or waitress to bring the salad with your meal, have the bread at the end or decline the bread/rolls.

**What you're served**



**What's one serving**





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