

# CookRight

## Section

# 5

### ShopRight Section 4 Review Quiz:

CLUE: Fill in the blanks below using fully, perimeter, partially, or shopping list  
- Answers are on page 101 -

- Be attentive to the type of fats in the foods you buy. Avoid fats that contain the words \_\_\_\_\_ or \_\_\_\_\_ hydrogenated.
- You can make your shopping trip easier with a \_\_\_\_\_.
- Remember to shop the store's \_\_\_\_\_.

### Goals for Week 5:

- Learn ways to prepare your meals so that you:
  - decrease fat, sodium, and sugars;
  - improve the nutritional value by adding grains, fruits and vegetables; and
  - prepare food that tastes good and is healthier.
  - learn shortcuts for easier meal preparation.
- Learn ways to revise recipes so they contain fewer calories and are healthier

## Meal Makeovers

Did you know that most Americans prepare about 12 tried-and-true meals over and over? By adding or substituting just a few ingredients your favorite meals can taste good, be good for you and take no more time or effort to prepare. You may even start to prefer the meal makeovers, as you become accustomed to the taste of healthier food. Be sure to let your friends and family taste your food and compliment your good cooking before you tell them about any meal changes. When you have a success, be sure to write down your alterations so that you can do it again.



Look for new recipe ideas on the labels of low-fat foods. These recipes have usually been tested to make sure they are healthy and taste good. You can find many recipes in magazines, on Internet web sites and even on the cooking channels on TV. Look for those that are low in fat and contain healthy ingredients or think of ways that you can adapt recipes to fit into your food plan.

# Cooking with Fats



**Cook with healthy fats!** Fat is used in cooking and seasoning to add flavor. Although some fats are healthier than others, all fats are high in calories and should be used lightly in cooking. When you are cooking, you can use healthier fats or substitute healthier fats for unhealthier fats (see Fat Substitution Chart on page 103).

- **Monounsaturated Fats** are the healthiest fats to use in cooking.
  - ✓ Olive oil enhances Italian foods and many other savory dishes.
  - ✓ Canola oil has a bland flavor and works well when you do not want to taste the oil.
  - ✓ The nutty taste of peanut oil works well with Chinese foods and some desserts.
- **Saturated and Trans Fats** should be limited in cooking.
  - ✓ Lard, vegetable shortening, butter, regular margarine, coconut oil and palm oil should be avoided
  - ✓ Avoid cooking foods that contain “partially” or “fully hydrogenated” oils on the ingredient list.

Amount Per Serving	
Calories 120	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	5%
Polyunsaturated Fat 4g	
Monounsaturated Fat 8g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.  
\*Percent Daily Values are based on a

## Helpful hints for Cooking with Fats:

- ✓ Use trans-fat free butter substitute to sauté meats and vegetables or grease pans instead of oils, butter or margarine.
- ✓ To add flavor without the fat use an olive oil or butter-flavored cooking spray. The spray can act as good portion control and it really tastes like butter.
- ✓ Simply omit the butter or margarine called for in convenience boxed mixes, such as rice or macaroni and cheese.
- ✓ Try butter flavor sprinkles in place of butter or margarine to season hot, steamy foods like a baked potato or an ear of corn.
- ✓ If your recipe calls for sautéing vegetables or meats in oil or butter, try several tablespoons of water, broth, wine, flavored vinegar, or fruit juice. Then steam in a covered pot.
- ✓ To season vegetables when you want a bacon or ham flavor, use a lean lunch meat style slice of ham or bacon bits.
- ✓ Use fat-free broth (chicken, beef, or vegetable) in soups and casseroles or to add flavor to vegetables or mashed potatoes.

# Cooking with Meat & Dairy



**Cut the Fats!** You learned about selecting lean cuts of meat in ShopRight. However, there may be times when you do use cuts of meat with more fat. You can reduce the fat with proper cooking methods and improve the taste of most cuts of meat.

## Helpful hints for Cutting the Fat when Cooking Meats:

- ✓ Baking, broiling, grilling, roasting, steaming and sautéing are ways to cook that do not add fat. Avoid frying, especially deep frying because it adds lots of calories to foods.
- ✓ Set the meat on a rack or broiling pan when roasting meats and poultry. This allows fats to drain away from meat.
- ✓ Baste meat with fat-free ingredients such as wine, vinegars or fruit juice.
- ✓ Marinate less tender cuts of meat in something acidic before cooking and preferably cook by stewing or braising.
- ✓ Lean meats cook more quickly than fatty ones - lower the temperature and start checking for doneness halfway through standard cooking times.
- ✓ Be sure to use non-stick pots and pans and cooking spray. Spray the meat rather than the pan. You use less spray and it saves the non-stick finish on your pans.
- ✓ If you must occasionally use higher fat ground meats, such as ground chuck or ground beef, brown first, drain the fat off and rinse with hot water to cut down on the fat.
- ✓ In recipes using meat, such as a soup, chili, stew, gravy, or anything with meat drippings or stock (cooking liquid from meats), use a fat separator or refrigerate and remove the fat that rises to the top and hardens.
- ✓ If the recipe calls for bacon, try precooked real bacon pieces (in a jar) instead.



**Eat less red meats!** You can also reduce the amount of fats you eat by eating less red meats. Instead, you might eat more poultry, fish and dairy products. You can add lots of chopped or pureed veggies or beans to soups or stews instead of meat. You can also use soy based products.



**Cook with Low-fat Dairy Products.** There are many reduced-fat options for your recipes that call for dairy products. In general, there is a big gap in taste between completely fat-free and low-fat products, but a very small difference between low-fat and regular, full-fat ones. For example, when sour cream is used, a dab of the low fat, with its superior taste, is probably more satisfying than a big dollop of the fat-free (portion control). Low-fat sour cream blends better into hot dishes than fat-free sour cream, which tends to separate into clumps when you add it if your stirring technique is not perfect. But fat-free sour cream has its uses. Fat-free sour cream works fine in a recipe for salad dressing or dip.

Similarly, fat-free cheese usually has little flavor and a rubbery texture. For eating or topping casseroles or pizzas, low-fat cheese is a tasty choice. Another option is to use very small amounts of intensely flavored regular, full-fat cheeses. Always use the strongest cheese possible (such as sharp cheddar or Parmesan) to reduce the amount needed for good flavor. If it is mostly a cheesy texture, rather than a cheesy taste, that you desire, try mixing fat-free cheese with regular or low-fat cheese.

Fat-free plain yogurt works well as a substitute for sour cream. Yogurt or silken tofu can be mixed with low-fat mayonnaise in dishes such as coleslaw, tuna, and potato salads. Low-fat cottage and ricotta cheeses are also delicious in recipes.

## Cooking with Starches



**Cook with more whole grains.** The foods in the Starch group provide an excellent way to incorporate fiber into your daily food plan without added fats.

Helpful hints for cooking with Whole Grains and Starches:

- ✓ Cook with 100% whole grains products when possible.
- ✓ Replace 1/3 of all-purpose flour with whole-wheat flour or with quick or old fashioned oats when baking.
- ✓ Experiment with new grains. Instead of using white rice or potatoes in a dish try cracked wheat (bulgur), amaranth, quinoa, brown rice, barley or couscous.
- ✓ Use fun or interesting shape pastas, rather than regular spaghetti or macaroni.
  - Angel hair pasta cooks quickly 1 Cup = 2 starch servings
- ✓ Use grains that cook quickly
  - Jasmine rice cooks in 15 minutes.
- ✓ Potatoes offer a wide variety of tastes and textures.
- ✓ Baked sweet potatoes can be made ahead of time and then cut into cubes and frozen.
- ✓ Cook a variety of beans and peas such as lentils.
- ✓ Use whole-grain breads, pitas, frozen waffles, and cereals.
- ✓ Flaxseed meal is rich in the Omega-3 fats, which are heart healthy. You can add 1 Tablespoon as a topping to cereal, oatmeal or a salad.



## Cooking with Vegetables



**Cook with more vegetables.** It is easy to add vegetables to your daily food plan. You simply need to be creative in your cooking.

### Helpful hints for cooking with Vegetables:

- ✓ Finely chopped vegetables can make a nice addition to soups, sauces, and casseroles or you can sprinkle them on salads.
- ✓ Puree a vegetable and add it to a sauce, soup, or side dish – for example, add pureed cauliflower to a potato casserole.
- ✓ Grate or chop vegetables into tiny specks – for instance, include carrots in clam chowder.
- ✓ Steam (or microwave) eggplant or zucchini and add it to spaghetti sauce.
- ✓ Add frozen broccoli to boiling macaroni, then combine with cheese after draining.
- ✓ Sauté vegetables in white wine. The alcohol and coloric content is removed, as long as the wine boils, and the vegetables have a nice flavor without the fat – pour over wild rice pilaf.
- ✓ Cook vegetables with as little water as possible to keep the nutrients from being thrown out with the water. Try steaming vegetables on top of stove or cook in microwave without water.
- ✓ A microwave is a quick way to steam frozen vegetables.

## Convenience Foods

There are many quick or ready-to-eat foods available. Be sure to read the label for information about the calories and nutrients after the food is prepared according to the package directions. Typically, the more food is away from its natural state – that is boxed or prepared – the more sodium and preservatives are added to the foods.

The key when using many of the convenience foods is to know what is added and simply balance out the sodium, or sugar or other additives in your recipe or meal. In other words, if you use one item that has a high sodium content, be sure the other items are low in sodium.

- ✓ For low-fat soups just pour off some of the broth and add some water to reduce sodium.
- ✓ With canned vegetables, drain liquid and rinse with water. Add a small amount of water to cook.
- ✓ Frozen dinners or entrées are usually high in sodium. Balance the meal with other low sodium selections.



# Frequently Asked Questions

**Q.** *I have some favorite dessert recipes that I use for special occasions like birthdays and holidays. How can I cut the fat in baked goods?*

**A.** Cutting out some fat in baked foods (cakes, cookies, pies, etc.) can be tricky. Start by experimenting with cutting fat by a fourth or a third. For example, if a recipe calls for 4 tablespoons of margarine or oil, try 3. Make a note of your results and if satisfactory, try 2 tablespoons next time.

Quick bread (muffins, cornbread, banana bread or brownies) recipes is where liquid ingredients and dry ingredients are mixed together separately and then mixed together. In these you can decrease the fat without sacrificing texture or taste by using some fat substitutes such as applesauce or yogurt and substituting healthier fats.

Fat substitution or reduction usually does not work well in recipes that call for creaming solid fat or blending directly with sugar or flour, such as pound cakes, cookies, pie crust, or biscuits. Reducing the fat by no more than 1/3 is sometimes acceptable. Make these recipes your once a year special occasion ones and concentrate on improving your everyday recipes instead.

**Q.** *There are so many different margarines and butter substitutes on the market now. Any tips on what to look for and what to avoid?*

**A.** Yes:

- ✓ Reduced calorie margarine should follow the same guidelines as the trans free fats but list water as the first ingredient and are generally not suitable for baking.
- ✓ Margarine made 25% from yogurt (such as Brummel & Brown Spread ) has half the amount of fat of butter or margarine. Sticks are available for cooking and baking.
- ✓ Brands such as Take Control Spread and Benecol Spread contain phytosterols which block the absorption of cholesterol in the intestine and may help promote healthy blood cholesterol levels. Both are tasty but only regular Benecol can be used in cooking. If you do not have high cholesterol, there is no reason to pay the higher price for these.
- ✓ Always check the label on special margarines to make sure they are suited for cooking or baking.

## Web Links

At the end of each weekly Section, you will find a list of related web sites for information discussed in this week's lesson. If a web address changes or you cannot find a listed web site, open you web browser to your favorite search engine to locate the current web address.

🌟 [www.americanheart.org](http://www.americanheart.org) (American Heart Association)

🌟 [www.diabeticchoices.com](http://www.diabeticchoices.com)

☆ <http://138.26.176.127/EatRight/Sidebar/RecipesByName.asp> (UAB EatRight web site for Fox6 Recipes)

**ShopRight Section 4 Review Quiz Answers:**

- Be attentive to the type of fats in the foods you buy. Avoid fats that contain the words fully or partially hydrogenated.
- You can make your shopping trip easier with a shopping list.
- Remember to shop the store's perimeter.

# Action Plan

CookRight

## Section 5



**Complete the weekly “Action Plan.”** Answer the questions, make notes to help you on your Program. You can check off your accomplishments as you complete them.

- Review your Daily Food Journals and Meal Plans for last few weeks.
  - “What have been your favorite meals?”
  - Are you eating at regular times?
  - Are you following the portion sizes?
  
- Create your Meal Plans for this week.
  - You can repeat plans from the past few weeks.
  - Try one of the 1-2-3 Meals from Section 3 or a Sample Meal Plan from Section 2.
  
- Make your grocery list. Try to list items as you would find them in your grocery store.
  
- Reduce fats as you cook this week! Review the information in this section for ways to reduce the fat.
  
- If time permits, try to revise one of your favorite recipes or just try a new recipe.



## Fat Substitution Chart

<b>Ingredient</b>	<b>Fat gms</b>	<b>Substitution</b>	<b>Fat gms</b>
1 oz cheese	9	1 oz reduced-fat cheese 1 oz fat-free cheese	6 0
1 cup regular cottage cheese	10	1 cup fat-free cottage cheese	0
1 oz regular cream cheese	10	1 oz 1/3 less fat cream cheese 1 oz fat-free cream cheese*	6 0
2 Tbsp Parmesan cheese	3	2 Tbsp fat-free Parmesan cheese	0
1 cup regular ricotta cheese	32	1 cup fat-free ricotta cheese	0
1 cup heavy cream	88	1 cup canned evaporated skim milk	0
1 Tbsp half and half	2	1 Tbsp canned evaporated skim milk	0
1 cup sour cream	34	1 cup reduced-fat sour cream 1 cup fat-free sour cream* 1 cup fat-free plain yogurt*	13 0 0
1 cup whole milk	8	1 cup skim milk	0
1 whole egg	6	¼ cup egg substitute or 2 egg whites	0
1 can regular cream soup	22	1 can reduced-fat cream soup	6
1 cup canned chicken broth	2	1 cup fat-free chicken broth	0
1 cup regular mayonnaise	175	1 cup fat-free mayonnaise 1 cup light mayonnaise 1 cup fat-free miracle whip 1 cup low-fat mayonnaise	0 80 0 16
1 Tbsp tartar sauce	8	1 Tbsp fat-free tartar sauce	0
4 Tbsp 1000 Island dressing	24	4 Tbsp fat-free 1000 Island	0
1/4 cup oil	56	1/4 cup unsweetened applesauce 1/4 cup corn syrup 1/4 cup prune butter 1/4 cup fat-free plain yogurt	0 0 0 0
1 oz baking chocolate	13	3 Tbsp dry cocoa plus 2 tsp sugar and 1 Tbsp water	0
1 Tbsp margarine or butter	11	1 Tbsp fat-free margarine, spray, tub or squeeze 1 tsp butter flavor sprinkles	0 0
4 oz regular ground beef	32	4 oz 90% fat-free by weight ground sirloin	10-12
1 oz pepperoni	13	1 oz Canadian bacon 1 oz low-fat smoked sausage	3 1
1/2 cup spaghetti sauce, no meat	5	1/2 cup fat-free spaghetti sauce	0
1 oz chips	10	1 oz baked chips	1-2
6 butter flavor crackers	4	6 fat-free butter flavor crackers	1
2 Tbsp canned chocolate frosting	6	2 Tbsp canned light chocolate frosting	2
1 cup regular ice cream	14	1 c ice milk 1 c low-fat or light ice cream 1 c sherbet 1 c sorbet 1 c fat-free frozen dessert	4 2-6 0-1 0 0
1 donut	14	1 bagel	1

\*For baked goods add 1 Tbsp. flour for each cup used

## 5 QUICK & EASY MICROWAVE MEALS

### 1 QUICK AND EASY BLACK BEAN QUESADILLA (SERVES 1)

1 small (7-8") flour tortilla  
1 cup canned black beans, rinsed and drained  
1 oz shredded reduced-fat cheese  
Shredded lettuce  
¼ cup salsa

1. Place beans inside tortilla, sprinkle cheese on top.
2. Microwave on HIGH for 45 seconds.
3. Fold over warm tortilla; top with lettuce and salsa.

Individual Serving: 1 Starch, 1½ Meat/Dairy, 2 Vegetable

### 2 SOUTHWESTERN CHICKEN-CHILE AND RICE (SERVES 2)

1 cup fat-free, reduced-sodium chicken broth  
1 cup instant rice  
1 cup frozen bell pepper stir-fry, thawed and drained  
1 (4.5-ounce) can chopped green chiles, drained  
1 cup Southwestern-seasoned chopped cooked chicken (such as Louis Rich)  
½ cup shredded reduced-fat cheddar cheese

1. Combine chicken broth, rice, and bell pepper stir-fry in a 1 quart microwave-safe bowl
2. Microwave on HIGH for 5 minutes until boiling (about 5 minutes).
3. Remove from heat, let stand, covered, until liquid is absorbed (about 2-4 minutes).
4. Stir in chiles, chicken, and cheese; let stand 1-2 more minutes to heat thoroughly.

Per serving: 2 Starch, 1½ Meat/Dairy, 1 Vegetable

### 3 BARBECUE SANDWICHES WITH CONFETTI COLESLAW (SERVES 1)

1 cup shredded lean pork or chicken barbecue (ready-made)  
1 serving Coleslaw (precut slaw mix and dressing)  
1 whole wheat sandwich buns Look for sandwich buns with no more than 30 grams carbohydrate per bun)

1. Place barbecue in a microwave-safe dish. Cook on HIGH 1 to 2 minutes or until thoroughly heated.
2. Heat bun for 10-15 seconds or until warm.
3. Spoon ¼ cup over bottom half of bun
4. Top with ¾ cup Confetti Coleslaw and remaining top half of bun.

Note: You will have 4 servings of Confetti Coleslaw to enjoy later.  
Per serving: 3 Starch, 1 Meat/Dairy, 2 Vegetable, ½ Fat

#### 4 CHEESY CHICKEN NACHOS (SERVES 1)

15 baked tortilla chips  
½ cup chopped, cooked chicken  
¼ cup fat-free refried beans  
¼ cup shredded reduced-fat cheddar cheese  
Shredded lettuce  
Salsa

1. Place chips on microwave-safe plate. Top with chopped chicken, beans, and cheese.
2. Microwave on HIGH for 45 seconds to 1 minute or until heated thoroughly.
3. Top with shredded lettuce and salsa.

Per serving: 1 Starch, 2 Meat/Dairy, 1 Vegetable

#### 5 BUTTERY HERBED CHICKEN WITH RICE (SERVES 4)

For the chicken:

2 tablespoons butter substitute (like Smart Balance)  
¼ teaspoon dried Italian seasoning  
¼ teaspoon salt  
¼ teaspoon black pepper  
¾ pound cooked chicken strips (rotisserie chicken)

1. Combine first 4 ingredients in a microwave-safe bowl.
2. Heat on HIGH 1 minute or until butter is melted; stir.
3. Pour over cooked chicken strips (heat in microwave if not warm) and toss well.
4. Serve over rice.

For the rice:

2 cups fat-free, reduced-sodium chicken broth  
2 cups instant rice

1. Combine chicken broth and rice in a 1½ quart microwave-safe bowl.
2. Microwave on HIGH for 5 minutes until boiling (about 5 minutes).
3. Remove from heat, let stand, covered, until liquid is absorbed (about 2-4 minutes).

Per serving: 2 Starch, 1 Meat/Dairy, ½ Fat

# Weekly Meal Planner

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	BREAKFAST	LUNCH	DINNER	SNACKS

Fill in the meal plan with what you plan to eat for each meal on each day of the week. If possible, note days you also plan to dine out.

### Daily Food Group Serving Totals

Total each day below to see if you are eating the correct number of serving for each food group. Look for ways to add or delete foods to meet your Weight Management Program goals.

PROGRAM A	PROGRAM B	FOOD GROUPS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	FATS/OILS (FO)							
4	5	MEAT/DAIRY (MD)							
6	8	STARCHES (S)							
4	5	FRUIT (F)							
5	6	VEGETABLE (V)							

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 1** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 1** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>		4	4	6	4	5		
	<b>Program B</b>		5	5	8	5	6		
<b>Daily Physical Activities:</b>									

Daily Tip:  
 Cooking methods that use little or no fat = boil, bake, broil, roast, poach, steam, stir-fry, sauté or microwave.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 2** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 2** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Prepare fruits and vegetable raw, steamed, boiled or microwaved. Do not add sauces, butter or oil.



# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 3** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 3** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Keep ready-made pizza crusts in freezer. Add canned tomatoes, cheese and your favorite topping for “instant delivery.”

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 4** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 4** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Top your bowl of cereal with ½ sliced banana for 1½ added grams of fiber.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 5** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

## Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 5** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>		<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>		
	<b>Program B</b>		<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>		
<b>Daily Physical Activities:</b>									

Daily Tip:

Store leftover breads (pita, tortillas) in the refrigerator. You can store leftover servings of bread in re-closable bags in the freezer – it is handy to have a few tortillas, rolls, bagels, or English muffins, etc. in the freezer. Bread thaws quickly or can be toasted or microwave directly from the freezer.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 6** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 6** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Try a bag of ready-to-eat lettuce for the base of your salads or get a salad from the deli section at your grocery store.



# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 7** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 7** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>		<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>		
	<b>Program B</b>		<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>		
<b>Daily Physical Activities:</b>									

Daily Tip:

Add chopped carrots and fresh spinach to your salad for 3-4 grams of added fiber.