



do not eat

- Sugar
- Cookies
- Cake
- Ice Cream
- Donuts
- Pies
- Honey, Syrup
- Jam, Jelly
- Regular Soft Drinks
- Fried Foods
- Gravies
- Cream Sauce
- Butter Sauce

rules to follow

- Eat 5 servings a day of fruit and vegetables.
- Eat 3 meals each day.
- Eat at the same times each day.
- Do not skip a meal.
- Do not fry foods.
- Drink 1% or skim milk.
- Take the skin off chicken and turkey.
- Sugar free foods may be eaten.
- Trim fat from meat.

weight loss diet

