

**1200 CALORIE
REDUCING DIET PLAN
GENERAL INSTRUCTIONS**

Effective and sustained weight reduction can best be achieved through a regular plan of diet and exercise. The principles of the Reducing Diet Plan are as follows:

Eat regularly - do not omit a meal

Follow a regular exercise program as directed by your physician

Between meal snacks should be chosen from the free list

Vary the sample menu by choosing different foods as offered in the indicated substitution list on the back of the diet. Eat those foods in the measured amounts indicated, Noon and evening.

Basic meal plans may be interchanged when desired.

Choose a good source of Vitamin C daily, they are citrus fruits, strawberries, broccoli, Brussels sprouts, papaya, and cantaloupe.

Broiling, roasting, steaming, boiling, or baking methods of food preparation are preferable. Avoid sugar, honey, concentrated sweets, pies, cakes, pastry, rich desserts, regular soft drinks, and alcoholic beverages.

BASIC MEAL PLAN	SAMPLE MENU	Calories
Breakfast	Breakfast	
1 serving fruit - list 3	1 grapefruit half	40
1 serving starch - list 4	1 oz enriched concentrate cereal	170
1 serving nonfat milk	1 cup Carnation instant nonfat milk	80
Miscellaneous - list 1	Sugar substitute	0
Miscellaneous - list 1	Black coffee	2
Noon Meal	Noon Meal	
2 measures meat / fish/ fowl / cheese - list 5	2 oz Cheddar cheese	223
1 serving starch - list 4	5 small whole wheat crackers	57
2 servings fruit - list 3	1 medium apple	86
1/2 serving nonfat milk	1/2 cup Carnation nonfat milk	40
Evening Meal	Evening Meal	
1 serving vegetable - list 1	1 cup fresh spinach salad	14
Miscellaneous - list 1	1 Tbsp low calorie French dressing	15
4 measures meat/ fish/ fowl/ cheese - list 5	4 oz broiled Halibut garnished with	205
Miscellaneous - list 1	1 lemon wedge	4
1 serving starch - list 4	1/2 cup steamed rice with	112
1 serving fat - list 6	1 tsp margarine	34
1 serving vegetable - list 1	6 asparagus spears	18
Desert - list 1	1/2 cup dietetic gelatin	8
Miscellaneous - list 1	Hot tea	2
Bedtime	Bedtime	
1 serving Slender with nonfat milk	1 package Carnation Slender	110
	With 6 oz nonfat milk	60
**Choose a multivitamin and iron supplemented cereal	Total	1217

LIST 1 FREE FOODS - Are low in calories; < 20 calories/serving and you can eat as much of them as you want, unless otherwise indicated.

Condiments

1 tblsp ketchup or mustard
 Unsweetened pickles
 2 tblsp low calorie salad dressing
 3 tblsp taco sauce

Sugar free drink mixes
 Lemon juice
 Tomato juice
 Vegetable juice

Vegetables (1 cup raw)

Asparagus
 Bean sprouts
 Beet greens
 Broccoli
 Brussels sprouts
 Cabbage, (all kinds)
 Chard

Cauliflower
 Celery
 Chicory
 Collard greens
 Cucumbers
 Egg plant
 Endive
 Escarole
 Green beans
 Green onion
 Kale
 Lettuce (all kinds)
 Mushrooms
 Mustard greens

Okra
 Peppers (green or red)
 Radishes
 Spinach
 Squash, summer
 Tomatoes
 Turnip greens
 Watercress
 Wax beans
 Zucchini

Desserts & Fruits:

Gelatin
 Jam/Jelly
 1-2 tblsp pancake syrup
 Sweet 'n Low or Equal
 2 tblsp whipped topping
 Cranberries
 Lemons
 Gelatin, unsweetened
 Rennet tablet

Sugar Substitutes

(ALL sugar free)
 Hard candy and gum

LIST 2 Other Vegetables - Limit these vegetables to one 1/2 cup serving per day (approximately 30 calories per serving.)

Artichokes Carrots Peas, green Squash, winter
 Beets Onions Pumpkin Rutabaga Turnips

LIST 3 - FRUITS AND FRUIT JUICES - May be fresh cooked, dried, frozen or canned - NO SUGAR OR SYRUP (approximately 40 calories per serving or amounts indicated)

Fruits:

Apple, medium - 1/2	Figs, fresh, large - 1	Peach, canned - 1/2 cup	Tangerine, large - 1
Apple sauce - 1/2 cup	Figs, dried - 1	Peach, dried halves - 2	Watermelon, cubed - 1 cup
Apricots, medium, fresh -2	Fruit cocktail canned - 1/2 cup	Pear, small, fresh -1	
Apricots, dried halves - 4	Grapefruit, small - 1/2	Pear, canned - 1/2 cup	
Banana, small - 1/2	Grapes - 12	Pear, dried halves - 2	Juices:
Blackberries - 1 cup	Honeydew melon - 1/8	Pineapple - 1/2 cup	Apple - 1/3 cup
Blueberries - 2/3 cup	Mango, small - 1/2	Plums, med, fresh -2	Grape - 1/4 cup
Boysenberries - 2/3 cup	Nectarine, small - 1	Prunes, dried - 2	Grapefruit - 1/2 cup
Cantaloupe, medium - 1/4	Orange, small -1	Raisins, dried Tbs - 2	Orange - 1/2 cup
Cherries, large - 10	Papaya, medium - 1/4	Raspberries - 1 cup	Pineapple - 1/3 cup
Dates - 2	Peach, medium, fresh -1	Strawberries - 1 cup	Prune - 1/4 cup

LIST 4 - STARCHES - (Approximately 70 calories per serving of amounts indicated.)

Breads:

White, whole wheat or rye - 1 slice	Round thin - 6	Spaghetti, macaroni, noodles or other pastas, cooked - 1/2 cup	Beans, baked (no pork) - 1/4 cup
Bagel - 1/2	Ry-Krisp - 3		Corn, canned - 1/3 cup
Biscuit or muffin (2" dia) - 1	Tortilla (6" dia) - 1		Corn - 1/2 med
Bun, hamburger or hot dog (8 / lb) 1/2	Wheat crackers - 5	Vegetables (Starchy)	Potatoes, white (1 sml) -1/2 cup
Cornbread (1 1/2" cube) - 1	Cereals:	Beans or peas, dry cooked (lima, navy, kidney, black-eyed, split, etc) - 1/2 cup	Potatoes, sweet or yams - 1/4 cup
English muffin - 1/2	Hot cereal - 1/2 cup		Popcorn, popped (no butter) - 1 cup
Crackers:	Dry flakes - 2/3 cup		
Graham (2 1/2" sq.) - 2	Dry puffed - 1 1/2 cups		
Melba toast - 4	Rice or grits, cooked - 1/2 cup		
Oyster (1/2 cup) - 20			
Saltines - 5			

LIST 5- MEATS, FISH, FOWL - The following meals and meat substitutes are lowest in calories (approximately 50 calories per amount indicated. Select them as often as possible. Choose lean, unmarbled cuts, trim off all visible fat, do not add fat in cooking.

Beef, dried chipped - 1 oz	Poultry without skin, cooked - 1 oz	Scallops (12/lb) - 1rg
Beef, lamp pork, ham, veal (LEAN ONLY), cooked - 1 oz	Fish, any except those listed below - 1 oz	Tuna, packed in water - 1/4 cup
Liver - 1 oz	Crab - 1/4 cup	Salmon, pink canned - 1/4 cup
	Clams, shrimp, oysters - 5 med	Cottage cheese - 1/4 cup

The following meats and meat substitutes are high in calories (approximately 73 calories per amount indicated). Select them sparingly.

Beef, lamp, pork, veal, med fat, cooked - 1 oz	Cold cuts - 1 oz	Egg, whole - 1
Duck - 1 oz	Hotdogs (8-9/lb) - 1	Salmon, red canned or smoked - 1/4 cup
Goose - 1 oz	Vienna Sausages - 2	Sardines - 3 med
Poultry with skin - 1 oz	Cheese (brick, cheddar, Roquefort, Swiss; processed etc.) - 1 oz	Tuna, packed in oil - 1/4 cup
		Peanut butter - 2 tsp

LIST 6 FATS (approximately 45 calories per amount indicated)

Avocado (4" dia) 1/8	Cream cheese - Tbsp	Roquefort dressing - 2 tsp
Bacon, crisp - 1 slice	Nuts - 6 small	1000 Island dressing - 2 tsp
Butter or margarine - 1 tsp	Dressing, French - 1 Tbsp	Oil - 1 tsp
Cream, sour - 2 Tbsp	Mayonnaise - 1 tsp	Olives - 5 sml