

Dietary Do's

- Eat small frequent meals (eat every 3 hours) ~ this includes meals and snacks
- Stay Well-Hydrated
 - Water
 - Low Calorie Juices: (Diet V8 Splash, Crystal light, low fat milk (skim or 1%))
- Choose Lean Meats (grilled or baked meats)
 - Skinless chicken, turkey, lean deli ham or roast beef, beef (filet, lean ground meat, sirloin, or round only)
- Fresh fruits and vegetables
- Choose whole grains (whole wheat bread, wheat bagels, wheat pasta)
- Make Smart Snack Choices (See “Smart Snacking” handout for healthy choices)
- Make Smart Choices when eating at FAST FOOD RESTAURANTS. See “Fast Food Handout” for smart choices)

Dietary Don'ts

- **Limit Fast Food** (McDonald's, Burger King) ~ Pass on Combo meals (See “Fast Food Handout” for smart choices)
- **Fried Foods** ~ at most 1 time a week ~ remove skin from any fried meats (chicken, turkey, etc.)
- **Junk Food** ~ chips, candy, pies, cookies (ex. Doughnuts, Honey Buns, sweet rolls, pastries, potato chips, hard candy)
 - Replace junk food with fresh fruit, yogurt, or a sandwich (ex. Peanut butter or lean deli meat (turkey, roast beef, chicken, ham))
- **Sodas/Cold Drinks** ~ limit Cokes and other colas at all times. Also colored drinks like Fruitopia and other punches. There are high in calories and sugar.