

**1500 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 1200 CALORIE PLAN	SAMPLE MENU	Calories
Breakfast	Breakfast	
1 measure meat / fish / fowl / cheese - list 5	1 whole egg	73
1 serving fruit - list 3	1 grapefruit half	40
1 serving starch - list 4	1 oz enriched concentrate cereal	170
1 serving fruit - list 3	1/3 cup orange juice	40
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 measure meat / fish / fowl / cheese - list 5	1/4 cup tuna packed in water	50
1 serving starch - list 4	5 small whole wheat crackers	57
1 serving starch - list 4	1/2 cup cooked pasta	70
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 fat - list 6	2 Tbsp sour cream	45
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	1495

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

Gelatin
 Jam/Jelly
 1-2 tblsp pancake syrup
 Sweet 'n Low or Equal
 2 tblsp whipped topping

Drinks

Bouillon, clear broth; (no fat)
 Diet or Sugar free soda
 Diet or Club soda
 Coffee/tea

Sugar Substitutes (ALL sugar free)

Hard candy and gum

Desserts & Fruits:

Cranberries
 Lemons
 Gelatin, unsweetened
 Rennet tablet

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
 Apple sauce - 1/2 cup
 Apricots, medium, fresh -2
 Apricots, dried halves - 4
 Banana, small - 1/2
 Blackberries - 1 cup
 Blueberries - 2/3 cup
 Boysenberries - 2/3 cup
 Cantaloupe, medium - 1/4
 Cherries, large - 10
 Dates - 2
 Figs, fresh, large - 1
 Figs, dried - 1
 Fruit cocktail canned - 1/2 cup
 Grapefruit, small - 1/2
 Grapes - 12
 Honeydew melon - 1/8
 Mango, small - 1/2
 Nectarine, small - 1
 Orange, small -1
 Papaya, medium - 1/4
 Peach, medium, fresh -1

Peach, canned - 1/2 cup
 Peach, dried halves - 2
 Pear, small, fresh -1
 Pear, canned - 1/2 cup
 Pear, dried halves - 2
 Pineapple - 1/2 cup
 Plums, med, fresh -2
 Prunes, dried - 2
 Raisins, dried Tbs - 2
 Raspberries - 1 cup
 Strawberries - 1 cup

Tangerine, large - 1
 Watermelon, cubed - 1 cup

Juices:

Apple - 1/3 cup
 Grape - 1/4 cup
 Grapefruit - 1/2 cup
 Orange - 1/2 cup
 Pineapple - 1/3 cup
 Prune - 1/4 cup

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

Breads:

White, whole wheat or rye - 1 slice
 Bagel - 1/2
 Biscuit or muffin (2" dia) - 1
 Bun, hamburger or hot dog (8 / lb) 1/2
 Cornbread (1 1/2" cube) - 1
 English muffin - 1/2

Round thin - 6
 Ry-Krisp - 3
 Tortilla (6" dia) - 1
 Wheat crackers - 5

Spaghetti, macaroni, noodles or other pastas, cooked - 1/2 cup

Beans, baked (no pork) - 1/4 cup
 Corn, canned - 1/3 cup
 Corn - 1/2 med
 Potatoes, white (1 sml) -1/2 cup
 Potatoes, sweet or yams - 1/4 cup
 Popcorn, popped (no butter) - 1 cup

Crackers:

Graham (2 1/2" sq.) - 2
 Melba toast - 4
 Oyster (1/2 cup) - 20
 Saltines - 5

Cereals:

Hot cereal - 1/2 cup
 Dry flakes - 2/3 cup
 Dry puffed - 1 1/2 cups
 Rice or grits, cooked - 1/2 cup

Vegetables (Starchy)

Beans or peas, dry cooked (lima, navy, kidney, black-eyed, split, etc) - 1/2 cup

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
 Beef, lamp pork, ham, veal (LEAN ONLY), cooked - 1 oz
 Liver - 1 oz

Poultry without skin, cooked - 1 oz
 Fish, any except those listed below - 1 oz
 Crab - 1/4 cup
 Clams, shrimp, oysters - 5 med

Scallops (12/lb) - 1rg
 Tuna, packed in water - 1/4 cup
 Salmon, pink canned - 1/4 cup
 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
 Duck - 1 oz
 Goose - 1 oz
 Poultry with skin - 1 oz

Cold cuts - 1 oz
 Hotdogs (8-9/lb) - 1
 Vienna Sausages - 2
 Cheese (brick, cheddar, Roquefort, Swiss; processed etc.) - 1 oz

Egg, whole - 1
 Salmon, red canned or smoked - 1/4 cup
 Sardines - 3 med
 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
 Bacon, crisp - 1 slice
 Butter or margarine - 1 tsp
 Cream, sour - 2 Tbsp

Cream cheese - Tbsp
 Nuts - 6 small
 Dressing, French - 1 Tbsp
 Mayonnaise - 1 tsp

Roquefort dressing - 2 tsp
 1000 Island dressing - 2 tsp
 Oil - 1 tsp
 Olives - 5 sml