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**LOSE WEIGHT AND KEEP IT OFF
—THE HEALTHY WAY—WITH
AMERICA'S MOST RESPECTED DIET**

— *The* —
DASH
DIET
— *for* —
Weight Loss

Includes Extensive 7-Day Meal Plans with
Different Calorie Levels for Weight Loss—
Including Vegetarian Meal Plans



**THOMAS J. MOORE, MD,
and MEGAN C. MURPHY, MPH,
and MARK JENKINS**

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America's
Healthiest Diet Now
Adapted for Weight Loss
by the Chairman of the
Research Team
Who Created
the DASH Diet

**THOMAS J. MOORE, MD,
and MEGAN C. MURPHY, MPH,
and MARK JENKINS**

- NAMED THE BEST OVERALL DIET BY U.S. NEWS & WORLD REPORT TWO YEARS IN A ROW
- RECOMMENDED BY THE US DEPARTMENT OF AGRICULTURE AS AN IDEAL EATING PATTERN FOR ALL AMERICANS
- ENDORSED BY THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE AND THE AMERICAN HEART ASSOCIATION

(AHA)

- MEAL PLANS PROVIDED AT MULTIPLE CALORIE LEVELS (SO THERE'S ONE THAT'S RIGHT FOR ALL READERS) AND

FOR MEAT-EATERS AND VEGETARIANS ALIKE

START THE DASH DIET THE EASY WAY WITH ONE OF OUR SIMPLE,

SUBSTANTIAL MEAL PLANS:

1,600 CALORIES: DAY 5

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, 1 added fat, ½ sweets

BREAKFAST (340 CALORIES)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

½ cup raspberries, 1 fruit (30 calories)

1 cup low-fat milk, 1 dairy (110 calories)

MORNING SNACK (160 CALORIES)

1 cup sliced mango, *2 fruit (110 calories)*

$\frac{3}{4}$ ounce (1 small slice) low-fat cheddar cheese, *$\frac{1}{2}$ dairy (50 calories)*

LUNCH (325 CALORIES)

1 Cobb Salad ([see recipe](#)), *4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)*

1 small chocolate chip granola bar, *1 grain (100 calories)*

AFTERNOON SNACK (160 CALORIES)

“Ants on a log”:

4 celery sticks (5 inches each), *1 vegetable (5 calories)*

1 tablespoon peanut butter, *$\frac{1}{2}$ nuts/seeds/legumes (100 calories)*

2 tablespoons raisins, *$\frac{1}{2}$ fruit (55 calories)*

DINNER (445 CALORIES)

Shrimp Scampi, 3 ounces shrimp with sauce ([see recipe](#)), *1 meat (145 calories)*

$1\frac{1}{2}$ cups whole-wheat linguine, *3 grain (300 calories)*

EVENING SNACK/DESSERT (105 CALORIES)

1 medium apple, *1 fruit (50 calories)*

2 tablespoons low-fat caramel sauce, *$\frac{1}{2}$ sweets (55 calories)*

Nutrition analysis for the day: 1,535 calories, 6 grain, 4½ fruit, 5 vegetable, 2 dairy, 1½ meat, ½

nuts/seeds/legumes, 1 added fat, ½ sweets

UNLIKE MOST DIETS, the DASH Diet is based on favorite foods you can find at the grocery store

around the corner. It's easy to follow, it won't leave you hungry, and it's built for long-lasting results. It's

also America's healthiest diet. And people on the DASH Diet feel better and think more clearly. That's

because, also unlike most diets, the DASH Diet was originally developed by a team of medical researchers

who were funded by the NIH and led by Dr. Thomas Moore. The team's goal was to create a diet to lower

blood pressure (DASH stands for Dietary Approaches to Stop Hypertension), and they came up with an easy

eating plan that has since been proven to lower high blood pressure and reduce the development of

hypertension, lower cholesterol, and reduce the risk of heart attacks, strokes, heart failure, and kidney stones,

as well as reduce the risk of developing colon cancer. And the researchers noticed something else along with

these incredible medical benefits: while eating a varied, hearty diet of nutritious foods, people on the DASH

Diet also were able to lose weight and maintain that healthy weight loss over time.

Named the Best Overall Diet by *U.S. News & World Report* two years in a row and recommended by the US Department of Agriculture as an ideal eating pattern for all Americans, the DASH Diet is easy to follow and allows you to choose the foods you like. Now, based on new data from Dr. Moore's continuing research, *The DASH Diet for Weight Loss* adapts the DASH Diet for anyone who wants to reach his or her healthiest weight. You'll learn how to calculate calorie targets and learn what counts as a serving; how to add exercise to the diet; how to keep a food log, plan a menu, and adapt favorite recipes for the DASH Diet.

And you'll learn how to keep off the weight you lost. With versions for meat-eaters and vegetarians, the DASH Diet is a plan you can stick to because it offers a wide selection of your favorite foods, not special supplements or meals that you have to buy from a specific manufacturer. You'll read inspiring before-and-after stories by others who have experienced success with DASH. And you'll find extensive meal plans at the calorie level that is just right for you, concentrating on how to lose weight without sacrificing great-tasting foods. You can reach your goal to lose weight and keep it off by following America's healthiest diet. *The DASH Diet for Weight Loss* will show you how.

Dr. Thomas J. Moore is professor of medicine at Boston University School of Medicine and associate provost for the Boston University Medical Campus. His research team at Harvard Medical School worked with other teams at Johns Hopkins, Duke, the Pennington Research Institute, and the University of Oregon to design the DASH Diet and prove its benefits. Dr. Moore is the founder of the online DASH for Health program.

Megan C. Murphy, MPH, earned her master's degree in public health at Boston University, where she focused her studies on how people make health and lifestyle choices. She has served as the program manager of the DASH for Health program since its inception in 2002, helping people make healthy choices every day.

Mark Jenkins is a freelance writer and the author of many successful books, including two Book-of-the-Month Club alternate selections. His writing has appeared in publications as diverse as *Rolling Stone* and *The Wall Street Journal*. Mark lives on the island of Martha's Vineyard, Massachusetts.

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The DASH Diet for **WEIGHT LOSS**

Lose Weight and Keep It Off—
the Healthy Way—
with America's Most Respected Diet

Thomas J. Moore, MD
and Megan C. Murphy, MPH, and Mark Jenkins

FREE PRESS

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I dedicate this book to my family,
for their support, encouragement, and love

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Finally I would like to acknowledge the nearly 1,000 volunteers who participated in the DASH

studies, in which we learned that the DASH eating plan provides so many important health benefits.

And to thank the 18,000 people who have enrolled in the DASH for Health program, who taught me

what works—and what doesn't—when it comes to weight loss, and who allowed me to share those

findings with you, the readers of this book.

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Preface

IN AUGUST 1993, By researchers gathered together in an overheated hotel conference room in

Bethesda, Maryland, to design what would come to be known as the DASH study.

The initials “DASH” stand for Dietary Approaches to Stop Hypertension. The By researchers

represented ve research teams. There was Laura Svetkey, MD, and her team from Duke; George Bray,

MD, and his team from the Pennington Center in Louisiana; Larry Appel, MD, and his team from Johns Hopkins; Bill Vollmer, PhD, and his team from Oregon Health Sciences Center; and my team from Harvard. The National Heart, Lung, and Blood Institute had selected these five teams from among forty applicants. Our task was to design an eating pattern that would lower blood pressure.

The teams had never worked together before. In fact, most of us did not even know one another. But it became clear from the very beginning that we were willing and eager to work together to design the “perfect” diet. By the end of that first meeting, we had agreed on a rough outline of the diets we would test and how we would test them. And I was honored that the group had selected me as the chairman of the overall study.

But it took another twelve months before we were ready to start testing the first research volunteer.

That’s how long it took to design a study as complex and tightly controlled as the DASH study. DASH was a “feeding study”—that means we gave the research volunteers all of their food for the entire eleven weeks of the study. Volunteers were going to be studied simultaneously in North Carolina, Maryland,

Louisiana, and Massachusetts. To be sure that the study was being conducted in the same way at all four

sites and that the subjects at all sites were eating the same foods, we prepared careful menus and recipes

that would be served in each location. We even worked with food companies that agreed to ship food

items (such as bread, crackers, soup, and fruit) from the same production batch to all of our four sites so

that the study volunteers were in fact eating identical foods. Samples of each recipe and meal were

prepared, ground up, and chemically analyzed so that we were sure exactly what was in the foods. In

addition, researchers at each site received identical training on how to measure blood pressure, how to

weigh subjects, and how to measure body fat. We wanted to be absolutely sure that all four sites were

feeding subjects the same food and measuring the effects of the diet in an identical way.

Once the study was designed, the four sites enrolled 459 volunteers in two and a half years. We tested

three different diets. One third of the subjects ate a typical American diet. One third of the subjects ate a

typical American diet enriched in fruits and vegetables. And the rest of the subjects received what is now

called the DASH Diet. When the results were analyzed, the DASH Diet lowered systolic blood pressure

by nearly 11 points—about as much as a typical antihypertensive medication and, in fact, far more than we researchers expected.

Since we first published these results in 1997 in the New England Journal of Medicine, many other

studies have shown additional benefits of the DASH Diet. We know that it lowers blood pressure in

people with high blood pressure, but we also now know that the DASH Diet reduces the development of

hypertension, heart failure, heart attacks, and kidney stones, and even reduces the risk of developing

colon cancer. Studies have shown that people who eat the DASH Diet “feel better.” One study even

showed that the DASH Diet improves the ability to think clearly! And—most important for this book—

the DASH Diet has also proven to be a very effective tool for those who want to lose weight.

So although DASH started off as a diet to lower blood pressure, with all this additional scientific

evidence, the US Department of Agriculture now recommends the DASH Diet as the ideal eating pattern

for all Americans. And a recent U.S. News & World Report ranking rated the DASH Diet as the “#1 Best

Overall Diet” when compared to twenty other popular diets such as Weight Watchers, Jenny Craig, and

South Beach.

But I often hear the comment, "It's nice that the DASH Diet shows all those benefits when it's tested

in a study where volunteers are being given all of their food by the study staff. But how does the DASH

Diet work in real life, when people need to select and prepare their own food?"

We're happy to say that it works just fine. Dietitians and nutritionists routinely recommend the

DASH Diet to people who are interested in improving their eating habits, who have specific medical

conditions that would benefit from DASH, and who want to lose weight. People like the DASH Diet

because it is easy to understand. It is about real foods, not special supplements or meals that you have to

buy from a specific manufacturer. You can shop for the DASH Diet at the same stores where you've

always shopped, and it allows you to follow either a meat-eater or vegetarian diet.

The DASH Diet started out as a tightly controlled scientific study but has turned into something

much larger. Doctors, nutritionists, government agencies, and organizations such as the American Heart

Association are recommending the DASH Diet. Now we want to get the 150 million Americans who

would benefit from the DASH Diet to try it and stick with it.

We hope this book will be part of that solution.

Part 1

A Diet Whose Time Has Come

1

Why This Book Is Different

YOU BOUGHT this book because you want to lose weight on the DASH Diet for Weight Loss, and you

are probably anxious to get started. If you just can't wait another minute, you will find detailed

instructions on how to get started in [Part 2](#) of this book. But please do read these first three chapters,

whether now or later. In these initial pages you will find plenty of reasons to believe in this weight-loss

program.

The DASH Diet for Weight Loss is different from any other weight-loss program out there. Our

eating recommendations are based on the DASH Diet, which is backed by extensive scientific evidence

and is endorsed by leading health care organizations.

I've incorporated our scientific discoveries into the diet as well as lessons from ten years of using

DASH to help thousands of people lose weight and get healthier. Our nutrition advice is highly

customized for every calorie level—including yours. Finally, this is a weight-loss diet of satisfying, real

foods that you can stick to for the long term.

Let's answer some key questions you probably have:

- WHAT'S SO SPECIAL ABOUT THE DASH DIET?
- HOW DOES THE DASH DIET WORK?
- WHERE IS THE EVIDENCE THAT THE DASH DIET CAN HELP YOU LOSE WEIGHT?
- HOW IS THE DASH DIET FOR WEIGHT LOSS DIFFERENT FROM OTHER WEIGHT-LOSS

PROGRAMS?

MEDICAL ADVICE

The diet and exercise advice we give in this book is based on established and proven

medical evidence. But it may not be appropriate for everyone. We encourage you to ask

your doctor about any planned changes in your eating or exercise habits. Your doctor

knows your medical condition better than anyone and can give you the best advice about

whether the DASH Diet and moderate exercise are right for you.

And if you have any known food allergies or reactions, you should avoid those foods even if they are listed among the DASH recommended items.

WHAT'S SO SPECIAL ABOUT THE DASH DIET?

The DASH Diet is rich in fruits, vegetables, low-fat dairy foods, and whole-grain products. It is reduced in red meat, animal fats, and sugar. "What's so special about that?" you ask. "My parents were telling me to eat that way years ago." True. But what's different about DASH is that we have determined through

research the combination of servings from each of eight key food groups you should eat each day. And

the number of servings differs depending on your size and calorie needs. We will give you the specific number of food servings that are right for you.

Another thing that's special about the DASH Diet is that it is recommended as an ideal eating pattern

for all American adults by the US Department of Agriculture (USDA). The American Heart Association

recommends the DASH Diet, too. And in 2011, a team of nutrition experts rated twenty popular diets

for U.S. News & World Report and selected the DASH Diet as the number one best overall diet.

But it isn't high rankings that make the DASH Diet so special. It is special because it is backed by a

mass of scientific proof that shows that eating the DASH Diet can provide real and important health benefits.

The DASH Diet was designed by a team of medical and nutrition scientists and funded by the

National Institutes of Health. Our goal was to design an eating pattern that would lower blood pressure.

(The name "DASH" stands for Dietary Approaches to Stop Hypertension.) We spent a full year

designing the diet and then tested it in a study involving 459 people. We found that the DASH Diet

lowered blood pressure as well as a typical high blood pressure medication did. We published those

results in the New England Journal of Medicine, and the DASH Diet is now part of most standard

guidelines for preventing and treating high blood pressure here in the United States and around the world.

As we looked more closely at the data, we found that the DASH Diet did more than just lower blood

pressure. It also lowered blood cholesterol levels. And it showed evidence of protecting bone strength.

People eating the DASH Diet even reported that they felt better!

Since that original study, our team and others have found additional benefits of the DASH Diet. In

fact, there are now more than 100 scientific articles that attest to the benefits of eating the DASH Diet.

To mention just a few:

- The DASH Diet combined with a reduced salt intake lowers blood pressure even more than either maneuver alone.
- The DASH Diet prevents the onset of high blood pressure.
- The DASH Diet reduces the occurrence of heart attacks (by 18 percent) and strokes (by 24 percent).
- It reduces the risk of developing heart failure by 37 percent.
- It reduces the development of kidney stones by 45 percent.
- It reduces the risk of developing colon cancer by 20 percent.
- It reduces the risk of developing diabetes (a very important benefit at this time, when the frequency of diabetes in America is skyrocketing).
- It even helps people think more clearly!

There is more scientific evidence to support the DASH Diet than any other eating pattern. And that's why it is recommended by the USDA, the American Heart Association, U.S. News & World Report, and others. But I always tell my patients, don't be impressed that the DASH Diet is so highly rated—be impressed with the evidence that inspired those ratings. The DASH Diet truly is the eating pattern that will protect your health for life.

HOW DOES THE DASH DIET WORK?

In brief: We don't know.

The cholesterol-lowering effect may be due to the reduced amount of animal fat in the DASH Diet (from less meat, whole milk, full-fat cheeses, and so on). But the cause of the other benefits is really unknown. If we could identify the “magic bullet” in the DASH Diet, we could synthesize it, put in a pill, and just give that to people. Certainly that would be easier than convincing people to change their eating habits! Unfortunately, that “magic bullet” has not been found.

Take blood pressure as an example. We originally designed the DASH Diet to lower blood pressure.

So in our design, we tried to incorporate all of the nutrients that earlier studies had suggested might

lower blood pressure—elements such as a high potassium content, calcium content, and magnesium content. But then we did a separate study where we gave those minerals as individual supplements and in combination to a group of 300 women. We found that even combining all three of these “magic bullets” lowered blood pressure by only about 2 points. That's much less than the effect of the DASH Diet.

Foods are very complex combinations of minerals, vitamins, anti-oxidants, fiber, protein, and some other substances we don't even know about yet. It is likely that this combination of nutrients leads to the benefits of the DASH Diet. Or maybe, once we adopt the DASH Diet, we are no longer eating a lot of unhealthy stuff. We really don't know.

As a scientist, I would of course very much like to know how the DASH Diet achieves its benefits. But as a physician, I can be satisfied just knowing that it does provide these benefits and keeps people healthy.

WHERE IS THE EVIDENCE THAT THE DASH DIET CAN HELP YOU LOSE WEIGHT?

Every day, dietitians all over the country are teaching people the DASH Diet to help them lose weight. In

part they do this because the DASH Diet is such a healthy eating pattern, as I've just described. But

there's also proof that the DASH Diet is an effective diet for weight loss.

A group of my DASH colleagues conducted a study to see if people could lose weight on the DASH

Diet. They recruited subjects and divided them into two groups. One group of research subjects was

given advice about weight loss but no further instruction. The other group was taught the DASH Diet

and was encouraged to exercise regularly. Over a period of eighteen months, the DASH Diet group had

regular meetings with dietitians to reinforce the weight-loss advice. Both groups were shooting for a goal

of 10 pounds of weight loss. At the end of eighteen months, the DASH group had lost an average of

nine and a half pounds, significantly more weight loss than the "advice only" group. And 25 percent of

the DASH group hit their target goal of losing 10 pounds or more. These results, published in the

Annals of Internal Medicine, clearly demonstrate that the DASH Diet can be an effective part of a

weight-loss plan.

I took a different approach to studying whether people can lose weight on the DASH Diet. Rather

than test this in a traditional controlled scientific study (which typically involves only a small number of subjects), I wanted to test it on a much larger number of subjects in a real-life setting. So I developed an online program to teach the DASH Diet and began offering it in 2002. (We will discuss this program,

called DASH for Health, in [Appendix B](#) at the end of this book.) Since it began, over 18,000 people have enrolled in the program. Many of these people have successfully lost weight and have kept it off. And what we have learned from these 18,000 people—what does and what does not work for weight loss—forms the basis of much of the advice in this book.

DASH Frequently Asked Question

Almost every week in the newspaper I read about a new study about how to lose weight. Often these studies contradict one another. What should I believe?

Please see the answer to [FAQ 1 in Section V, Frequently Asked Questions.](#)

HOW IS THE DASH DIET FOR WEIGHT LOSS APPROACH DIFFERENT FROM OTHER

WEIGHT-LOSS PROGRAMS?

The most important difference between this program and others—the DASH Diet is backed by scientific evidence. You can be confident you are getting healthier. Your blood pressure will be lower and your cholesterol levels will be healthier. You will be eating foods that have been linked to a lower incidence of heart disease, cancer, osteoporosis, and diabetes. If you follow the DASH eating plan, you will get healthier if you lose a lot of weight, a little bit of weight, and even if you lose no weight at all.

And second, the DASH Diet for Weight Loss uses proven techniques to help you change your eating habits and follow the DASH Diet. These are tricks and tools that we have learned from the more than 18,000 people who enrolled in the DASH for Health program—people just like you. The tips, tricks, and techniques they have shared with me over the years provide the “skillpower” you need to start on and stick to the DASH Diet for Weight Loss. I’m very pleased that some of the participants in the program volunteered to share their specific advice and experiences in this book. Most diet books offer generic advice about eating fewer calories and exercising more. Our advice is very specifically tailored to helping

you follow the DASH Diet.

The DASH Diet for Weight Loss offers in-depth meal plans carefully tailored to the number of calories you should be eating to lose weight. These meal plans have been created by a team of qualified health professionals under my direction. There is a meal plan for you if you are a 140-pound-woman who works a desk job or if you are an ex-football player who works on a construction site all day—and there's a program for you, too.

Then there is the food itself. The DASH Diet for Weight Loss focuses on “high volume-low calorie” foods, which nutritionists understand are essential to any weight-loss program. These foods have fewer calories relative to their size. As an example, a wedge of watermelon has far fewer calories than an equivalent-sized piece of chocolate. The greater sense of fullness you get from large volumes of low-calorie foods is the reason nutritionists recommend focusing on these foods if you are trying to lose

weight.

We have taken this established concept and developed it by focusing also on how hard you have to

work to eat a particular food. Foods that need more chewing and take longer to eat are beneficial if you

are trying to lose weight. That's because if the foods take longer to eat (and if you also focus on eating

more slowly), then it is more likely your "fullness signal" will be triggered and you won't eat as much as

you would if you were eating small amounts of very-high-calorie foods that can be eaten very quickly.

We've combined these food characteristics into an easy-to-remember slogan, Hi-Lo-Slo: High volume,

Low calorie, Slow to eat. We will refer to this slogan throughout this book.

INTRODUCING HI-LO-SLO FOODS

High Volume: Take up a lot of space on your plate and in your stomach so you feel

satisfied

Low Calorie: Low in calories relative to how bulky they are

Slow Ingestion: Require a relatively long time to eat, therefore allowing your fullness

signal to be activated

I will recommend that you avoid eating large amounts of high-density foods such as most red meat,

full-fat cheese, and sweets like chocolate and pastries. However, in the DASH Diet for Weight Loss, no

foods are out of bounds and you can include small amounts of high-density foods in Hi-Lo-Slo food combinations and recipes.

One of the distinguishing characteristics of Hi-Lo-Slo foods is that most of them are high in fiber.

Fiber stays in your digestive system longer and provides a feeling of fullness on fewer calories.

Finally, our emphasis is on the long term—losing excess weight and keeping it off. A person can lose

weight for a few weeks on almost any diet. All you have to do is eat fewer calories than you burn each

day and you'll lose weight. That's the easy part. The hard part is keeping that weight off. That's where

most diet programs fail. To have a meaningful effect on health, a diet has to be healthy and allow you to

lose the excess weight and keep it off. And that long-term emphasis—keeping it off—is an important part

of what this book is about.

To better understand how this diet will help you achieve your goals, the next chapter will take a closer

look at the metabolic process we call “weight loss.”

THE FUNDAMENTAL REASONS why we lose or gain weight are based on a principle in physics: the law

of conservation of energy. If the rest of this chapter were all about mathematical equations, no one

(including me) would ever read it. But the fundamentals of weight loss are important to understand, so

let me put it in the form of a story.

Bob loved cars. He was especially proud of his Chevrolet Bel Air. He bought it new in 1954. In the

early years, he did a lot of long-distance traveling, so he installed an extra-large 100-gallon gas tank.

Now, however, he only drives it to and from work, which he does every day, seven days a week.

This is Bob's daily habit: Every morning he stops at the gas station at the end of his street, buys coffee

and a newspaper, and puts one gallon of gas into the Bel Air. He drives to work and back, and the next

day he repeats the same habit. Bob drives ten miles to work and ten miles home every day (twenty miles

total). The Bel Air goes twenty miles on a gallon of gas, so every day he adds a gallon of gas and burns a

gallon of gas. Everything comes out even.

This worked perfectly for many years until a coworker told Bob that a new road had just opened that

provided a shorter route for his commute. The new road was five miles to work and five miles home,

reducing Bob's total commute from twenty miles to ten. Always interested in saving time, Bob

immediately started using the new road, but he kept his other habits: every day a cup of coffee, a

newspaper, and one gallon into the Bel Air. After using the new road for three months, he noticed that

the Bel Air was struggling. It didn't have its usual pep, and its rear end was dragging. Why was this

happening? Bob's commuting distance had decreased from twenty to ten miles per day, but he was still

adding a full gallon of gas every day. So basically, the Bel Air was burning only half of the gas Bob was

adding each day. The other half gallon was being stored in that oversize gas tank. After three months of

the new commute, the Bel Air was lugging an extra forty-five gallons of gas in its tank. (Bob eventually

figured this out.)

Now let's connect the Bel Air story to the notion of weight gain and weight loss in a person. Let's say

the person is Bob himself. The Bel Air is Bob's body. Both the Bel Air and Bob need fuel: the fuel for the

Bel Air is gasoline; the fuel for Bob is the food he eats. The fuel for the Bel Air is measured in gallons; the

fuel for Bob is measured in calories. How much fuel we need each day depends upon how much

physical work we do. For the Bel Air, that was typically twenty miles per day. It's not so easy to measure

human work in miles because we perform work of many types. Often, we measure the amount of work

we do in a day as the number of calories we use to accomplish it. One part of the story when Bob reduces

his commute from twenty miles to ten miles is like what happened to Bob when he moved from

adolescence into adulthood. His activity level dropped and he became more sedentary. If he continued to

eat the same amount of food even as his activity dropped, the same thing would happen to Bob that

happened to the Bel Air. He began to fill his tank with excess fuel (fat). He lost his pep and his rear end

was dragging.

So what could Bob do to fix this situation? He could start by reducing how much fuel he adds each

day to the level that he needs. If Bob would cut back to the number of calories that he uses up each day,

he wouldn't gain more weight, but he wouldn't lose weight, either. To lose weight—to use the fuel we

already have stored away as fat—we need to burn more fuel than we consume. There are two ways to do

this. We can reduce the amount of fuel that we eat each day or we can increase the amount of fuel that

we burn each day. And of course, the best answer is to do both.

Cars

How Do They Compare?

People

Bel Air

The machine

Bob's body

Gas

Fuel

Food

Gallons

Fuel measurement

Calories

Miles driven

Measure of "work" performed

Calories burned

Gas tank

Excess fuel storage

Body fat

No pep, rear end dragging plus obesity,

No pep, rear end

Result of excess fuel stored

diabetes, heart disease, arthritis, sleep

dragging

apnea, and many more problems

Here's a little math. If Bob both eats and burns 2,500 calories per day, his weight would stay the

same. He could lose weight by reducing his calorie intake by 500 calories a day to 2,000 calories. His

body will get the extra calories it needs by "borrowing" them from his stored body fat. If Bob eats 2,000

calories a day for a week (while burning 2,500), he will lose one pound in that week (-500 calories/day)

$\times 7 \text{ days} = 3,500 \text{ calories}$, and there are 3,500 calories in one pound of fat).

And he could lose more weight by increasing his activity (the calories he burns) by another 500

calories per day. Again, he will have to go to his fat stores for this fuel. He will have to borrow another

500 calories of fuel from those fat stores each day. Doing the math, we see that burning an extra 500

calories each day for a week will result in another pound of weight loss (-500 calories/day × 7 days =

3,500 calories, or one pound).

If Bob could consistently reduce food calories by 500 per day and burn 500 calories more per day

through exercise, he could burn 7,000 fat calories per week, which would be a weight loss of two pounds

of fat.

So all through the rest of this book we will be talking about cutting back on calories and increasing

how many calories we burn through exercise. On the basis of this story, you can see that you can actually

lose weight by doing either calorie-cutting or exercise. But the most reliable and fastest way to lose weight

safely is to do both.

3

The DASH Diet for Weight Loss: A Diet Whose

Time Has Come

WHEN I SAT DOWN to start researching and writing this book, I was reminded that I have been

studying the effects of food on health for over twenty years. In that time, the national concern about

overweight and obesity has become a full-blown emergency. Americans are spending \$60 billion per year

on diet products, pills, and programs. And as a society we spend \$75 billion per year on obesity-related

health care. What particularly struck me as I started gathering the latest data on overweight and obesity

was how fast things are going down hill. In the 1970s, fewer than half of Americans were overweight or

obese (47 percent); now two-thirds of us are (66 percent). The number of “obese” people has doubled,

from 15 percent of Americans to 30 percent. Whatever we are doing now to halt obesity, it isn’t working.

WHERE DO YOU FIT IN?

What do these terms mean: “overweight” and “obese”? How do we define an unhealthy weight? And

where do you fit in? We can’t use simple body weight to determine whether someone “weighs too

much.” A 5-foot-tall man may be very overweight at 160 pounds while someone 6 feet 6 inches could be

considered lean at 210 pounds. We needed a way to assess weight according to how tall a person is. And

that’s where body mass index (BMI) comes in. BMI takes both your weight and height into account.

Using the table on page 17, you can learn your BMI.

Or if you like doing a little math and want your precise BMI, use this formula:

BMI = weight (in pounds) × 703/ height (inches) × height (inches)

Here is how we classify BMIs:

Underweight: BMI between 16.5 and 18.4

Normal: BMI between 18.5 and 24.9

Overweight: BMI between 25 and 29.9

Obese: BMI 30 or more

So when I say that 66 percent of Americans are now overweight or obese, I mean that 66 percent have

BMs greater than 25. Because the health risks of being obese increase as a person gets heavier and

heavier, we put obese people in subcategories:

Class I obesity: BMIs between 30 and 34.9

Class II obesity: BMIs between 35 and 39.9

Class III obesity: BMIs 40 and above

Unfortunately, those highest BMI subcategories are growing faster than ever. The Centers for Disease

Control and Prevention informs us that 4.7 percent of Americans now have a BMI greater than 40, up

from 2.9 percent a decade earlier. That's 9 million Americans! [Table 3.2](#) shows you what BMI "looks

like."

TABLE 3.1 What's Your BMI?

Find your weight in pounds in the left column (if you are between two weights, pick the lower one). Find your height in inches in the top row. Your BMI is in the box where your weight row and your height column intersect.

Weight (pounds)	Height (inches)																			
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12	
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13	
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13	
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14	
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15	
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17	
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18	
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19	
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20	
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21	
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24	
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25	
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26	
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27	
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28	
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29	
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30	
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32	
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33	

Table 3.2

Body Weights of People of Various Heights in the Three Classes of Obesity

Obesity Class I

Obesity Class II

Obesity Class III

(BMI* 30-35)

(BMI 35-40)

(BMI above 40)

Height (inches)

Weight (pounds)

62

164-191

191-218

More than 218

66

186-216

216-247

More than 247

70

207-243

243-278

More than 278

72

233-272

272-311

More than 311

* BMI (body mass index) compares weight to height and is used as a measure of “fatness.” See [Table 3.1](#) for a full range of BMIs.

WHY WE WORRY ABOUT OBESITY

Obesity can lead to problems in physical health, mental health, and even in our work lives.

Let’s look first at how obesity affects life expectancy. We have known for some time that obese people

die earlier of heart disease and stroke than nonobese people. To take a broader look at obesity and the

risk of dying, a 2010 study in the New England Journal of Medicine examined all causes of death, not

just heart disease and stroke. Researchers at the National Cancer Institute and several leading centers

around the world analyzed the relationship between BMI and overall mortality in 1.46 million adults.

They found the lowest mortality rate among people with BMI between 22.5 and 25. Compared to people

with a BMI of 25, there was a 30 percent increase in mortality for every 5-point increase in BMI, all the

way up to a BMI of 50.

Beyond an increase in the risk of dying, obesity causes multiple health problems. Some health

problems are related specifically to the excess body fat. Arthritis is one example, in which excess weight

accelerates damage inside hips and knees and contributes to osteo-arthritis. Sleep apnea is another, in

which excess fat around the neck compresses the airway.

Just as troubling is the fact that excess body fat changes our metabolism, which can trigger a host of

other serious health problems. Obesity leads to what is called "metabolic syndrome." Metabolic

syndrome is a combination of three or more obesity-related health conditions, and is known to increase

an individual's risk of heart attacks and strokes. If you have three or more of the following health

conditions, you also have metabolic syndrome:

Large waist circumference (more than 40 inches in men, more than 35 inches in women)

High blood sugar

High blood pressure

Elevated blood triglyceride levels

Low HDL cholesterol levels (that's the "good" cholesterol)

MEDICAL PROBLEMS ASSOCIATED WITH OVERWEIGHT AND OBESITY INCLUDE:

Diabetes

Hypertension

Heart disease

Stroke

Certain cancers, including breast and colon

Depression

Osteoarthritis

Sleep apnea (periodic cessation of breathing while asleep)

Let's look more closely at diabetes, one of the most serious obesity complications. It is no coincidence

that as the rate of obesity is rising, so is the frequency of diabetes. In 1995, 3.3 percent of American

adults had diabetes. In 2009, that figure doubled to 6.6 percent. And diabetes is a devastating disease

with devastating consequences. Diabetes causes heart attacks and strokes. It is also the leading cause of

kidney failure and blindness.

What about how body weight affects mental health? This is more complex. There is scientific evidence

that obese people have a greater risk of psychological problems, especially depression. And the reverse

applies too: people with depression may overeat and become obese. Whether obesity is the cause of

depression or its result, it is clear there is a very important connection between body weight and mental

health. In people with underlying psychological problems, it is important to treat those problems at the

same time that we work on weight loss.

Finally, what about obesity and work life? There is abundant evidence that obese people suffer several

types of discrimination in the workplace. Obese job applicants are less likely to get hired, even though

they may have the same skills and qualifications for the job. Employers rate the job performance of obese

employees more critically, and pass out stricter disciplinary action to obese workers. And obese women

are paid less than their healthy weight counterparts—up to 12 percent less in some studies. Obese men

do not seem to suffer from this type of wage discrimination.

So with all of this evidence that being overweight or obese creates problems in our physical and

mental health as well as at work, how is it that we continue to get fatter and fatter?

CAUSES OF OBESITY

How human beings put on weight, lose weight, and regulate our weight is a highly complex process, but

the most important principle is encapsulated in the acronym CICO—calories in, calories out. Put another

way: if you ingest more calories than you burn through physical activity, you will put on weight; if you

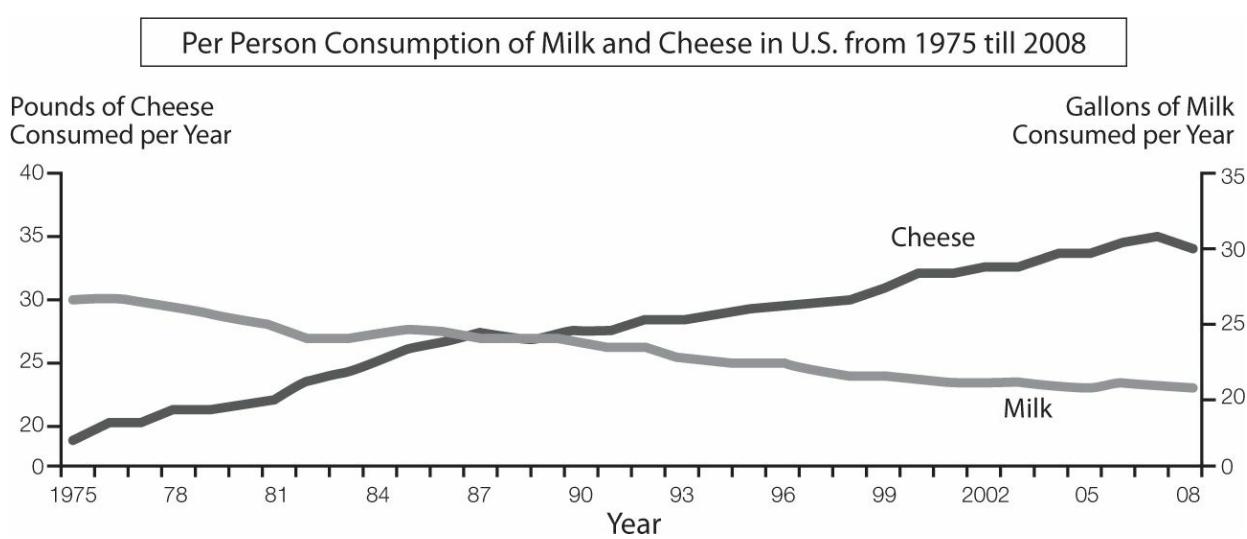
burn more calories than you ingest, you will lose weight. I explained this in the previous chapter using

Bob-and-the-Bel-Air analogy.

The reason our citizens are putting on weight and becoming overweight and obese is because they are

eating more and being less active.

Figure 3.1



Source: adapted from USDA, Economic Research Service

Compared with 1975, Americans in 2008 drank 10 less gallons of milk per year and ate 15 more pounds of cheese. Both are healthy

dairy foods, and eaten in appropriate amounts are important in the DASH Diet. But here's a clue that this trend isn't so healthy. Ever

since 2002, mozzarella cheese has been the most consumed cheese in the United States. What does that tell you? It says that the

cheese Americans are eating is mostly on pizza, and pizza is not an overall healthy food product.

It doesn't take much to disrupt the balance between the calories we eat and the calories we burn, an

imbalance that can lead to progressive weight loss or weight gain. Given the environment in which we

live, weight gain is a much more likely scenario.

Daily calorie intake increased between 1970 and 2000 by 168 calories for men and 335 calories for

women, according to the government's National Health and Nutrition Examination Survey (NHANES).

That increase seems quite small—the equivalent of a 16-ounce soda or two, or one or two small candy

bars. But it is enough to explain the exploding rates of obesity.

Let's run the numbers to see what would happen if you ate only 100 more calories per day than

what's necessary to maintain your current weight:

100 extra calories per day = weight gain of a little less than one pound per month

This would add up to a little more than a ten-pound weight gain every year. And of course many

people eat much more than an extra 100 calories per day. So the first contributor to the obesity epidemic

is that we are eating more: more calories in.

ECONOMICS CLASS

Americans didn't just decide one day to start eating more. There are several reasons why

our calorie intake has dramatically increased, some of which has to do with plain old

economics:

- The cost of producing food has declined.
- The greatest decline in food costs has been for foods that are high in calories and fast to eat

(so-called calorie-dense foods like burgers, chocolate, and ice cream).

-
- The price of fresh fruits and vegetables, fish, and dairy products has increased much faster

than the price of sugar and sweets, fats and oils, and carbonated beverages.

- Preparation of food at home is happening less often due to technology such as the

microwave and frozen dinners, not to mention home delivery of high-calorie foods.

- There has been a rapid increase in the number of fast-food restaurants and other

“inexpensive” options for eating out.

PHYSICAL ACTIVITY HAS DECLINED

The news gets worse because it's also true that we are exercising less. That's fewer calories out. Experts

don't know exactly how much less physical activity we are doing on average, but the fact that we are

exercising less is not in doubt.

There are several reasons why Americans are doing less physical activity:

- At work, technology allows us to accomplish the same goals with less effort.
- We drive more, walk less.
- There are many more sedentary activities available (Internet, video games, TV).
- There's less physical education taught in the schools than there used to be.

- More of us have desk jobs than farming and factory jobs.

A 2011 study by the Trust for America's Health and the Robert Wood Johnson Foundation showed

that in fourteen U.S. states, people were less physically active than they were just a year ago. Despite the

focus on fitness and health in our culture, only two U.S. states (Texas and California) saw an increase in

physical activity. In those places where physical activity rates have remained at the same low levels, the

news is dismal. According to the Labor Department, on average less than 16 percent of Americans

exercise every day, about one-fifth of the number who sit and watch TV.

A TOXIC FOOD ENVIRONMENT

Another major cause of the obesity epidemic is that we live in a "toxic food environment."

We are almost always surrounded by large amounts of inexpensive foods that are quick to eat—and

which appeal to our primitive desires for fatty, sugary, salty sustenance.

There is almost never a time in the day when such foods aren't easily available to us. We can pull over

on the highway for fast food, wander down the hall at work to a vending machine for a candy bar or

bag of potato chips, or hoist ourselves off the couch between TV commercials to head to the freezer for a tub of ice cream.

Figure 3.2



This new size coming to a store near you!

Everywhere, advertisements urge us to eat more, drink more, and participate in ways to be less active.

Our ancestors would be amazed at the huge amounts of food available to us at every turn—giant bottles of soda from convenience stores, towering hamburgers from fast-food joints, tubs of pasta at family restaurants.

Perhaps it's not surprising that portions are getting bigger—we have to fit the larger glasses, bowls, and plates being manufactured. In the 1990s, the standard size of a dinner plate went from ten inches to

twelve inches. Cups and bowls also got larger. This is significant. Larger plates, bowls, and silverware influence how much we eat. A study in the American Journal of Preventive Medicine described how, when people were given larger bowls and spoons, they served themselves larger portions of ice cream and were also more likely to eat the whole portion. It is in fact this increase in portion sizes of common foods that is the defining symptom of the toxic food environment. The government's National Heart, Lung, and Blood Institute (NHLBI) did a study of how much portion sizes have increased in the last twenty years, and the results were astonishing.

Table 3.3

Portion Inflation: Twenty Years Ago and Today

Food

Twenty Years Ago

Today

Pizza

2 slices = 500 calories

1 slice = 850 calories

8-ounce cup = 45 calories

12 to 32 ounces = up to 700 calories if it's a

Coffee

with cream and sugar

latte or a loaded mocha!

Movie

5 cups = 270 calories

1 tub = 630 calories

popcorn

5- to 6-inch diameter = 350 calories and

Bagel

3-inch diameter = 140 calories higher!

Fast-food

333 calories

590 calories

cheeseburger

8-ounce bottle (original size)

Soda

20-ounce bottle = 242 calories

= 97 calories

Source: National Heart, Lung, and Blood Institute



Nowhere have portion sizes increased more dramatically than at fast-food restaurants. Portion sizes at fast-food chains are two to five times larger than when items were first introduced. For example, when McDonald's first opened its doors in 1955, it offered one choice of hamburger, and that weighed just 1.6 ounces. Now the chain's largest burger weighs in at a whopping 8 ounces—500 percent larger. The Big Mac, once the behemoth of burgers, now seems quite puny compared to menu items at other establishments with names like Triple Whopper, Colossal Burger, and the Western Bacon Six Dollar Burger.

Our perspective has become so distorted by the enormous portions we see when we eat out that we've started to make bigger meals for ourselves in our own kitchens. A study found that people pour themselves about 20 percent more cornflakes and 30 percent more milk than twenty years ago.

How to explain this behavior?

Some experts believe we are a product of evolution—our ancestors were so hungry for so much of the

time that when they had the opportunity to eat, they gorged themselves. Translate this to modern times

when food has become so plentiful, and if it's there, people will eat it. Many of our citizens have become powerless in the face of the food they are surrounded by.

A PERFECT STORM

This combination of factors—increased calorie consumption, decline in physical activity, and a toxic food environment—has created a perfect storm so powerful it has become incredibly difficult for many

people to maintain an appropriate weight. No matter that the goal is so desirable; no matter that society

places such a premium on thinness; and no matter that we are constantly being told by the government,

our doctors, and our loved ones to lose weight—it feels like an impossible task.

DASH FAQ

Could a weight-loss pill be right for me?

Please see the answer to [FAQ 2 in Section V](#), Frequently Asked Questions.

A DIET WHOSE TIME HAS COME

If it's hard to lose weight, keeping it off is even harder. Many weight-loss diets succeed in helping people

lose weight—but only for the short term. No matter what promises are made, these extreme diets (sometimes known as “fad diets”) are difficult to follow for very long. Either the foods are so restrictive or the preparations so unfamiliar that they are too difficult to stick to. When you return to a more real-life eating pattern—as you inevitably will—the weight almost always comes right back. Even worse, many people end up heavier than they were before they started. The problem is that those who lose weight on these extreme weight-loss programs don’t learn healthy eating habits and when they fall off the wagon, they end up right back where they started, or in a worse position.

I don’t consider any weight-loss program successful unless it helps you keep the weight off in the long term. To do this, the program has to stress eating habits that can be maintained long after the initial weight loss takes place. That’s why the DASH Diet for Weight Loss teaches you a way of eating that can last you through life.

As I outlined in [Chapter 1](#), it is this and several other reasons why this weight-loss program is right for anyone who wants to lose weight, keep it off, and get a lot healthier in the process. As you prepare to

embark on the action portion of the DASH Diet for Weight Loss, let's review this diet's credentials:

It is endorsed by reputable health organizations such as the American Heart Association and

the US government's Food and Drug Administration, and is taught at medical schools as the

healthiest eating plan available.

It is based on real science, including the results of the original DASH Diet study and over 100

follow-up published papers.

The emphasis is on Hi-Lo-Slo foods, which makes the food content ideal for a weight-loss

program.

You get healthier as you lose weight on the eating plan that is at the heart of the diet, and you

will be eating foods that have been linked to a lower incidence of heart disease, cancer,

osteoporosis, and diabetes.

It's easy to follow, thanks to how the diet is explained—you figure out what your target calorie

number is, then find the meal plans that match that number or follow the simple guidelines to

create your own eating program.

The foods are familiar and easy to find, and almost nothing is out of bounds.

It has been used successfully by hundreds of thousands of people, including over 18,000 who

enrolled in an interactive online weight-loss and health program I have run since 2002. Some

of the success tips from those people are included in this book.

ONWARD!

We've spent some time introducing the DASH Diet for Weight Loss in the preceding three chapters that

make up [Part 1](#) of this book. This has been the prelude to putting the principles of the program into

practice. Armed with the knowledge about how this weight-loss program is so different and why you

need it, you are now prepared to take the steps necessary to get started on losing weight and getting

healthier. Onward!

Part 2

Into Action

YOU ARE BEGINNING the most important part of the book. This is the "how-to" section, where you

learn to put principles into practice. So that it doesn't seem overwhelming, I am going to break it down

into manageable sections—small bites, if you will.

The first section is about the foods in the DASH Diet: What You Eat. I have divided this section into

the following chapters:

- Your First Three Steps
- The Food Groups: Going Hi-Lo-Slow
- Challenging Foods: Snacks, Drinks, and Mixed Dishes
- What About Salt?
- The Importance of Food Tracking
- Is Meal Planning the Answer for You?
- Vegetarians, This Diet Is for You, Too

Then I discuss the importance of exercise: How Much You Move. I will show you how to increase

your weight loss by making physical activity part of your life. The chapters are:

- Walking Your Way to Weight Loss
- Ramping Up Your Fitness Program
- Increasing Lifestyle Exercise

Third, I show you how to put all this into action. This section contains important behavior change

strategies I call skillpower. I break this down into:

- Create Realistic Goals You Can Reach
- Use Your Tools
- Employ Visualization Techniques
- Practice Conscious Eating
- Ask for Support
- Conquer Emotional Eating
- Stave Off Cravings
- Learn How to Go Grocery Shopping
- Make Your Kitchen Weight-Loss Friendly
- Learn How to Dine Out and Still Maintain Weight-Loss Goals

I then provide you with the inspiration to keep all those new, healthy habits over the long term in a

section called Doing It for Life. And last, but de nitely not least, I answer people's Frequently Asked

Questions about the DASH Diet.

SECTION I

What You Eat

4

Your First Three Steps

THE BASIC ELEMENTS of learning how to structure your own eating system is as easy as one, two, three:

1. Determine your “calorie target”—how many calories you need to consume per day.
2. Learn the number of servings from each food group you should eat every day for your calorie target.
3. Learn what counts as a serving, and understand the concept of Hi-Lo-Slo foods.

Here's more on these three steps.

STEP 1: DETERMINE YOUR CALORIE TARGET

Refer to the [Table 4.1](#) (Women: Calorie Intake Target per Day for Weight Loss) or [Table 4.2](#) (Men: Calorie Intake Target per Day for Weight Loss) to find how many calories you should be eating each day

to lose weight. Read down the left column to find your current weight. If your weight is midway

between two weights, use the lower weight. Then read across the table to the column that matches your

typical activity level. There you will find your weight-loss calorie target.

Table 4.1

Women: Calorie Intake Target per Day for Weight Loss

Weight (pounds)	Sedentary*	Light activity*	Moderate activity*	Heavy activity*
-----------------	------------	-----------------	--------------------	-----------------

100

1,200

1,200

1,200

1,326

110

1,200

1,200

1,210

1,404

120

1,200

1,200

1,280

1,481

130

1,200

1,200

1,350

1,559

140

1,200

1,203

1,419

1,636

150

1,200

1,265

1,489

1,714

160

1,200

1,326

1,559

1,791

170

1,200

1,388

1,629

1,869

180

1,202

1,450

1,698

1,946

190

1,256

1,512

1,768

2,024

200

1,310

1,574

1,838

2,101

210

1,364

1,635

1,907

2,179

220

1,418

1,697

1,977

2,257

230

1,472

1,759

2,047

2,334

240

1,526

1,821

2,116

2,412

250

1,579

1,883

2,186

2,489

* Activity Level Definitions:

Sedentary: little or no exercise

Light activity: light exercise/sports one to three days a week

Moderate activity: moderate exercise/sports three to five days a week

Heavy activity: hard exercise/sports six to seven days a week

The calorie levels in these tables are a good approximation for overweight and obese people of average

height (64 inches for women and 69½ inches for men) and who are about age 50. If you are taller

and/or younger than that, the table will give you a lower calorie level than you actually need, so you

might lose weight faster, but your DASH servings will be more limited and so harder to stick with. If you

are shorter or older, the table will give you a higher calorie estimate than you need, so you won't lose

weight as fast.

Table 4.2

Men: Calorie Intake Target per Day for Weight Loss

Weight (pounds) Sedentary* Light activity* Moderate activity* Heavy activity*

100

1,200

1,304

1,533

1,763

110

1,200

1,366

1,603

1,841

120

1,200

1,427

1,673

1,918

130

1,236

1,489

1,742

1,996

140

1,290

1,551

1,812

2,073

150

1,344

1,613

1,882

2,151

160

1,398

1,675

1,951

2,228

170

1,452

1,737

2,021

2,306

180

1,506

1,798

2,091

2,383

190

1,560

1,860

2,161

2,461

200

1,614

1,922

2,230

2,538

210

1,668

1,984

2,300

2,600

220

1,722

2,046

2,370

2,600

230

1,776

2,107

2,439

2,600

240

1,829

2,169

2,509

2,600

250

1,883

2,231

2,579

2,600

* Activity Level Definitions:

Sedentary: little or no exercise

Light activity: light exercise/sports one to three days a week

Moderate activity: moderate exercise/sports three to five days a week

Heavy activity: hard exercise/sports six to seven days a week

Calculate your daily calories using the equation in [Appendix A](#) if you are in one or more of these

categories, or if you would just like to calculate the precise calorie needs for your own height, weight,

age, and activity level:

You are younger than 40.

You are older than 60.

You are a woman shorter than 60 inches or taller than 68 inches.

You are a man shorter than 66 inches or taller than 74 inches.

The calorie levels in these tables are calculated to provide 500 calories per day less than you need to

maintain your current weight. This degree of calorie reduction will result in a weight loss of one pound

per week. Reducing calories more than this creates a diet that is too restrictive. People just get too hungry

and are unable to stick with the diet long enough to hit their desired weight goal. To lose weight faster,

we recommend increasing your activity level. This is covered in detail in Section II, How Much You

Move.

You will notice that we don't recommend calorie levels below 1,200 or above 2,600. It is very difficult

to eat a balanced diet with sufficient nutrition at less than 1,200 calories per day. Diets lower in calories

than 1,200 per day should be supervised by a physician or dietitian. And to follow our DASH eating

plan at 1,200 calories per day, you need to pay very special attention to choosing Hi-Lo-Slo foods. These

foods are highlighted in [Chapter 5](#). Following our meal plans is another great way to learn Hi-Lo-Slo

foods.

Our highest calorie level, 2,600, is actually more than a 500-calorie-per-day deficit for some people.

But we don't recommend more than 2,600 calories for anyone who wants to lose weight; 2,600 calories

provides all of the nutrients and foods you will need to feel satisfied.

STEP 2: LEARN THE NUMBER OF SERVINGS FROM EACH FOOD GROUP YOU SHOULD EAT EVERY DAY

FOR YOUR CALORIE TARGET

Now that you know your weight-loss calorie target (from [Table 4.1](#) or [4.2](#) or because you calculated it in

[Appendix A](#)), refer to the calorie target levels in [Table 4.3](#). Find your calorie target in the left column.

Read across that row to see how many DASH servings per day you should be eating from each of the food groups.

If your calorie target is between two levels, choose the lower calorie level. So if you need 1,768 calories per day, follow the servings goals in the 1,600 calorie row.

Calorie Target	How Many Servings Should You Eat Each Day from the DASH Food Groups?							
	Vegetables	Fruits	Grains	Dairy	Meat/ Fish/ Poultry/ Eggs	Nuts/ Seeds/ Legumes	Added Fats	Sweets
1,200	4	3	5	2	1½	¼	½	½
1,400	4	4	5	2	1½	¼	½	½
1,600	4	4	6	2	1½	¼	1	½
1,800	4	4	6½	2½	1½	½	1½	½
2,000	4	4	7	2½	1½	½	2	½
2,200	4	5	8	3	2	½	2½	1
2,400	5	5	9	3	2	½	3	1
2,600	5	5	10	3	2½	1	3	1½

What if you are a vegetarian? Good news—with some modifications, this diet can be eaten by

vegetarians, too, while retaining all the weight-loss and health benefits. See [Chapter 10](#) for a full

description of how to adapt the DASH Diet to a vegetarian pattern. But very briefly: replace your

servings of meat with eggs and foods from the nuts/seeds/legumes group. These foods include beans and tofu (legumes), as well as seitan and tempeh (meat substitutes).

STEP 3: LEARN WHAT COUNTS AS A SERVING IN EACH FOOD GROUP

Examples of DASH Diet for Weight Loss serving sizes are given in [Table 4.4](#), Serving Sizes in the Eight

DASH Food Groups. If you eat more than the quantity in a single serving, always count it as more than

one serving when you track your food intake for the day. If you eat less, count it as less than one serving.

Serving sizes don't have to be exact, though try to stay as close as possible to what counts as a serving

size. More details on serving sizes are given in [Chapter 5, The Food Groups: Going Hi-Lo-Slo.](#)

You won't need to weigh and measure your food forever. With a little practice, you will get very good

at recognizing how much a serving is, especially when you are at home and using your usual plates and

bowls. To teach yourself how to recognize a serving, it's a good idea to start off by actually measuring

foods for a few days. For this, you'll need:

Table 4.4

Serving Sizes in the Eight DASH Food Groups

DASH Food Group

1 Serving Equals

1 cup* raw leafy vegetables

$\frac{1}{2}$ cup raw nonleafy vegetables

Vegetable

$\frac{1}{2}$ cup cooked vegetables (cut up or mashed)

$\frac{3}{4}$ cup vegetable juice (preferably low-sodium)

1 medium whole fruit

Fruit

$\frac{1}{4}$ cup dried fruit

$\frac{1}{2}$ cup fresh, frozen, or canned fruit

$\frac{3}{4}$ cup 100% fruit juice

One 1-ounce slice bread

Grain (and grain products; preferably

1 ounce dry cereal

whole-grain)

$\frac{1}{2}$ cup cooked rice

1 ounce cooked pasta (about $\frac{1}{2}$ cup)

1 cup milk

1 cup yogurt

Dairy (low-fat or nonfat)

1½ ounces cheese

½ cup cottage cheese

3 ounces cooked meat, fish, or poultry

3 eggs

Meat (also fish, poultry, and eggs)

6 egg whites

¾ cup egg substitute

3 ounces seitan

9 ounces tofu

Meat alternatives (count as 1 DASH)

4 ounces tempeh

serving of meat/fish/poultry)

½ cup dehydrated TVP (textured vegetable

protein)

1/3 cup nuts

2 tablespoons seeds

Nuts/seeds/legumes

$\frac{1}{2}$ cup cooked legumes

2 tablespoons peanut butter

1 teaspoon regular soft margarine, butter, or oil

1 tablespoon regular mayonnaise, salad

Added fat (and oil)

dressing, or sour cream

2 tablespoons "lite" or reduced-fat mayonnaise,

salad dressing, or sour cream

1 tablespoon maple syrup

1 tablespoon granulated sugar

1 tablespoon jelly or jam

$\frac{1}{2}$ cup gelatin dessert

Sweets

1 ounce candy (jelly beans, chocolate chips, etc.)

$\frac{3}{4}$ cup sugared lemonade, punch, or soda

3 pieces hard candy

$\frac{1}{2}$ cup sherbet

1 Popsicle

* A note about cup measures: Some foods, such as yogurt, gelatin desserts, ice creams, sherbets, and canned fruit, are bought

in “cups” of varying sizes. When we refer to cups, we mean the standard American 8-fluid-ounce measure.

- A set of dry measuring cups
 - A liquid measuring cup
-
-

- A set of measuring spoons
- A food scale (available at most grocery stores and some pharmacies)

Here are some useful tips for eyeballing servings:

- $\frac{1}{2}$ cup of food is about the size of a bar of hand soap when piled on a plate. In a small bowl, it

is the amount that would fill a cupcake wrapper.

- $\frac{1}{3}$ cup is about the amount that would fit in the palm of your hand (see [Figure 5.5](#) to see

what one serving of nuts looks like in the palm of a hand).

- 1 cup is about the size of a tennis ball or baseball.

- 1 teaspoon (when you are measuring butter, mayonnaise, or peanut butter) is about the size

of your fingertip.

- 1 tablespoon is about the size of an egg yolk.

- 2 tablespoons is about the size of a Ping-Pong ball.

- 3 ounces of meat, fish, or boneless poultry is about the size of a deck of cards.

- 1½ ounces of cheese is about the size of a 9-volt battery (the rectangular kind that you put in your smoke detector).

THE IMPORTANT DIFFERENCE BETWEEN A “SERVING” AND YOUR “PORTION”

These two terms have very different meanings in this book and in the DASH Diet. And it is an important difference.

When we say a “serving,” we mean a specific amount of food. So for example, a serving of

cooked vegetables is ½ cup. And a serving of milk is 1 cup. As you can see in Table 4.3, a

person who needs 2,600 calories eats more servings each day than one who needs 1,200

calories. But the size of the serving is the same for everyone. Learning what a serving of food is

in each DASH food group is the first step in learning to follow the DASH Diet.

When we say your “portion,” we mean the amount you choose to eat at a meal or snack.

So a serving is the same for everyone. Your portion is what you decide.

Think of it this way: Let’s say two women have the same calorie targets and are following

the same DASH goals, and let's say their goal for vegetables is to eat 4 servings per day. Let's

also say they only eat their vegetables cooked. One serving of cooked vegetables is $\frac{1}{2}$ cup.

Their 4 servings would be 2 cups total ($4 \times \frac{1}{2}$ cup).

The first woman decides to have vegetables for lunch and for dinner, so she eats 1 cup at

each meal. At the end of the day, she has had her 4 total servings. But at each meal, her

portion was 2 servings—that's how much she decided to eat.

The second woman prefers to have a big meal in the evening, so she saves up all her

vegetable servings till then. At dinner, she eats 2 cups of cooked vegetables. At the end of

her day, she has eaten the same 4 servings of vegetables as the first woman. But her portion

for the meal was 4 servings. That's how much she decided to eat.

A serving of vegetables was the same for both women, but the portions they chose were

quite different.

Vegetable	Fruit	Grain	Dairy	Meat	Nuts/Seeds/Legumes	Added Fat	Sweets

I'M ALREADY OVERWHELMED!

Is that what you're thinking? If so, don't worry. You can find seven-day meal plans for your calorie target in [Part 3](#) of this book. Meal plans are an easy way for you to change your diet immediately, before you've completely gotten the hang of how to do it yourself. This book contains dozens of customized meal plans. There's a meal plan for you! And there is information about meal planning in [Chapter 9](#). So fear not.

MY DASH DIET FOR WEIGHT LOSS PROGRAM

Using what you've learned in this chapter, fill in the blanks below:

1. My calorie target is: _____.
2. My daily servings targets in each food group (from [Table 4.3](#)) are: _____.

5

The Food Groups: Going Hi-Lo-Slo

IN THIS CHAPTER we look at the “nuts and bolts” of your eating plan: the DASH food groups. You'll learn what counts as a serving. And I provide you with a Hi-Lo-Slo “index” for each food group so you

can easily see which foods are better suited to your weight-loss program and which to limit or avoid.

VEGETABLE

Vegetables are rich in important minerals and vitamins, and contain lots of fiber that is important for

weight loss because it makes you feel fuller on fewer calories. There are more vegetables in the DASH

Diet than you'll find in the typical American diet—or in many other weight-loss diets, for that matter.

This is because we know that vegetables contain a lot of key nutrients that help improve our health. The

table below shows how many servings of vegetables you should eat every day to lose weight and get

healthier as you do so.

How many servings of vegetables should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

4

4

4

4

4

4

5

5

Enter the number of servings of vegetables you need to eat every day: _____

HOW MUCH IS 1 SERVING OF VEGETABLES?

1 cup raw leafy vegetables, lightly packed (spinach and romaine, red leaf, and green leaf

lettuces, etc.)

$\frac{1}{2}$ cup nonleafy raw vegetables (carrots, broccoli, peas, peppers)

$\frac{1}{2}$ cup cooked vegetables (spinach, kale, broccoli, cauliflower, carrots)

$\frac{3}{4}$ cup vegetable juice

$\frac{1}{2}$ medium potato or $\frac{1}{4}$ cup mashed potato

10 french fries

½ cup tomato sauce

Vegetables are also right at the top of my list of Hi-Lo-Slo foods. They are high in volume because they

have such a high water content; they are naturally low in calories; and they take time to chew and

swallow so they are relatively slow to eat. In the table below, emphasize the vegetables in the “Choose”

column to maximize your weight loss. And try to use a variety of vegetables. Don’t meet your vegetable

servings target every day by eating only broccoli or only carrots. First, that will get very boring. Second,

different vegetables have different vitamins and nutrients. To get the full health benefit of the DASH

Diet, choose a variety of vegetables.

HI-LO-SLO VEGETABLE CHOICE INDEX

Almost all vegetables are excellent Hi-Lo-Slo choices. But there are some to limit or avoid.

Choose

Limit

Avoid

Raw vegetables and leafy greens

Potatoes French fries

Frozen vegetables in cream or

Frozen vegetables

Avocados cheese sauce

Vegetables roasted with little added fat or

Deep-fried vegetables,

oil, or steamed

including tempura

Potatoes deserve a special mention if you are trying to lose weight. Be careful to limit potatoes in all

forms, and especially avoid french fries and potato chips.

That's because potato consumption is linked to

overweight and obesity. Think about it this way: In a recent study published in the New England Journal

of Medicine, a team of investigators from Harvard University analyzed the connection between the types

of foods people ate and how their weight changed over a period of many years. The analysis included

over 120,000 people, so it was a very sizeable study. In their analysis, they reported their findings as the

change in weight that would occur over a four-year period if people ate one serving of each food every

day. They found that for every one serving of vegetables per day, people lost 0.2 pounds every four years.

Not so for the potato. For every serving per day of plain potato that was eaten (baked, mashed, and so

on), people gained 1.3 pounds every four years. For potato chips, they gained 1.7 pounds per four years.

And for America's favorite form of potato, the french fry, they gained 3.4 pounds every four years. Over

a period of years, those gains certainly add up. So de-emphasize potatoes while you are trying to lose

weight. **What about baked potato chips?** Potato chips may be America's go-to snack, but when it comes

to your health they are best left on the shelf. While baked chips might be lower in fat and calories (120

calories for 15 baked chips—1 serving—versus 160 calories for 15 fried chips), they don't offer much in

the way of nutrition. If you are looking for a snack, pretzels, snack crackers, and even pita chips are a

better option.

Selection Suggestions, Preparation Pointers

To take full advantage of the potential for vegetables to support your weight-loss efforts, it's important to

make the right decisions when choosing and preparing them.

Vegetables are naturally low in calories, so avoid adding unwanted calories during cooking. Use only

a minimum of fat if you are sautéing. And of course, skip the heavy sauces.

DASH FAQ

My parents didn't much care for fruits and vegetables, so I didn't grow up eating them at home. As an adult, I don't feel confident coming up with ways to increase how much produce I eat in my diet. Do you have any suggestions?

—DORIS, DARTMOUTH, MA

Please see the answer to [FAQ 3 in Section V](#), Frequently Asked Questions.

It doesn't matter whether you microwave, boil, roast, or bake them—vegetables keep 80 percent of their nutrients during the cooking process. In general, though, you should cook vegetables only until crisp-tender, with just enough water to create steam but not so little you burn the cooking container.

Crisp-tender vegetables take longer to eat, too. When cooking on the stovetop, use only a small amount of water and keep a tight-fitting lid on the pot so the vegetables cook quickly.

If you like them that way, the best way to serve most vegetables is raw. A vegetable salad is the perfect Hi-Lo-Slo preparation, especially when served with a low-calorie dressing. A vegetable salad is an excellent delivery system for limited amounts of the foods you like that are not so Hi-Lo-Slo, such as meat. An example of this is to enjoy grilled lean beef on top of a bed of greens.

DASH In Action

1. Find out how many servings of vegetables you need to eat every day.

2. Learn what a serving of vegetables is.

FRUIT

Like vegetables, fruits are high in volume because they have such a high water content; they are naturally low in calories; and they are relatively slow to eat. In other words, they are top-notch Hi-Lo-Slo foods.

Refer to the table below for how many servings of fruit to eat every day based on your total calorie target.

How many servings of fruit should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

3

4

4

4

4

5

5

5

Enter the number of servings of fruits you need to eat every day: _____

HOW MUCH IS 1 SERVING OF FRUIT?

1 medium apple, orange, peach, pear

$\frac{1}{2}$ grapefruit or $\frac{1}{2}$ medium (7-inch) banana

$\frac{3}{4}$ cup 100% fruit juice

$\frac{1}{2}$ cup chopped fresh, canned, or frozen fruits

$\frac{1}{4}$ cup dried fruits (apricots, cranberries, currants, dates, figs, peaches, prunes, raisins)

If you're trying to lose weight, another reason to eat lots of fruits is that most are high in fiber. High-fiber

foods help you lose weight because they make you feel fuller on fewer calories. That's because the fiber

stays in your digestive system longer than the contents of other foods. Whole fruit has more fiber than

fruit juice, even 100% fruit juice.

Of course, fruits are also high in vitamins and minerals that are essential for good health, which

means if your weight-loss diet is high in fruit, you are going to get healthier as you lose weight. And they

offer us a low-calorie and healthy way of satisfying a craving for something sweet. For all these reasons,

the DASH Diet recommends more fruit servings than most Americans eat. There are more fruits in

DASH than in most other weight-loss diets, too.

HI-LO-SLO FRUIT CHOICE INDEX

Refer to this list for which fruits fare better on the Hi-Lo-Slo index.

Choose

Limit

Avoid

Any fresh fruits

Fruit juice Canned fruits in heavy syrup

Frozen fruits (no syrup)

Dried fruit Frozen fruits in syrup

Canned fruit in natural juice (no added sugar)

There are two exceptions: Fruit juice is on my “Limit” Hi-Lo-Slo index because it’s not Slo—it’s easy to

consume a lot of it very fast, which can make the calories add up. It also does not have all the nutrients

and ber you’d get from whole fruit. I recommend that you not have more than one DASH serving of

fruit juice per day (6 ounces). If you usually drink more than this per day, consider diluting $\frac{3}{4}$ cup juice

with $\frac{3}{4}$ cup water. That way, you can drink 12 ounces but still limit your fruit juice to one 6-ounce

serving. Get your other fruit servings from whole fruit.

Dried fruits are also in the “Limit” category because they aren’t Lo or Slo. Link about it this way:

Raisins are just grapes with the water removed. If you count the number of raisins in one DASH serving

($\frac{1}{4}$ cup), you’ll count about seventy- ve. And it wouldn’t take you long to eat those seventy- ve raisins.

Now imagine seventy- ve grapes. Same calories as the raisins. But it would take you longer to eat them,

and you’d certainly feel more full after you ate them. So enjoy dried fruit, but in moderation.

Selection Suggestions, Preparation Pointers

Making the right choices when selecting and preparing fruit to eat will ensure these foods will support

your weight-loss goals.

“Mix it up” is the best guideline when choosing fruits to include in your diet. Focus mostly on fruits

in the “Choose” column of the Hi-Lo-Slo index when making your selections. I recommend fresh fruit

because it tastes a bit better, contains slightly more healthy nutrients, and takes a bit longer to eat

because it is in its natural state. But frozen and canned fruit can be an important part of any weight-loss

diet so long as you select products without sugar added. Look for products packed "in their own juices"

or "in water."

It's easy to work fruit into Hi-Lo-Slo recipes and meals. One way to do this is with lots of fruit on top

of a low-fat yogurt or whole-grain cereal—whether for breakfast or a snack. Here are some other ideas:

- Make a quick smoothie in the blender by pureeing peaches and/or nectarines, a touch of

your favorite fruit juice, crushed ice, and a light sprinkling of nutmeg. Add "lite" vanilla

yogurt for creaminess if you want. The thicker it is, the more Slo it will be to eat.

- Serve fruit wedges with chunks of low-fat cheese and whole-wheat crackers—apples are a

great choice for this.

- Toss grapefruit and/or orange sections in a fresh crunchy salad of mixed greens—the sweet

citrus and crisp lettuce are a surprisingly delicious combination.

- Grill fruit skewers over medium-hot coals for a fun-to-eat and tasty barbecue treat.

- Make frozen fruit kabobs using pineapple chunks, bananas, grapes, and berries. Or just

freeze grapes and berries for a refreshing treat.

- Fruit salad in seconds: Drain mandarin orange slices and empty into a bowl. Add sliced banana, sliced apple, and some blueberries or raisins.
- Make juice cubes by pouring 100 percent fruit juice into an ice cube tray and freezing.

Sucking on these is a Slo treat to satisfy your sweet tooth.

DASH FAQ

I don't have a clue about how to buy and store fruit. Any suggestions?

Please see the answer to [FAQ 4 in Section V](#), Frequently Asked Questions.



DASH In Action

1. Find out how many servings of fruit you need to eat every day.

2. Learn what a serving of fruit is.

WHOLE GRAIN (BREADS, CEREALS, RICE, AND PASTA)

Whole grains are important sources of ber, minerals, and vitamins. When you're eating the DASH Diet

for Weight Loss, you eat more grain servings every day than from any other food group. We realize that

most grain products are made from re ned wheat or other grains (that is, not whole grain). Re ned

grain products are allowed in the DASH Diet. But, because whole grains offer so many more nutrients, we encourage you to really emphasize whole-grain products in your diet.

Because grain foods come in so many different varieties (breakfast cereal, bread, rolls, crackers, rice, and so on), this is the trickiest food group to master. So we're going to provide a more detailed description of grain foods and instructions for estimating grain servings. And because there can be so many selections within a category of grain foods (think crackers or bread), this is one category where you need to know a bit about food labels so you can make wise choices. So we introduce food label reading in this section as well.

Refer to the table below for how many servings of grains to eat every day based on your total calorie target.

How many servings of grain should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

5

5

6

6½

7

8

9

10

Enter the number of servings of grains you need to eat every day: _____

HOW MUCH IS 1 SERVING OF GRAIN?

One 1-ounce slice whole-wheat, whole-grain, or white bread

½ small (about 3-inch) bagel

1 ounce cold cereal such as bran flakes or shredded wheat
(see "Cold Cereal" section below)

for more details)

1 ounce uncooked oatmeal (cooks to about $\frac{3}{4}$ cup)

$\frac{1}{2}$ cup cooked rice or pasta (measure this out a few times till you get good at estimating what

$\frac{1}{2}$ cup looks like on a plate)

2 graham cracker rectangles, 4 saltine crackers



DASH FAQ

I've heard that carbs are "fattening." How, then, can they be part of a weight-loss program?

—SAMUEL, ORLANDO, FL

Please see the answer to [FAQ 5 in Section V](#), Frequently Asked Questions.

Estimating Servings of Bread Products

As you can see in [Figure 5.1](#), bread products come in all kinds of sizes and shapes. Being able to roughly estimate the number of DASH servings in a piece of bread or a bagel is important. For example, let's say your DASH goal is 6 servings of grain foods each day. If you have a sandwich for lunch on two slices of bread as shown in the upper left of the figure, you have eaten 2 grain servings, and you have 4 servings left for the rest of the day. But if your lunch sandwich was prepared on a large bagel, that's 4 servings, so you have only 2 servings left for the day. So take a good look at this figure to learn how to estimate servings in bread products.

Figure 5.1 Bread products come in all shapes and sizes.

One DASH grain serving equals one 1-ounce slice of bread. But which slice? The slice in the upper left equals 1 serving. Going

clockwise from there, the next slice is $1\frac{1}{2}$ servings; the English muffin is 2 servings; the small bagel is also 2 servings. The two bagels

on the bottom row are each 4 servings. And the large, free-form slice of bread is 2 servings.

Today a slice from a typical loaf is either 1 ounce or $1\frac{1}{2}$ ounces. A good rule of thumb is that if your

slice of bread is square, it is 1 ounce; if it is more rectangular, it is 1½ ounces. If you are unsure, you can always check the Nutrition Facts Panel on the side of the package. It will tell you how many slices are in a serving and how many ounces that is. Eating a sandwich made with two slices of bread that are 1½ ounces each but thinking they are really only 1 ounce is the difference of an entire grain serving and



about 80 calories.

Cold Cereal

For cold cereals, we recommend you always check the food label to understand what a serving is. That's

because these cereals are very different in their forms (akes, puffs, O's, biscuits) and their volumes. In

DASH, 1 serving of cold cereal is 1 ounce (about 30 grams). Here we show the labels for a puffed rice

cereal and a granola-type cereal. You can see that 1 DASH serving of puffed rice is about 1¼ cups (that's

about 1 ounce). But for the granola, 1.9 ounces only fills $\frac{1}{2}$ cup. So 1 DASH serving (1 ounce) of granola

cereal would be about $\frac{1}{4}$ cup!

Our advice is to read the labels on cereal boxes, see how much cereal is 1 ounce (a DASH serving),

then teach yourself what that amount of cereal looks like in your bowl. Let's say you're going to have the

granola cereal. Measure out $\frac{1}{2}$ cup (if you are planning to eat 2 servings of grain) and put it in your

cereal bowl. Now you know what the amount you plan to eat looks like. After measuring it out for a

couple days, you'll be able to just pour it into your bowl without the measuring cup.

Some cereal labels will require a little arithmetic. For some, what is called a "serving" on the label

might be $1\frac{1}{2}$ ounces or even 2 ounces. You just need to remember that a DASH serving is 1 ounce

(about 30 grams). If the label says your favorite Granny's Great Bran Flakes is 2 ounces per 1 cup, then 1

DASH serving is $\frac{1}{2}$ cup (1 ounce). The good news is most people eat only two or three types of breakfast

cereal. So you should have to learn this only a couple of times for your different cereals.

Here are a few additional pointers for selecting a breakfast cereal:

- Granola-type cereals tend to be higher in calories.
- Avoid cereals that have the words “sugar” or “frosted” in their name.
- Pick cereals that are whole grain (see Guide to Recognizing Whole-Grain Foods).

Snacks: Crackers and Pretzels

Grain-based snacks are another potentially confusing type of grain product. Link how many different

varieties of chips, crackers, and pretzels you can find in the snack aisle at the grocery. And they differ in

fat content, calories, and whether they are made from whole grain. How do you choose? Like all grain

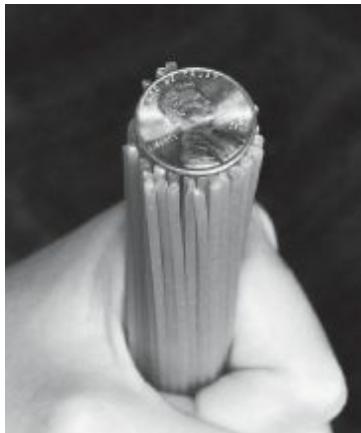
products, we encourage you to choose snacks that are made from whole grain and low in fat. Snacks are

one of the main grocery items where marketers spend their money trying to convince you to buy their

product. Don’t be fooled! Be sure to familiarize yourself with how to recognize a grain product that is

whole grain and low in fat so you are sure to choose a snack that is going to be consistent with the

DASH Diet for Weight Loss program. We describe how to use food labels to choose whole-grain and



low-fat products below.

Pasta

Look for whole-grain pasta. It's a healthy choice. Pasta comes in many shapes and sizes. The best way to

learn how to recognize what your portion of pasta looks like is to measure it out. Let's say you plan on 1

cup of cooked pasta to meet two of your DASH grain servings ($\frac{1}{2}$ cup of cooked pasta equals 1 DASH

serving of grain). Measure out 1 cup and put that amount on your plate. Once you feel comfortable that

you know how much to serve yourself, you can stop measuring.

Sometimes it can be helpful to measure out the amount of pasta you will need before you cook it.

That way, you won't waste any and you won't have extra pasta that you might be tempted to eat. Here's

a handy trick that works for spaghetti. A bundle of spaghetti or linguine as big around as a penny will

yield about 2 DASH servings (1 cup) after it's cooked. And one-half of a 16-ounce box of spaghetti will yield 8 servings (4 cups).

Figure 5.2

A bundle of spaghetti as big as a penny will yield 2 DASH servings of cooked pasta.

As I have said, I recommend whole-grain products that are low in fat. Whole grains that are low in

fat are Hi-Lo-Slo foods because they are high in volume (usually), low in calories, and tend to be slow to

eat. They are also high in fiber, which helps us feel fuller on fewer calories.

The whole grains that register highest on my Hi-Lo-Slo index are crusty whole-grain breads, crunchy

bran-type cereals, whole-wheat pasta, and brown rice.

HI-LO-SLO GRAIN PRODUCT CHOICE INDEX

Choose

Limit

Avoid

Whole-grain breads and White breads and cereals made with

Prebuttered garlic

cereals

refined grains

breads

Crackers (refined

Whole-grain pasta

Refined grain pastas

flour)

Brown rice and quinoa

White rice

Pastas in cream

sauces

Refer to this list for which grain products fare better on the Hi-Lo-Slo index.

Selection Suggestions, Preparation Pointers

Whole grains are a rich source of Hi-Lo-Slo foods. So long as you choose right, these healthy

carbohydrates will fit well into your weight-loss goals.

Many people, when first seeing the amounts of grains they are expected to eat while following the

DASH Diet for Weight Loss, are surprised that they are allowed so many servings. One important thing

to note here is that serving sizes are small. As I mentioned about cold cereal and pasta, it is a good idea

to measure out “loose” products such as cereals, rice, and pasta the first few times you serve them to

yourself. Pour them into different bowls and see what they look like on your usual dinner plate. You

might find that you are often eating as many as two to three servings of grains in one side of rice or bowl

of cereal! And one bagel can have as many as 4 grain servings. So while it is recommended that you eat

more servings from the grain category than any other category, it is particularly important to pay

attention to your portions when it comes to grains.

Try to make as many as possible of the grains you eat whole grains that are low in fat—that includes

breads, pasta, rice, crackers, pretzels, and cereals. Try to limit baked goods made from refined flour—

things like croissants, muffins, donuts, cookies, and other processed grain products.

Here are some pointers that will help you choose a product that is whole-grain.

Guide to Recognizing Whole-Grain Foods

- See where the whole grain falls in the ingredient list (usually at the bottom of the food

label). Choose products where the first ingredient on the food label contains the word

“whole” (or one of the other “whole grain” terms shown in [Table 5.1](#) below).

- When you see a product where the whole grain is the third or fourth ingredient on the list,

this means there might be only a tiny amount of whole grains in the product.

- Don’t be duped by claims on the box that say “Made with Whole Grain!”—this can mean any amount of whole grain.

Figure 5.3 Whole-grain food labels

MADE FROM: UNBROMATED UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, RYE FLOUR, WHEAT GLUTEN, RYE MEAL, YEAST, CONTAINS 2 PERCENT OR LESS OF: SOYBEAN OIL, SALT, CARAMEL COLOR, CARAWAY SEEDS, COCOA PROCESSED WITH ALKALI (DUTCHED), CALCIUM PROPIONATE AND SORBIC ACID TO RETARD SPOILAGE, MONO AND DIGLYCERIDES, WHEAT FLOUR, MALTED BARLEY FLOUR, DEXTROSE, SUGAR, LACTIC ACID, DEHYDRATED ONIONS, DEHYDRATED GARLIC AND ENZYMES.

INGREDIENTS: WHOLE GRAIN SOFT WHITE WINTER WHEAT, SOYBEAN OIL, SALT.

CONTAINS: WHEAT.

If the first item listed on the ingredient list isn’t a whole grain, then the product isn’t whole grain. ☐e

label above is from a box of rye crackers. Because the crackers are dark in color, many people would

mistake them for a whole-grain product. But the first ingredient is enriched wheat flour, not whole-

wheat flour. This is not a whole-grain product.

The next label is from another package of crackers. Its first ingredient is clearly labeled “whole grain

wheat.” So this is a whole-grain product.

Watch the fat content, too: In addition to choosing whole-grain products, the products you choose

should be low in fat. This is because, per gram, fat has more calories than any other nutrient. There are 9

calories in 1 gram of fat, while protein and carbohydrate both have 4 calories per gram. By choosing

whole-grain products that are low in fat, we know that the product will be relatively low in calories. Here

are some pointers that will help you choose a product that is low in fat.

Table 5.1

Terms That Mean “Whole Grain”

Here is a list of terms you will see on food labels. If the first ingredient in the ingredient

list is in the left column, the product is truly “whole grain.” If it’s in the right column, it’s

not.

Indicates a whole-grain

**Is most likely not whole-grain ingredient or product
ingredient or food product**

Wild rice

Wheat flour

Whole-grain corn

Wheat

Whole-grain barley or pearled

Unbleached wheat flour

barley

Stone-ground wheat (if whole grain, label description

Whole wheat

should be “stone-ground whole wheat”)

Whole spelt

Rye flour or rye

Nutrition Facts		
Serving Size	1 Cup (59g/2.1 oz.)	
Servings Per Container	About 12	
Cereal with ½ Cup Vitamins A&D Fat Free Milk		
Amount Per Serving	Cereal	
Calories	190	230
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 250mg	10%	13%
Potassium 320mg	9%	15%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 7g	29%	29%
Sugars 17g		
Other Carbohydrate 22g		
Protein 5g		

Divide Calories from Fat by Calories

$$10/190 = 0.053$$

Total Calories from Fat is
0.053 or about 5%

Whole rye

Rice flour

Whole oats or oatmeal

Rice

Wheat berries

Pumpernickel

Multigrain (this simply means it's composed of various

Triticale

grains, not necessarily whole)

Sorghum

Enriched flour

Quinoa

Degerminated cornmeal

Millet

Cornmeal

Bulgur or cracked wheat

Corn flour

Buckwheat

Brown rice

GUIDE TO RECOGNIZING GRAIN PRODUCTS THAT ARE LOW IN FAT

- Find the number given for Calories from Fat on the Nutrition Facts panel.
- Divide the Calories from Fat by the total Calories in the product.

Figure 5.4 Choosing low-fat products

To ensure the grain products you are choosing are low in fat you should practice this quick calculation. Divide the Calories from Fat by

the total Calories. That percentage should be less than 30 percent.

- You should choose products where the number of calories from fat that you calculate is less

than 30 percent (about one-third) of the total Calories.

- Don't be duped by claims on the package that the product is "Trans Fat Free!" The product

can still be high in fat and contain a lot of unhealthy saturated fat.



When enjoying grain-based foods, go easy on high-calorie spreads, sauces, and toppings. This

includes spreads such as butter and jam on bread and toast, creamy pasta sauces over spaghetti, and

sugar on cereal.

DASH In Action

1. Find out how many servings of whole grains you need to eat every day.

2. Find out what a serving of whole grains is.

DAIRY (MILK, CHEESE, YOGURT)

"But I thought dairy foods are fattening." That's what many people say when I explain the importance of

dairy for good health. It tells me why a lot of folks who are trying to lose weight assume they've got to

cut dairy out of their diets. As a result, the typical "dieter"—especially women—tend to not eat nearly

enough calcium. But calcium is an important part of a healthy diet, and dairy is the most efficient and

convenient way to get it. But there is much more to dairy than just calcium. It is also a rich source of

protein, phosphorus, and other important nutrients.

Here is a simple way to enjoy dairy foods while losing weight: emphasize low-fat and nonfat dairy

products—yogurt, cheese, and milk. These products have all the nutritional value of full-fat dairy

products, minus the fat and calories.

How many servings of dairy products should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

2

2

2

2½

2½

3

3

3

Enter the number of servings of dairy you need to eat every day: _____

Which dairy foods fit best into the Hi-Lo-Slo category? At the top of my list are nonfat (skim) milk,

nonfat yogurt, and cottage cheese made with skim milk. Not as high on my list are hard cheeses, even

when made with skim milk. That's because it's hard to feel full and satisfied on small amounts of these

low-volume foods. It's also easy to lose track of servings and overeat cheese.

HOW MUCH IS 1 SERVING OF DAIRY PRODUCTS?

1 cup milk

1/3 cup nonfat dry milk powder

½ cup low-fat cottage cheese

1½ ounces low-fat cheese

1 cup low-fat or nonfat yogurt, fruit flavored or plain*



$\frac{1}{2}$ cup low-fat or nonfat frozen yogurt

* A note about yogurt: Most of the yogurt “cups” you buy in the supermarkets now are 6 uid ounces or other sizes. In the DASH Diet, 1 serving of yogurt is 8 uid ounces (1 standard cup measure). Because we recommend using yogurt in dips and

smoothies as well as for eating by itself, it is a good idea to buy the larger tub of yogurt and portion it into 8-ounce servings.

HI-LO-SLO DAIRY CHOICE INDEX

Refer to this list for which dairy products fare better on the Hi-Lo-Slo index.

Choose

Limit

Avoid

Low-fat and nonfat milk

Low-fat and nonfat frozen yogurt Whole milk

Low-fat and reduced-fat cheeses

Full-fat cheese

Low-fat and nonfat yogurt

Ice cream

Low-fat cottage cheese

ARE YOU PUTTING BUTTER IN YOUR COFFEE?

Even “little” changes can make a difference over time. Here’s an example.

Let’s say you have one large cup of coffee every day—like a Starbucks grande or a

Dunkin’ Donuts medium. And you add some kind of dairy to it. The average person adds

about $\frac{1}{2}$ cup of dairy to a coffee that size. Whether it’s nonfat milk or whole milk or light

cream, how much difference can that half cup make? The table below shows how many

calories are in that 4 ounces of dairy over the course of one month, depending on what

you add.

What You Add

Calories in a Month

Nonfat Milk

1,300

Whole Milk

2,400

Light Cream

7,100

And the amount of butterfat that you add by using light cream is like adding almost 72/3 sticks of

butter (almost 2 pounds) to your coffee every month!

So if you switch from light cream to nonfat milk for your one grande per day, you'll lose 1½

pounds per month from just that one change.

LASTING IMPRESSIONS

In the interviews I did with successful weight losers as I was writing this book, I spoke with

T.T., a 44-year-old engineer. A week after our interview, he sent me this e-mail:

Dr. Moore,

There was one thing I forgot to mention last week. I've always remembered your story about what

you add to your coffee. I was always a cream/two sugars guy. But after hearing you describe how

much butter I was adding to my coffee, I gave it up instantly. Gross. It was one of those things that

really had an impact, and it made me change to being a “Black with 2 Equal” coffee drinker.

If you don’t like the nonfat version of milk, yogurt, or cheese, try “downshifting.” Start by dropping

down to 2% milk and to reduced-fat cheese. After a week or two, consider downshifting again to 1% or

nonfat. It’s true that consuming dairy products in their “whole-fat” form is not a good idea if you are

trying to lose weight, but reduced-fat dairy products—especially ones at the top of my Hi-Lo-Slo index—

will fit in well to your DASH Diet for Weight Loss program.

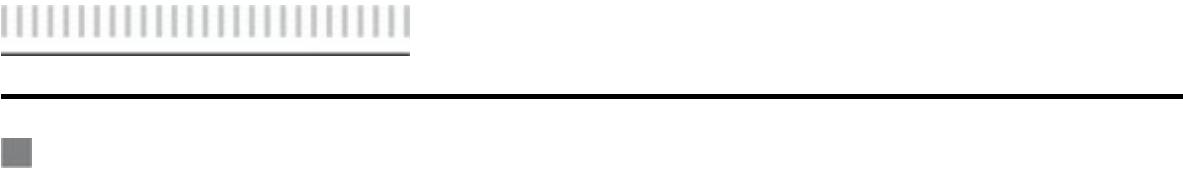
Selection Suggestions, Preparation Pointers

If you’re like most Americans, you don’t get enough healthy dairy in your diet. Here are some ideas for

getting the right number of servings of low-calorie dairy into your day. At breakfast:

- Eat cereal with 1 serving or more of nonfat or 1% milk.
- Make oatmeal with nonfat or 1% milk instead of water.
- Spread low-fat or nonfat ricotta cheese and honey or fruit preserves on toast.
- Try nonfat yogurt jazzed up with wheat germ, granola, or crunchy cereal.

At lunch:

- Eat nonfat yogurt.
 - Top sandwiches with a slice of low-fat cheese.
 - Finish lunch with an ice-cold glass of nonfat or 1% milk.
 - Make “creamy” soup with nonfat or 1% milk.
-
- 

At snack time:

- Instead of coffee or tea, sip on hot cocoa made with nonfat or 1% milk.
- Munch on fresh vegetables with a dip made from nonfat yogurt.
- Try a smoothie made with nonfat yogurt and your favorite fruit.

At dinner:

- Add low-fat or nonfat cheese to casseroles or meatloaf.
- Top vegetables with a sprinkle of low-fat cheese.

DASH FAQ

What advice can you give someone who knows how important dairy is to a

complete weight-loss program, but who is lactose intolerant?

—HENRY, ATLANTA, GA

Please see the answer to [FAQ 6 in Section V](#), Frequently Asked Questions.

Dessert time:

- Enjoy pudding made with nonfat or 1% milk.
- Enjoy nonfat yogurt or cottage cheese mixed with fresh fruit.

DASH In Action

1. Find out how many servings of dairy you need to eat every day.

2. Learn what a serving of dairy is.

MEAT, FISH, POULTRY, AND EGGS

Meat, sh, and poultry—referred to collectively as “meat”—are sources of high-quality protein and

important vitamins and minerals. Eggs are included in this group because they are also good sources of

high-quality protein and can occasionally be substituted for meat.

Meat is a concentrated source of saturated fat and doesn't fare well on my Hi-Lo-Slo index—it is low

in volume, high in calories, and often quick to eat, especially when prepared by fast-food outlets. That's

not to say I recommend you completely cut meat out of your diet. In fact, that's one of the reasons the

DASH Diet for Weight Loss gets such high marks—there are no foods that are out of bounds.

How many servings of meat, fish, and poultry should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

1½

1½

1½

1½

1½

2

2

2½

Enter the number of servings of meat/fish/poultry you can eat each day: _____

HOW MUCH IS 1 SERVING OF MEAT/FISH/POULTRY/EGGS?

3 ounces* cooked lean meat, such as beef, veal, or pork

3 ounces cooked fish or shellfish

3 ounces cooked skinless, white meat poultry, such as turkey, chicken

3 ounces low-fat deli meats

3 whole eggs or 6 egg whites

* Note: 3 ounces of cooked meat is about the size of a deck of cards.

HI-LO-SLO MEAT CHOICE INDEX

Refer to this list for which meat, fish, poultry, and eggs fare better on the Hi-Lo-Slo index.

Choose

Limit

Avoid

Highly processed meats such as bacon and

Lean cuts of beef, pork

Red meat

hot dogs

Skinless chicken and

Dark meat

Poultry with the skin on

turkey breast

poultry

Lean deli meats such as

Regular deli Highly processed deli meats such as salami,

turkey breast

meats

bologna, and liverwurst

Fish

Fried chicken, beef, or fish

Whole eggs and egg

Egg yolks

whites

Americans tend to eat more red meat than poultry and seafood. But both poultry and seafood contain less saturated fat than red meat. For weight loss, I recommend you eat more poultry and fish than red meat.

You can also substitute eggs in your diet for several servings of meat, so long as you follow the substitution guidelines below.

FITTING EGGS IN: THE THREE GOLDEN RULES

Eggs have been getting a bad rap for a couple of decades now because of concerns about cholesterol, but there is certainly a place for eggs in a healthy diet so long as sensible guidelines are observed. The three golden rules where it comes to eating eggs are moderation, sensible cooking techniques, and healthy additions.

- Moderate your consumption: Count three eggs as one serving of meat when figuring out your DASH nutritional goals for the day. Because of the relatively high cholesterol content, restrict your whole egg consumption to five per week. However, because an egg's cholesterol is all in the yolk, you can eat more than five eggs a week if you eat only

the whites of the eggs (which make delicious omelets and scrambled eggs) or egg

white products such as Egg Beaters.

- Use sensible cooking techniques: To cut the fat content in your egg recipes, use nonstick

pans or nonstick cooking spray so you don't have to use butter. Another option is to

poach or boil your eggs so you don't need to cook them in butter.

- Add healthy foods to your egg recipes or meals: Breakfast is the time to work some healthy

ingredients into your egg recipes. The most Hi-Lo-Slo way is to fill your omelet with

vegetables such as tomatoes, grated zucchini, and sweet peppers. Scrambled eggs

made with milk are another way to include a nutrient-rich food in an egg recipe. Eaten

with whole-grain toast and a banana or grapefruit, a breakfast omelet will give you a

terrific jump on your DASH goals for the day.

Selection Suggestions, Preparation Pointers

Meat, fish, and poultry are concentrated sources of calories. Eating too much of these foods is generally

not compatible with a weight-loss program. However, animal proteins can be part of your weight-loss

program so long as you choose wisely when purchasing them and incorporate these foods into Hi-Lo-Slo meals and recipes.

Here are some selection suggestions.

- All sh is naturally low in saturated fat, so choose sh instead of poultry or beef at least

twice each week.

- When buying meat, choose lean cuts. For beef, look for eye of round or top round. Ground

beef should be 90% lean or greater. For veal, select shoulder, freshly ground veal, cutlets, or

sirloin. Pork lovers should go with lean pork loin or tenderloin.

- Buy chicken and turkey without skin; if this isn't possible, remove the skin before cooking.



White meat contains fewer calories and less saturated fat than dark meat. Try freshly

ground turkey made from the breast.

- Limit deli meats to 1 serving (3 ounces) per week. Although convenient, deli meats tend to

be highly processed and contain higher amounts of sodium. Choose meats in their natural

form as often as possible.

- Limit goose and duck, as they are high in calories and saturated fat, even with the skin removed.
 - Go meatless at least once a week, choosing a meat alternative such as legumes, beans, or a meat alternative (see the “Vegetarian” text box below and [Chapter 10](#) for more about meatless eating).
- Meat should not be the centerpiece of your meal. As far as possible, make it the accompaniment to lots of beautifully prepared vegetables and whole grains. On a Hi-Lo-Slo dinner plate, your meat should take up one-quarter of the plate; your vegetables and whole grain should occupy three-quarters. A small amount of grilled chicken surrounded by brown rice and a medley of broccoli, carrots, and green beans is an example of a Hi-Lo-Slo meal that includes animal protein. Another example is some strips of grilled sirloin atop a deep bed of healthy greens and other vegetables.
- A hearty vegetable stew accented by chunks of lean lamb or a vegetable-rich stir-fry with a small amount of meat are two more ways to enjoy small amounts of meat along with other filling ingredients.

When preparing meat for these Hi-Lo-Slo meals, follow these guidelines:

- Seafood is lower in fat, but avoid fried fish covered in greasy batter or swimming in butter.
- Remove the skin from poultry. Taking the skin off a chicken breast reduces calories from about 195 to 140 and fat grams from 8 to 3.
- Cut the fat off meat. Trimming the fat off a 3-ounce piece of broiled sirloin steak lowers calories from 240 to 150 and fat grams from 15 to 6.
- Drain off the fat after cooking ground beef.
- Place meat on a rack when roasting, broiling, or braising so fat can drain away.
- Avoid fatty processed meats such as bologna, salami, hot dogs, sausages, and bacon.

DASH In Action

1. Find out how many servings of meat you can have every day.

2. Learn what a serving of meat is.

NUTS, SEEDS, AND LEGUMES

In the DASH Diet, we put nuts, seeds, and legumes into a single food group. All three offer important

health benefits. They are concentrated sources of protein and fiber, and in the case of nuts and seeds,

healthy fats as well. But your “daily servings” number is low because even though nuts are packed with

nutrition, they’re also packed with calories. Nuts and seeds are sort of the opposite of Hi-Lo-Slo foods—

they are Lo in volume, Hi in calories, and Fast to eat. It’s easy to lose track of how many servings you eat

and exceed your calorie limit for the day. That means that while you definitely want to include nuts and

seeds in your diet, it’s extra important to stick closely to the number of recommended servings.

THE VEGETARIAN OPTION

“I’m a vegetarian. Can I eat this diet?” The answer is “Yes.” Several years ago I developed a

meatless version of the DASH Diet for Weight Loss. In addition to helping you lose weight,

this vegetarian weight-loss plan will provide the same benefits as the regular version.

That’s because the proteins in the replacement foods (legumes and eggs, mostly) do much

the same job that the animal proteins do.

I have not developed a vegan version of my diet because without dairy products, I

cannot be sure the diet will improve health in the same ways. There are certain vitamins and minerals in dairy that provide important benefits related to bone and circulatory health. I am not saying that a vegan version of the DASH Diet doesn't provide all the same benefits as one with dairy in it does—I am just saying that I haven't seen proof either way.

It's easy to adapt the DASH Diet for Weight Loss to make it meatless. One way is to follow the vegetarian meal plans provided in [Part 3](#). There are meatless meal plans for almost all calorie targets.

You can also structure your own meatless weight-loss diet by making appropriate substitutions. The key is knowing how much of the meat replacement counts as a serving of meat. These replacements are described in detail in [Chapter 10](#).

3 ounces seitan

9 ounces tofu

Meat alternatives (count as 1 DASH serving of 4 ounces tempeh

meat/fish/poultry)

$\frac{1}{2}$ cup dehydrated TVP (textured vegetable protein)

WHICH FOODS ARE IN THIS GROUP?

Nuts: almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, peanuts,

pecans, pine nuts, pistachios, walnuts

Seeds: pumpkin, sesame, sunflower

Legumes: soybeans (the most nutritious legume and the most common legume crop in

the world), black-eyed peas, chickpeas/garbanzo beans, lentils, and black, red, white, navy,

and kidney beans. Legumes play an important part of the DASH Diet for vegetarians.

How many servings of nuts, seeds, and legumes should you eat every day?



Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

$\frac{1}{4}$

$\frac{1}{4}$

$\frac{1}{4}$

$\frac{1}{2}$

$\frac{1}{2}$

$\frac{1}{2}$

$\frac{1}{2}$

1

Enter the number of servings of nuts, seeds, and legumes you need to eat every day: _____

For most people, the recommendation for this food group is less than 1 serving per day. If your goal is

$\frac{1}{2}$ serving per day, you might prefer to have one full serving every other day.

Figure 5.5 This is 1 DASH serving of almonds (1/3 cup).

HOW MUCH IS 1 SERVING OF NUTS/SEEDS/LEGUMES?

In general:

$\frac{1}{3}$ cup nuts

2 tablespoons seeds

$\frac{1}{2}$ cup cooked dried beans/legumes

Specifically:

$\frac{1}{3}$ cup almonds, walnuts, peanuts, cashews, etc.

$\frac{1}{2}$ cup cooked beans such as kidney, pinto, and navy

$\frac{1}{2}$ cup cooked chickpeas and lentils

$\frac{1}{2}$ cup hummus

2 tablespoons peanut butter

2 tablespoons sesame seeds

2 tablespoons shelled unsalted sunflower seeds

Selection Suggestions, Preparation Pointers

Nuts and seeds are not Hi-Lo-Slo foods. They are concentrated sources of goodness—and calories.

However, you can include them in your weight-loss diet so long as you follow Hi-Lo-Slo principles. That

means eating them in moderation, and more important, incorporating them into Hi-Lo-Slo meals and

recipes.

HI-LO-SLO NUTS/SEEDS/LEGUMES CHOICE INDEX

Refer this list for which nut, seed, and legume products fare better on the Hi-Lo-Slo index.

Choose

Limit

Avoid

Beans and legumes cooked without added

Baked beans with added fat

Nuts

fat or sweeteners

or sweeteners

Hummus Refried beans

Nuts and seeds can be incorporated into recipes that are Hi-Lo-Slo. This is another instance where we

include foods in the DASH Diet for Weight Loss that many weight-loss plans discourage you from

eating.

Nuts: Toss nuts into stir-fries, salads, and pasta. Sprinkle chopped nuts on top of a bowl of soup or your favorite casserole or vegetable. Start your day with nuts on top of yogurt or oatmeal.

Seeds: Pumpkin seeds can be eaten raw or cooked in Hi-Lo-Slo dishes. They are delicious toasted and sprinkled, while hot, with low-sodium soy sauce and served on salads. Sunflower seeds can be sprinkled over salad or breakfast cereals.

Legumes: Legumes can be the main ingredient in a dish or liven up Hi-Lo-Slo dishes such as salads, soups, and casseroles. For example, you can toss chickpeas or kidney beans in a salad.

Legumes can be used as a meat replacement, in which case you can increase how many servings of them you can eat.

LEGUMES ARE NUTRITION SUPERSTARS

Legumes are naturally low in fat and a major source of complex carbohydrates, fiber, protein, and minerals such as potassium, magnesium, and zinc.

In vegetarian cultures or where meat is unavailable or too expensive—China and India,

for example, the two most populous nations in the world—legumes are often the main source of protein.

In many cuisines, legumes are paired with grains for a well-rounded nutritional

package. This is because the proteins in the legumes “complement” the protein in grain

foods, thereby offering a more nutritious protein dish. Thus, the soybean is paired with rice

in China; beans, lentils, and chickpeas with wheat and barley in Middle Eastern and Indian

cuisines; and beans with corn in Mexican and Tex-Mex dishes.

DASH In Action

1. Find out how many servings of nuts, seeds, and legumes you should eat every day.

2. Learn what a serving of nuts, seeds, and legumes is.

ADDED FAT AND OIL

In the DASH Diet for Weight Loss, we encourage you to avoid foods that are inherently high in fat, such

as high-fat cuts of meat or high-fat pastries. But the fats and oils that we ask you to count in your daily

DASH servings are the fats you add to your foods when you eat them—things like butter, olive oil, and

the oils in salad dressing. These might seem small in quantity, but the calories add up to be pretty big. To

keep your calorie intake within your target number, it's important to address the added fat in your diet.

How many servings of added fat should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

$\frac{1}{2}$

$\frac{1}{2}$

1

1½

2

2½

3

3

Enter the number of servings of added fat you can eat every day: _____

Added fats and oils are by definition calorie-dense foods—the opposite of the Hi-Lo-Slo foods you want

to emphasize in your diet. You can include them in your diet but in very limited amounts. I would like

you to especially reduce the amount of butter that you use. Like all animal fats, butter contains what we

call “saturated fat”—the kind that raises cholesterol levels. Vegetable fats contain just as many calories as

butter but don’t raise your cholesterol. In fact, olive oil and canola oil can even improve your cholesterol

level. So use vegetable oils, but to lose weight, use them sparingly.

HOW MUCH IS 1 SERVING OF ADDED FAT?

1 teaspoon soft margarine or butter

1 tablespoon regular mayonnaise or sour cream or 2 tablespoons low-fat mayonnaise or sour

cream

1 tablespoon salad dressing or 2 tablespoons “lite” salad dressing

1 teaspoon oil (olive, corn, canola, safflower, or other vegetable oils)



HI-LO-SLO ADDED FAT CHOICE INDEX

Refer to this list for which added fat products fare better on the Hi-Lo-Slo index.

Choose

Limit

Avoid

Low-fat versions of the following products:

Olive oil

Butter

mayonnaise, salad dressing, sour cream

Canola oil

Mayonnaise

Trans-fat-free

Whipped

margarine

cream

DASH FAQ

When grocery shopping, it's always a good idea to choose foods that are low in

fat if I'm trying to lose weight, right?

Please see the answer to [FAQ 7 in Section V](#), Frequently Asked Questions.

WHAT ABOUT TRANS FATS?

One of the few foods I will tell you to cut out of your diet completely is trans fats.

In general, I recommend moderate amounts of polyunsaturated and monounsaturated

fats such as canola and olive oil, which are heart healthy, and limited amounts of

saturated fat because it can cause high cholesterol and heart disease.

I recommend you avoid trans fats completely because they are a synthetic substance

that has been linked to serious health problems. Trans fats are created when oils are

chemically changed from a liquid to a more solid fat, a process called "hydrogenation"

because hydrogen is added. Studies have shown that trans fats increase “bad cholesterol”

and lower “good cholesterol.” Saturated fats, too, increase the “bad cholesterol,” but

unlike trans fats they don’t lower “good cholesterol.” More recent studies suggest trans

fats may cause other health concerns. For instance, regularly eating foods high in trans

fats may interfere with your body’s ability to metabolize fats you need for the growth and

functioning of vital organs such as your brain.

Foods that often contain trans fats include:

- Cookies and crackers
- Doughnuts
- Potato chips
- Peanut butters
- Nondairy creamers
- Deep-fried meat, fish, and chicken
- Salad dressings
- Some cereals
- Margarine

You can avoid trans fats by following these guidelines:

- Avoid products containing the words “partially hydrogenated” on the ingredients label.

And don't buy foods with any trans fats listed on the food label.

- When eating out, ask your server whether the restaurant fries or bakes using partially hydrogenated oils.

In addition it is important to:

- Keep your saturated fat intake low. Just because a food doesn't contain trans fats doesn't mean that you should eat one with saturated fat in it instead. Saturated fats are

not just high in calories—they are associated with heart disease.

- Remember that polyunsaturated and monounsaturated fats are “good” fats, but even though they are heart healthy, they contain as many calories as other fats—about 9 calories per gram.

Selection Suggestions, Preparation Pointers

- Use half the salad dressing you typically do now. Pour it into a spoon (instead of straight out of the bottle) to control the amount you use.
- Try low-fat or nonfat salad dressing and mayonnaise.

- Use a small amount of a heart-healthy oil whenever a recipe calls for melted shortening or butter.
 - When frying, stir-frying, or lining a baking pan, use vegetable oil sprays to cut down on how much oil you use.
 - Make your own salad dressings and dips. Creamy dressings and dips can be made with plain low-fat yogurt instead of sour cream or mayonnaise.
-
-

DASH In Action

1. Find out how many servings of added fat you can have every day.

2. Learn what a serving of added fat is.

SWEETS

The DASH Diet for Weight Loss recommends far less sugar-sweetened food and beverages than the

typical American diet. Sugary foods are high-density foods and not Hi-Lo-Slo, and they don't contain

any important nutrients to benefit your health. Keep them to an absolute minimum if you're trying to lose weight.

To satisfy your desire for sweets, try sugar-free fruit- avored gelatin or, best of all, frozen, canned, or

fresh fruit for dessert. Fruit gives you the sweetness you crave and lots of vitamins, minerals, and ber.

Nonfat frozen yogurt is a sweet treat that counts as 1 DASH serving of dairy per $\frac{1}{2}$ cup. Because they are

so high in calories due to their sugar content and because they provide very little other nutritional

benefit, I include regular soda and sugar-sweetened drinks like fruit punch as “sweets.”

How many servings of sweets should you eat every day?

Calorie Target

1,200

1,400

1,600

1,800

2,000

2,200

2,400

2,600

Servings

$\frac{1}{2}$

$\frac{1}{2}$

$\frac{1}{2}$

$\frac{1}{2}$

$\frac{1}{2}$

1

1

$1\frac{1}{2}$

Enter the number of servings of sweets you can eat every day: _____

HOW MUCH IS 1 SERVING OF SWEETS?

$\frac{3}{4}$ cup sugar-sweetened soda

1 tablespoon maple syrup

1 tablespoon sugar

1 tablespoon jelly, jam, or preserves

$\frac{1}{2}$ cup sugar-sweetened gelatin dessert

1 ounce jelly beans

$\frac{3}{4}$ cup sugar-sweetened lemonade or fruit punch

3 pieces hard candy

$\frac{1}{2}$ cup sherbet

1 Popsicle

Selection Suggestions, Preparation Pointers

Since sweets are such a small part of the DASH Diet for Weight Loss, let's look at how to cut back on

these foods, since many people who struggle with their weight tend to eat too much of them. Most

important, limit yourself to the number of servings you should be eating and healthier, low-calorie

alternatives to high-calorie sweets.

One of the healthiest ways to satisfy your sweet tooth is with fruit, "Mother Nature's candy." You can

do this at dessert time or as snacks.

You can complement these choices with low-calorie dairy items. As an example, you can get much of

the taste and mouthfeel of an ice cream sundae by taking half a banana and some berries, adding one

scoop of "lite" frozen yogurt, and topping it with low-calorie chocolate syrup and a tablespoon of

crushed nuts. Not only will you satisfy your craving for something sweet, cold, crunchy, and flavorful,

but you'll also get a serving of fruit, low-fat dairy, and nuts, all of which are important to the DASH

Diet. Another idea for a sweet snack is creating a trail mix of mini pretzels, with a smaller amount of

chocolate chips, dried fruit, and peanuts.

You don't have to go without sweet treats. You just need to find lower-calorie alternatives. And

there's fun in finding out what these are.

DASH In Action

1. Find out how many servings of sweets you can have every day.

2. Learn what a serving is.

6

Challenging Foods: Snacks, Drinks, and Mixed

Dishes

ITIS EASY to keep track of your servings when you're choosing from the major DASH food groups as I

showed you in the previous chapter. But there are certain areas of our daily food choices that don't

neatly into this format. These require attention so they don't become problem areas. We cover three main

challenges in this chapter: snacks, drinks, and estimating what's in dishes that are composed of several

different foods (what we call "mixed dishes"). We also briefly discuss ways to cope when eating out,

either in restaurants or at someone else's house.

SNACKING SMART

The DASH Diet for Weight Loss is a satisfying diet of whole foods. It isn't a "starvation diet" that is impossible to stick to in the long term and that has you feeling hungry all the time. But if you find yourself with a rumble in your stomach between meals, or if you enjoy taking a break with a snack at certain times of the day, then you need to learn to "snack smart." Snacking smart means finding snacks that are Hi-Lo-Slo and keeping track so you don't go over your calorie target for the day.

Making a habit of smart snacking can also get you out of the habit of hitting the vending machine or the candy aisle of a convenience store when you get an urge for something to munch on.

The following are some excellent alternative snacks:

- Whole fresh fruit or canned fruits packed in their own juice
- Unsalted pretzels mixed with a small amount of nuts and dried fruit
- Graham crackers and other reduced-fat crackers
- Sugar-free gelatin
- Low-fat or nonfat yogurt
- Air-popped popcorn, plain, with no added salt
- Raw vegetables with a low-fat dip (such as my "Dill"icious Dill Dip)

Most of these snacks also provide you with needed servings of DASH foods, especially fruits, vegetables,

low-fat dairy, and whole grains.

One of the keys to healthy snacking is making sure you have access to these foods when you want

them. That means planning ahead. It's a good idea to include Hi-Lo-Slo snacks on your shopping list.

Make sure you stock up so you're not caught short with nowhere to go other than that vending machine.

Refer to [Table 6.1](#) for calorie contents of some common snack foods. For weight loss, stick with the

lower-calorie selections.

Make Your Own 100-Calorie Snacks

Making your own 100-calorie Hi-Lo-Slo snacks can provide you with personalized and delicious ways of

snacking smart. It's also cost-effective—the do-it-yourself approach to snacking is much less expensive

than the commercial 100-calorie snack packs we see in grocery stores.

Table 6.1

Calories and Number of DASH Servings in Common Snacks

Item

Calories DASH servings

Snack Foods

Pretzels, 1 oz.

100-120 1 grain

Granola bar, 1.5-2

150-200 1-2 grain

ounces

Fat-free granola bar

100

1 grain

1.5 ounces

Popcorn, air-popped, 110

1 grain

3 cups

Frozen Yogurt, $\frac{1}{2}$ cup

Frozen yogurt, low-fat 145

1 dairy

Frozen yogurt, nonfat 100-150 1 dairy

soft serve

Yogurt, per 8 fl. oz. cup

Yogurt, low-fat, plain 120-160 1 dairy

Yogurt, low-fat, fruit

200-250 1 dairy

on the bottom

Yogurt, nonfat, plain 110-130 1 dairy

Yogurt, nonfat, fruit

180-200 1 dairy

on the bottom

Gelatin Dessert, 1 snack cup

*Sugar free gelatin does not contain enough nutrients to

Sugar-free gelatin

10

count toward your servings in any of the DASH food

categories.

Regular gelatin

70

1 sweet

Fruits and Vegetables

Apple, 1 medium

50

1 fruit

Banana, 1 medium, 7- 105

2 fruit

inch

Cantaloupe, $\frac{1}{2}$ cup

25

1 fruit

Carrots, $\frac{1}{2}$ cup baby

25

1 vegetable

carrots or carrot sticks

Celery, $\frac{1}{2}$ cup sticks

10

1 vegetable

Cherries, sweet,

50

1 fruit

pitted, $\frac{1}{2}$ cup

Grapefruit, $\frac{1}{2}$

40

1 fruit

Grapes, $\frac{1}{2}$ cup

50

1 fruit

Honeydew melon, $\frac{1}{2}$

25

1 fruit

cup

Orange, 1 medium

60

1 fruit

Peach, 1 medium

35

1 fruit

Pear, 1 medium

80

1 fruit

Pineapple chunks, $\frac{1}{2}$

40

1 fruit

cup

Plum, 1 medium

30

1 fruit

Strawberries, sliced, $\frac{1}{2}$ 25

1 fruit

cup

Watermelon chunks, 25

1 fruit

$\frac{1}{2}$ cup

Canned pineapple in 75

1 fruit

100% juice, $\frac{1}{2}$ cup

Canned fruit cocktail

in its own juices, $\frac{1}{2}$

40

1 fruit

cup

Here are some ideas:

- 1 rice cake spread with 2 teaspoons almond butter or natural peanut butter

- 1 cup sliced bananas and fresh berries
- 20 unsalted pretzel sticks, 1 reduced-fat string cheese stick, celery sticks (all you can eat)
- 1 medium apple with 1 ounce low-fat cheese
- 1 cup fresh fruit salad sprinkled with 1 tablespoon slivered almonds
- $\frac{1}{2}$ of a reduced-fat string cheese stick and 4 whole-wheat snack crackers
- $\frac{1}{2}$ medium banana sprinkled with 2 tablespoons shredded coconut
- 3 cups unsalted air-popped popcorn
- 1 cup strawberries with $\frac{1}{3}$ cup plain nonfat yogurt
- All-you-can-eat green veggie sticks (cucumbers, bell peppers, celery) with 1 tablespoon “lite” dressing for dipping

- $\frac{1}{2}$ cup unsweetened toasted oat cereal with $\frac{1}{4}$ cup blueberries and $\frac{1}{2}$ cup nonfat milk
- 1 hard-boiled egg with 1 slice melba toast

Don't obsess about making your snacks exactly 100 calories. Here are some guidelines on how to get

close enough: Start by finding the calorie values for your chosen snacks. You may be able to get this

information off the box if you bought the product already packaged. Figure out what weights of the

snack correspond to 50 calories and to 100 calories. Once you've calculated that, weigh out the quantity

using a kitchen scale. You can gure out what quantities of the product to mix and match with other

items—cereal with fruit, pretzels with cheese, and so on. Here you go—your own 100-calorie snack!

Once you get the hang of what a 100-calorie snack looks like, you can eyeball it in the future.

LIQUID CALORIES: A REAL PROBLEM

"I watch my food intake, but I don't really count what I drink."

If that sounds like you, you're not alone. When it comes to weight control, many people don't pay

nearly enough attention to the beverages they consume. Maybe you think that sugar-sweetened sodas are

the villain here. You'd be right, but only partially so. Whether a soda or a glass of cold milk, there is one

big problem that's true of all beverages: Calories in liquid form aren't sensed by our brains the same way

calories in food are. So you can drink a lot of calories at a meal and still feel hungry for food. A scienti c

study found that people eat the same amount of food regardless of whether their dinner beverage

contained calories or not. It's as though calories in drinks are invisible—until they reappear around your

waist. So watching how many calories you consume in beverages is really important for weight loss.

Given the fact that the average American consumes 20 percent of their calories in beverage form, you

have an opportunity to improve your health if you replace the empty calories in the beverages you drink

with more nutritious ones. And in addition to improving your health, reducing your consumption of

high-calorie beverages will enable you to lose weight more successfully.

But back to sugar-sweetened sodas. This is a real challenge to America's waistline. The average

teenager drinks two and a half cans of soda (almost 1 quart) per day. That's about 330 calories! And it's

not just teenagers. Young adults (20 to 39 years old) drink about the same amount. And calories aren't

the only problem with soda. Soda contains no nutrients or food value. Yet it displaces healthy beverages

like milk and 100% fruit juice from the diet—drinks that do contain valuable nutrients. So soda adds

calories and reduces intake of healthy nutrients. When trying to improve health and lose weight, there is

truly no worse combination.

The most important thing to know when choosing beverages is which ones will help promote good

health and weight loss and which ones are likely to stand in the way of your health and weight-loss

goals. Here is a quick guide to what to drink if you want to lose weight. I have divided common beverage

choices into Recommended (with a special discussion of diet soda), Conditionally Recommended, Okay

in Moderation, and Avoid.

Recommended

Plain water: Water is essential for health and contains no calories. And if you drink two glasses of

water before a meal, you will feel full sooner and eat less. For variety, try sparkling water with a wedge of

lemon or lime.

Coffee and tea: These are fine if you don't load them up with sugar and cream. If you do need

"additives," try nonfat milk and artificial sweeteners like Splenda and Equal.

Vegetable juice: While not calorie-free, vegetable juice is low in calories and packed with nutrition. A

6-ounce glass ($\frac{3}{4}$ cup—that's 1 DASH serving of vegetables) of tomato or other vegetable juice contains

about 35 calories, compared to about 85 calories for 6 ounces of orange or apple juice. But if you are

watching your blood pressure, watch out for the salt content of vegetable juice and select ones that are

salt-free or reduced-salt.

Nonfat milk: Dairy products are an important part of the DASH Diet, and drinking milk is a great

way to meet your daily dairy food goal. While it's true that milk has calories, you can get all the

nutritional value of milk and fewer calories by drinking the nonfat version. An 8-ounce glass (1 DASH

dairy serving) of nonfat milk contains about 90 calories versus 150 calories in whole milk.

Conditionally Recommended

Diet soda: Most nutrition experts don't promote diet soda, but for people concerned about their

weight, diet sodas are a fact of life. And we think they are okay in moderation. They contain zero

calories—a good thing. And they are not associated with weight gain in large studies, as sugar-sweetened

sodas are. They do contain artificial sweeteners (mostly aspartame), and some research (mostly in

animals) has suggested a link between artificial sweeteners and cancer. But no large studies in humans

have shown that risk. So our conditional recommendation is that you can include diet sodas in your

diet, but we would prefer that you not use them as your major form of fluid. If you need to carry a bottle

of something with you through the day, water is a better choice.

Okay in Moderation

100% fruit juice: Real fruit juice is loaded with nutrients. But it is also fairly high in calories per

ounce. Although 6 ounces ($\frac{3}{4}$ cup) of 100% fruit juice counts as 1 DASH serving of fruit, juice doesn't

contain all the same nutrients and fiber of the whole fruit—think of the difference between an apple and

apple juice. We recommend that you not drink more than $\frac{3}{4}$ cup of fruit juice per day. Try drinking

100% juice watered down by half. After a week you will wonder how you ever drank the undiluted

version.

Alcoholic beverages: If consumed in excess, alcohol can add a lot of calories and compromise your

weight-loss efforts. In addition to offering no nutritional value, alcohol can also lower your resolve to eat

right and may lead to overeating. Alcoholic beverages do not fit into any DASH food group, so all the

calories you consume in alcohol must be added onto your daily calories from food. If you going to drink

alcohol, limit it to no more than one or two drinks, and just a few days per week. More than that just

adds too many calories and will sabotage your weight-loss efforts.

CALORIES IN A “DRINK”

5 fl. oz. wine

120 calories

12 fl. oz. “lite” beer

100-120 calories

12 fl. oz. “heavy” beer

150 calories

1½ fl. oz. hard liquor

115 calories

8 fl. oz. Margarita

370 calories

8 fl. oz. Long Island Iced Tea

268 calories

8 fl. oz. vodka tonic (1.5 ounces vodka

169 calories

and 6.5 ounces regular tonic water)

To help you moderate your alcohol consumption, try the following tips:

- Drink a glass of water in between alcoholic drinks.

- Do not use a straw; often, using a straw will increase drinking speed.
- Choose lower-calorie drinks like wine and “lite” beer over high-calorie beverages like

Margaritas, Long Island Iced Tea, and daiquiris.

- In order to keep track of the amount you consume, do not refill your glass until it is completely empty.
- Consider diet tonic water or calorie-free sodas as mixers with hard liquor.

If you struggle with your weight, it will be a challenge to t alcohol into a calorie-appropriate eating

plan. A couple of glasses of wine once a week may not be the undoing of your weight-loss efforts, but

you should proceed with caution for the reasons described.

Specialty coffee drinks: Coffee may not have any calories, but specialty coffee drinks do—big-time!

Depending on the version of the drink you choose, that Frappuccino from Starbucks can have as many calories as a McDonald’s Big Mac (or more).

You can keep the fat and calorie content of “gourmet” coffee drinks down by doing the following:

- Order a smaller size.
- Request nonfat milk.

- Ask the counter person about lower-calorie options—and order one.
- Order a regular coffee!

Here's a list of some specialty drinks from Starbucks. See how many calories you can save by choosing a "Tall" rather than a "Grande" and by choosing nonfat instead of the whole-milk version:

Table 6.2

Calorie Content of Some Popular Coffee Drinks Made with Nonfat Versus Whole Milk

Calories in a "Tall" (12 oz.)

Calories in a "Grande" (16 oz.)

with Nonfat Milk

with Whole Milk

Cappuccino

60

140

Caffe Latte

100

220

Caffe Mocha

170

290

Caramel Macchiato

140

270

Skinny Flavored

100

210

Latte

Skinny Cinnamon

100

210

Dolce Latte

Avoid



source: dashforhealth.com

Regular soda: You have already gotten the message that we don't like sugar-sweetened soda. It is high

in calories and contains no healthy nutrients. Study after study has shown that drinking regular soda

causes weight gain. So if you are serious about losing weight, regular soda has to go. Use one of the

better beverages discussed as Recommended. And if you are tempted to slip back to regular soda, try this

experiment: Every 12-ounce can of soda contains 9 teaspoons of sugar (that's about a handful). So

instead of popping open that can, pour 9 teaspoons of sugar into a bowl, grab a spoon, and dig in. Wash

it down with 12 ounces of water. You will have just consumed the basics of a can of sugar-sweetened

soda. You say you usually drink a 20-ounce bottle? The experiment for you is 14 teaspoons of sugar!

Figure 6.1

One 12-ounce can of soda contains 9 teaspoons of sugar. And not much else.

Sugar-sweetened fruit drinks and cocktails: Soda is not the only culprit where it comes to high-calorie

drinks. Some drinks masquerading as "fruit beverages" are in fact mostly sugar and water. These are

drinks with names like "grape drink" or "cranberry cocktail." Always check the labels on beverages with

names like this to see what percent of the drink is real fruit juice. They can be as low as 15 percent juice.

Sugar-sweetened tea drinks fall into this category, too.

Sports drinks: Unless you exercise for long periods in hot temperatures, you really don't need the

electrolytes and other "benefits" of sports drinks that, compared to water, are much higher in calories.

Water works just fine.

MIXED DISHES

How do you judge the number of food group servings when they are mixed together in a recipe—such as

lasagna or stew? It's relatively easy to estimate serving sizes of foods on their own. Using the tables we

provided in [Chapters 4](#) and [5](#), you can estimate what a serving is of brown rice, carrots, salmon, or an apple. But it's a different challenge when foods are combined in one dish—what nutritionists call "mixed

dishes." This is even more of a challenge when you are eating out or someone else has prepared the meal

for you.

Our advice on this is to relax and do the best you can! Often you will have to guesstimate the number

of servings in the meals you order in restaurants or are offered at other people's homes. The good news is

that you learned a whole lot about serving sizes in the previous chapter, so this will be a lot easier for you than it was before you picked up this book. Here's how you might guesstimate serving amounts in the case of three different types of mixed dishes.

Dishes with Cheese, Such as Lasagna, Pizza, and Macaroni and Cheese

Dishes made with cheese are usually part cheese and part grain product—bread in the case of pizza, pasta in the case of lasagna or macaroni and cheese. Cheese is hard to estimate because it melts and spreads, so you'll have to eyeball a bit. But a safe bet for a half-cup of pasta or lasagna is about $\frac{1}{4}$ dairy serving and $\frac{3}{4}$ grain serving. Depending on the thickness of the crust, the amount of the cheese, and the size of the slice, pizza can really vary. An average slice of cheese pizza from a large (16-inch) pie is about 2 servings of grain and 1 serving of dairy, so that is a good starting point. Adjust down for smaller slices, thinner crust, and less cheese. Adjust up for extra cheese, thicker crust, and larger slices.

DASH FAQ

I love pizza. Is it totally out of bounds on my weight-loss diet?

Please see the answer to [FAQ 8 in Section V, Frequently Asked Questions.](#)

Dishes with Meat, Such as Stews, Chili, and Stir-Fries

Dishes that are a mixture of vegetables and meat in a sauce are a little bit easier than dishes with cheese.

The first thing to assess is the ratio of meat to vegetables. Do they seem about even? Are there more

vegetables than meat? More meat than vegetables? If you are preparing the meal yourself, you'll know

the exact proportions. If not, you'll have to guess. In general, estimating that there is $\frac{1}{2}$ serving of meat

and $\frac{1}{2}$ serving of vegetables in a half-cup portion is safe.

Soups

Soup is a near-perfect example of a Hi-Lo-Slo food if you choose correctly. Broth-based soups that are

made with lean meats and vegetables and are reduced in sodium are a great choice. They tend to have

about $\frac{1}{2}$ serving of meat and $\frac{1}{2}$ serving of vegetables per cup. Adding frozen vegetables to your soup can

boost the veggie content.

Cream-based soups generally have about the same $\frac{1}{2}$ serving of meat and $\frac{1}{2}$ of vegetables, but are

loaded with added fat and calories.

When Eating Out

You can also avoid getting into too much trouble when eating out or dining at someone else's home by

following these guidelines. Most important: Follow my guidelines for ordering meals in restaurants (see

[Chapter 23, Learn How to Dine Out and Still Maintain Weight-Loss Goals\).](#)

For any mixed dishes that contain a high-fat item like meat or cheese, politely ask your server to

request that the kitchen go easy on that item and increase the vegetables and whole grains around it. For

example, if you order meat lasagna, ask your server to provide you with a half-portion and double up on

the size of the salad. For example, for a chicken stir-fry, request that the kitchen halve the amount of

chicken in the dish and double the amount of vegetables; also ask for brown rice instead of white. But

it's true that sometimes, no matter how politely you ask, the chef cannot make your requested change to

the dish. In which case, you may have to make another selection or simply eat less of the item (taking

half of it home is a healthy and economical option).

And starting with a salad or a broth-based soup (two Hi-Lo-Slo selections), so you are less likely to

overeat in the more calorie-dense areas of the meal, is always a good idea.

When Eating at Someone Else's Home

It's important to show good judgment when making special food requests at someone else's home. This

is especially true when your host is making her "special recipe" or it is a festive occasion with celebratory foods.

That said, honesty is the best policy and it is often easiest to simply inform your host you are

watching what you eat. Then, from whatever is being offered, ask for lots of what you know fits well into

your DASH Diet for Weight Loss program—vegetables and whole grains, especially—and less of what

you are trying to limit, such as meat, heavy sauces, potatoes, rich condiments, and the like. And don't

forget to compliment your host enthusiastically on all the food!

What About Salt?

WE HAVE ALL HEARD that eating too much salt can be bad for us. But I haven't said much about salt

yet in this book. Where does the DASH Diet for Weight Loss stand on salt intake?

There is strong scientific evidence that excessive salt intake raises blood pressure and makes the treatment of high blood pressure more difficult. Some people with congestive heart failure (heart disease) also need to reduce their salt intake. So the medical recommendation is that the 100 million Americans who either have high blood pressure or blood pressure in the higher part of the normal range (what we call “pre-hypertension”) and those with congestive heart failure should reduce their salt intake.

What about the rest of us who don’t have those medical concerns? What should we do about salt intake? My recommendation, and the recommendation of most physicians, is that all of us would be better off if we would reduce how much salt we eat, whether we have a health concern or not. The amount of salt that we need each day is a small percentage of what we typically eat. We could all cut back a lot on our salt intake and remain perfectly healthy.

Here is a little background on salt and how we can cut back. Americans eat about two teaspoons of salt each day. Obviously that doesn’t all come from the salt shaker. In fact, only about 10 percent of the

salt that we eat each day comes from the salt we add during cooking plus what we add at the table from

the salt shaker. The vast majority of the salt in the American diet is hidden in the processed foods we eat

—pizza, crackers, canned soup, deli meats, and more. There is even a lot of salt in some foods where we

wouldn't expect it, like bread. Cutting back on high-salt processed foods is the key to cutting back on

salt.

How much do we have to cut back? The current recommendation from medical organizations is that

we should be eating less than one teaspoon of salt per day. So how do we get from our current two

teaspoons to less than half that? Well here's the good news: If you begin following the recommendations

of the DASH Diet for Weight Loss, you're already almost there.

That's because the DASH Diet recommends lots of fruits and vegetables and dairy foods. And it

includes far fewer processed foods—things like chips and crackers and processed meats. So all you have

to do is learn how to select low-salt versions of the processed foods you still eat.

WHAT IF I DON'T EAT ENOUGH SALT?

It's almost impossible to eat less salt than you need. This is because our "need" is very

small and there is so much salt in almost all the foods we eat. Think about it this way: The

Nutrition Facts

Serving Size (15g)
Servings Per Container 22

Amount Per Serving

Calories	60	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	11g		4%
Dietary Fiber	1g		4%
Sugars	0g		0%
Protein	2g		

IRON 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

current medical recommendations for how much salt we should eat still provide about

seven times more salt than we need each day.

Before I give you suggestions for how to pick the right processed foods, I need to tell you about the

difference between salt and sodium. They are not the same thing. Salt is what we buy at the store and

add to our food. Salt is made up of two minerals: sodium and chloride. And it is the sodium in salt that

causes the health problems. That's why food labels show us an item's sodium content, not its salt

content. So when you start looking at food labels, it's sodium you'll be looking for.

SODIUM AND FOOD LABELS

Learn how to read the Nutrition Facts label on food packaging so that when you are choosing processed

foods, you know how to make lower sodium choices. Try to pick foods that contain less than 5% of the

recommended Daily Value.

One time you can pick a food item with more than 5% of the Daily Value for sodium is if that

item is a meal equivalent (for example, a frozen dinner or pizza). Those items can have up to 20% of

your Daily Value for sodium. Otherwise, stick with items that are less than 5%.

Figure 7.1 Checking sodium on a food label

Here is a food label from mini wheat crackers. One serving is about ten crackers. The calories look pretty good (60 per serving). But

look at the sodium: 9%! That's well above the 5% limit.

What do these "daily values" mean? A 5% daily value means that if you eat one serving of this food, you will get 5% of

your total

daily recommended amount of sodium. If you eat two servings, you'd get 10%. So if you eat two servings (20 mini crackers) of these

stoned wheat crackers, you'd be eating 18% of your recommended sodium intake for the whole day. Not a good choice.

Some other tips include:

- Look for products that say "sodium-free," "very low sodium," "low-sodium," "light in sodium," "reduced or less sodium," or "unsalted." Because the government has

implemented strict rules to govern such claims, you can be assured these are not false.

- Buy fresh or plain frozen vegetables. Canned vegetables are okay if labeled "no salt added."

Or rinse canned vegetables, as this washes away the extra sodium in these products.

- Use fresh poultry, sh, and lean meats rather than canned or processed versions. Use herbs,

spices, and salt-free seasoning blends in cooking and at the table instead of salt.

- Choose convenience foods that are low in sodium. Cut back on frozen dinners, mixed dishes

like pizza, packaged mixes, canned soups or broths, and salad dressings, all of which often

have a lot of sodium.

- When available, buy low- or reduced-sodium or no-salt-added versions of foods such as
canned soup, dried soup mixes, bouillon, canned vegetables
and vegetable juices, low-fat
cheeses, condiments such as ketchup and soy sauce,
crackers and baked goods, processed
lean meats, and snack foods such as chips, pretzels, and
nuts.

Here is a tip for cooking with less salt. You get a much greater taste of salt when the salt is on the

surface of the food than when it is mixed throughout. So if you are making a stew and the recipe calls for

two teaspoons of salt, cut that in half and add just a little to the nished stew on your plate. At surface

salt will hit your taste buds and you'll never miss the extra salt that you didn't add during cooking.

After reducing sodium in your diet, food may taste bland to you for a period of time. But here's the

good news: Your taste buds will soon adapt to this lower salt way of eating. It takes only a week or so.

Most people who cut back on salt say that the foods they used to love now taste too salty. If you don't

want to cut back all at once, do it gradually. Reduce the amount of salt in your diet little by little so you

slowly get used to your less-salty food. A couple of practical tips are to reduce the amount required by half, or mix half of the regular salted version of a food with the no-salt version. Over time, slowly switch to the lower salt or no-salt version.

Just as we learn to like the taste of salt, so we need to gradually unlearn it. Our health depends on it.

8

The Importance of Food Tracking

IN THE PREVIOUS chapters, we stressed how important it is for you to learn how many DASH servings you should be eating each day and how much food constitutes a DASH serving. But of course the real point of all this—to lose weight—is achieved only if you actually follow the DASH recommendations.

That's the hard part.

So here's a technique to help you follow those recommendations. It has been proven to work in many studies of weight loss. It's called “food tracking” (or food diaries or food logs). Basically, you write down everything you eat on a day-by-day basis. That's it. It's so simple that most people don't believe it can

work and they don't even try. But it does work.

Here's one example of a study that tested food tracking.
Several of the original DASH study

investigators enrolled 1,685 people in a six-month weight-loss trial. The study subjects were taught the

DASH Diet, had group sessions, were given exercise advice, and were asked to keep track of their food

intake on a food diary form every day. On average, the group lost 13 pounds in six months. People who

exercised more lost more weight (no surprise there). But people who kept more daily food diaries lost

more weight than those who didn't. The people who kept no food diaries lost an average of about 8

pounds. The people who kept food diaries every day lost almost 18 pounds on average. Food tracking

definitely works.

“COULDN’T HAVE DONE IT WITHOUT FOOD TRACKING”

That's a quote from one of the successful weight losers in our DASH program. M.L. is a 44-year-old

woman who had unsuccessfully tried several other weight-loss plans. But she lost 24 pounds on the

DASH Diet. When we asked her what allowed her to be successful, she said there were several things.

First, she liked the diet itself because it allowed a variety of foods and wasn't boring. Second, she said

that keeping track of what she ate every day, especially in the first couple of months, was key. It helped

her learn her recommended DASH servings and how much food equals 1 serving. And it helped her stay

focused on what she should be eating. "After a while, I stopped recording my food every day. But if I felt

myself starting to slip off the DASH Diet, I'd start the food tracking again and that got me back on

track."

Keeping a log like this will help you in several ways. Most important, self-tracking is a good

motivation tool that makes you more accountable for your actions. Also, putting something down in

black and white reinforces your efforts, and makes it more "real." Finally, keeping a food log can help

identify problem areas.

Here is a sample Food and Exercise Log in [Figure 8.1](#) on page 102. You can photocopy and use this

one, or you can make your own. Just be sure the form will allow you to record both individual food

items and DASH servings. After a while, keeping track of DASH servings will become easier and that's

really what you need to be keeping track of so you can stay on the DASH Diet. I have also made a

version of this food log available for a download on my DASH for Health website,

[www.dashforhealth.com/foodlog.php.](http://www.dashforhealth.com/foodlog.php)

*Nuts, seeds, and legumes

Figure 8.1 Food and Exercise Log

TIPS FOR KEEPING YOUR FOOD LOG

Be honest—you'll only be fooling yourself: If you aren't honest, the journal won't be helpful.

Write down everything: This includes that handful of potato chips you had on the way out the

door to the health club and the sip of juice taken just before leaving for work.

Be timely: Write things down as you eat them. Don't wait until the end of the day.

Be detailed, not vague: If you had fries with your dinner, don't write down "potatoes." The fact

that they were fried is significant. This also goes for items like salad dressings. There are

many dressings that are not only high in calories, but in fat as well.

Here's one more thing to pay attention to on your food log. If you are trying to manage your weight,

you should be aware of issues such as when and why you eat foods that compromise your efforts to

manage your weight.

Self-tracking can make us feel uncomfortable because it can be hard to admit that we succumbed to

temptation or made the wrong choice of what to eat. However, when we face up to the decisions we've made, it is easier to change them. And that's what makes self-tracking such a successful tool for weight loss.

9

Is Meal Planning the Answer for You?

OVER THE YEARS, I have developed numerous resources for the thousands of participants in the

weight-loss and health program I run. Meal plans are among the most effective resources that I offer.

Sometimes known as "menu plans" or "eating plans," meal plans are a written list of what you will eat at

mealtimes and for snacks. Meal plans take a lot of the work out of figuring out what and how much to

eat, which can be very helpful in the early stage of eating the DASH Diet for Weight Loss. You will find

all of the meal plans in [Part 3.](#)

WHY MEAL PLANNING WORKS

There are several reasons why meal planning can be helpful if you're following the DASH Diet for

Weight Loss.

First of all, meal planning helps you avoid impulse eating. One of the biggest challenges of sticking to a weight-loss diet is impulse eating. We're much more likely to eat impulsively when there's nothing healthy around. Having food on hand to make a low-calorie meal quickly—and healthy snacks, too, if you're ravenous while you're making dinner—will help you avoid impulse eating. It also helps if you have meals frozen ahead of time that you can eat in emergency situations.

The variety that meal planning provides helps you stick to your weight-loss goals. You can plan a variety of meals instead of relying on the "same old, same old." Enjoying the food you're eating as part of your diet makes it more likely you will stick to your weight-loss goals.

Meal planning decreases the need for excessive eating out or ordering in. Without something to eat waiting at home at the end of the day, it's easy to decide to eat out or pick up something to take home. Unfortunately, not many restaurants go out of their way to help folks trying to manage their weight. Having quick-to-prepare meals waiting at home helps you steer clear of large restaurant portions that are high in fat and calories.

There are other reasons why so many people I've worked with like meal plans:

- Save time and money
- Ensure you get all the important nutrients you need
- Reduce visits to the grocery store (and cut down on impulse purchases)
- Avoid wasting food
- Cut down on packaged or restaurant and take-out meals that are often high in calories, fat, and sodium
- Reduce the need to spend the money on eating out
- Cut down on stressing about what to cook for dinner

MEAL PLANNING: HERE'S HOW

It's easy to get started with the DASH Diet for Weight Loss meal plans. To find the meal plan that's right

for you, just use your calorie target number to find the corresponding plan in [Part 3](#). There is a meal

plan in this book for everyone: men and women, vegetarians and meat eaters. Just be sure to find the

meal plan that's right for your calorie target number.

MEAL PLANS TEACH, TOO

L.A. is a 64-year-old retired teacher who lives in the Midwest.

I knew the DASH Diet would be a healthy way for me to eat, but I had a lot of trouble getting started on the diet and counting my food servings. When I switched over to following your meal plans, everything began to fall into place. The meal plans automatically gave me the right number of servings in each food group. But they also helped teach me how to recognize a serving of vegetables, a serving of rice, and so forth. So for me, the meal plans helped me get started in the program but also learn what I needed to be doing when I stopped eating the meal plans and began cooking for myself.

If you are on the line between two different calorie targets, choose the lower-calorie meal plan. For example, if our calculator indicates you should be eating 1,700 calories per day, follow the meal plan for 1,600 calories, not the one for 1,800 calories.

We all have different likes and dislikes, so we encourage you to substitute meals and snacks when planning your meals. For example, if you don't like the look of Day 7's dinner, but you love the option for Day 4, feel free to eat Day 4's dinner twice during the week. The same goes for breakfasts, lunches,

and snacks. And don't feel pressured to follow these meal plans down to the very last grain of brown

rice. You are far more likely to stick to a diet of foods you like, so use the plans as a guide to help you

choose a menu that suits your preferences. Don't be afraid to try some of the vegetarian options if you

are a meat eater, and there are plenty of meat-free options for vegetarians on the meat-eater plans.

Now you've identified the meal plan you should be eating as part of your long-term, healthy weight-

loss program. Here are your next steps.

Create a Shopping List

First, look at the ingredient lists to see all you will need for your week's meals. Create a list to take with

you to the store. Sunday is a good day to do grocery shopping, especially if you can set aside some time

for prep work afterward.

Prepare Some of the Ingredients Ahead of Time

While you're making dinner after grocery shopping, do some food prep so your meal preparation during

the week is much easier and quicker. Make it an event—put in a movie you can watch while you're

preparing the recipes, or tune into that day's "Big Game." Some examples of what you might do:

- Roast a whole bunch of vegetables at one time, store them in the fridge, and then heat them up just before eating.
- Shred low-fat cheeses for recipes and store in plastic bags.
- Chop vegetables for the stir-fry and veggie pizza, and store in food storage bags in the amounts you'll use for each recipe.
- Make homemade dressing for salads.

Put Your Plan into Action

Take a few minutes in the morning to think about what you'll be having for dinner. Take anything out

of the freezer that needs to be thawed. And if you think you are likely to walk in the door hungry, plan

to have your afternoon snack waiting for you to munch on while you prepare your dinner.

So you see, while meal planning takes commitment, effort, and organization, with some basic

information it is easily done. Most important, it takes the daily pressure off of you to come up with

healthy ways to eat, because you've planned and done a lot of the work ahead of time.

Meal planning empowers you to take more control of your life. After all, sometimes it can feel like our

lives are out of control—the demands of work, friends, and family can make life feel chaotic. Eating poorly can contribute to that out-of-control feeling. It can be nerve racking to resolve to manage your weight but not have a plan for what to eat. Taking control of what you eat can add structure to your life and help develop a foundation for a healthier, more balanced way of living with less anxiety.

10

Vegetarians, This Diet Is for You, Too

THE DASH DIET for Weight Loss is not a vegetarian diet, but if it weren't for vegetarians, the diet wouldn't exist.

Let me explain. Much of the evidence that prompted the original DASH research was based on vegetarians. We knew that vegetarians tended to have lower blood pressure than the average meat eater.

So the DASH researchers tried to design a diet that would offer the blood pressure benefits of the vegetarian diet. But we wanted the diet to be one that the "average American" would be willing to eat, so we included a limited amount of meat. And that's how the DASH Diet was born. As I have described

earlier, now we know that the DASH Diet offers far more benefits than just lowering blood pressure.

And so you see, the DASH Diet and vegetarians go back a long way!

But since the carefully constructed DASH Diet for Weight Loss contains some daily servings of meat,

is it possible for you to follow the program if you're a vegetarian? Absolutely, so long as you are an ovo-

lacto-, ovo-, lacto-, or pesco-vegetarian. Ovo-lacto-vegetarians are the most common type of vegetarian—

they do not eat meat but do consume dairy and eggs. Several years ago I developed an ovo-lacto version

of the DASH Diet for Weight Loss. Not only is this a diet appropriate for those already practicing a

vegetarian lifestyle, but also for any of you who would like to experiment with going meatless for a

period of time to see how it suits you—try one day a week to start.

HOW TO MAKE THIS DIET VEGETARIAN

So how does it work? The key is to replace the meat/fish/poultry servings in DASH with other protein-

rich foods like legumes, eggs, nuts, and seeds. You can also use products like tofu, tempeh, seitan, and

texturized vegetable protein (TVP) as alternative protein sources.

MEAT ALTERNATIVES

Several plant-based products can be used as substitutes for meat in recipes. Unlike beans or nuts,

these products somewhat mimic the texture and mouthfeel of meat. Some of the most common

meat alternatives are:

Tofu: a versatile high-protein meat alternative made from soybeans and water. It takes on

the flavors used in cooking through marinades, sauces, and spices, so it's a perfect fit in

most any recipe. Tofu is also high in calcium, has no cholesterol, and is low in calories and cost. You'll find tofu in the produce section of most grocery stores and in Asian and specialty markets. Tofu comes in different textures and densities—soft tofu is best for dips and smoothies, while firm and extra firm tofu are great for slicing (sandwiches), frying (vegetable stir-fries, stews, and soups), and crumbling (filing for lasagna and casseroles and making a spreadable tofu sandwich spread).

Tempeh: a close relative of tofu, made by fermenting and partially cooking soybeans prior to

pressing them into a cake-like form. It is chock-full of protein and fiber as it contains the actual soybean plus added grains such as barley, quinoa, millet, or brown rice. Because of the spices, fermentation, and grains added to the soybeans, tempeh has a nutty flavor and texture. It's a great addition to a meatless meal.

TVP, short for textured vegetable protein: made from defatted soy flour and dried to resemble flakes. You can also find TVP in larger chunks that are great for stews. Like tofu, it is

avorless and takes on the avors added, such as in a stew, casserole, tomato sauce, or chili.

Not only is TVP high in protein, it has a high ber content, giving it a boost over meat. To

use, simply add equal parts of boiling water to the TVP to reconstitute it, then use freely in

recipes instead of meat.

Seitan: also known as “wheat meat” because it tastes so similar to meat when it’s cooked.

Seitan is the gluten (protein) derived from wheat our. Its protein content is one of the

highest among meat substitutes, and it can be used in place of meat in most dishes. Often

even meat eaters are amazed at how closely it resembles meat.

Here is how you replace meat servings with nonmeat choices. For 1 serving of meat, sh, or poultry

you can substitute one of the following:

- 3 whole eggs (even those of you with high cholesterol can safely enjoy up to 7 whole eggs

per week)

- 6 egg whites
- 9 ounces firm tofu
- 3 ounces seitan

- 4 ounces tempeh
- $\frac{1}{2}$ cup dry texturized vegetable protein (TVP), measured before you add water
- $\frac{1}{2}$ cup cooked legumes

All of the above alternatives provide about the same amount of protein as one serving of meat/ sh/poultry except for legumes, which contain only about a third of the protein of the other items on this list. These items do differ a bit in calorie content. Keep that in mind as you decide which to eat and how often (see [Table 10.1](#)).

Vegetarians eating the DASH Diet can also select high-protein items in other food groups. For example, in the “grains” category, quinoa, amaranth, oats, teff, wild rice, buckwheat, and wheat berries are excellent protein sources. Greek yogurt provides twice the protein per serving compared to regular yogurt (be sure to get the fat-free or low-fat varieties). In the DASH “vegetable” category, spinach, broccoli, and peas are the richest sources of protein. So vegetarians can find all the protein they need in several DASH food groups. We recommend that you eat a range of those foods every day. As an example, have a couple of eggs (or egg whites) for breakfast, red bean chili for lunch, and tofu or seitan

in a stir-fry at night instead of relying on just one of these products for your protein source.

Table 10.1

Serving size and calories for meat alternatives:

Size of 1 DASH serving

Calories per serving

Meat/fish

3 ounces

140-220

Tofu (firm)

9 ounces

180

Tempeh

4 ounces

215

TVP*

½ cup (dehydrated)

160

Whole eggs

3

210

Egg whites

6

100

Seitan

3 ounces

120

Legumes

$\frac{1}{2}$ cup (cooked)

110-120

* Texturized Vegetable Protein

Don't forget that, if you are replacing meat with legumes, you should still consume your assigned

DASH servings of nuts/seeds/legumes as well.

What about if you are a vegan? Vegans eat no meat, sh, poultry, dairy, eggs, or honey. If you apply

the general principles of the DASH Diet for Weight Loss to your vegan eating plan, you will probably

lose weight, since vegan foods tend to be lower in overall fat and calories. But a vegan version of the

DASH Diet has never been tested, so I cannot promise you that you will experience all the same health

benefits.

VEGETARIAN MEAL PLANS

The DASH Diet for Weight Loss offers vegetarian meal plans to help you develop a meat-free way of

eating that is balanced and filled with a variety of delicious, low-calorie choices. We have created

vegetarian meal plans for every calorie target, and that means there's a vegetarian meal plan for you. The

Vegetarian Meal Plans are [Section II in Part 3](#).

Meal planning may be especially helpful if you're new to vegetarian eating. It will help you plan meals

and shop for items you may not be used to searching for. For more on meal planning, refer to [Chapter 9](#).

WHY VEGETARIANS ARE LESS LIKELY TO BE OVERWEIGHT OR OBESE

A well-balanced vegetarian diet is rich in vegetables, fruit, whole grains, and legumes and low in fat. The

main meals are comprised largely of bean or soy dishes, vegetables, and whole grains.

It's true that meat—and red meat in particular—contains much more high-calorie saturated fat than a

lot of other foods. However, it's not just because they don't eat meat that vegetarians are less likely to be

overweight or obese. People who have chosen a vegetarian diet tend to pay attention to other areas of

their health. They often exercise more and don't smoke. Just as important, if they have been practicing a

vegetarian diet for some time, they will have developed skills and knowledge about how to eat a

vegetarian diet that is both meat-free and lower in calories than the regular American diet.

AVOIDING POTENTIAL PITFALLS OF SWITCHING TO VEGETARIANISM

Simply eliminating meat from your diet won't make you lose weight. It comes as a surprise to many

people that a poor vegetarian diet can actually be higher in calories than one with meat in it. So if you are

a vegetarian trying to lose weight, or are thinking of becoming a vegetarian—or even if you are a

“exitarian” (switching back and forth between a meat-free diet and one with meat in it)—pay attention

to the potential pitfalls of such a lifestyle. Learning to eat meat-free and low-calorie are separate skills

that need to be mastered.

People who switch to a vegetarian diet without the right preparation or knowledge run the same risks

as others who try to lose weight through other diets. These include eating a diet even higher in calories

and fat than the one they were eating before, while even lower in essential nutrition. That's because if

you're new to vegetarianism, you may not know how to cook and shop for healthy, low-calorie meat-free dishes, or how to order when eating out.

Even the lead dietitian in my weight-loss and health program fell into this trap when she became a

vegetarian. All she did was omit the meat from her eating plan. That got boring and limiting, so she

started making high-fat, cheese-filled casseroles to make her diet more satisfying and to ensure she got

enough protein in her diet. Bad move! When her cholesterol rose 30 points, she got serious about

learning how to choose a balanced diet made up of appropriate foods.

And let's face it, America is not very vegetarian-friendly, and Americans in general tend to be

unadventurous eaters. Many who give up meat simply revert to eating a diet that is virtually the same as

the one they were eating before—just without the meat. Cheesy pizza and casseroles, bowls of pasta with

heavy sauces, plates of mashed potatoes and gravy and french fries—these are all readily available

vegetarian options that we are familiar with and know how to prepare and order when eating out. They

are also high in saturated fat and calories.

Then there is the tendency to want to replace the satisfaction we got from eating the meat on our plate with fatty alternatives such as cheese and cream. Plus many of us think that if we're not eating a meal with meat in it, we get a free pass to eat larger portions. These tendencies are compounded by the fact that Americans tend to be quite fussy eaters. Here's a theory that because we are such a wealthy culture where food is so cheap, we haven't had to experiment with less-expensive "weird" foods. So even when someone takes the big step of "going vegetarian," they may not be willing to try foods such as tofu, TVP, tempeh, or even soy milk, which are staples of delicious, low-calorie vegetarian meals around the world.

Here are some additional recommendations on how to avoid pitfalls when eating a vegetarian diet.

BE ADVENTUROUS

Eating a vegetarian diet presents a wonderful opportunity to try foods you may not have thought about eating. Tofu gets an undeservedly bad rap from people who don't know how to cook it, and there are plenty of ways to enjoy this low-calorie, highly nutritious food. Here may be common vegetables that are not at the top of your list of favorite foods, but you can rediscover these as you begin your journey

into this way of eating. Sautéed spinach with garlic and a bit of olive oil adds punch to your plate.

Roasted Brussels sprouts and butternut squash or sweet potatoes make a dynamic duo. Try making

healthy stir-fry dishes, curries served over brown rice, and veggie and low-fat bean burritos with

mushrooms and soy cheese. You are limited only by your sense of adventure.

PRACTICE PERFECT PORTION CONTROL

Even if you're eating meat-free, portion control is key to weight loss. People sometimes have a tendency

to eat too much of something when they know it's healthy and relatively low in calories. Remember that

all food has calories and that just because a meal is vegetarian doesn't mean you are free to overindulge.

Keep an eye on portion sizes and try not to interpret eating meat-free as a free-for-all.

GO EASY ON THE CHEESE

Cheese is one of the main sources of calories and saturated fat in the American diet. Just think about it—

we put parmesan cheese on pasta already oating in creamy cheese sauces and atop lettuces adorned

with fat-laden salad dressing! A pizza chain introduced a pizza that has cheese stuffed into the crust!

Many people switching to meat-free diets overdo their cheese intake. Cheese is a dense source of calories—a little of it contains a lot. Make sure you stay within your DASH limits on your cheese intake, and wherever possible, opt for low-fat or nonfat choices.

EXERCISE SALAD BAR SENSE

Salad is one of the most widely available choices for vegetarians—it's an easy go-to when eating out or traveling. You can find a well-stocked salad bar in many grocery stores and restaurants, and if you make the right selections, you can assemble a meat-free meal that is also low in fat and calories. However, there are calorie mine fields in a salad bar, and choosing unwisely can mean you end up eating a meal that's even higher in calories than the one you might have eaten with meat in it.

Here are some navigation tips for when you're next at a salad bar:

- Start by piling your plate with “green” food. Watercress, arugula, romaine lettuce, kale, and spinach are excellent sources of calcium, iron, and vitamins C and A.
- Move on to the other vegetables and legumes. Pile on colorful veggies like tomatoes,

cucumbers, jicama, beans and peas (kidney beans and chickpeas are favorites at the salad bar), cabbage, bell peppers, broccoli, cauliflower, corn, beets, artichoke hearts (not oil-packed), hearts of palm, carrots, and more. Add color, flavor, and texture with minimal calories. Avoid vegetables drenched in oil or creamy sauces.

- Watch out for the pots of creamy, calorie-laden stuff, such as pasta and potato salads, egg salad, coleslaw, and just about anything that is creamy and white. Foods that are white are usually blended with high-calorie cream cheese, sour cream, or mayonnaise.

• Steer clear of crunchy extras at the end of the line! Croutons, chow mein noodles, crispy wonton strips, banana chips, sunflower seeds, and sugar-coated raisins or cranberries. Two to four tablespoons of just one “crunchy” food can add 40 to 100 calories. A sprinkle of cheese, a handful of croutons, and a spoonful of raisins and sunflower seeds may seem virtually harmless, but that innocent salad is now a diet disaster packed with too many calories. While dried fruit and sunflower seeds are healthy, for weight loss use them in small

and limited amounts.

- Grains are an important part of the DASH Diet, but the breads offered at the salad bar

usually aren't the whole-grain varieties that DASH recommends. Cornbread is common, but

one little cornbread square with a pat of butter adds over 200 calories to your "healthy"

salad. Since cornbread is made from a whole grain (corn) and is already high in fat, skip the

added pat of butter. Your best bet is the whole-grain pita; dip it in your fat-free salad

dressing! Also avoid the croutons that are typically drenched in fat and pack up to 100

calories in a half-cup.

- Most salad bars now feature many choices of avorful low-calorie salad dressings. Try a

variety of vinegar flavors without the oil. Raspberry, balsamic, rice, champagne, fruit, sherry,

or white wine vinegar can add a splash of avor to any vegetable, fruit, or pasta salad. Even

creamy salad dressings now come in low-calorie versions. Instead of putting dressing on

top of your salad, leave it on the side and dip your vegetables or fork into it. You'd be

amazed at how much less dressing you eat that way.

Worried that cutting meat out of your diet will narrow your choices? It's quite the contrary. You can use a vegetarian meal plan to practice weight management and expand your nutritional horizons. Your world will open up with variety and taste. If you are already a vegetarian, you have a head start on healthy eating, and with the reminders in this chapter, are even better positioned to make the most of your considered nutrition decision.

SECTION II

How Much You Move

EARLY IN THE BOOK, we discussed how weight management works—the balance between calories in (how much you eat) and calories out (how many calories you burn through activity). And to lose weight, you need to reduce calories in or increase calories out or, better yet, do both. In the last section, we talked about reducing calories in. The eating plan I've shown you decreases your daily calories in by 500 calories, which will cause you to lose 1 pound per week. We talked about the right number of DASH servings for you and how to select the Hi-Lo-Slo foods in the DASH food groups that are particularly valuable for weight loss.

Now we are turning to calories out. How can you increase your activity to maximize your weight loss?

THE IMPORTANCE OF EXERCISE

Increasing how much physical activity you do is an extremely important part of any weight-loss

program. It is important for a number of health reasons.

Physical activity:

Burns calories: I just explained this but it bears repeating:

Physical activity is fundamental to

the DASH Diet for Weight Loss because it burns calories.

Boosts metabolism: The more muscle on our bodies, the faster our metabolism and the more

calories we burn. As we get older, we naturally start to lose muscle mass, which causes our

metabolism to slow down. A vicious cycle occurs: The less muscle we have, the slower our

metabolism is, and the slower our metabolism, the more likely it is that we'll gain weight.

Physical activity is the key to breaking this cycle. Regular physical activity means you build

muscle, which in turn means your metabolism will speed up. The beauty of this is that more

muscle speeds up our metabolism even when we are at rest, not just when we're working out.

Increases strength: It is important to maintain muscle strength. Even if we don't need strength to do a lot of heavy work, having strong muscles allows us to do even routine daily activities more easily. It also helps us avoid injuries.

IMPROVED FITNESS MEANS BETTER HEALTH

Being physically fit is good for you. Most of us know that. Sometimes it's surprising to learn just how good it is for us. Exercise is so powerful that people who start exercising improve their health even if they don't lose any weight. Exercise:

- reduces risk of heart disease and stroke;
-



-
- reduces risk of developing diabetes;
 - reduces risk of some types of cancer;
 - improves sexual function;
 - increases your chance of living longer;
 - improves your mood.

DASH FAQ

Any ideas for squeezing exercise into my crazy schedule?

**Please see the answer to FAQ 9 in Section V,
Frequently Asked Questions.**

The effect of exercise on mood deserves special mention. Most of us know the feeling of well-being we

experience after we are physically active. Scientists are learning just how powerfully exercise affects our

minds. A recent study demonstrated that people who did as little as twenty minutes of physical activity a

week reported less psychological distress than folks who did no exercise at all. Those who participated in

sports or exercised every day had even better mental health. The kinds of activities reported by

participants were wide ranging and included sports, walking, vigorous housework, and yard work. I

think this mood effect of exercise is especially important for people who are trying to lose weight. Staying

positive and feeling good about yourself are so important in keeping you motivated on your diet. So

exercise really offers powerful benefits for a weight loser.

All signs point to you becoming more active! So how to get started?

IF YOU AREN'T exercising now, you're not alone—fewer than 16 percent of Americans exercise every

day. **G**at being the case, it's probably a good idea to start slowly to avoid getting discouraged and to

prevent injury. If you have medical conditions that exercise might aggravate, such as heart trouble or

arthritis, you might want to talk to your doctor before starting an exercise program. **G**e advice we give

here is generally safe, but your doctor, who knows the details of your medical condition, is the best

source of advice for you.

For people who haven't exercised for some time, or who are very overweight, I generally recommend

starting with a walking program. Walking is a terrific calorie-burning activity because

- It doesn't require any special equipment.
- It doesn't cost anything.
- You can do it almost anywhere!

These are three different walking programs depending on your fitness level.

Beginner's Walking Program

Follow this if you are elderly, very overweight, or very out of shape.

Week

How far? (miles)

How long? (minutes)

How often? (# times/week)

1

$\frac{1}{4}$

10-15

2-3

2

$\frac{1}{2}$

12-15

2-3

3-4

$\frac{3}{4}$ -1

20-25

3

5-6

$1-1\frac{1}{2}$

20-30

3-4

7-8

$1\frac{1}{2}$ -2

27-36

3-4

9-10

$2-2\frac{1}{2}$

35-44

4

11-12

$2\frac{1}{2}$ -3

43-51

4

13-14

$2\frac{1}{2}$ -3

40-48

4

15+

3- $3\frac{1}{2}$

48-56

4-5

Moderate-Intensity Walking Program

Follow this if you are somewhat fit.

Week

How far? (miles)

How long? (minutes)

How often? (# times/week)

1

$\frac{1}{2}$ -1

8-15

2-3

2

$1\frac{1}{2}$

23

2-3

3-4

$1\frac{1}{2}$ -2

21-26

3

5-6

$2-2\frac{1}{2}$

29-39

3-4

7-8

2½-3

35-42

3-4

9-10

2½-3

34-41

3-4

11-12

2½-3

33-39

4

13-14

3-3½

39-46

4-5

15+

3½-4

46-52

4-5

Advanced Walking Program

Follow this if you are regularly active.

Week

How far? (miles)

How long? (minutes)

How often? (# times/week)

1

$\frac{1}{2}$ -1

6-12

2-3

2

$1\frac{1}{2}$

18

2-3

3-4

$1\frac{1}{2}$ -2

18-24

3

5-6

2-2½

24-30

3-4

7-8

2½-3

30-36

3-4

9-10

3-3½

36-42

3-4

11-12

3-3½

33-40

4

13-14

3½-4

42-48

4-5

15+

3½-4

40-44

4-5

WORDS TO THE WISE WALKER

If the shoes don't fit, you're gonna quit. Buy a good pair of shoes that fit right. Several

companies now make shoes designed specially for walking, though a good pair of running

sneakers or cross trainers should work just fine. Don't go out on a long walk in your new

shoes right away. Wear them around the house for a day or so to break them in. Good

socks are also a must to prevent blisters.

Dress for success. If you're planning to dress for very cold weather, be sure it is easy for you

to remove an item or two as you warm up.

Know where you're going. You don't have to walk the same route every time, but be familiar

with where you're going to be going on any given day. Will it be the high school track? A

municipal bike/walking path? Local woodlands? Scout out some good sites.

Make a date and go steady. Mark your walking days and times on your home calendar and

stick to them. Remember that your walking program is a priority.

Have a contingency plan. If the weather is bad, make sure you have a backup plan. One idea

is to do several laps around the local mall. Look into whether there is a mall-walking

program near where you live.

Get a friend involved. You are more likely to stick with an exercise program if you don't

want to let someone down. Find a friend who also wants to make exercise a part of his or

her life. Plus, walking is a great way to get away from the distractions of home, and talking

while walking is a great way to socialize!

Ease in. Don't try to start too fast. If you overdo it, you're more likely to quit. Follow the

schedules in the programs above.

Keep track. Record your walking excursions on your Food and Exercise Log, or keep a

monthly walking diary.

Table 11.1

Heavier people burn more calories as they walk.

Walking faster also burns more calories per mile.

Calories burned per 1 mile at:

Weight

150 pounds

200 pounds

250 pounds

3 mph

75

100

125

4 mph

85

115

140

6 mph (jog)

115

150

190

Walking for exercise is a great “step” toward burning extra calories. How many calories are you burning?

It depends on how much you weigh; it takes more energy to move more weight.

You burn a few more calories per mile if you walk faster, but the main advantage of walking faster is

that you cover more distance in whatever time you have. For example, let's say the 200-pounder in the

table above goes out for a one-hour walk. At three miles per hour, she walks three miles and burns 300

calories. At four miles per hour, she walks four miles and burns 460 calories.

12

Ramping Up Your Fitness Program

THERE ARE MANY tness activities that will help you burn those extra calories. Walking is just one of

them. Here's also aerobic dance, cardio machines, yoga, strength training with weights, Rollerblading,

biking, and many more. When you are ready to move beyond walking or you just want to add a new

activity for variety, there are lots to choose from.

First decide whether you want to do your exercising at home or in a gym. If at home, you will need

some equipment. For strength training, you will need some weights (such as dumbbells) or some elastic bands to create resistance that you work against. These are mostly useful for exercising your arms, shoulders, and chest. There are a number of leg exercises that you can do without fancy equipment. For example, put your back against a wall and bend your knees till you are in a sitting position (but without a chair). You'll definitely feel the strain in your thigh muscles.

The other main muscle group to exercise is your core, the muscles of your abdomen, sides, and back. There are many exercises for your core that you can do with an inflatable exercise ball. If you want to do more cardiovascular exercise, there are exercise videos you can work out to. Or purchase a piece of cardio equipment such as a stationary bike, treadmill, or elliptical trainer.

If you prefer to work out at a gym, you can take advantage of their equipment. And organized classes, such as aerobics or bike spinning, can be a great workout and fun, too. The other advantage of a gym is that you can take a lesson or two from a personal trainer. A good trainer can assess your current fitness, listen to your goals, and give you a workout program that fits your situation. Even if you want to do

most of your work at home, it could be a good idea to get started with some personal trainer sessions.

Here are some tips to help you make exercise a habit.

- Choose an activity you enjoy.
- Tailor your program to your own fitness level.
- Set realistic goals.
- Give your body a chance to adjust to your new routine.
- Don't get discouraged if you don't see immediate results.
- Find a partner for a little motivation and socialization.
- Build some rest days into your exercise schedule.
- Listen to your body. Don't overdo it.
- Try to do something every day; a little bit of exercise is better than none at all.

STRENGTH TRAINING

In discussing exercise for weight loss, we have usually advised that the best way to burn calories is to

engage in cardiovascular exercise—the kind of exercise that gets your heart and lungs pumping and

burns a lot of calories while you're doing it. More recently, we've included strength training as an aid to

weight loss. It's true: Strength training with weights benefits people trying to lose weight for a couple of

very important reasons.

First, the more muscular you are, the more efficient your body is at burning calories. I described this earlier when explaining the relationship between body muscle and metabolism. Even just sitting there at

your desk, you burn more calories if you are more muscular. Second, being stronger makes it easier to do your cardiovascular exercise and even the types of tasks you encounter in daily life. You will have more energy, won't get tired so easily, and will be less prone to injury.

A full discussion of strength training is beyond what we can do in this book, but here are a couple of suggestions on how to start a strength training program.

Where to Begin

Start by deciding where you are most comfortable—at a gym or working out at home. While a local fitness center or gym can offer the biggest variety of equipment, many people cannot afford to join a fitness center or don't feel comfortable exercising in public.

How Often Should I Strength-Train?

It only takes twenty-five to thirty minutes of strength training two or three times a week to get results.

The workouts should be spaced two or three days apart to allow your body sufficient rest. Do your aerobic work on the days you don't do strength training. It is important to be consistent with workouts, so schedule them into your daily routine.

DASH FAQ

Won't exercising make me even hungrier and by doing so, make me eat more

than I should?

Please see the answer to [FAQ 10 in Section V, Frequently Asked Questions.](#)

Reps and Sets

Rep is short for "repetition"—the number of times you make a particular motion, such as lifting a

dumbbell over your head or doing a sit-up. A set is a series of reps—the number of reps you do before

your muscles fatigue and you take a break. One set could be five, ten, or twelve repetitions. A good way

to start is to pick the amount of weight that allows you to perform two or three sets of twelve to fifteen

reps for each exercise. When in doubt, use less weight and do more reps.

Obviously, when you are performing fewer reps, you'll have to increase your weight in order to stress the muscles enough to continue to strengthen them. When you go back to the higher reps, you'll have to decrease your weight a bit. You may find you are lifting more than you previously did.

Stretching

Stretching the muscle you've just worked after you complete each set ensures suppleness with your strength. Doing a complete total body stretch at the end of every strength-training session assists in injury prevention and increases flexibility.

13

Increasing Lifestyle Exercise

LIFE STYLE EXERCISE is the physical activity you perform in the normal course of a day. Common forms of lifestyle exercise include household chores, yard work, walking or biking to work or public transportation, playing with the kids, and almost anything that involves moving more than you would if you were sitting on the couch watching television.

A major study published in the Journal of the American Medical Association proved that lifestyle

exercise was as effective as a structured workout program at helping participants improve their heart

health, lower their blood pressure, and lose weight. The report stated that you only need to do thirty

minutes of lifestyle exercise a day to receive these important health benefits—and you can break this up

into three ten-minute blocks of time.

The problem is that many people avoid lifestyle exercise. Either they take advantage of modern

technology to do the work for them or they simply choose to not do anything at all. If that's you and

you want to lose weight, now is the time to change.

Here are some ways to increase how much lifestyle exercise you get.

AT WORK

- Hold a meeting with a colleague during a short walk instead of in an office or conference room.
- Stand and stretch instead of staying seated while talking on the phone.
- Walk to a colleague's office instead of calling them or sending an e-mail.
- Take a walk at lunchtime.

- Get off the bus or subway a couple of stops before you get to work or home and walk the remaining distance.
- Walk around the terminal while waiting for a flight to leave when traveling.
- With time to spare on a business trip, explore an unfamiliar city on foot or take advantage of your hotel gym.

AT HOME

- Do household chores yourself instead of hiring someone to do them.
- Do your own yard work: rake leaves, weed, pick up trash, clear brush, and mow grass (with a push-mower, not a ride-on model!).
- Take frequent walks to get your muscles moving. Consider a ten-minute walk after breakfast or before dinner, and take longer walks twice a day on weekends.
- Ride a bike to the local convenience store when you run out of a single household item.

-
- Walk your dog frequently and take him/her to the park to play.
 - When you go to the supermarket, leave your car at the far end of the parking lot, then carry

your groceries back to the car if you can.

Your ultimate goal is to move more. Unless you're swimming or biking, this means taking more steps

as you progress through your day. If you are a person who is motivated by being able to beat your own

personal best, a great way to keep track of how much you walk every day is with a pedometer.

Pedometers are relatively inexpensive (you can get a good one for under \$30), easy to use (just clip it to

your belt, pants, or skirt), and give pretty accurate recordings of the number of steps you take. Experts

agree that to be healthy we need to take about 10,000 steps a day, whereas most Americans take about

3,000 steps a day.

INTRODUCING THE (ROUGHLY) 100-CALORIE WORKOUT

It's easy to burn an extra 100 calories. I have developed seven workouts to help you do just

this. Most of these workouts require no fancy equipment and you don't have to go to the

gym to do them. You can make them part of your daily life. In many cases, you don't even

have to change clothes—a different pair of shoes is usually all you need. (These calorie

estimates are for a 150-pound person.)

Walk for 15 minutes: Instead of driving everywhere, make a point of walking. If you walk

briskly, you can cover a mile in fifteen minutes. Walk to public transportation. Park on

the far side of the lot at work, the grocery store, or mall. Walk after lunch at work. You

don't have to do it all at once. By the end of the day, if you've walked a mile, you've

burned 100 calories!

Climb stairs for 10 minutes: Always try to take the stairs at work instead of the elevator.

At lunchtime, you can use the stairs like a gym. Get a 10-minute workout by going up

and down. You can ramp up the effort by increasing your pace or by carrying a

backpack filled with books.

Go dancing for 20 minutes: You don't have to go clubbing until the wee hours to dance

(although, why not?); you can do it in your living room or kitchen while you're at home.

If your significant other or kids want to join in, even better. If not, it's their loss!

(Unfortunately, the razzing you'll get for this does not burn any calories.)

Do yard work for 20 minutes: Why pay someone else to do things in the yard when you

can do them yourself—and get a workout while you're doing it! Raking, clearing brush,

and small projects that involve digging can be a great workout. Less intensive

activities such as planting flowers and edging flowerbeds also burn calories.

Cycle for 10 minutes: If you can, bike to work. Otherwise, get a bike rack for your car and

take your bike to work for a brisk lunchtime ride. If none of this is convenient, make a

point of taking a ten-minute ride at about 15 miles per hour before you head out the

door for work, or when you get home. (Using a stationary bike for ten minutes gives

about the same workout.)

Do housework for 20 minutes: The same principle applies to housework as it does to

yard work—channel your inner cheapskate! Vacuuming, mopping, and scrubbing are

all good ways to burn calories.

Jump rope for 10 minutes: A jump rope is a handy and portable item you can keep at

home or bring to work with you. Get it out during your lunch break at work to jump

rope for ten minutes and you'll feel your heart going and your lungs pumping in no

time. At home, jump rope while watching TV instead of sitting on the couch.

Sure, it's easier to be inactive, and that explains why so many of us are overweight and suffering from

inactivity-related conditions, many of them life threatening. But by making small adjustments to your

daily schedule and doing short workouts, you can change—and prolong—your life. It's not always easy

to find the time to do any of these things. In fact, it's a lot easier to find excuses not to do them. But if

you make the effort to try a couple of these, you will be amazed at how much better you will feel—and

how much better you will look.

“WHAT’S THE PERFECT EXERCISE FOR ME?”

I hear this question a lot. Out of all the different kinds of exercise out there, from lifestyle exercise to

working out at the gym to yoga classes to competing at sports to long-distance running, there is definitely

one that's the best for you. It's any exercise you will do regularly!

That's right: Any exercise you do consistently is a "perfect" form of exercise. That's because most people simply don't exercise enough, and unless your job involves vigorous physical activity, chances are you don't either. Studies tell us only one in five Americans exercises regularly. So it doesn't matter whether you play mixed doubles tennis, do tai chi, or walk with a work colleague at lunchtime five times a week; so long as you're doing more exercise than you were, then you're doing right by the DASH Diet for Weight Loss.

So if your principle for selecting food is Hi-Lo-Slo, your guideline for exercise should be, "Just go, go, go!"

SECTION III

Building Your Skillpower

LOSING WEIGHT on the DASH Diet for Weight Loss is simple to understand. That doesn't mean it's going to be easy to do. It's not easy to change habits. And eating habits are some of the most ingrained habits we have. To change these habits will take practice and perseverance.

After all, temptations and triggers are everywhere. What about if your spouse or kids insist on having

donuts in the house? When the local fast-food restaurant on the way home from work seems a much

more attractive alternative than going to the gym? Or when you sit down on the couch with a quart of

ice cream because you are bored or stressed out?

In the face of all the challenges before you, how is it possible to maintain your commitment and

adhere to the program?

Willpower isn't enough. What is needed to bridge the gap between knowledge and results is what I

call skillpower. Skillpower is part inspiration, part perspiration—a combination of practical knowledge

and self-motivation.

Over the past decade, countless people who are using the DASH Diet to lose weight have told me

what works and what doesn't. Their feedback is built into this section.

14

Create Realistic Goals You Can Reach

ONE OF THE KEYS to achieving your weight-management objectives is effective goal setting. If you are

reading this book, your goal is weight loss and maintaining that lower weight. Let's focus, then, on the

behaviors, efforts, and actions that will ultimately help you reach and stick to these weight-management

goals. All too often we give short shrift to this process. Setting unrealistic, unreachable goals leads to

failure and discouragement. But setting realistic, achievable goals leads to success. So it's worth spending

a minute to explain what we mean by effective goal setting.

I recommend a goal-setting strategy that is SMART:

Specific,

Measurable,

Action-oriented,

Realistic, and

Timed

We know that goals with these attributes are more likely to be achieved.

Here's a goal that's not SMART: "I'm never going to eat chocolate again for the rest of my life." It's

not realistic, not specific, not a very real time frame (the rest of your life?!), and not action-oriented (it

says what you are not going to do, not what you will do). Or, "I'm going to go to the gym every day."

Not realistic and not timed.

Let's look at a goal that is SMART: "In the next week, I will go for a twenty-minute walk at lunchtime four times."

Specific: Walk, not something general like "get more exercise." At lunchtime.

Measurable: Twenty minutes. Four times. Both measurable.

Action-oriented: It says what you will do, not what you won't, or what you'll stop.

Realistic: The length of the walk and the frequency are realistic.

Timed: This commitment will last for one week.

How about one that's eating-related? Let's say you want to stop eating ice cream after dinner. "I will

set up a snack of three cups of air-popped popcorn sprinkled with cinnamon sugar. Then tonight, when

I get those ice cream cravings, I will enjoy that snack instead."

Specific: Prepare the snack. Eat it instead of ice cream.

Measurable: You'll know by the end of the night if you've succeeded.

Action-oriented: It says what you will do (prepare and eat the snack), not just that you will not eat the ice cream.

Realistic: It's just one night. Sometimes that's a good way to start. The popcorn is a sweet

alternative to the sweet ice cream, so it is a more realistic swap than, say, carrot sticks.

Timed: One night.

THE IMPORTANCE OF “REALISTIC”

Sometimes the thought of making a change can seem overwhelming. “I’ll never be able to do this,” we

sometimes think to ourselves. That’s why it helps to make our goals more manageable. If you know you

have to follow your resolution only for today, then it will feel more doable. And when you wake up

tomorrow, all you have to worry about is getting through another day. That’s why “one day at a time” is

a useful time frame for behavior change, and has become the catchphrase for many twelve-step

programs. At times, even though we set SMART goals, trying to make more than a couple of changes at

a time is overwhelming. Back up, pick one or two areas you can make significant change in, and achieve

some success with those. Don’t reach for an overwhelming number of goals all at once.

An important note: “One day at a time” doesn’t mean not planning ahead. One of the key

components of making successful change is to plan ahead. For example, make sure you have healthy

foods available to help you meet your DASH goals, or make plans to meet an exercise partner.

REWARD YOURSELF

Give yourself a reward when you reach a goal. For example, if your goal was to eat the popcorn instead

of ice cream—and you did—get yourself something you've been wanting (except ice cream; make the

reward unrelated to food). You can even build the reward into the goal. "If I walk at lunch four days

this week, I'm going to splurge for that manicure [or golf shoes]." It's important to celebrate your

successes the same way you celebrate the accomplishments of others.

A SETBACK DOESN'T MEAN ALL IS LOST

If you fail to accomplish your goals, it doesn't mean you're a failure. You are not back to square one. The

knowledge you have gained has not evaporated into the atmosphere. It is yours and you can choose to

reapply it. No one can take away what you have learned!

IMPORTANT PRINCIPLES OF AN EFFECTIVE REWARD SYSTEM

- Reward behavior, not outcome. Reward yourself for behavior changes that are likely to

lead to weight loss. Do not reward yourself for how much weight you lose.

- The reward must be valuable to you, no matter what anyone else thinks.
- Reward yourself immediately, or as soon as possible after, the desired behavior occurs.

Delaying the reward reduces its effectiveness as a behavior modifier.

- The reward must come after the behavior, not in anticipation of it.
- Never give yourself the reward if you didn't earn it.
- Each time you earn a reward, take the time to congratulate yourself.

It would be great if you could completely change your eating and exercise patterns and never

experience a setback again in your life. This is unrealistic. Relapses are normal. You should be happy

with “three steps forward, one step back” progress. Make gradual improvements so that sometime in the

not-so-distant future, you will have adopted enough healthy behaviors—and perhaps shed enough

unhealthy ones!—so that you can be proud and satisfied with your success. But the real success is to

maintain those patterns for life.

GOAL-SETTING EXERCISE

Like any other skill, goal setting needs to be learned. It is not easy to set a really good goal. It requires

practice to be successful. Try it out now. Refer to your Personal DASH In Action Plan to start working on goal setting for your weight-management efforts.

Personal DASH In Action Plan

Now is the time to get into action and plan ahead. Use this form anytime you're setting new goals. First,

pick one behavior you'd like to change. Now set a goal that addresses it. Remember to focus on your

behavior and on a short-term goal. When phrasing your goal, use the words "I will . . ." It's more

powerful!

You can set these goals for exercise, to improve your diet, or for behaviors such as making food-

tracking records.

For my short-term goal, I WILL

Remember, your goal should be specific, measurable, action-oriented, realistic, and timed.

15

Use Your Tools

I PROVIDE A VARIETY of tools for you in this book. These tools have been tried and tested over the last

decade by the many thousands of members of my weight-loss and health program and have been found to be extremely useful.

Your most effective tool is the Food and Exercise Log located in [Chapter 8](#). Keeping a log helps in a

couple of ways: It is a good motivation tool that makes you feel more accountable for your actions, and

putting everything down in black and white reinforces your efforts. Reinforcing your record keeping with

a tool such as a pedometer to track your physical activity can enhance your self-monitoring efforts.

When you are trying to manage your weight, it really helps to keep track of more than just the raw

numbers; you should pay attention to such issues as when and why you eat foods that compromise your

efforts to manage your weight. You can do this by adding comments to the Notes column on your Food

and Exercise Log and review it at the end of every day to see if there are any undesirable patterns that

you could try to break. You can find the Food and Exercise Log in [Chapter 8](#), or you can download it

from my website at: www.dashforhealth.com/foodlog.php.

DASH FAQ

What are the advantages of using a pedometer?

Please see the answer to [FAQ 11 in Section V, Frequently Asked Questions.](#)

The DASH Diet for Weight Loss meal plans are tools, too. You can find these in [Part 3](#). The meal

plan is an effective tool for weight loss for several reasons:

- You don't have to decide everything you will eat in a day. The meal plan does that for you.
- It teaches you about food groups and serving sizes.
- It enables you to plan ahead for healthy, Hi-Lo-Slo meals.
- You avoid the "same old thing" at the dinner table.
- It includes healthy recipes.
- It helps you eat out less.

- It includes a variety of meals.

Of course, to get the most out of your tools you have to take them out of the toolbox. Use them—
they're yours.

16

Employ Visualization Techniques

IF YOU HAVE TRIED to lose weight many times before and not succeeded, then you are like millions of

Americans before you, and you may feel success is beyond your grasp. But I know you can learn and

change. To literally believe you can succeed, you can use “visualization techniques” as part of your

DASH Diet for Weight Loss program.

Visualization is the process of holding and concentrating on an image in your head of how you want

something to be. In doing so, it becomes a reality.

To visualize eating lower-calorie foods, hold a picture in your mind of a “healthy you,” one slimmer

and in prime physical condition, eating lots of Hi-Lo-Slo foods and feeling more vibrant and dynamic.

The clearer and more vivid your image, the better. If you have a picture of yourself when you were at a

healthier and more desirable weight, use that to establish your visualization.

People who practice visualization techniques and that after not too long, they will move closer to their

weight-loss and health goals. Over time, exercise becomes more appealing, and high-calorie, fatty, and

salty foods will be less tempting.

Visualization works. The more you imagine something as a reality, the more likely you will behave in

ways that match that reality. Its more enthusiastic proponents are professional athletes. With millions

and millions of dollars riding on pro sports, athletes wouldn't be doing it if it wasn't effective!

Why does visualization work? No one quite knows. But like prayer, meditation, and hypnosis, it

seems visualization works by sending a message to the subconscious. The mind is a powerful thing!

THREE VISUALIZATION EXERCISES TO LOSE WEIGHT AND GET HEALTHIER

Exercise One: Positive Imagery

Start by getting in the right frame of mind to begin your visualization session.

- Sit quietly and comfortably.
- Start breathing deeply.

- Close your eyes. Keep them closed during your visualization. Keep your belly relaxed. Let the relaxation spread from your belly into your legs and upper body.

Visualize yourself standing in front of a full-length mirror, a noticeably slimmer you looking back. Picture yourself stepping into the mirror, becoming one with that image, and actually transforming into that slimmer you. Feel yourself slimmer, your clothes hanging more loosely from your body.

Exercise Two: Affirmation

Start by using the relaxation technique in Exercise One.

Now imagine this scene:

I am walking on the beach, feeling slim and attractive. I feel the sun on my skin and smell the ocean air. It feels fantastic to be so healthy and full of energy thanks to how slim I am. I hear the sound of the waves and the seagulls overhead. People are looking at me and commenting on how slim and healthy I look. It feels great to be alive and to be enjoying the gift of this slimmer, healthier body. I am more confident, healthy, and

serene.

Whenever you sit down to eat, take a couple of minutes to go through Exercise One or

Two. Either will help reinforce your desire and commitment to eat in a healthier way.

Exercise Three: Fight a Craving

Again, start by using the relaxation technique in Exercise One.

Imagine a situation in which you are vulnerable to overeating or craving a food that

doesn't fit with your nutrition goals. For example, you are at home alone with a tub of ice

cream left over from a party. Imagine opening the container, looking at the ice cream, and

smelling it. Let the craving develop, and don't fight it. Now visualize stuffing the tub of ice

cream into the trash. Or visualize yourself putting it away, out of sight. Doing this will

make it more likely you will follow this course of action the next time such a situation

arises.

If you have a problem resisting cravings, practice this visualization three times a day for

a few minutes each time.

Once you have developed a clear vision of your healthy self, you need to tell yourself that this is the healthy person you are now, today! You need to phrase your visualizations in the present. Say I am, not I will (after all, haven't you been saying I will for years?), because the subconscious mind understands the present better than anything. The more you visualize your goal and repeat your affirmation—preferably out loud—the more likely you will succeed.

By practicing visualization, obstacles in the way of your weight-loss goals become a lot easier to overcome. You have a clear picture in your mind about what you want and how to achieve it. In this way, you will truly believe you can succeed.

17

Practice Conscious Eating

CONSCIOUS EATING is being aware of what you're eating and why you're eating, and not eating any more when you're full. Practicing conscious eating is a key to weight loss.

Trouble is, most of us tend to eat unconsciously. We eat while we work, drive, walk, talk, make

shopping lists, watch TV, read, and do other assorted activities. When was the last time you just ate, paying attention to the experience of actually tasting the food?

Conscious eating helps you in several ways. First of all, it is an opportunity to relax for one of the few times in our busy lives. And if you are trying to lose weight, conscious eating helps you slow down the pace at which you eat. This is an added dimension to the Slo component of my recommendation to eat Hi-Lo-Slo foods. In addition to choosing foods that are slow to eat, it's important that you take it upon yourself to eat more slowly.

Many people who struggle with their weight eat too fast. As a result, they overeat before the fullness signal in their brains is triggered, which takes about fifteen minutes. We all know the feeling of wolfing down a meal and feeling stuffed because we just ate much more than our bodies actually needed. When we groan and complain, "I didn't mean to eat that much," what we really mean to say is, "I didn't mean to eat that fast."

CONSCIOUS EATING HELPS MARRIAGE

Another message from T.T.—

Dear Dr. Moore,

I had gotten into the habit of watching the news while munching on a bag of potato chips every evening as my wife got dinner ready. I remember when you first talked about “conscious eating,” I said to myself, “Huh? Potato chips have taste?” I realized that I was eating the chips and never really paying attention. That motivated me to pay more attention to what I was eating. My wife began putting my napkin on top of my dinner plate as a reminder for me to really pay attention to what I was eating. It took a full month for me to really develop conscious eating as a “habit.”

Now I do it regularly. It has really helped me enjoy my food more but also understand when I have had enough. And my wife likes it, too. Now that I am tasting food, I compliment her more often on how good her cooking is. So conscious eating even benefits my marriage!

The reverse applies, too. Most of us also know the feeling of eating just a small amount, pausing for a few minutes, and realizing that the small amount we initially ate filled us up and we no longer are

hungry for the rest of our meal! A good example of this is when we are at a restaurant and eat some bread and a salad. We realize as we wait for our main course that . . . we're full! Conscious eating is a way of taking advantage of our fullness signal. So eat consciously. Remember to savor each bite of food, considering carefully the flavor and texture of what you are chewing. Chew each mouthful of food at least ten times to appreciate it completely. This process helps you eat more slowly, which helps you eat less.

FEEL FULLER ON LESS FOOD

It takes fifteen minutes or more for your brain to get the message your body has been fed.

If you slow down how fast you eat, this will allow fullness signals to begin to develop by

the end of the meal. The following are some other ways to achieve a feeling of satiety on

fewer calories:

- Eating lots of vegetables can also make you feel fuller.
- Drink a warm beverage during your meal; it makes you feel fuller.
- Eat foods that require more chewing, such as raw vegetables.
- Put your fork down between bites.

- Pace your eating to the slowest eater at the table.

You can also use conscious eating before a meal to decide if you are really hungry, and during a meal

to decide if you've had enough. When was the last time you were truly, physically hungry? Do you ever

eat just because it's breakfast, lunch, or dinnertime? How about if you're serving food to others? Or do

you eat just because there's food around?

Sometimes we eat for emotional reasons as well. Anger, fear, anxiety, stress, hurt feelings, boredom,

and loneliness are all negative emotions that can lead people to eat when they're not hungry. Positive

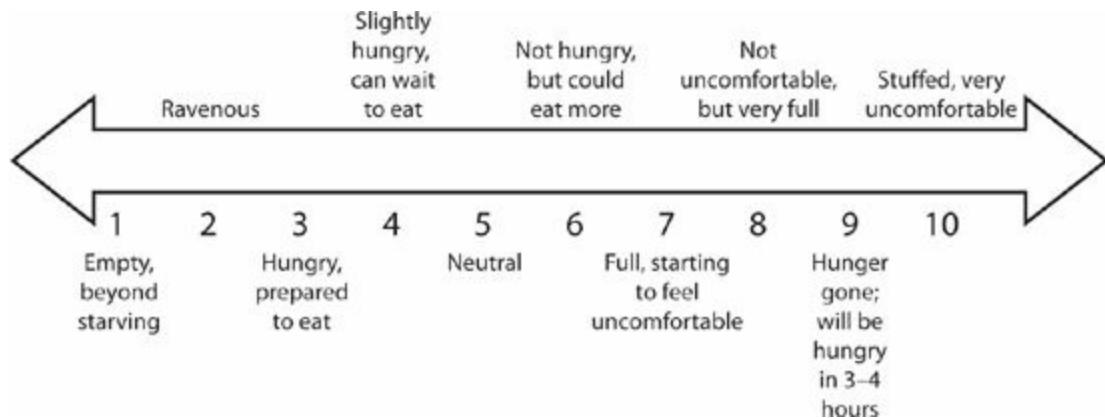
emotions can be triggers as well. Ever eat when you're celebrating, or just plain happy? Well, none of

these situations or emotions has anything to do with hunger.

To avoid eating when you're not hungry, get in the habit of asking yourself the following question

beforehand: Am I hungry, physically really hungry?

Figure 17.1 Hunger-Fullness Scale



To answer this question, refer to [Figure 17.1](#), the Hunger-Fullness Scale. At 5 you are at neutral—

neither hungry nor full. If you don't eat, you get hungrier, your position on the scale going to 4 and then

to 3, and so on. The opposite applies when you eat as you transition through the higher numbers on the

right-hand side of the scale. At 6 you are satisfied, but may want to keep eating. At 7 you are "full." If

you keep eating, you become overly full.

The key is to be conscious of where you are on this scale whenever you are ready to put food into

your mouth. Your goal when eating is to eat slowly and stop when you reach the point of satisfaction,

which is 6.

When deciding whether or not to eat in the first place, don't eat unless you are hungry. If you were to

keep track, you would be surprised at how often you eat when you're not hungry.

Conscious eating makes the eating experience more satisfying. You gain a fuller appreciation of the food you put in your mouth. This is especially important at a time when cutting calories can make you feel deprived.

18

Ask for Support

I'VE LEARNED OVER the past decade from the men and women in my weight-loss and health program that it's crucial to get support if you are trying to make positive change in your life.

Support is available from many sources, including family, friends, and colleagues. The more places you get support from, the more likely you will achieve your goals.

FAMILY AND FRIENDS

Your family and friends are the ones whose support you may need most. Start off by asking your friends and family to respect your desire to change your eating plans. Have a family meeting to describe and discuss what you are trying to achieve. Maybe others in your family would want to make the same

changes. If they don't, tell them how much you will appreciate their encouragement as you make this big change. You'll be surprised how supportive they will be. It's great if your family is willing to help. But you may not want them looking over your shoulder all the time. Talk to your family about how they can be most helpful—positive reinforcement is usually more welcome than being constantly corrected.

Some other ideas:

- Hang your Food and Exercise Log (found in [Chapter 8](#)), somewhere prominent so that you and everyone else can be reminded of your goals.
- Put money in a fund every time you make a choice that is likely to help you achieve your weight-loss goal, and then when you reach a certain goal, reward yourself and your family with a non-food-related treat. That helps everybody in your house win when you win.
- If your family chooses to keep eating their same old way, clear a shelf in the pantry and an area in the fridge where you can keep your particular food items. Make it a house rule that all junk food be kept in a different area.

SUCCEEDING TOGETHER

B.W. is a 53-year-old factory supervisor who started the DASH Diet in 2005. He was the only one in his household trying to follow DASH. Although he made some improvements in his eating habits, he failed to lose any weight for two years. In 2007, his wife's doctor told her

that she had high blood pressure and should start the DASH Diet. Working together, he and his wife stopped buying the high-calorie sweets and snacks that had been their big temptation in the past. And they started emphasizing larger servings of fruits and vegetables with their home meals. B.W. has lost 35 pounds and his wife has lost 25, and they have kept the weight off for three years. B.W. said: Following the DASH Diet became a lot easier when we made our entire household a DASH-friendly zone. Even my two teenage sons eat the DASH Diet. It's nice to know that we're teaching them habits that will keep them healthy for years to come.

AT THE OFFICE

You may be closest to family and friends, but you probably spend more time with people you work with.

It's important that you let your colleagues know you are making some changes in your life. It might

surprise you how many are considering doing the same thing. The same way you did with your family

and friends, you can approach your workmates individually and tell them in a friendly and

nonconfrontational way of your intentions to lose weight and improve your health. Let them know how

much you will appreciate their help and encouragement. It may take you a while and some diplomacy,

but see if you can get the support of your workmates on the following goals:

- Can we make the office a “junk food-free” zone?
- Can we have business lunches at restaurants that offer healthy choices, and especially a good salad bar?
- I'm going to start taking the stairs if it's just a couple of floors. Would you like to join me?

DASH FAQ

What's your recommendation for dealing with people who try to tempt me into

eating foods that aren't on my eating plan?

**Please see the answer to FAQ 12 in Section V,
Frequently Asked Questions.**

19

Conquer Emotional Eating

DO YOU REACH for the ice cream or potato chips when you're not even hungry, usually in response to

how you're feeling? If so, you might be a victim of "emotional eating."

Emotional eating takes place when you eat large quantities of food—usually "comfort" or junk foods

that are high in fat and calories—not because you are actually hungry but because you are using the food

to cope with certain feelings. Overcoming emotional eating is an important skill.

WHY WE EMOTIONALLY OVEREAT

Some experts believe that much of the overeating in our society is caused by emotions we can't deal with.

Sometimes we don't even recognize the connection between how we feel and why we are eating. Weight

gain isn't the only negative consequence of overeating. Gorging on foods that don't fit into a healthy

lifestyle can edge out healthier foods and deprives you of nutrients you need to be healthy and fit

chronic disease.

Why do so many of us practice emotional eating? We learn early in life that food can temporarily

make us feel better. As we get older, we may revert to using food to help us cope with emotional distress.

Emotional eating may become a mechanism that gets in the way of learning more mature coping skills.

IDENTIFYING EMOTIONAL TRIGGERS

Here is a long list of feelings that can trigger overeating: depression, loneliness, anger, anxiety, boredom,

frustration, stress, relationship problems, and low self-esteem. Do you eat in response to any of these

feelings? Then you are probably an emotional eater and will benefit from learning strategies to manage

your emotional problems without heading to the fridge or vending machine.

First, though, you need to be able to recognize emotional triggers. To identify your own triggers, on

your DASH Food and Exercise Log jot down what you are feeling when you eat—especially when you

overeat. These notes should include emotions, stressors, and situations that make you want to reach for

food. It won't be long before you begin to identify patterns associated with your overeating.

People with serious emotional eating patterns should see a counselor to identify and treat the emotional disorder. But I can give you a few suggestions to help break the connection between emotions and overeating.

DISTRACTION IN ACTION

When you are tempted to reach for food and you know you're not hungry, instead try one of the following activities:

- Call a friend.
- Read a book.
- Write a letter.
- Answer an e-mail.
- Take a luxurious bath.
- Call a friend and talk about your cravings (often they just go away).
- Go for a walk.
- Do some sit-ups or stretch out those stiff muscles.
- Do a small house project you've been avoiding, or wash the car.
- Drink a large glass of water.
- Chew a piece of sugarless gum.

Any activity that takes your mind off your negative feelings can be used as a substitute for overeating.

Meditation: An effective way to connect with underlying feelings, and to understand that overeating isn't the answer.

Relaxation exercises: Help you deal with stress and anxiety that makes you want to overeat.

Individual or group counseling: Provide you with support so you understand you aren't the only person dealing with such feelings, and that if other people can establish coping mechanisms, so can you.

There are degrees of emotional eating. There's probably no one who hasn't eaten something when they've been bored or lonely and not hungry at all. But for some people, emotional eating may be a chronic and very serious problem leading to obesity. How do you know if you have a serious problem?

Here are some signs:

You eat large amounts of food when not physically hungry.

You eat very quickly and don't pay attention to the taste or texture of the food.

You hide food because you are embarrassed at how much you are eating.

You eat until you are uncomfortably full.

If these describe you, then seek the counsel of a professional who can help you. Your family doctor can provide a referral to a professional who specializes in disordered eating.

20

Stave Off Cravings

EARLY ON in this section, I recommended that you remove items from your pantry or fridge that don't

t with your DASH Diet for Weight Loss goals. No matter how rigorous you are at this "spring

cleaning," most people trying to manage their weight will still face situations when they are tempted to

eat more than they should at home, or to eat things they shouldn't. How can you "stave the crave"?

Tune out the tube: Television is one of the most powerful triggers for people, especially the

commercials for fast food and other munchies. One of the most effective ways to prevent TV-

inspired snacking is to watch less TV. Most people watch too much TV anyway, so here's just

another reason to turn it off! If there is a TV program you just have to watch, mute the

commercials since they tend to be filled with urgings to eat high-fat, high-sodium, and high-calorie foods.

Another challenge with watching TV is that it provides a huge opportunity for unconscious

eating. You sit down with a bag of chips or cookies, and before you know it, you have eaten

the whole bag. Cutting back on TV watching is a good way to break this cycle. Read a book or

play a board game with your family members. Better yet, go for a walk or reserve TV watching

for when you are exercising on a treadmill or stationary bike. You'll be burning calories instead

of consuming them!

Suck it up: Choose a beverage to satisfy your craving instead of something solid to eat. For

many folks, anything that satisfies the urge to get something in their mouths works. Others

swear by a warm beverage. A decaffeinated tea or low-calorie hot chocolate may fit the bill.

Avoid alcohol, which is high in calories and can cause problems with sleep as well as blunt

your commitment to avoid snacks!

Brush and floss: We're all supposed to brush our teeth and floss at least twice each day. Right

After eating a healthy meal, brush and floss your teeth very thoroughly. This is known to lessen cravings to eat.

Practice conscious eating: When you get the urge to snack, ask yourself, Am I really hungry or

[is there something else going on? This strategy is known as conscious eating. Refer to Chapter](#)

[17 on the subject.](#)

Idle hands are a snacker's playground: Avoid the kind of boredom or inactivity that can lead

to urges to eat when you shouldn't. Pick a task that keeps your hands busy and your mind off

the munchies. It helps to make a list of things you enjoy doing at night and refer to that list

when you feel a snack attack coming on.

Chew on it: Chewing gum can keep snack urges at bay. Choose a sugarless brand.

Don't keep undesirables at home: If it's not there, you can't eat it! If you can't resist temptation,

get rid of tempting foods.

Sack out: You can't eat while you're sleeping. At night, go to bed instead of reaching for

something to eat. Avoid caffeinated beverages late in the day.

Eat healthy snacks: If you are going to snack, snack on healthy items. Try to think of a healthy snack that is like the unhealthy snack you crave and keep the healthy variety on hand. Your healthy snack will come closer to satisfying your craving if it is similar in texture to your craved food. You often crave cold and creamy ice cream? A very cold nonfat yogurt has a similar mouthfeel and might do the trick. Or instead of potato chips, try a measured portion of rice cakes or popcorn. Whatever your usual craving, plan ahead and have a healthy option available. Learn how to “snack healthily.”

Don’t let yourself get too hungry at night: It’s important to eat enough during the day so you don’t lose control at night and go to town on high-calorie snacks. Make sure you eat your full allowance of DASH foods during the day. Eat a Hi-Lo-Slow dinner with higher items, as this is more filling. If you aren’t ravenous when dinnertime approaches and if you eat a Hi-Lo-Slow dinner, you might find that the cravings are less urgent.

Learn How to Go Grocery Shopping

HOW MANY TIMES have you returned from the grocery store and realized you've bought a whole lot of

what you don't need—and neglected to buy much of what you do need?

Learning how to go grocery shopping seems so elementary. Yet many of us need guidance in this area

of skillpower. It's especially important for those who struggle with their weight. And it's fundamental to

meal planning, as we saw earlier.

Let's look at what I call the Four Essential Principles of Food Shopping. These principles will make

your trips to the grocery store more efficient, and in doing so, support your goals of losing weight and

getting healthy.

1. DON'T SHOP HUNGRY.

This is a simple yet important tip. If you go to the grocery store hungry, you may very well make impulse

purchases that don't fit into your weight-loss program. At the very least, have a healthy and substantial

snack before you go into the store—a couple of pieces of fruit and a large glass of water will take the edge

off. Alternatively, do your grocery shopping after your evening meal, and make it an opportunity to get

some exercise too by parking a good distance from the store entrance.

2. GO WITH A LIST.

Another obvious principle that so many people ignore. Shopping lists help you to be more efficient. Take

a shopping list with you and stick to it.

3. STICK TO THE PERIMETER.

Avoiding aisles you've been down already can help you speed through the store and leave with a variety

of healthy and Hi-Lo-Slo foods for you and your family. Most Hi-Lo-Slo foods are found around the

perimeter of the store. On one side of the store you'll find fresh fruits and vegetables. Usually along the

back wall are the meat section and the dairy department, followed by the bakery. It is in these sections

that we recommend you spend most of your time and money. The center aisles are where you'll find the

processed foods like snacks, cookies, and sweets. You should spend less time (and money) there.

4. AVOID FREE SAMPLES.

You might think the ice cream section is treacherous, but some of the most dangerous parts of any

grocery store are the ends of the middle aisles where friendly folks offer samples of tasty foods. If you eat

everything that's offered, you could be consuming an entire meal's worth of calories. A polite "No thank you!" is the appropriate response when offered any free sample. This is another reason not to go grocery shopping when hungry.

22

Make Your Kitchen Weight-Loss Friendly

KEEPING A WELL-STOCKED kitchen is a key to eating healthy. That sounds obvious, but putting it into practice can be a challenge. I am going to provide you with a list of products you should keep in your pantry, refrigerator, and freezer.

First, here are some hints on how to keep that kitchen well stocked:

- Keep a list of essentials (such as the one below) and make sure to keep the items in stock at all times. Customize it so it suits your own likes, dislikes, and dietary restrictions.
- As soon as you use up an item, write it on your shopping list so you won't be caught out when you need to include it in a meal.
- If you have favorite items you use frequently, buy in multiples; that way you'll always have

on hand what you need. Canned tomatoes are a good example—they can be used for healthy pasta sauces and chili and stews and can be stored for long periods of time. Buy a case at a time if you have the storage space. The same goes for ingredients for your favorite recipes, so you can make them a few times.

- If an item you use a lot is on sale, don't buy just one. Check out your local grocery store yers

regularly and stock up on kitchen and pantry items when they are on sale.

With a well-stocked kitchen, you can regularly prepare Hi-Lo-Slo meals your family will love.

IN THE PANTRY

Brown rice

Quinoa

Whole-wheat pasta

Ready-to-eat whole-grain cereals (shredded wheat, toasted oat, bran flakes)

Oatmeal (whole oats or quick cooking, not instant)

100% whole-wheat bread (small slice) and pita pockets

Flour (unbleached and whole-wheat)

Cornstarch or arrowroot

Baking powder (aluminum free) and baking soda

Beans (dried and/or canned)

Canned tuna (packed in water, not oil)

Canned tomatoes (preferably no-salt-added)

Unsweetened applesauce

Dried fruit and nuts

Vegetable oil spray

Olive and canola oils

Low-calorie salad dressings

Low-sodium chicken, beef, and/or vegetable broth

Salsa

Reduced-sodium tomato sauce

Brown sugar

Vinegar (balsamic and white wine)

Reduced-sodium ketchup, deli mustard, “lite” mayonnaise

Low-fat granola bars

Pretzels (unsalted)

Low-fat whole-wheat snack crackers

IN THE FRIDGE

Fresh fruit (a variety)

Fresh vegetables (a variety)

Fresh-pack salad greens

Onions

Garlic

Low-fat or nonfat milk

Low-fat and nonfat yogurt (a variety)

Low-fat cottage cheese

Low-fat cheese (a variety)

Reduced-fat string cheese (mozzarella) sticks

Trans-fat-free margarine

Eggs and/or egg substitute

Reduced-fat, low-sodium deli meat, such as sliced turkey breast

Natural peanut butter

Tortillas, whole-wheat or corn (can be frozen, too)

Bottled lemon juice

Reduced-sodium soy sauce and teriyaki sauce

IN THE FREEZER

Frozen vegetables (plain vegetables; no sauces or salt)

Frozen fruit (without added sugar; such as blueberries, strawberries, raspberries)

Lean meats (skinless chicken breasts, low-fat cuts of beef, pork)

Fish

Low-calorie frozen desserts (frozen juice bars, nonfat frozen yogurt)

23

Learn How to Dine Out and Still Maintain Weight-Loss Goals

I'M TRYING TO follow the DASH Diet for Weight Loss. What should I order?

That's what you should be asking yourself as you browse through a restaurant menu deciding what fits with your DASH food group servings for the day and with your weight-management goals.

To make their food offerings tastier and appealing to the modern American palate, most restaurants

serve overly large portions and load them with salt, fat, and sugar. Many restaurants now offer some

menu selections that are healthy, but how to tell which ones they are?

WORDS TO THE WISE

Let's start off with a primer on which words on menus generally refer to high-calorie items and which

ones are for healthier choices.

It's straightforward: Avoid the foods in the left column, try to choose the ones in the right column. Of

course, you can always ask the waitstaff how a dish is prepared. A simple rule of thumb for controlling

calories would be to avoid foods that are fried or have sauces made with cream or butter.

Words That Describe Restaurant Dishes

High-Calorie Words

Low-Calorie Words

Cooking Methods and Preparations

Sautéed, meunière

Raw (vegetables)

Fried, Southern-fried

Baked, roasted

Breaded

Grilled, broiled

Au gratin, scalloped

Steamed, poached

Hash-browned

Parmesan (as in veal or eggplant

Parmesan)

Melted cheese

Sauces

Alfredo, cheesy

Marinara

Cream, creamy, special sour cream,

Au jus, natural juices

Newburg

Butter sauce

Hollandaise, béarnaise

Bordelaise, wine

Gravy

Texture and Appearance

Crisp and crunchy (when describing fruits and

Luscious, rich

vegetables)

Crisp and golden, golden fried

Lean

Other Words

Cream soup, chowder, bisque

Heart healthy

Pot pie

RESTAURANTS WILL RESPOND

Many restaurants have responded to consumer demand for healthier options. Those options are usually

flagged on the menu. And even fast-food restaurants are becoming more willing to accommodate specific

requests on food preparation. So if you have specific requests for lower-calorie fare, you can usually

“have it your way.” You just have to ask.

WHAT TO ASK FOR

If you’d like something specially prepared, all you need to do is politely ask your server to ask the

kitchen. The kitchen won’t always be able to accommodate your request, but it doesn’t hurt to ask for

food that will help you reach your weight-loss goals. I know a lot of people are reluctant to do this.

Maybe they don’t want to seem too pushy or demanding. Or maybe part of the reluctance is because if

you ask if something can be made without the butter (for example), you’re afraid they will say yes—and

subconsciously you really want the butter! So be honest with yourself: It’s time to skip the butter. And

don’t be afraid to ask.

Here are some requests you can make that will help you enjoy a lower calorie meal when eating out:

- Does the chef make a low-calorie special?
- I'd like the chef to put half the meat and twice the vegetables on my plate.
- I'd like the sh prepared with no oil and the sauce on the side, and instead of the sides listed,
could I have it over greens with a low-fat dressing?
- In that sandwich, please put half the meat and twice the vegetables.
- I'll take the turkey burger, but hold the cheese and mayonnaise.
- We'd like to share an entree and have it plated that way by the chef. (There's often a small
extra charge for this.)
- Before you bring my food out, could you put half my entree in a "to-go" container?
- I'd like the dressing on the side of my salad.
- No bread and butter at this table, please.
- Instead of the chicken entree, I'd like the chicken broiled and served on a salad.
- Can the chef make any vegetarian entrees? (But remember that a vegetarian choice on a

menu is not necessarily the low-calorie choice. Vegetarian dishes may be made with cheese,

cream, butter, or oil, or they may be fried.)

- I'll have the burrito, but instead of rice, would you please have the chef make it with extra

vegetables and half the cheese? And if the chicken burrito is white meat I'll have that,

otherwise just the beans is fine.

- With my sandwich, I'd like a small salad instead of french fries.
- I'd like my fish/chicken broiled instead of fried or sautéed.
- No thanks, we don't want to see the dessert menu.

TRYING TO MANAGE YOUR WEIGHT?

Take This Restaurant Quiz

I hope you've learned enough to be able to answer the following questions correctly.

1. It is possible to stick to your DASH Diet for Weight Loss program when eating out at a

restaurant because:

a. Most chefs and maître d's are eating the DASH Diet for Weight Loss.

b. Most restaurant servers have read the book The DASH Diet for Weight Loss.

c. Most restaurant managers read the articles in major medical journals attesting to the effectiveness of the DASH eating plan.

d. The DASH Diet for Weight Loss is an eating plan based on common foods, and you can always ask the waiter to modify one of the menu selections so that it's more DASH-friendly for you.

2. Which of these menu descriptions represents a more low-calorie option?

- a. Alfredo
- b. Béarnaise
- c. Cream sauce
- d. Baked

3. Which of these is an effective way to reduce calories when you eat out?

- a. Skip the bread and butter.
- b. Have two appetizers instead of an appetizer and an entree for your meal.
- c. Share an entree with your dining companion.
- d. All of the above

4. Which of these statements is true?

a. It's rude and presumptuous to politely ask the server if the chef will prepare a meal for you using low-calorie ingredients and preparation methods.

- b. It is impossible for chefs to change ingredients and preparation techniques.
- c. Restaurants are oblivious to their customers' desires to eat healthier.
- d. Restaurants are in the business of keeping their customers, and they will accommodate customers' wishes to eat healthier to the best of their abilities.

5. Which of these salad dressings is probably lowest in calories and saturated fat?

- a. Ranch
- b. French
- c. Thousand Island
- d. Vinaigrette

6. Which of these salad bar selections should you avoid if you are watching your weight?

- a. Green vegetables such as watercress, arugula, romaine lettuce, spinach, green beans, snow peas, and broccoli

- b. Other-color vegetables such as tomatoes, peas, cabbage, bell peppers, cauliflower, corn, red beets, hearts of palm, and carrots
- c. Small amounts of unsalted nuts
- d. Bacon bits, potato salad, and crispy chow mein noodles

7. Why is eating slowly an effective way of feeling full on fewer calories?

- a. Your eating companions will steal your food.
- b. Calories evaporate from food when it is put on a plate.
- c. Most restaurants have a strict policy prohibiting people from eating slowly.
- d. It takes 15 minutes for your brain's fullness signal to kick in, and if you gobble your

food down, you'll have exceeded your calorie target by the time your brain tells your tummy you've eaten enough.

If you answered d to all these questions, congratulations. You are officially qualified to eat in restaurants without blowing your weight-loss goals.

As you can see, there are plenty of ways to make eating out an experience that is more in line with your weight-management goals. Don't be afraid to speak up.

FINALLY: CELEBRATE EVERY SUCCESS!

It's easy to be impatient or too hard on yourself. Instead, give yourself credit for mastering the skills in this section. Every skill you learn and practice is a move in the right direction, and you deserve to feel good about your hard work. Of course, the challenge is to celebrate in a way that fits with your greater goals. If food has been your way of rewarding yourself, you will want to explore other ways to feel good.

It is very important to feel good because when you do, you'll be able to accomplish so much more for yourself.

SECTION IV

Doing It for Life

AS SOMEONE in my DASH Diet for Weight Loss program once said, "If you do what you've always done, you'll get what you always got." I didn't realize at the time she was quoting Mark Twain, but she hit the nail right on the head. The same unwise eating practices will get you the same results—a waistline that keeps expanding. But when she made the comment, it was more about how, if you continue to practice healthy changes, then the benefits you receive will also continue. Put another way: If you lose

weight on this program and you keep doing what you did to lose that weight—guess what?—you'll keep that weight off.

This is especially important news for folks who have lost weight on other programs but gained it all

back when they couldn't stick to the diet permanently, maybe because the diet was too extreme or too

limited in the foods that were allowed. Or maybe they just decided that it was not a healthy way to eat

for the rest of their life.

One of the positive features of the DASH Diet for Weight Loss is that the diet is easy to keep up. The

eating plan is made up of common foods, and the calorie targets aren't so restricted that you feel

deprived all the time. It is a diet you can follow for life.

Not just that, but you have been provided with a large box of tools you can use that will help you

stick to the program. These tools help you practice the behaviors necessary to follow the eating plan and

exercise recommendations. The behaviors that you practice as part of the program will eventually become

habits—in the very best sense of the word. You'll find yourself practicing portion control by counting

servings, choosing Hi-Lo-Slo foods and avoiding calorie-dense items, eating slowly and stopping when

you're full, and exercising regularly.

When these behaviors really become habits, you may be surprised that you are doing them without

thinking about it!

At the same time, it is important to be vigilant so you can maintain your lower weight and continue

with this healthier way of living. In my many conversations with the men and women enrolled in my

DASH for Health program, what I've learned is that there are several steps you can take to make it much

more likely you will enjoy continued success.

PRACTICE THE PRINCIPLES

The DASH Diet for Weight Loss is built on several important principles. It's important for you to keep

these in mind. Memorize these principles. Write them down. Type them up and put them on your desk

at work, the fridge at home, in your wallet—wherever you need to so they become part of your

consciousness.

Here are those principles:

- Learn how many servings you should be eating each day in each DASH food group (see
-

[Chapter 5, The Food Groups—Going Hi-Lo-Slo\).](#)

- Learn what a serving is and what counts as a serving for different foods (see [Table 4.4](#),

Serving Sizes in the Eight DASH Food Groups).

- Choose Hi-Lo-Slo foods and make meals using Hi-Lo-Slo principles (see [Part 3, Meal Plans](#)).
- Be active (see [Chapters 11, 12,](#) and [13](#) for exercise advice).

BE POSITIVE AND MAKE IT FUN

I like to think that following the advice in this book offers you more than just better eating habits, and

even more than losing weight. It offers you an opportunity for a healthier life. Embrace that opportunity.

A slimmer, healthier you is someone who lives life more fully. The new you doesn't just sit on the couch

watching TV, letting life pass you by. You are learning new and healthier ways to prepare food; trying

new varieties of vegetables, fruits, and grains (and maybe growing your own vegetables); enjoying active

vacations; maybe even helping others start an exercise program because you've seen how much exercise

has helped you. Maybe you aren't doing all these things, but you are doing at least a couple of them.

Your new way of living should be enjoyed to the maximum, so be positive and make it fun.

CONTROL YOUR ENVIRONMENT

We live in a toxic food environment. There are huge amounts of cheap food everywhere. If you struggle

with your weight, that can make it exceedingly difficult to maintain any weight loss you achieve. The key

is to not be a victim. Just because it doesn't cost extra to "supersize" a meal doesn't mean you should; just

because the smell of cinnamon buns wafts through the food court at the mall doesn't mean you must go

in and buy one; and just because the buffet is "all-you-can-eat" doesn't mean you have to. The most

important thing to understand: You are in control of what you eat.

At the same time you resolve to not be a victim of the toxic food environment, it's important to

control your own surroundings to the extent that it's possible. This includes your home and workplace. I

have provided you with lots of advice on ways in which to create an environment that supports your

weight-loss goals, whether it's at home or work.

BACK TO THE BASICS

Help can be found in your DASH Diet for Weight Loss program whenever you need it. It's especially

important in the event you find yourself gaining weight back. So keep weighing yourself every week. If

your weight increases by 2 or 3 pounds, it is time for you to pick back up on your program. That means

going back to basics. Reacquaint yourself with the concept of Your First Three Steps that I introduced in

[Chapter 4](#) to help you figure out how much to eat. Resume the food tracking system to make you more

aware of what you are eating (using the Food and Exercise Log in [Figure 8.1](#)). And remind yourself

which are the best Hi-Lo-Slo foods and food preparations (outlined in [Chapter 5](#)). You might consider

doing this for a week or two every year, regardless of whether you gain back some weight. The DASH

Diet for Weight Loss will always be here for you. It will always work—if you work it. So don't be afraid

to go back to the basics.

PERMANENT CHANGES

Dear Dr. Moore,

I just wanted to let you know that I have been following the DASH Diet for five years now. I lost

28 pounds in the first year and have kept the weight off. I had tried many diet plans before DASH.

Sometimes I would lose some weight but always I regained it. What I learned with the DASH Diet

is that a “diet” is not just something you do until you lose the weight and then you go back to what you did before. That’s a sure way of repeating failure. With DASH, I learned that proper eating habits should last a lifetime. So I continue to try to follow what the DASH Diet teaches every day. Watch your food groups and watch your food servings. Now that is my new “habit.”

And I’m planning to stick with it for the rest of my life.

Thanks,

S.Q.

ASPIRE TO PROGRESS, NOT PERFECTION

We all want to be as good as we can be. And we want to meet our goals. If you are reading this book,

then one of your goals is to lose weight. But don’t make weight loss an obsession. Don’t beat yourself up

if your goal was to lose 40 pounds and you’ve lost only 30. I’m not saying you should settle for 30. I am

saying don’t get discouraged. Because if you get discouraged, it becomes easy to say, “I’ve failed. What’s

the use?" And then you can slip back into your old ways and your old weight.

Instead, as you continue to strive to hit your goal, think about how far you've come. Losing even 10

percent of your starting weight means you have already gotten a lot of the health benefits of weight loss

—things like better blood pressure and heart health. The exercise you are doing makes you more fit and

gives you more energy. And the healthy foods of the DASH Diet are protecting you from a host of

medical problems—from heart disease to diabetes to cancer. So don't get discouraged. Celebrate your

success. You have made a lot of progress, even if you are not yet perfect.

And what happens when you do hit your goal? You were shooting to lose 40 pounds and you did it!

What do you say to yourself then? I hope you will say:

When I started on the DASH Diet for Weight Loss, I just wanted to lose weight. But I've learned

that healthy eating is about more than losing weight. It's what I need to do to stay healthy for

the rest of my life. And exercising regularly isn't just about burning calories. It's about how I

stay fit and energetic and feeling good every day. And following the DASH Diet—keeping track

of my servings and food groups—all of that isn’t just what I did temporarily to lose weight. It has

now become my new “habit.” I’m doing it for my health. I’m doing it because it makes me feel good about myself. And I’m doing it for life.

SECTION V

Frequently Asked Questions

MANY OF THE RECOMMENDATIONS I’ve made in this book are based on what I’ve learned from the

18,000 people who have enrolled in our DASH for Health online program. They have been generous in

sharing what works—and what doesn’t. Many of the inspirational stories given directly to me by these

men and women are featured in this book.

Many of the folks in my DASH for Health program also send me questions. And not surprisingly,

quite a few of them hit the same hot-button topics. Some of their questions have already been covered in

the preceding chapters. This chapter covers many of the frequently asked questions on topics that didn’t

quite make it into the previous chapters, but which deserve coverage because they are of such concern to

so many people.

FAQ 1:

Almost every week in the newspaper I read about a new study about how to lose weight. Often these studies contradict one another. What should I believe? I sympathize with folks who are confused by the barrage of information that comes from the media—much of which contradicts itself. Part of the problem is that there's now such a thirst for health knowledge among Americans that newspaper, radio, and TV reporters feel obliged to report on the results of every study that might make people sit up and take notice. The kind of stories that seem to disprove commonly held beliefs and sensible health information are especially popular—so-called man-bites-dog stories.

The problem with creating a big story out of an individual scientific study is that any single study may be awed because of how the research was organized or because of factors the researchers couldn't have predicted. That's why doctors rarely change their recommendations based on a single study. Doctors are sometimes criticized for being "behind the times" because we don't immediately respond to new research, but this conservative approach has very good reasons. For those of you who are confused about what to believe, here are the main points I would urge you

to remember:

- Don't place too much emphasis on the results of a single study.
- Beware of media reports that highlight "surprising" or "dramatic" results of a single small study, especially if it contradicts accepted health ideas.
- Get the whole story. Read through to the end of the article or listen to the whole report.

Often, "dramatic" results are described first, but then the report concludes by saying

something like, "Until further research is done, follow existing recommendations."

- Follow the advice of professionals (nutritionists and doctors) who follow accepted and safe dietary practices.

FAQ 2:

Could a weight-loss pill be right for me?

Perhaps. There are several prescription medications available through your doctor that have been

approved by the FDA for short- or long-term use. Weight-loss drugs may be appropriate for you if (1)

your BMI is over 30 (the obese range) or if your BMI is over 27 and you also have hypertension/high

blood pressure, diabetes, or elevated cholesterol; and (2) you are participating in a diet and exercise program. Medications can also help you keep weight off and give you a healthy “grace period” within which you can adopt the lifestyle changes you need to maintain the weight loss.

You should have this conversation with your physician. Your personal physician knows your entire medical situation and is the best person to help you decide what’s best for you. Most drugs actually have a quite modest effect on weight loss. Most of the weight loss occurs during the first six months of treatment. As the makers of all prescription weight-loss drugs state, their products should be used as part of a total weight-loss program that includes a low-calorie diet and exercise. The bottom line: There are no miracle drugs. If you’re not willing to change your lifestyle, these drugs won’t benefit you, and at best, the positive results will be temporary.

What about weight-loss pills that you can buy over the counter without a prescription? None of these has really been proven to be of much benefit. Some have actually been shown to be dangerous and have been removed from the market. I don’t recommend any of them.

As you make your own decision, use common sense. If something sounds too good to be true, it's probably false. And so-called natural herbal preparations are not recommended as part of a weight-loss program. These products have unpredictable amounts of active ingredients and have not been shown in studies to be effective or safe. Some may have harmful side effects.

FAQ 3:

My parents didn't much care for fruits and vegetables, so I didn't grow up eating them at home. As an adult, I don't feel confident coming up with ways to increase how much produce I eat in my diet.

Do you have any suggestions?

Vegetables and fruits are premier Hi-Lo-Slo foods. Yet most people who struggle with their weight don't get enough of them. The average American eats only about three servings of vegetables and fruits combined each day. The following recommendations are from tips I've received from participants in the DASH for Health program. They will help you increase how many vegetables and fruits you eat to meet your DASH Diet for Weight Loss serving goals and make your diet richer in Hi-Lo-Slo foods that make you healthier as you lose weight.

START EARLY

At breakfast time consider packing an egg-white omelet with spinach, tomatoes, and zucchini. Or add a sliced banana, berries, or raisins to your cereal to give yourself a head start on fruit servings. Ditto for a half grapefruit or piece of melon. Note: 100% fruit or vegetable juice is a concentrated source of goodness—and calories, too. It's easy to consume these products quickly and exceed your calorie target for the day.

YOU CAN TAKE IT WITH YOU

Vegetables and fruits are portable and give you a quick boost of flavor and energy anytime. Pack an apple, an orange, or a bag of carrot sticks in your glove compartment, purse, or briefcase. Note: Dried fruits are portable, but they are a concentrated source of calories and so we recommend against consuming these products too often.

BELLY UP TO A BAR

Find a good salad bar in your neighborhood and close to where you work for when you don't feel like preparing something yourself. Learn to make appropriate selections. If your workplace has a canteen

without a salad bar, get together with a few colleagues and ask your employer to install one. And make

sure the salad bar items offer plenty of what you need—in particular, low-fat salad dressings and

appropriate leafy green vegetables in place of iceberg lettuce.

SEE-FOOD DIET

Put vegetables and fruits where you can see them and within easy reach. Keep a bowl of fruit on the

counter in the kitchen. Make sure fruits and vegetables are clearly visible when you open the refrigerator.

Cut up your favorite vegetables and store them in resealable plastic bags. If you see it, you'll be more

likely to eat it.

STOCK UP

Go shopping on the weekend and buy plenty of fresh, frozen, and canned vegetables and fruits to eat

through the week.

WHEN YOU'RE ALL ALONE

Are you shooting for three vegetables with dinner? Not much food preparation can be a challenge,

especially if you're cooking just for yourself or if other household members aren't interested in eating the

DASH Diet. Some tips for getting that third vegetable without a lot of extra trouble:

- Don't forget about salad. Even most side salads contain at least 2 DASH servings of vegetables.
- Keep family-size bags of frozen peas, beans, and carrots in your freezer, so you can microwave a handful for yourself at dinnertime.
- Check out our vegetable recipes in [Part 4](#). Several of them are suitable for freezing and reheating.
- Make a big enough batch to freeze several individual servings to enjoy later—with almost no extra work!

NIGHT MOVES

At the end of the day, the microwave is a quick, convenient way to prepare vegetables that preserves their

nutrient contents. Pop a potato into the microwave at dinnertime and top it with your favorite salsa for a quick meal. Add microwaved broccoli and corn to your tasty tater and you've got a colorful, tasty, and nutritious meal. For dessert, top a scoop of low-fat yogurt with fresh berries or sliced peaches.

FAQ 4:

I don't have a clue about how to buy and store fruit. Any suggestions?

I get this question a lot, so I consulted a couple of experts. Here is what they recommend when shopping for fresh produce:

- Look for fruits and vegetables that look fresh and not bruised, shriveled, moldy, or slimy.

Don't buy anything that smells bad.

- Ask the produce manager to help you choose an item you're unfamiliar with. Ask for a taste,

for handling and storing information, or for a recipe card.

- Most fruits and vegetables are not "stock-up" items. Buy only enough for use in the next few

days. Keep frozen fruits and vegetables on hand for when you are out of fresh.

- Keep produce in the top of your cart, as putting heavy groceries on top of it will bruise the

items. Some items that seem hardy, such as cauliflower, actually are very delicate and

bruise easily.

When you get your produce home:

- Keep most of your produce in the crisper. It helps it last longer because of the slightly higher

humidity level. Keep all cut fruits and vegetables in the refrigerator.

- Wash produce just before you use it. Don't wash produce when you put it away.

To ripen unripe fruits, such as peaches, plums, and avocados, place them in a ripening bowl or a loosely

closed brown paper bag (not a plastic bag). The natural ripening gases they give off will help them

continue to ripen. To speed up the process, place a ripe banana or apple in the bag with the unripe fruit.

FAQ 5:

I've heard that carbs are "fattening." How, then, can they be part of a weight-loss program?

I don't blame you if you're confused about the role of carbohydrates like grains in your diet. One minute

carbs are the enemy and the next they're the best thing since, well . . . sliced bread. Carbohydrates are

any food made up of sugars, starches, celluloses, and gums. Most of us know that carbohydrates are a

prime source of quick energy for the human body. But people are often surprised that carbohydrates

come in many different forms. Many of us are aware that potatoes and white bread and white pasta are

carbs, but did you also know that fruits are carbs? And so are vegetables.

I hesitate to label any food “bad” or “good,” so let’s just say that if you’re trying to lose weight while eating healthy, some carbs are better than others. “Better” carbs can be found in foods that contain fiber and other important nutrients. They include plant-based foods (fruits, vegetables, and whole grains) that are high in vitamins, minerals, and phytochemicals. And the carbohydrate that’s in these plant-based foods is mostly in the form of complex carbohydrate. Complex carbohydrate is still basically sugar, but it is a number of sugar molecules connected together in chains (we call this starch). Because these chains need to be broken down into individual sugar molecules during the process of digestion, most complex carbohydrates release sugar into our bloodstream rather slowly. So our blood sugar rises less than if we had eaten sugar. The best sources of complex carbohydrates are beans, lentils, whole grains, and vegetables.

There are several reasons to choose carbs with high fiber content:

- The type of fiber found in carbs like oats, beans, and some fruits helps lower cholesterol.
- Fiber helps you feel fuller on fewer calories.

- Fibrous foods tend to take longer to eat, giving your fullness signal the chance to kick in.
- Fiber adds bulk to your diet and improves bowel function.

“Less desirable” carbs are ones that are based mostly on refined and processed grains and sugar.

Common carbs that are less desirable are sugar, pasta made from refined grains, white rice, pastries, cake, chips, and cookies. Foods based on refined grains and starches, and also sugar, provide quick energy to your body, which you might need if you’re participating in a sports event. However, the same way your

blood sugar goes up quickly, it also comes down fast. This is known as “spiking and crashing” and leaves

you feeling lethargic and hungry after your blood sugar goes back down.

Most important from the standpoint of a person who is trying to manage their weight, these simple

carbs contain a whole lot of calories but very little in the way of important nutrients. Their high calorie

count is usually because of the added sugar content in these products.

By making sure your diet contains lots of “better” carbs and very few “less desirable” carbs, you get

the best of both worlds—a diet lower in calories but packed with good nutrition!

FAQ 6:

What advice can you give someone who knows how important dairy is to a complete weight-loss program but who is lactose intolerant?

Some people have trouble eating dairy products because they get an upset stomach—gas, stomach pains, or diarrhea. This is known as being lactose intolerant. This condition is especially prevalent in people of

East Asian, African, and Middle Eastern descent.

If you have trouble digesting dairy products, try taking lactase enzyme pills or drops with dairy foods to make them more digestible. These items are available at drug and grocery stores. A number of

companies manufacture lactase supplements. The most popular brand is Lactaid, but health food stores

and pharmacy chains often offer their own versions. Typical tablets contain 3,000 lactase units, and the

usual dose is one or two tablets taken before you consume dairy products. You might have to experiment

to see how many tablets you need.

Here are some other tips for people who are lactose intolerant who still want to consume beneficial dairy products:

- Drink milk in smaller portions, for example, $\frac{1}{2}$ cup instead of a full cup.

- Try natural aged or ripened cheeses such as swiss and cheddar. Not only do these cheeses

contain little, if any, lactose, but they are an important source of calcium and other

essential nutrients.

- Choose yogurts that carry the “live and active cultures” seal. These “friendly” cultures act like

lactase since they break down the lactose in the digestive tract. Small ($\frac{1}{2}$ -cup) servings of

ice cream or frozen yogurt may not cause symptoms.

- Lactose-reduced and lactose-free milk and milk products are available in many grocery

stores.

Despite the fact that some degree of lactose intolerance is pretty common in African Americans and in

older people, we had very little problem with lactose intolerance symptoms in our participants in the

original DASH study.

FAQ 7:

When grocery shopping, it's always a good idea to choose foods that are low in fat if I'm trying to

lose weight, right?

Not necessarily. Many food items labeled “low-fat” or “fat-free” are actually packed with sugar for flavor.

Because sugar is high in calories, this means those products are not suitable for someone trying to

manage their weight. Many of these reduced-fat products can have as many calories per serving as

regular products—and sometimes more!

For example, a fat-free g cookie has 70 calories while the regular version has only 50 calories. A half-

cup of premium nonfat frozen yogurt has 190 calories while the regular has just 180 calories. ☐e

reduced-fat version of a certain peanut butter has 190 calories per 2 tablespoons, which is the same

amount as the regular fat version.

Unless we understand that low-fat foods aren’t always low-calorie, we might make a habit of eating

products that don’t fit with our weight-management goals, and even worse, overindulge in them because

we think they are low in calories. Some studies have shown that people tend to eat more of a food when

they think it is “healthy.”

Many foods marketed as low-fat or no-fat are the ones we tend to overindulge in. Cookies, ice cream,

pie, cream sauces—an all-star team of diet-busting delicacies. When you are trying to lose weight, it’s

important to cut back on these categories of foods, and if and when you do purchase them, to make sure

they are not just low in fat, but also low in calories.

The bottom line is “buyer beware.” Something labeled as low-fat doesn’t mean it is going to make you

less fat!

FAQ 8:

I love pizza. Is it totally out of bounds on my weight-loss diet?

Pizza is one of the most common foods in the American diet. If you are going to eat pizza, portion

control is particularly important. Instead of having an entire meal of only pizza, plan to have just one

small slice of thin-crust pizza and eat it with a big salad and “lite” dressing on the side. That takes pizza

from a potential gut-buster to a Hi-Lo-Slo meal.

As a comparison, take a look at the difference in fat and calories of these two meals:

3 slices of “meat lover’s” pizza: 1,110 calories, 45g fat

1 slice veggie pizza ($\frac{1}{2}$ the cheese) and a side salad with low-fat dressing: 350 calories, 7g fat

Here are some suggestions for how to feel fuller on less pizza:

- Eating lots of vegetables on the pizza can make you feel fuller.
- Eat foods along with your pizza that require more chewing, such as a salad of raw vegetables.
- Use a knife and fork to eat the slice instead of your hands.
- Put leftover pizza away before you are tempted to go back to the box.

WHAT YOU ORDER

When ordering pizza, be sure to follow a few simple guidelines: (1) reduce the amount of cheese on the pie; (2) avoid meat; (3) load up on vegetables; and (4) avoid stuffed crust or deep-dish pizza. If you're with friends and no one is interested in the low-fat option, order a small pizza to split with someone or take the other half to go.

WHAT YOU EAT WITH IT

Salad is your best bet for an accompaniment to your pizza. Avoid high-fat, high-calorie sides such as cheese sticks and chicken wings.

WHAT YOU WASH IT DOWN WITH

You can inadvertently jack up the calorie content of your pizza meal by washing it down with a large

soda, which can contain up to 300 calories. If you must have soda with your pizza, make it a diet

product. Better yet, drink water, juice mixed with sparkling water, or nonfat milk.

FAQ 9:

Any ideas for squeezing exercise into my crazy schedule?

When I ask people what it would take to make it easier for them to start an exercise program, I get the

same answer over and over: “It’s just so hard to find the time!” Work, families, and all the other things

that slip into our busy schedules make finding the time for exercise really hard. Here are some

suggestions to get you up and moving toward better health and fitness.

IDENTIFY TIME WASTERS

First, figure out just where your time is going. Many people use lack of time as a reason to not do

something. How many times have you said, “I can’t go to the gym because I don’t have time”? But you

may also be watching TV for an hour or two every night, answering e-mails or phone calls from friends,

or just being a couch potato. It is helpful to look at your day and determine where your time goes. Make

a list of the empty time in your day that you could fill with physically active pursuits. Then make a date

with yourself to exercise during some of that empty time. Let's look at other ways to slip in a bit of activity.

CRUNCHING FOR TIME?

Many of us spend eight hours or more each day at work. How about fitting in some exercise during your workday? Look in your local yellow pages to see if there is a gym nearby—many employers are now even offering discounts on gym memberships! Sneaking in thirty to sixty minutes at lunch is a great way to get in your exercise, even if it is just a walk around the building or outside. Do children take up all of your exercise time? Then mix the two. Take a family walk, go for a bike ride, or even try in-line skating! All of these activities are great ways to get moving, and they teach children the importance of daily exercise.

RISE AND SHINE

Getting up thirty minutes earlier every morning is a great way to get in your exercise. Getting outside for a walk, jog, or bike ride when the air is cool, traffic is light, and the world is just waking up is good for you both physically and psychologically. And once you get started, exercise gives you more energy, so it is easier to climb out of bed and greet the day.

QUICKIES ANYWHERE

Remember the exercise rule: Every step counts. Park a little farther away and walk an extra 200 feet. Try

not using the elevator—always use the stairs if you are going up only one or two floors or down less than

three. If you are ten minutes early for your next meeting, walk around the building instead of waiting in

an empty meeting room.

Fit fitness into empty time slots. When you're standing in a check-out line, go up on your tippy-toes,

then back down again. Repeat ten times. Sure, people might look at you a little strangely—but maybe

you'll make new friends. Sitting at your desk, put your hands on the arms of your chair, then lift your

entire body up, hold two seconds, and release; repeat ten times. In the kitchen, do counter push-ups

while dinner is simmering, performed just like a regular push-up, but using the counter instead of the

floor.

FAQ 10:

Won't exercising make me even hungrier and, by doing so, make me eat more than I should?

Many people who are considering beginning an exercise program for weight loss think that it may be a

double-edged sword: Sure, I'll burn more calories, but won't I want to eat more all the time, too?

In fact, most of the evidence suggests that exercising decreases appetite immediately afterward because

it increases body temperature, which makes you less hungry.

It may be true that after your body temperature returns to normal after exercising, the result of

burning all those calories is that you will want to replace them—and replace them fast. That's why it's

always good to have a plan to eat healthy food after you exercise, which is a matter of having the right

food around. Make sure you have healthy items such as fruit and yogurt at your disposal so that if and

when you get post-exercise munchies, your first inclination isn't to pull into that fast-food joint for a

"Double McGreasy" when you have an apple or banana in your car, or to go to the convenience store for

a pint of ice cream when you know you have yogurt and tasty snack mix waiting at home.

FAQ 11:

What are the advantages of using a pedometer?

To stick with an exercise program, most people need individual tracking, feedback, and encouragement

or close support.

A pedometer is a belt buckle-size device you wear on your hip that keeps track of how many steps

you take. A pedometer has three main roles in a weight-loss program: It tracks you by continuously

collecting current activity; it provides feedback by providing immediate information on your activity

level; and it is an environmental cue by reminding you to be active. A good, accurate pedometer will cost

\$20 to \$30 and upwards.

How do you use your pedometer to lose weight? Your first task is to establish a baseline. Wear your

pedometer for a few days and figure out on average how many steps you take a day. Write down your

total every night. Most adults take somewhere between 2,000 and 5,000 steps daily. Your goal should be

10,000 steps each day.

It is important to be sure you wear your pedometer properly. It should stay upright. If tilted, it's not

accurate. The pedometer registers the up-and-down movements we make with each step. The best place

to position your pedometer is on your waistband at your hipbone. If you're overweight and this is not

possible, attach your pedometer at the side of your waist, directly beneath your armpit, or even on your

backside.

FAQ 12:

What's your recommendation for dealing with people who try to tempt me into eating foods that aren't on my eating plan?

You may encounter special challenges from people around you who deliberately or inadvertently subvert your weight-loss attempts. I call these people "diet saboteurs." They bring you food as gifts, push food on you, or leave food around for you to find. They may try to undermine your efforts deliberately, but most of the time they probably do it without thinking. Here are some suggestions to resist a saboteur:

Create and practice a ready response for when saboteurs push food. Stand in front of a mirror and act out the script with the ending you choose. Remember, to handle saboteurs successfully, you only have to say "no" one more time than they say "have some." Being prepared to respond appropriately greatly increases your chances of success. Here are a few lines you can use:

"No thanks. I've had enough."

"Oh, I love your cakes, but I have to take a rain check this time."

"Losing weight is hard for me. Please help by not offering food."

“That’s so thoughtful of you. I wish I could have some, but I’ve made a commitment to myself to eat healthier. I’ll have to pass.”

“It looks wonderful, but I’m too full to eat another bite.”

Suggest nonfood activities if you have to spend time with a saboteur.

Call ahead to inform the saboteur you won’t be eating at his or her home. Better yet, invite the saboteur to your house or suggest a nonfood activity.

Minimize contact with the saboteur, or avoid the saboteur entirely.

Retreat. If you can’t influence the saboteur, remove yourself from the situation. Leave the party, buffet, or holiday gathering and take a brisk walk.

Take the food but don’t eat it. You can always give the food to someone else or throw it away.

Be sure that you are not a saboteur yourself. We all have the tendency to persuade guests to try foods that we have made. Respect others’ decisions to pass.

FAQ 13:

Should I be taking a vitamin supplement in order to be truly healthy?

The DASH Diet provides you with all the nutrients you need. I know not everyone starts out following

the DASH Diet perfectly. By including a variety of fruits, vegetables, and whole grains in your diet every day, you are most likely doing just fine. But if you feel that you'd like to take a multivitamin supplement as added insurance, that's okay. Taking a multivitamin each day probably isn't necessary, but it won't hurt you. And extra vitamins or minerals as recommended in pregnancy, for older persons, or as recommended by your doctor are a good idea.

FAQ 14:

The DASH Diet encourages seafood. But I have read about chemicals in seafood. So what's the truth

—is seafood good for us or not?

Fish and shellfish are an important part of a lower-calorie, healthy diet. They contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A

balanced diet that includes a variety of fish and shellfish can improve heart health and ensure children's proper growth and development. So where's the problem? There are basically two problem chemicals and they are found in some specific kinds of fish. The chemicals are mercury and PCBs.

MERCURY

Nearly all fish and shellfish contain traces of mercury, which builds up from low levels of mercury in the water. For adults, these small amounts of mercury in seafood are not important. However, mercury may harm an unborn baby or young child's developing nervous system.

The risks from mercury depend on the level of mercury in the fish and how much fish you eat. By following three FDA recommendations for choosing and eating fish or shellfish, pregnant women, women who might become pregnant, nursing mothers, and young children can enjoy the benefits of eating fish and shellfish and minimize their exposure to the harmful effects of mercury. Follow these recommendations when feeding fish and shellfish to young children, but serve smaller portions.

1. Do not eat shark, swordfish, king mackerel, or tilefish (aka golden bass, golden snapper) because these particular fish contain high levels of mercury.
2. You can eat up to 12 ounces (4 DASH servings) per week of fish and shellfish that are lower in mercury. Shrimp, canned light tuna, salmon, pollock, and catfish tend to be lower in mercury.

Additionally, the fish used to make fish sticks are commonly made from fish low in mercury (just

make sure you bake the fish sticks instead of frying them).

3. Check local advisories for the safety of fish caught by family and friends in your nearby lakes,

rivers, and coastal areas. If no advice is available, limit consumption to 6 ounces (2 DASH

servings) per week.

If you do not fall into one of the categories of persons to whom the FDA's guidelines are directed, the

dangers of harm from eating even those sh considered high in mercury is probably negligible. However,

it is best to show caution and restrict your consumption of high-mercury fish to just once a week.

PCBs (POLYCHLORINATED BIPHENYLS)

PCBs have recently been found in salmon, which is otherwise one of the healthiest sh to eat because of

the high levels of omega-3 fats in the species. And the PCB levels were higher in farm-raised salmon than

those that lived in the wild. So should we now be avoiding salmon? Absolutely not.

□e good news for salmon lovers and for those who want to get more healthy omega-3 fats in their

diets is that the FDA says it is not necessary to reduce the amount of either farm-raised or wild salmon

in your diet. Most farm-raised salmon are generally released into the wild to feed naturally a□er an

initial period in the pen, which reduces the risk of toxins.

Despite these concerns, most kinds of fish can be eaten without cause for concern. The best way to reap

the most health benefits from fish and seafood in our diets is to include a wide variety of different types

of fish and stick to your recommended DASH servings when choosing portion size.

FAQ 15:

Any ideas for healthier, lower-calorie brown bag lunches?

Sure, packed lunches are great for kids—and they are a low-calorie, healthy way for us grown-ups to

stick to our DASH Diet for Weight Loss goals, too. Here are some tips.

Papa's got a brand new bag. If you can't find your old elementary school lunchbox, not to

worry—there are new hi-tech versions that will make a stylish accessory for the well-dressed

businessperson. Buy a Thermos if you're into soups—a great Hi-Lo-Slo food.

Keep up with your ingredient list. Make sure you have a variety of Hi-Lo-Slo ingredients in

your fridge and pantry that can be part of a variety of packed lunches, such as whole-wheat

bread and the ingredients for sandwiches (including plenty of good lettuce, tomatoes, and

cucumbers), low-fat mayo and mustard, yogurt, small containers of nonfat or 1% milk, small boxes of raisins, rice cakes, small bags of popcorn, etc. Of course, you should always have lots of fruit in your home for snacking, and this fruit can go in your lunchbox, too.

Plan ahead. If you find yourself too rushed to make a packed lunch before you head out the door to work, do a lot of it the night before. Assemble the components of your packed lunch and put them in the lunchbox you can keep in the fridge. To keep your sandwich from getting soggy overnight, put your bread, meat, and veggies in different bags and assemble the sandwich just before you eat it.

Don't forget fluids. Remember to pack something to drink. A small carton of nonfat milk will help you meet your DASH goals for dairy, and is the perfect accompaniment to most meals. If you're a soda-holic, make sure you choose a diet version (of course, water is always a great choice), and get your dairy from yogurt or a slice of low-fat cheese on your sandwich.

Slight indulgence. It's important to restrict fats and sweets in your diet, but as I've said many

times before, nothing is completely out of bounds with the DASH Diet. If you know you want something sweet after a meal, pack a few chocolate kisses with your meal. Some food makers now market 100-calorie bags of cookies and crackers. If you have to have a bag of chips with your sandwich, go with a 1-ounce bag—and make sure your sandwich is particularly healthy and stuffed with fresh vegetables.

Be cool. Always put an ice pack in your lunchbox. Place the most perishable items on the ice pack or on a very cold container.

Waste not. Leftovers make great lunchbox items. When cooking the night before, make a little extra and place it directly in an airtight container in the fridge to be added to your packed lunch. Restaurant portions are huge, so when eating out, “doggy-bag” half your meal to put in your lunchbox. You get two meals for the price of one, and don’t feel stuffed that night!

Emphasize fruit and dairy. We have found that people have a hard time hitting their daily DASH goals for fruit and dairy if they aren’t at least halfway there by lunch. So try to add

foods from those groups to your lunch choices. As a reminder, here are the DASH serving

equivalents for these two challenging food groups:

Low-Fat Dairy (1 dairy serving each):

1 cup low-fat yogurt

1 cup nonfat or 1% milk

$\frac{1}{2}$ cup low-fat cottage cheese

1 $\frac{1}{2}$ ounces low-fat cheese

Fruit (1 fruit serving each):

1 apple (tennis-ball size)

1 orange (tennis-ball size)

$\frac{1}{2}$ medium (7-inch) banana

$\frac{1}{2}$ grapefruit

$\frac{1}{4}$ cup dried fruit

$\frac{1}{2}$ cup fruit salad

$\frac{3}{4}$ cup fruit juice

Remember that packed lunches are anything but boring. In fact, variety can be the standard, not the

exception, so long as you observe some basic guidelines and match your creativity with your nutritional

preferences.

FAQ 16:

I do so well all week, but the weekend is always my undoing. Eating out with friends, staying up late, and going out for brunch on Sundays and I'm always right back where I started.

Ignoring your health goals on the weekend can undo much of the good you did for yourself during the week. It's a classic example of taking two steps forward, one step back.

Several studies show that weekends can be a nutritional mine field. A 2003 study in the journal

Obesity Research showed that American adults eat about 115 more calories on weekend days than on weekdays. That doesn't seem like much but translates to a 3½-pound weight gain per year!

Why is it some people have trouble sticking to their health goals on weekends? Some reasons are

obvious, others less so. More important, what can you do about it?

I DESERVE IT!

I worked hard all week. I should allow myself an indulgence.

There are ways to reward yourself for a hard workweek that support your health goals instead of

undermining them. Instead of a tub of ice cream, reward your labors with a massage, a movie, or a

health-positive gift such as new exercise shoes. If you feel you have to treat yourself with food, make the

trip into town for a small ice cream cone or a piece of expensive chocolate that you take the time to savor.

MY SCHEDULE'S ALL MESSED UP.

When everything's topsy-turvy, how can I be expected to stick to my routine?

Just because you don't have a work routine doesn't mean your health goals should suffer. Make a

plan in advance for how you're going to keep up with your diet and exercise on the weekend. Instead of

telling yourself, I need to make sure I get some exercise this weekend, take specific steps ahead of time.

These might include scheduling a walk or hike with a friend, an appointment with a personal trainer, a

bike ride along the river or lake with your spouse—the list goes on. Make sure your plan includes a time

and place.

As for diet, plan for the meals you're going to eat at home. Even if you don't need a meal plan during

the week, you should consider making one for the weekend if you expect you'll have trouble. Don't

forget to shop for the ingredients ahead of time.

I WANT TO CHILL.

Let me relax on the weekend, take a break from my diet and exercise goals.

All of us need time to unwind, and if you work Monday to Friday, the weekend is a natural time to

do it. It's important not to let "relaxing" turn into "vegetating." Take some time to chill out, but don't

ways to relax other than lying on the couch all day watching television. Most people don't do it more

pleasant to relax after they've had some exercise, so consider scheduling your workout early in the day so

you can afford some downtime later on.

Try also to use some of your weekend free time in support of your weight-loss goals. You can shop for

and prepare food for the upcoming week, create meal plans, and make arrangements to exercise (call a

friend or colleague to schedule a lunchtime walk, book a tennis court, or make an appointment with a

personal trainer).

I'LL START AGAIN ON MONDAY.

What the heck, I'll go back to my health goals next week.

If you suspend your commitment to your health program from Friday evening to Monday morning,

that's a whopping 36 percent of the week. Just because the weekend feels so short doesn't mean it is!

Most important, the feelings of regret you experience on Monday morning after letting your health goals fall by the wayside are not worth the eating pleasures available. Behavioral experts advise us to “think it through.” In other words, on Friday think how you’ll feel the next morning or on Monday morning after replacing your nutrition and physical activity program with overeating and under-exercising.

Conversely, remember how good it feels to wake up in the morning having stuck to your diet and fitness goals—you feel better physically and psychologically. Feeling like this reinforces your determination and reminds you that you can do it!

FAQ 17:

I've heard that skipping meals isn't a great idea when trying to lose weight. If I skip breakfast, doesn't that open up more calories for me to eat later at night when I prefer to snack?

It's perhaps not surprising that some people think simply eliminating a meal from their daily schedule is the easiest way to accomplish weight loss. With our busy lives, breakfast is often the meal people choose to cut from their daily intake.

In fact, the opposite is true, according to at least two studies published in the Journal of the American

Dietetic Association. These studies have shown that eating a healthy breakfast is one of the indicators of a successful weight-management program. And the National Weight Control Registry has kept track of

10,000 participants who have lost weight and kept it off. Of those successful weight losers, 78 percent eat breakfast.

Why is breakfast so important for a person's weight-management program? Here are a couple of reasons. First of all, healthy breakfasts tend to include whole-grain products like cereal or bread. And those foods are high in fiber, so you feel full. Breakfast is also a great place to get your fruit servings as fruit on your cereal or a glass of fruit juice.

The second reason is that eating breakfast makes it more likely you'll eat a healthy lunch. Skipping your morning meal can make you ravenous come lunchtime. Consequently, you may not just overeat but also indulge in food choices that don't fit with your weight-management goals. It's a myth, by the way, that a large breakfast makes you hungrier by midmorning—we all need to eat regularly during the day.

So . . . eat a healthy breakfast and lay the foundation for a healthy day.

FAQ 18:

I love sandwiches, so can you make any suggestions for making this portable meal lower in calories

and healthier?

Here are a few tips for a healthier sandwich:

Trim the middle: Ask them to put half as much of the filling on as they usually do, whether it's

meat or a meat salad such as tuna salad or chicken salad (and ask for low-fat versions of

these items if they have them). Avoid processed meats such as salami and bologna.

Go with the grain: Ask for your sandwich on whole-wheat bread. Certain kinds of breads such

as bulkie rolls have very little nutritional benefit.

Go green: Ask for twice the usual amount of lettuce and tomato or sprouts.

Say cheese—maybe: Low-fat cheese, if they have it. If not, skip it.

Spread yourself thin: Choose mustard or reduced-fat mayo, but tell them to go easy on the

spread.

Putting it all together, ordering a healthy turkey sandwich might sound like this: "Smoked turkey

sandwich. Please just put half the amount of turkey you usually use—two or three slices is ne. I'd like that on whole-wheat bread. If you've got low-fat cheese, that's great; otherwise, no cheese, thanks. Extra lettuce and tomato [or sprouts]. Do you have 'lite' mayo? If not, I'll have a small amount of mustard."

Let's see what you save with just a few alterations:

Regular Deli Sandwich

DASH Deli Sandwich

Ingredients

Calories DASH Servings

Ingredients

Calories DASH Servings

Roast beef, 6 oz. 324

2 meat

Turkey, 3 oz.

90

1 meat

Bread, whole-

Bulkie roll

250

3 grain
wheat, 2 slices (1 200

2 grain
oz. each)

Lettuce and

Lettuce and

20

$\frac{1}{2}$ vegetable

40

1 vegetable

tomato

tomato (double)

Regular Deli Sandwich

DASH Deli Sandwich

Mustard is not

included in a

Mayo, 3 tbsp.

300

3 added fat

Mustard, 1 tbsp. 10

DASH food

group

Cheddar cheese,

3 slices (1 oz.

320

2 dairy

each)

Total

1,214

Total

340

It's usual to have a beverage and a side order of something along with a sandwich. A bag of baby

carrots will give you the crunch you might want from a bag of potato chips. If you must eat the chips,

make it a 100-calorie bag. Nonfat milk will provide you with important DASH servings. If it's soda you

want because your DASH dairy servings are covered, make it a no-calorie or low-calorie choice.

Using my approach to Hi-Lo-Slo sandwich building, not only are you cutting back on calories, fat,

and sodium that in large quantities can be unhealthy, but you are including as part of your lunch foods that are important for health such as vegetables and dairy.

FAQ 19:

I recently lost my job and am wondering—isn't eating low-calorie and healthy food more expensive?

Lower-calorie living can sometimes feel like it's more expensive than the alternative. Here's the cost of health club memberships, fresh produce and other healthy foods, and fitness equipment such as walking shoes and bicycles.

My opinion? It will save you money in the long term! Keeping your weight at a healthy level will help prevent the kinds of chronic diseases that can cost you big money. That's because people who are less healthy make less money, have higher insurance costs, and greater out-of-pocket expenses.

A University of Michigan health and retirement study on more than 7,000 men and women between the ages of 57 and 67 found that overweight women had a significantly smaller individual net worth, even after allowing for differences in health, marital status, and other factors. Overweight people earn

less than their lean counterparts due to job discrimination (heavier people are less likely to be hired or promoted) and the inability to get or hold down jobs because of diseases and disabilities caused by obesity.

Sometimes it is cheaper to eat in a healthier way. For example, “plain” cereals like corn flakes and oatmeal are much less expensive than sugary processed ones and instant oatmeal with added sugar. Similarly, you can make a delicious spaghetti sauce almost as quickly as heating up a bottle of processed sauce for less money—the key is to have the ingredients on hand. Foods like brown rice and beans can be purchased in bulk for low cost compared to the high calorie and nutrient values they offer.

Here are some other ways to stick to your weight-loss goals and save money:

Eat less meat: To keep calories and saturated fat intake down, the DASH diet is relatively low in meats (especially red meat) compared to the average American diet. Since meat is one of the more expensive items on your shopping list, reducing your meat intake makes DASH more economical than the average American diet. You can cut costs further by replacing the meat in

your diet with other protein sources such as legumes—beans and tofu, for example.

Grow your own: Yes, growing your own vegetables is a great way to save money. It's also good exercise. Bringing in tomatoes, lettuce, and herbs from your garden sure beats paying for them at the grocery store!

Brew your own coffee and tea: We all know how expensive it is to buy coffee and tea from upmarket coffee shops. You can save yourself a lot of money by making coffee or tea at home or at work and bringing it with you in a reusable mug. Best of all, this way you can experiment with your own coffee blends and teas, and not need to overload them with high-calorie dairy and sugar.

Eat local: Shopping at farmers' markets during the local growing season can be a great way to save on fresh fruits and vegetables, my top-rated Hi-Lo-Slo foods. Not just that, but you're supporting your local farmers and doing your bit for the environment, since these products don't have to be shipped from far away using fossil fuels. It's always a good idea to compare

the cost of the products you're buying there with those found at your local supermarket. Not

all farmers' markets save you money, but most do.

Quit cold cereals and cook oatmeal: Typical breakfast cereals are incredibly expensive. ☐e

good news is that there is a very inexpensive (and healthier) alternative to expensive cereals—

oatmeal! You can make oatmeal with skim milk and add all sorts of fruits and nuts for a

breakfast far healthier than any that comes in a box.

Eat in: Preparing your meals at home is always more economical than ordering in or going to a

restaurant. Plus you can be sure you'll be eating Hi-Lo-Slo foods if you prepare them yourself.

If you need some ideas for DASH-friendly meals, check out our meal plans—complete with

recipes.

Skip bottled water— and soda! Most communities have healthy water and yet many of us

continue to purchase bottled water thinking it is healthier. Buy a re llable container and ll it

with water from your kitchen faucet and you'll be saving money—and saving the environment.

If your local water isn't good, look into installing a Iter. ☐at still might be a cheaper solution

than buying bottled water.

As for soda, Americans guzzle gallons of it a week, according to statistics. Some say the

amount of it we drink accounts for the rise in obesity. Diet soda may be better for your

waistline than regular soda, but it still hits you in the wallet. Drink tap water instead of soda,

and your pocketbook—and waistline—will thank you.

As you can see, the down economy is no reason to cut back on your weight-loss efforts. You can eat

healthy foods and also be frugal in these tough economic times, all the while sticking to your weight-loss

goals.

FAQ 20:

Is it really true there's a connection between sleeping poorly and being overweight?

Regular sleep benefits many aspects of health, and that includes keeping weight down. This information

comes from the ongoing National Health and Nutrition Examination Survey, which has lasted over

thirty years. The study revealed that those participants who got less than seven hours of sleep a night

were more likely to be obese. Even if they weren't already obese, people who slept less were more likely to

become obese later on. Participants who slept just five hours per night were 73 percent more likely to

become obese than those who got seven to nine nightly hours of sleep. Just one hour of sleep can make a

significant difference—those who got six hours of sleep were 27 percent more likely to become obese than

those who slept seven to nine hours per night. Those who slept the least were most likely to become obese

—two to four hours of sleep resulted in a 67 percent increased chance of obesity compared to those who

slept seven to nine hours.

A study at Britain's University of Warwick found comparable results. By studying 28,000 children

and 15,000 adults, researchers found that sleeping less than five hours a night almost doubled the risk of

obesity, greater increase in body mass index, and waist circumference over time.

So there you have it—getting a good night's sleep is vital for many aspects of our health. Here are

some tips for how to achieve that nightly rest:

- Establish a regular pattern. Try to go to bed and get up at the same time every day.
- Avoid caffeine after lunchtime and avoid alcohol near bedtime. The famous nightcap might

help you get to sleep but often causes awakening in the middle of the night.

- Don't exercise within four hours of retiring. Daytime exercise is great, but exercising before

bedtime can be a source of stimulation and make it difficult to get to sleep.

- Avoid naps during the day and especially in the evening. Concentrate your sleep into the

nighttime period.

- Begin to wind down an hour before bedtime. Avoid activities that might tend to wake you

up.

- Don't stay up late to watch TV. Record it to watch later, or catch the details in the morning.

FAQ 21:

My weight-loss goals go out the window when I'm on the road. How can I stick to my goals when I'm

on vacation?

We all love our vacation getaways, but we can feel we've let ourselves down if we return knowing we

haven't been meeting our weight-management goals while traveling. What's more dispiriting than getting

on the scale at home after you set your bags down to find you've gained 5 pounds in just a week away?

Bottom line: You don't have to choose between a fun and enjoyable vacation on the one hand and

meeting your weight goals on the other. These are not mutually exclusive!

How to enjoy a vacation that's enjoyable and also in line with your health goals? First of all, it's

important not to overeat, and to stick to your customized DASH Diet for Weight Loss eating plan as

much as possible.

Perhaps even more important is to be physically active while you're on vacation. After all, when we're

in our usual routines it can be difficult to find time to exercise, but during our vacations all those hours

in the day cry out to be filled with fun physical activity.

Exercise burns calories and makes us feel better, too. Adding exercise to your vacation can also

enhance your vacation experience because it usually involves activities that get you off the beach towel or

chaise longue and involved in some activities that you don't get to do at home, whether it's snorkeling,

kayaking, or hiking.

Here are some tips for enjoying a fun- and activity-filled vacation that will enable you to stick to your

weight-management goals:

- Choose a vacation that offers fun physical activity options (kayaking, skiing, snorkeling, etc.).

Research them ahead of time and come prepared.

- Take your walking shoes and other exercise clothing, and a pedometer if you own one.
- Enjoy a brisk morning walk before or after breakfast. Not a morning person? Do it after dinner.
- In addition to your morning walk, find one physically active thing to do every day, whether it's hiking or a walking tour of local sights or kayaking. Dancing counts!

- Choose a restaurant a good distance away for dinner, and walk there and back.

If you find you really enjoy the feeling of being active on vacation, consider taking an exercise-focused vacation the next time you go away.

Part 3

Meal Plans

MEAL PLANS are a great way to get started quickly on a new dietary pattern. They leave out all of the guesswork! By following meal plans, you know you are eating the right number of calories each day, as

well as getting the right number of servings from each DASH food group. Meal plans are also great teaching tools. Following a meal plan helps you learn about how to estimate a DASH serving of pasta or meat or just about any other food.

Here is where we will let you in on a little secret. We know from experience that people starting on a new diet want meal plans. When we start a new eating pattern, knowing what and how much to choose can be overwhelming. Meal plans spell it all out. Easy, right? Well, not quite.

In some ways, meal plans can be difficult to follow. Our seven-day meal plans lay out all your meals for a week. And breakfast is different every day, and so is lunch, and so is dinner. Most of us don't eat a different breakfast on each of the seven days of the week, and then a different lunch as well. It's a lot of work to eat that way. Not to mention, it can be expensive. If you are going to eat only $\frac{1}{2}$ cup of grapes twice each week, how much do you buy? If you run into this same issue with all of the fruits and vegetables in your meal plan, you have to be a pretty savvy shopper so you aren't left with a refrigerator full of uneaten produce at the end of the week. In addition, maybe you won't like what we lay out for

lunch on Day 2 or dinner on Day 6. So the best way to use our meal plans is to use swapping and substitution.

“Swapping” is the term we use for taking an entire meal, say lunch on Day 1, and using it on multiple days of the week. That’s easy to do and easy to understand. “Substitution” is a little bit more difficult.

Here you omit one item in a meal plan and substitute with another item that’s equivalent. A good substitution is a food that has a similar calorie content and has the same number of DASH servings. So,

for example, let’s say your lunch meal plan calls for blueberries, but you don’t have blueberries in your

house. Substituting $\frac{1}{2}$ cup of fresh pineapple chunks at 40 calories and 1 DASH serving of fruit for $\frac{1}{2}$

cup of blueberries at 45 calories and 1 DASH serving of fruit is near perfect. A less perfect substitution

would be $\frac{1}{2}$ cup of sliced banana (at 70 calories) or $\frac{3}{4}$ cup of orange juice (at 80 calories). Both the

banana and orange juice are 1 DASH serving of fruit, but are higher in calories than the blueberries

would have been. Consistently making substitutions that are higher in calories (more calorically dense)

are going to put you over your calorie target and slow your weight loss.

But don't get stressed about this. Even if you don't follow every meal plan to the letter every day, if you use them as a guide and try to pick Hi-Lo-Slo foods to meet your DASH goals, when you deviate from the meal plans you will be doing just fine.

SECTION I

Meat-Eater Meal Plans

1,200 CALORIES: DAY 1

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½

sweets

Breakfast (160 calories)

1 ounce bran flakes (about ¾ cup), 1 grain (90 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

½ cup nonfat milk, ½ dairy (45 calories)

Morning Snack (150 calories)

1 small low-fat granola bar, 1 grain (100 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (375 calories)

2½ cups mixed raw leafy greens and vegetables (bell peppers, carrots, etc.), 2½ vegetable (50

calories)

3 ounces grilled skinless chicken breast, 1 meat (150 calories)

1 tablespoon unsalted, roasted sunflower seeds, $\frac{1}{2}$ nuts/seeds/legumes (50 calories)

1 tablespoon low-fat creamy Italian dressing, $\frac{1}{2}$ added fat (40 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

Afternoon Snack (160 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

Dinner (310 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)), 2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250

calories)

1 medium orange, 1 fruit (60 calories)

Evening Snack/Dessert (40 calories)

2 dark chocolate kisses, $\frac{1}{2}$ sweets (40 calories)

Nutrition analysis for the day: 1,995 calories, 5 grain, 3 fruit, $4\frac{1}{2}$ vegetable, 2 dairy, 1 meat, $\frac{1}{2}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,200 CALORIES: DAY 2

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½

sweets

Breakfast (215 calories)

1 ounce uncooked oatmeal, cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

½ cup cubed cantaloupe, 1 fruit (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (180 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

2 tablespoons hummus, ¼ nuts/seeds/legumes (70 calories)

Lunch (225 calories)

Veggie Melt Panini made with just one slice of bread ([see recipe](#)), 1 grain, 2 vegetable, 1 dairy

(225 calories)

Afternoon Snack (35 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

Dinner (500 calories)

4½ ounces grilled chicken, 1½ meat (200 calories)

1 cup Roasted Cauliflower ([see recipe](#)), 2 vegetable (100 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (60 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,215 calories, 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$

nuts/seeds/legumes, 0 added fat, $\frac{1}{2}$ sweets

1,200 CALORIES: DAY 3

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (195 calories)

6 egg whites, scrambled (cooked with cooking spray), 1 meat (100 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

Morning Snack (115 calories)

1 cup nonfat milk, 1 dairy (90 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

Lunch (255 calories)

2½ cups mixed raw leafy greens and vegetables (peppers, carrots, etc.), 2½ vegetables (50 calories)

¾ ounce shredded low-fat cheddar cheese (about 3 tablespoons), ½ dairy (40 calories)

1½ ounces skinless grilled chicken breast, ½ meat (75 calories)

2 tablespoons fat-free Italian dressing (15 calories)

One 4-inch whole-wheat pita pocket, 1 grain (75 calories)

Afternoon Snack (160 calories)

½ cup fresh raspberries, 1 fruit (30 calories)

2 teaspoons chocolate syrup, ½ sweets (30 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, ½ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Nutrition analysis for the day: 1,255 calories, 5 grain, 3 fruit, 3½ vegetable, 1½ dairy, 2 meat, 0 nuts/seeds/legumes, ½ added fat, ½ sweets

1,200 CALORIES: DAY 4

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½

sweets

Breakfast (225 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (25 calories)

½ cup sliced melon, 1 fruit (25 calories)

Lunch (345 calories)

3 ounces sliced roasted turkey breast, 1 meat (115 calories)

One 4-inch whole-wheat pita pocket, 1 grain (75 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

1 teaspoon deli mustard (5 calories)

One 1-ounce snack bag pretzels, 1 grain (110 calories)

Afternoon Snack (110 calories)

1 medium apple, 1 fruit (60 calories)

1½ teaspoons peanut butter, ¼ nuts/seeds/legumes (50 calories)

Dinner (395 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

Evening Snack/Dessert (60 calories)

1 snack-size peppermint patty, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,160 calories, 5 grain, 3 fruit, 4 vegetable, 1 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$

nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,200 CALORIES: DAY 5

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$

sweets

Breakfast (250 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 medium apple, 1 fruit (50 calories)

Morning Snack (75 calories)

$\frac{1}{2}$ cup sliced nectarine, 1 fruit (35 calories)

$\frac{3}{4}$ ounce (1 small slice) low-fat cheddar cheese, $\frac{1}{2}$ dairy (40 calories)

Lunch (310 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

Afternoon Snack (105 calories)

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

Dinner (345 calories)

Shrimp Scampi, 3 ounces shrimp with sauce ([see recipe](#)), 1 meat (145 calories)

1 cup cooked whole-wheat linguine, 2 grain (200 calories)

Evening Snack/Dessert (165 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

Nutrition analysis for the day: 1,250 calories, 5 grain, 3 fruit, 5 vegetable, 2 dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$

nuts/seeds/legumes, 1 added fat, 0 sweets

1,200 CALORIES: DAY 6

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, $1\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (170 calories)

1 medium low-fat granola bar, 2 grain (140 calories)

1 medium peach, 1 fruit (30 calories)

Morning Snack (130 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

Lunch (340 calories)

Hummus sandwich with fresh tomatoes:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

$\frac{3}{4}$ ounce (1 thin slice) low-fat swiss cheese, $\frac{1}{2}$ dairy (40 calories)

2 tablespoons hummus, $\frac{1}{4}$ nuts/seeds/legumes (70 calories)

3 thick slices tomato, 1 vegetable (15 calories)

$\frac{1}{2}$ cup bean sprouts, $\frac{1}{2}$ vegetable (15 calories)

2 cups Simple Spinach Salad ([see recipe](#)), 2 vegetable, $\frac{1}{4}$ dairy, 1 added fat (115 calories)

Afternoon Snack (110 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

Dinner (370 calories)

4 ounces Poached Salmon ([see recipe](#)), 1 1/3 meat (195 calories)

$\frac{1}{2}$ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

$\frac{2}{3}$ cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), 1 grain, $\frac{1}{4}$ vegetable, $\frac{1}{4}$

nuts/seeds/legumes (125 calories)

Evening Snack/Dessert (75 calories)

1 cup fresh strawberries, 2 fruit (50 calories)

$1\frac{1}{2}$ teaspoons sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 1,195 calories, 5 grain, 3 fruit, $4\frac{3}{4}$ vegetable, $1\frac{3}{4}$ dairy, $1\frac{1}{3}$ meat, $\frac{1}{2}$

nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,200 CALORIES: DAY 7

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$

sweets

Breakfast (280 calories)

$1\frac{1}{2}$ ounces shredded wheat squares, $1\frac{1}{2}$ grain (150 calories)

1 cup nonfat milk, 1 dairy (90 calories)

$\frac{1}{2}$ cup blueberries, 1 fruit (40 calories)

Morning Snack (160 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

$\frac{1}{2}$ cup grapes, 1 fruit (50 calories)

Lunch (240 calories)

Toasted cheese sandwich:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese (2 slices), 1 dairy (75 calories)

1 cup baby carrots, 2 vegetable (50 calories)

2 tablespoons fat-free ranch dressing (30 calories)

Afternoon Snack (80 calories)

2 dark-chocolate-covered strawberries, 1 fruit, $\frac{1}{2}$ sweets (80 calories)

Dinner (310 calories)

4 ounces baked cod,^{*} $\frac{1}{3}$ meat (120 calories)

^{*} Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

$\frac{1}{2}$ cup (5-6 small spears) Roasted Asparagus ([see recipe](#)), 1 vegetable (40 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

1 tablespoon Lemon Caper Vinaigrette ([see recipe](#)), 1 added fat (60 calories)

Evening Snack/Dessert (100 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Nutrition analysis for the day: 1,170 calories, 5½ grain, 3 fruit, 4 vegetable, 2 dairy, 1⅓ meat, 0 nuts/seeds/legumes, 1 added fat, ½ sweets

1,400 CALORIES: DAY 1

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½ sweets

Breakfast (205 calories)

1 ounce bran flakes (about ¾ cup), 1 grain (90 calories)

½ cup sliced banana, 1 fruit (70 calories)

½ cup nonfat milk, ½ dairy (45 calories)

Morning Snack (150 calories)

1 small low-fat granola bar, 1 grain (100 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (465 calories)

2½ cups mixed raw leafy greens and vegetables (bell peppers, carrots, etc.), 2½ vegetable (50 calories)

4 ounces grilled skinless chicken breast, 11/3 meat (160 calories)

1 hard-boiled egg, 1/3 meat (80 calories)

1 tablespoon unsalted roasted sunflower seeds, 1/2 nuts/seeds/legumes (50 calories)

1 tablespoon low-fat creamy Italian dressing, 1/2 added fat (40 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

Afternoon Snack (220 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 medium orange, 1 fruit (60 calories)

Dinner (305 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)), 2 grain, 2 vegetable, 1/2 dairy (250

calories)

1/2 cup sliced mango, 1 fruit (55 calories)

Evening Snack/Dessert (40 calories)

2 dark chocolate kisses, 1/2 sweets (40 calories)

Nutrition analysis for the day: 1,385 calories, 5 grain, 4 fruit, 4½ vegetable, 2 dairy, 12/3 meat, 1½ nuts/seeds/legumes, 1½ added fat, 1½ sweets

1,400 CALORIES: DAY 2

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½ sweets

Breakfast (250 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

1 medium orange, 1 fruit (60 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (230 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories)

Lunch (335 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grain, 2 vegetable, 1 dairy (335 calories)

Afternoon Snack (115 calories)

½ cup nonfat vanilla yogurt, ½ dairy (80 calories)

½ cup fresh berries, 1 fruit (35 calories)

Dinner (365 calories)

4½ ounces grilled skinless chicken breast, 1½ meat (165 calories)

1 cup Roasted Cauliflower ([see recipe](#)), 2 vegetable (100 calories)

½ cup cooked brown rice, 1 grain (100 calories)

Evening Snack/Dessert (120 calories)

1 Baked Banana ([see recipe](#)), 2 fruit, 1 sweets (120 calories)

Nutrition analysis for the day: 1,415 calories, 5 grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½

nuts/seeds/legumes, 0 added fat, 1 sweets

1,400 CALORIES: DAY 3

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½

sweets

Breakfast (180 calories)

6 egg whites or ¾ cup egg substitute, scrambled (cooked with cooking spray), 1 meat (100

calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

Morning Snack (130 calories)

1 medium peach, 1 fruit (30 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (350 calories)

3 cups mixed raw leafy greens and vegetables, 3 vegetables (60 calories)

1½ ounces reduced-fat cheddar cheese (about 1/3 cup shredded), 1 dairy (120 calories)

1½ ounces skinless grilled chicken breast, ½ meat (55 calories)

1 tablespoon reduced-fat ranch dressing, ½ added fat (40 calories)

One 4-inch pita pocket, 1 grain (75 calories)

Afternoon Snack (270 calories)

1 ounce unsalted mini pretzels (about ½ cup), 1 grain (110 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

1 cup pineapple chunks, 2 fruit (80 calories)

Dinner (430 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, ½ meat (330 calories)

½ cup cooked brown rice, 1 grain (100 calories)

Evening Snack/Dessert (60 calories)

5 Tootsie Rolls, ½ sweets (60 calories)

Nutrition analysis for the day: 1,420 calories, 5 grain, 4 fruit, 4 vegetable, 2 dairy, 2 meat, 0

nuts/seeds/legumes, ½ added fat, ½ sweets

1,400 CALORIES: DAY 4

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½ sweets

Breakfast (260 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

½ cup sliced banana, 1 fruit (70 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (105 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

Lunch (345 calories)

3 ounces sliced roasted turkey breast, 1 meat (115 calories)

One 4-inch whole-wheat pita pocket, 1 grain (75 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

1 teaspoon deli mustard (5 calories)

One 1-ounce snack bag unsalted pretzels, 1 grain (110 calories)

Afternoon Snack (110 calories)

1 medium apple, 1 fruit (60 calories)

1½ teaspoons peanut butter, ¼ nuts/seeds/legumes (50 calories)

Dinner (395 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, ½ meat, 2 grain, ½ dairy, 1 added fat (395 calories)

Evening Snack/Dessert (130 calories)

¼ cup low-fat frozen yogurt, ½ dairy (70 calories)

1 snack-size peppermint patty, ½ sweets (60 calories)

Nutrition analysis for the day: 1,345 calories, 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, 1 added fat, ½ sweets

1,400 CALORIES: DAY 5

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½ sweets

Breakfast (290 calories)

1 Low-Fat Blueberry Muffins ([see recipe](#)), 2 grain (200 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (110 calories)

1 cup sliced mango, 2 fruit (110 calories)

Lunch (365 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)

$\frac{1}{2}$ cup low-fat vanilla yogurt, $\frac{1}{2}$ dairy (80 calories)

1 medium orange, 1 fruit (60 calories)

Afternoon Snack (180 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

Dinner (345 calories)

Shrimp Scampi ([see recipe](#)), 3 ounces shrimp with sauce ([see recipe](#)), 1 meat (145 calories)

1 cup whole-wheat linguine, 2 grain (200 calories)

Evening Snack/Dessert (105 calories)

1 medium apple, 1 fruit (50 calories)

2 tablespoons low-fat caramel sauce, $\frac{1}{2}$ sweets (55 calories)

Nutrition analysis for the day: 1,395 calories, 5 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,400 CALORIES: DAY 6

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, ½ added fat, ½ sweets

Breakfast (255 calories)

1 small low-fat granola bar, 1 grain (100 calories)

1 cup sliced peaches, 2 fruit (65 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (110 calories)

3 cups air-popped popcorn, 1 grain (110 calories)

Sparkling water with a squeeze of orange (0 calories)

Lunch (290 calories)

Hummus sandwich with fresh tomatoes:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

2 tablespoons hummus, ¼ nuts/seeds/legumes (50 calories)

3 thick slices tomato, 1 vegetable (15 calories)

½ cup bean sprouts, ½ vegetable (15 calories)

½ cup mixed raw leafy greens, ½ vegetable (10 calories)

2 cups Simple Spinach Salad ([see recipe](#)), 2 vegetable, ¼ dairy, 1 added fat (115 calories)

Afternoon Snack (270 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

Dinner (340 calories)

4 $\frac{1}{2}$ ounces Poached Salmon ([see recipe](#)), 1 $\frac{1}{2}$ meat (215 calories)

2/3 cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), 1 grain, $\frac{1}{4}$ vegetable, $\frac{1}{4}$

nuts/seeds/legumes (125 calories)

Evening Snack/Dessert (75 calories)

1 cup fresh strawberries, 2 fruit (50 calories)

1 $\frac{1}{2}$ teaspoon sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 1,340 calories, 5 grain, 4 fruit, 4 $\frac{1}{4}$ vegetable, 2 $\frac{1}{4}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$

nuts/seeds, 1 added fat, $\frac{1}{2}$ sweets

1,400 CALORIES: DAY 7

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, $\frac{1}{2}$ added fat, $\frac{1}{2}$

sweets

Breakfast (320 calories)

1 $\frac{1}{2}$ ounces shredded wheat squares, 1 $\frac{1}{2}$ grain (150 calories)

1 tablespoon flaxseeds, $\frac{1}{2}$ nuts/seeds/legumes (40 calories)

1 cup nonfat milk, 1 dairy (90 calories)

$\frac{1}{2}$ cup blueberries, 1 fruit (40 calories)

Morning Snack (210 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

Lunch (240 calories)

Toasted cheese sandwich:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese (about 2 slices), 1 dairy (75 calories)

1 cup sliced carrots, 2 vegetable (50 calories)

2 tablespoons fat-free ranch dressing (30 calories)

Afternoon Snack (50 calories)

$\frac{1}{2}$ cup grapes, 1 fruit (50 calories)

Dinner (455 calories)

5 ounces baked cod,^{*} $\frac{2}{3}$ meat (150 calories)

1 cup (10-12 small spears) Roasted Asparagus ([see recipe](#)),
2 vegetable (80 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150
calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

1 tablespoon Lemon Caper Vinaigrette ([see recipe](#)), 1 added fat (60 calories)

* Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

Evening Snack/Dessert (80 calories)

2 dark-chocolate-covered strawberries, 1 fruit, $\frac{1}{2}$ sweets (80 calories)

Nutrition analysis for the day: 1,355 calories, 5½ grain, 4 fruit, 5 vegetable, 2 dairy, 1⅓ meat, ½

nuts/seeds, 1 added fat, ½ sweets

1,600 CALORIES: DAY 1

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, ½ sweets

Breakfast (350 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup blueberries, 1 fruit (40 calories)

Morning Snack (150 calories)

1 small low-fat granola bar, 1 grain (100 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (525 calories)

2½ cups mixed raw leafy greens and vegetables (bell peppers, carrots, etc.), 2½ vegetable (50

calories)

4 ounces grilled skinless chicken breast, 11/3 meat (200 calories)

1 hard-boiled egg, 1/3 meat (80 calories)

1 tablespoon unsalted, roasted sunflower seeds, ½ nuts/seeds/legumes (50 calories)

2 tablespoons low-fat balsamic vinaigrette, 1 added fat (60 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

Afternoon Snack (185 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Dinner (250 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, ½ dairy (250
calories)

Evening Snack/Dessert (170 calories)

2 dark chocolate kisses, $\frac{1}{2}$ sweets (50 calories)

2 graham cracker rectangles, 1 grain (120 calories)

Nutrition analysis for the day: 1,630 calories, 6 grain, 4 fruit, 4 $\frac{1}{2}$ vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{2}{3}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 2

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (315 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about $\frac{3}{4}$ cup), 1 grain (100 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (200 calories)

1 ounce unsalted whole-wheat mini pretzels (about $\frac{1}{2}$ cup), 1 grain (100 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

Lunch (335 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grain, 2 vegetable, 1 dairy (335 calories)

Afternoon Snack (25 calories)

$\frac{1}{2}$ cup cubed melon, 1 fruit (25 calories)

Dinner (555 calories)

4 $\frac{1}{2}$ ounces grilled chicken, 1 $\frac{1}{2}$ meat (165 calories)

1 small (3-inch) baked potato, 1 vegetable (150 calories)

$\frac{1}{2}$ cup grilled zucchini, 1 vegetable (15 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (120 calories)

1 Baked Banana ([see recipe](#)), 2 fruit, 1 sweets (120 calories)

Nutrition analysis for the day: 1,550 calories, 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$

nuts/seeds/legumes, 1 added fat, 1 sweets

1,600 CALORIES: DAY 3

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$

sweets

Breakfast (280 calories)

6 egg whites or $\frac{3}{4}$ cup egg substitute, scrambled (cooked with cooking spray), 1 meat (100 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

Morning Snack (130 calories)

1 medium peach, 1 fruit (30 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (330 calories)

3 cups mixed raw leafy greens and vegetables, 3 vegetables (60 calories)

$\frac{3}{4}$ ounce shredded low-fat cheddar cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (40 calories)

1½ ounces skinless grilled chicken breast, $\frac{1}{2}$ meat (75 calories)

2 tablespoons reduced-fat ranch dressing, 1 added fat (80 calories)

One 4-inch whole-wheat pita pocket, 1 grain (75 calories)

Afternoon Snack (240 calories)

1 medium apple, 1 fruit (50 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup nonfat vanilla yogurt, 1 dairy (80 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (75 calories)

Half a $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), $\frac{1}{2}$ sweets (75 calories)

Nutrition analysis for the day: 1,585 calories, 6 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 meat, 0

nuts/seed/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 4

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$

sweets

Breakfast (280 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (105 calories)

1 cup red grapes, 2 fruit (105 calories)

Lunch (465 calories)

3 ounces sliced roasted beef tenderloin, 1 meat (150 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

4 slices tomato, 1 vegetable (20 calories)

1 teaspoon deli mustard (5 calories)

One 1-ounce snack bag pretzels, 1 grain (110 calories)

Afternoon Snack (250 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

$\frac{3}{4}$ ounce (1 small slice) low-fat cheddar cheese, $\frac{1}{2}$ dairy (40 calories)

$\frac{1}{4}$ cup dried apricots, 1 fruit (80 calories)

Cranberry sparkling water with a squeeze of lime (0 calories)

Dinner (395 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

Evening Snack/Dessert (60 calories)

1 snack-size peppermint patty, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,555 calories, 7 grain, 4 fruit, 4 vegetables, 2 dairy, 1 $\frac{1}{2}$ meat, 0

nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 5

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$

sweets

Breakfast (340 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

$\frac{1}{2}$ cup raspberries, 1 fruit (30 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (160 calories)

1 cup sliced mango, 2 fruit (110 calories)

$\frac{3}{4}$ ounce (1 small slice) low-fat cheddar cheese, $\frac{1}{2}$ dairy (50 calories)

Lunch (325 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)

1 small chocolate chip granola bar, 1 grain (100 calories)

Afternoon Snack (160 calories)

“Ants on a log”:

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

2 tablespoons raisins, $\frac{1}{2}$ fruit (55 calories)

Dinner (445 calories)

Shrimp Scampi, 3 ounces shrimp with sauce ([see recipe](#)), 1 meat (145 calories)

1 $\frac{1}{2}$ cups whole-wheat linguine, 3 grain (300 calories)

Evening Snack/Dessert (105 calories)

1 medium apple, 1 fruit (50 calories)

2 tablespoons low-fat caramel sauce, $\frac{1}{2}$ sweets (55 calories)

Nutrition analysis for the day: 1,535 calories, 6 grain, 4 $\frac{1}{2}$ fruit, 5 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 6

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (190 calories)

1 small low-fat granola bar, 1 grain (100 calories)

¾ cup 100% apple juice, 1 fruit (90 calories)

Morning Snack (110 calories)

3 cups air-popped popcorn, 1 grain (110 calories)

Sparkling water with a squeeze of orange (0 calories)

Lunch (440 calories)

Hummus sandwich with fresh tomatoes:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

2 tablespoons hummus, ¼ nuts/seeds/legumes (70 calories)

1 ounce slice low-fat swiss cheese, 2/3 dairy (55 calories)

3 thick slices tomato, 1 vegetable (15 calories)

Bean sprouts, ½ cup, ½ vegetable (15 calories)

2 cups Simple Spinach Salad ([see recipe](#)), 2 vegetable, ¼ dairy, 1 added fat (115 calories)

Afternoon Snack (370 calories)

1 ounce unsalted mini pretzels (about ½ cup), 1 grain (110 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

¼ cup dried cherries, 1 fruit (100 calories)

Dinner (390 calories)

4½ ounces Poached Salmon ([see recipe](#)), 1½ meat (215 calories)

½ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

2/3 cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), 1 grain, ¼ vegetable, ¼

nuts/seeds/legumes (125 calories)

Evening Snack/Dessert (90 calories)

1 cup fresh strawberries, 2 fruit (50 calories)

2 teaspoons chocolate syrup, ½ sweets (40 calories)

Nutrition analysis for the day: 1,590 calories, 6 grain, 4 fruit, 4¾ vegetable, 1¾ dairy, 1½ meat, ½ nuts/seeds/legumes, 1 added fat, ½ sweets

1,600 CALORIES: DAY 7

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, 1 added fat, ½ sweets

Breakfast (370 calories)

1½ ounces shredded wheat squares, 1½ grain (150 calories)

1 tablespoon flaxseeds, ½ nuts/seeds/legumes (40 calories)

1 cup low-fat milk, 1 dairy (110 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

Morning Snack (210 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

1 cup grapes, 2 fruit (100 calories)

Lunch (375 calories)

Toasted cheese sandwich:

One 7-inch whole-wheat pita pocket, 2 grain (220 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese (about 2 slices), 1 dairy (75 calories)

1 cup sliced carrots, 2 vegetable (50 calories)

2 tablespoons fat-free ranch dressing (30 calories)

Afternoon Snack (160 calories)

1 medium orange, 1 fruit (60 calories)

1 ounce unsalted whole-wheat mini pretzels (about $\frac{1}{2}$ cup), 1 grain (100 calories)

Dinner (305 calories)

5 ounces baked cod,^{*} $\frac{2}{3}$ meat (150 calories)

1 cup (10-12 small spears) Roasted Asparagus ([see recipe](#)), 2 vegetable (80 calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

1 tablespoon Lemon Caper Vinaigrette ([see recipe](#)), 1 added fat (60 calories)

* Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

Evening Snack/Dessert (190 calories)

2 graham cracker rectangles, 1 grain (120 calories)

10 mini marshmallows and 2 dark chocolate kisses, ½ sweets (70 calories)

Nutrition analysis for the day: 1,610 calories, 6½ grain, 4 fruit, 5 vegetable, 2 dairy, 12/3 meat, ½

nuts/seeds/legumes, 1 added fat, ½ sweets

1,800 CALORIES: DAY 1

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 1½ added fat, ½ sweets

Breakfast (330 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

Morning Snack (170 calories)

1 medium orange, 1 fruit (60 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Lunch (420 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

$\frac{3}{4}$ ounce shredded low-fat cheddar cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (40 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

Afternoon Snack (240 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

$\frac{1}{2}$ cup pineapple, 1 fruit (40 calories)

Dinner (350 calories)

1 cup Beef and Vegetable Stir-Fry ([see recipe](#)), $\frac{1}{2}$ meat, 2 vegetable (200 calories)

$\frac{3}{4}$ cup cooked brown rice, $1\frac{1}{2}$ grain (150 calories)

Evening Snack/Dessert (230 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

2 teaspoons chocolate syrup, $\frac{1}{2}$ sweets (40 calories)

1 tablespoon whipped cream, $\frac{1}{2}$ added fat (50 calories)

Nutrition analysis for the day: 1,740 calories, $6\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 2

Target: $6\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (325 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about $\frac{3}{4}$ cup), 1 grain (100 calories)

1 packet sugar substitute (optional) (0 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

$\frac{1}{2}$ cup cubed cantaloupe, 1 fruit (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (235 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

One 1-ounce snack bag pita chips, 1 grain (130 calories)

Lunch (330 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roasted turkey breast, 1 meat (115 calories)

1 tablespoon low-fat mayonnaise, $\frac{1}{2}$ added fat (15 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

Afternoon Snack (250 calories)

$\frac{1}{4}$ cup canned black beans, drained and rinsed, $\frac{1}{2}$ nuts/seeds/legumes (60 calories)

$\frac{1}{2}$ cup cooked brown rice, 1 grain (100 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

Dinner (395 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

Evening Snack/Dessert (265 calories)

Strawberry Shortcake ([see recipe](#)), 1 sweets, 1 fruit (265 calories)

Nutrition analysis for the day: 1,800 calories, 7 grain, 5 fruit, 4 $\frac{1}{2}$ vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 1 $\frac{1}{2}$ added fat, 1 sweets

1,800 CALORIES: DAY 3

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 1½ added fat, ½ sweets

sweets

Breakfast (460 calories)

2 whole eggs plus 2 egg whites, scrambled (cooked with cooking spray), 1 meat (190 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

½ teaspoon trans-fat-free margarine, ½ added fat (10 calories)

1 tablespoon low-sodium ketchup (optional) (25 calories)

Morning Snack (140 calories)

1 Mango Smoothie ([see recipe](#)), 1 fruit, 1 dairy, ½ sweets (140 calories)

Lunch (375 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, ½ dairy, ½ meat, 1 added fat (225 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Afternoon Snack (105 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Dinner (480 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

$\frac{3}{4}$ cup cooked brown rice, $1\frac{1}{2}$ grain (150 calories)

Evening Snack/Dessert (220 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/seeds/legumes (110 calories)

Nutrition analysis for the day: 1,780 calories, $6\frac{1}{2}$ grain, 4 fruit, 5 vegetable, $2\frac{1}{2}$ dairy, 2 meat, $\frac{1}{4}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 4

Target: $6\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (360 calories)

2 ounces shredded wheat squares (about $1\frac{1}{4}$ cups), 2 grain (200 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (310 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

Lunch (390 calories)

Hummus sandwich with fresh tomatoes:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

$\frac{1}{4}$ cup hummus, $\frac{1}{2}$ nuts/seeds/legumes (140 calories)

3 thick slices tomato, 1 vegetable (15 calories)

$\frac{1}{2}$ cup bean sprouts, $\frac{1}{2}$ vegetable (15 calories)

1 cup sliced melon, 2 fruit (50 calories)

Afternoon Snack (105 calories)

$\frac{1}{2}$ cup baby carrots, 1 vegetable (25 calories)

2 tablespoons low-fat creamy Italian dressing, 1 added fat (80 calories)

Dinner (555 calories)

4 $\frac{1}{2}$ ounces Poached Salmon ([see recipe](#)), 1 $\frac{1}{2}$ meat (215 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (10 calories)

$\frac{3}{4}$ cup brown rice, $1\frac{1}{2}$ grain (150 calories)

Evening Snack/Dessert (60 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,780 calories, $6\frac{1}{2}$ grain, 4 fruit, $4\frac{1}{2}$ vegetable, 2 dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 5

Target: $6\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, $1\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (425 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Morning Snack (200 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (405 calories)

Toasted cheese sandwich:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese (2 slices), 1 dairy (75 calories)

1 medium apple, 1 fruit (60 calories)

$\frac{1}{2}$ cup sliced bell peppers, 1 vegetable (20 calories)

2 tablespoons low-fat raspberry walnut vinaigrette dressing,
1 added fat (80 calories)

Afternoon Snack (205 calories)

"Ants on a log":

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (90 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (490 calories)

$\frac{3}{4}$ cup cooked whole-wheat pasta, $1\frac{1}{2}$ grain (150 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

4½ ounces ground turkey breast meat (cooked with cooking spray), 1½ meat (180 calories)

¼ cup shredded parmesan cheese, ½ dairy (80 calories)

Evening Snack/Dessert (50 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

1½ teaspoons sugar, ½ sweets (25 calories)

Nutrition analysis for the day: 1,775 calories, 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 2 added fat, ½ sweets

1,800 CALORIES: DAY 6

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 1½ added fat, ½ sweets

Breakfast (310 calories)

1 ounce toasted oat cereal (about 1 cup), 1 grain (100 calories)

½ cup blueberries, 1 fruit (40 calories)

1 cup nonfat milk, 1 dairy (90 calories)

¾ cup 100% orange juice, 1 fruit (80 calories)

Morning Snack (150 calories)

3 cups air-popped popcorn, 1 grain (110 calories)

$\frac{1}{2}$ cup sliced pineapple, 1 fruit (40 calories)

Lunch (370 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$\frac{1}{2}$ cup tuna fish (canned in water), 1 meat (120 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

1 medium orange, 1 fruit (60 calories)

Afternoon Snack (215 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (30 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

Dinner (540 calories)

2 Turkey Soft Tacos ([see recipe](#)), 2 grain, 2 vegetable, 1 added fat, 1 meat (500 calories)

$\frac{3}{4}$ ounce shredded low-fat cheddar cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (40 calories)

Evening Snack/Dessert (150 calories)

7 dark-chocolate-covered almonds, $\frac{1}{2}$ nuts/seeds/legumes, $\frac{1}{2}$ sweets (150 calories)

Nutrition analysis for the day: 1,735 calories, 6 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 meat, $\frac{1}{2}$

nuts/seeds/legumes, 2 added fat, ½ sweets

1,800 CALORIES: DAY 7

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 1½ added fat, ½ sweets

Breakfast (380 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about ¼ cup), 1 grain (110 calories)

½ cup sliced banana, 1 fruit (70 calories)

Morning Snack (170 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (460 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

½ cup canned black beans, drained and rinsed, 1 nuts/seeds/legumes (115 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

¼ cup tomato salsa, ½ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Afternoon Snack (140 calories)

½ cup nonfat vanilla frozen yogurt, 1 dairy (140 calories)

Dinner (535 calories)

Shrimp Scampi, 4½ ounces shrimp with sauce ([see recipe](#)), 1½ meat (185 calories)

1¼ cups whole-wheat linguine, 2½ grain (250 calories)

¾ cup green peas, 1½ vegetable (100 calories)

Evening Snack/Dessert (80 calories)

2 dark-chocolate-covered strawberries, 1 fruit, ½ sweets (80 calories)

Nutrition analysis for the day: 1,765 calories, 6½ grain, 4 fruit, 4 vegetable, 3 dairy, 1½ meat, 1

nuts/seeds/legumes, 1 added fat, ½ sweets

2,000 CALORIES: DAY 1

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 2 added fat, ½ sweets

Breakfast (330 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

Morning Snack (170 calories)

1 medium orange, 1 fruit (60 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Lunch (685 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

$\frac{3}{4}$ ounce (1 thin slice) reduced-fat swiss cheese, $\frac{1}{2}$ dairy (55 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

2 slices tomato, $\frac{1}{2}$ vegetable (10 calories)

$\frac{1}{4}$ ripe avocado, $\frac{1}{2}$ vegetable (60 calories)

4 leaves lettuce, 1 vegetable (20 calories)

$\frac{1}{2}$ cup reduced-fat cottage cheese, 1 dairy (100 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

Afternoon Snack (220 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

½ cup pineapple, 1 fruit (40 calories)

Dinner (400 calories)

1 cup Beef and Vegetable Stir-Fry ([see recipe](#)), ½ meat, 2 vegetable (200 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (175 calories)

Half a ¾-inch slice Gingerbread ([see recipe](#)), ½ sweets (75 calories)

2 tablespoons whipped cream, 1 added fat (100 calories)

Nutrition analysis for the day: 1,980 calories, 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 2 added fat, ½ sweets

2,000 CALORIES: DAY 2

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 2 added fat, ½ sweets

Breakfast (325 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

1 packet sugar substitute (optional) (0 calories)

¼ cup raisins, 1 fruit (110 calories)

½ cup cantaloupe, 1 fruit (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (235 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

One 1-ounce snack bag pita chips, 1 grain (130 calories)

Lunch (345 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

3 ounces sliced roasted turkey breast, 1 meat (115 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

Afternoon Snack (440 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about ¼ cup), 1 grain (110 calories)

3 tablespoons slivered almonds, ½ nuts/seeds/legumes (130 calories)

Dinner (395 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

Evening Snack/Dessert (265 calories)

Strawberry Shortcake ([see recipe](#)), 1 sweets, 1 fruit (265 calories)

Nutrition analysis for the day: 2,005 calories, 7 grain, 5 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$

nuts/seeds/legumes, 2 added fat, 1 sweets

2,000 CALORIES: DAY 3

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$

sweets

Breakfast (500 calories)

3 whole eggs, scrambled (cooked with cooking spray), 1 meat (240 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

Morning Snack (260 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

1 cup blueberries, 2 fruit (80 calories)

Lunch (375 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Afternoon Snack (100 calories)

1 medium pear, 1 fruit (100 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (290 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/seeds/legumes (110 calories)

1 tablespoon chocolate chips, $\frac{1}{2}$ sweets (70 calories)

Nutrition analysis for the day: 2,055 calories, 7 grain, 4 fruit, 5 vegetable, $2\frac{1}{2}$ dairy, 2 meat, $\frac{1}{4}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 4

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 1½ meat, ½ nuts/seeds/legumes, 2 added fat, ½

sweets

Breakfast (345 calories)

2 ounces shredded wheat squares (about 1¼ cup), 2 grain (200 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (310 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce unsalted mini pretzels (about ½ cup), 1 grain (110 calories)

Lunch (390 calories)

Hummus sandwich with fresh tomatoes:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

¼ cup hummus, ½ nuts/seeds/legumes (140 calories)

3 thick slices tomato, 1 vegetable (15 calories)

½ cup bean sprouts, ½ vegetable (15 calories)

1 cup sliced melon, 2 fruit (50 calories)

Afternoon Snack (200 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

2 tablespoons low-fat creamy Italian dressing, 1 added fat (80 calories)

Dinner (620 calories)

4 $\frac{1}{2}$ ounces Poached Salmon ([see recipe](#)), 1 $\frac{1}{2}$ meat (215 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup brown rice, 2 grain (200 calories)

Evening Snack/Dessert (60 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,925 calories, 7 grain, 4 fruit, 4 $\frac{1}{2}$ vegetable, 2 dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 5

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$ sweets

Breakfast (395 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 medium orange, 1 fruit (60 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (150 calories)

1 medium apple, 1 fruit (50 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (495 calories)

$\frac{1}{2}$ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 tablespoon low-fat cream cheese, $\frac{1}{2}$ added fat (35 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

$\frac{1}{2}$ cup sliced peppers, 1 vegetable (20 calories)

1 tablespoon low-fat raspberry walnut vinaigrette, $\frac{1}{2}$ fat (40 calories)

Afternoon Snack (215 calories)

“Ants on a log”:

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (520 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

4 $\frac{1}{2}$ ounces ground turkey breast meat (cooked with cooking spray), 1 $\frac{1}{2}$ meat (160 calories)

$\frac{1}{4}$ cup shredded parmesan cheese, $\frac{1}{2}$ dairy (80 calories)

Evening Snack/Dessert (165 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

Nutrition analysis for the day: 1,940 calories, 7 grain, 4 fruit, 4 vegetable, 3 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, 0 sweets

2,000 CALORIES: DAY 6

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$ sweets

Breakfast (345 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

Morning Snack (215 calories)

3 cups air-popped popcorn, 1 grain (110 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup sliced pineapple, 1 fruit (80 calories)

Lunch (480 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$\frac{1}{2}$ cup tuna fish (canned in water), 1 meat (120 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

1 medium orange, 1 fruit (60 calories)

One 1-ounce snack bag pretzels, 1 grain (110 calories)

Afternoon Snack (215 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (30 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about $\frac{1}{3}$ cup), 1 dairy (75 calories)

Dinner (540 calories)

2 Turkey Soft Tacos ([see recipe](#)), 2 grain, 2 vegetable, 1 meat (500 calories)

$\frac{3}{4}$ ounce shredded low-fat cheddar cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (40 calories)

Evening Snack/Dessert (150 calories)

7 dark-chocolate-covered almonds, $\frac{1}{2}$ nuts/seeds/legumes, $\frac{1}{2}$ sweets (150 calories)

Nutrition analysis for the day: 1,945 calories, 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 meat, $\frac{1}{2}$

nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 7

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 1 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 added fat, $\frac{1}{2}$

sweets

Breakfast (445 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 slice cinnamon raisin toast, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup sliced banana, 2 fruit (140 calories)

Morning Snack (170 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (530 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/seeds/legumes (115 calories)

$\frac{1}{4}$ ripe avocado, $\frac{1}{2}$ vegetable (60 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (25 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Afternoon Snack (235 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (50 calories)

$\frac{3}{4}$ ounce shredded Monterey Jack cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (75 calories)

Dinner (485 calories)

Shrimp Scampi ([see recipe](#)), 4½ ounces shrimp with sauce ([see recipe](#)), 1½ meat (185 calories)

1½ cups whole-wheat linguine, 3 grain (300 calories)

Evening Snack/Dessert (80 calories)

2 dark-chocolate-covered strawberries, 1 fruit, ½ sweets (80 calories)

Nutrition analysis for the day: 1,945 calories, 7 grain, 5 fruit, 5 vegetable, 2½ dairy, 1½ meat, 1

nuts/seeds/legumes, 2 added fat, ½ sweets

2,200 CALORIES: DAY 1

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 2½ added fat, 1

sweets

Breakfast (480 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (90 calories)

1 cup sliced banana, 2 fruit (140 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (120 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

$\frac{1}{2}$ cup fresh pineapple chunks, 1 fruit (40 calories)

Lunch (610 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

4 ounces sliced grilled skinless chicken breast, 1 $\frac{1}{3}$ meat (200 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (205 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese, 1 dairy (75 calories)

Dinner (550 calories)

$1\frac{1}{2}$ cups Beef and Vegetable Stir-Fry ([see recipe](#)), $\frac{3}{4}$ meat, 3 vegetable (300 calories)

$1\frac{1}{2}$ cups cooked brown rice, $2\frac{1}{2}$ grain (250 calories)

Evening Snack/Dessert (180 calories)

One $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

3 tablespoons low-fat whipped topping, $1\frac{1}{2}$ added fat (30 calories)

Nutrition analysis for the day: 2,145 calories, $8\frac{1}{2}$ grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, $2\frac{1}{2}$ added fat, 1 sweets

2,200 CALORIES: DAY 2

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, $2\frac{1}{2}$ added fat, 1

sweets

Breakfast (315 calories)

2 ounces uncooked oatmeal cooked with water (cooks to about $1\frac{1}{2}$ cup), 2 grain (200 calories)

1 packet sugar substitute (optional) (0 calories)

$\frac{1}{2}$ cup cantaloupe, 1 fruit (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (235 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

One 1-ounce snack bag baked pita chips, 1 grain (130 calories)

Lunch (600 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1½ ounces reduced-fat swiss cheese (1 big slice), 1 dairy (110 calories)

1½ ounces sliced roast beef, ½ meat (75 calories)

1 tablespoon low-fat mayonnaise, ½ added fat (15 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Afternoon Snack (205 calories)

“Ants on a Log”:

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (90 calories)

¼ cup raisins, 1 fruit (110 calories)

Dinner (560 calories)

4½ ounces Poached Salmon ([see recipe](#)), 1½ meat (220 calories)

2 cups mixed raw leafy greens and vegetables, 2 vegetable (35 calories)

2 tablespoons balsamic vinaigrette dressing, 2 added fat (100 calories)

2/3 cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), 1 grain, $\frac{1}{4}$ vegetable, $\frac{1}{4}$

nuts/seeds/legumes (125 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

Evening Snack/Dessert (210 calories)

2 dark chocolate kisses, $\frac{1}{2}$ sweets (40 calories)

2 graham cracker rectangles, 1 grain (120 calories)

2 marshmallows, $\frac{1}{2}$ sweets (50 calories)

Nutrition analysis for the day: 2,125 calories, 8 grain, 4 fruit, $5\frac{1}{4}$ vegetable, 3 dairy, 2 meat, $\frac{3}{4}$

nuts/seeds/legumes, $2\frac{1}{2}$ added fat, 1 sweets

2,200 CALORIES: DAY 3

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, $2\frac{1}{2}$ added fat, 1

sweets

Breakfast (550 calories)

2 whole eggs plus 2 egg whites, scrambled (cooked with cooking spray), 1 meat (195 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

Morning Snack (250 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

½ cup sliced banana, 1 fruit (70 calories)

Lunch (420 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, ½ dairy, ½ meat, 1 added fat (225 calories)

One 1-ounce slice whole-wheat bread, 1 grain (80 calories)

1½ ounces sliced roasted turkey breast, ½ meat (60 calories)

¾ ounce low-fat American cheese (1 slice), ½ dairy (40 calories)

1 tablespoon low-fat mayonnaise, ½ added fat (15 calories)

Afternoon Snack (190 calories)

½ cup sliced pears, 1 fruit (50 calories)

1 medium low-fat granola bar, 2 grain (140 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (290 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/seeds/legumes (110 calories)

1 tablespoon chocolate chips, $\frac{1}{2}$ sweets (70 calories)

Nutrition analysis for the day: 2,230 calories, 8 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ meat, $\frac{1}{4}$

nuts/seeds/legumes, 2 $\frac{1}{2}$ added fat, 1 sweets

2,200 CALORIES: DAY 4

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 $\frac{1}{2}$ added fat, 1

sweets

Breakfast (380 calories)

2 ounces shredded wheat squares (about $1\frac{1}{4}$ cup), 2 grain (200 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (270 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

Lunch (640 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

1 cup red and yellow bell pepper slices, 2 vegetable (25 calories)

2 tablespoons low-fat creamy Italian dressing, 1 added fat (80 calories)

$\frac{1}{2}$ cup nonfat vanilla frozen yogurt, 1 dairy (140 calories)

Afternoon Snack (220 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (90 calories)

Dinner (605 calories)

4 $\frac{1}{2}$ ounces grilled chicken breast without skin, 1 $\frac{1}{2}$ meat (210 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (120 calories)

1 Baked Banana ([see recipe](#)), 2 fruit, 1 sweets (120 calories)

Nutrition analysis for the day: 2,235 calories, 8 grain, 4 fruit, 6 vegetable, 3 $\frac{1}{2}$ dairy, 2 meat, $\frac{1}{2}$

nuts/seeds/legumes, 2 $\frac{1}{2}$ added fat, 1 sweets

2,200 CALORIES: DAY 5

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, 2 $\frac{1}{2}$ added fat, 1

sweets

Breakfast (540 calories)

$\frac{1}{2}$ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

$1\frac{1}{2}$ teaspoons trans-fat-free margarine, $1\frac{1}{2}$ added fat (40 calories)

1 cup grapes, 2 fruit (100 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Morning Snack (150 calories)

1 medium apple, 1 fruit (50 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (515 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

1 tablespoon low-fat mayonnaise, $\frac{1}{2}$ added fat (15 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

2 ounces low-fat swiss cheese (about 2 thick slices), 1 $\frac{1}{2}$ dairy (150 calories)

Afternoon Snack (380 calories)

Trail mix:

3 tablespoons peanuts, $\frac{1}{2}$ nuts/seeds/legumes (160 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (535 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

$\frac{1}{2}$ cup sweet green peas, 1 vegetable (65 calories)

3 ounces ground turkey breast (cooked with cooking spray),
1 meat (110 calories)

¾ ounce shredded parmesan cheese (about ¼ cup), ½ dairy
(80 calories)

Evening Snack/Dessert (80 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

1 tablespoon sugar, 1 sweets (45 calories)

1 tablespoon low-fat whipped topping, ½ added fat (10
calories)

**Nutrition analysis for the day: 2,200 calories, 8 grain,
5 fruit, 5 vegetable, 3 dairy, 2 meat, ½**

nuts/seeds/legumes, 2½ added fat, 1 sweets

2,200 CALORIES: DAY 6

**Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat,
½ nuts/seeds/legumes, 2½ added fat, 1**

sweets

Breakfast (395 calories)

2 ounces toasted oat cereal (about 2 cups), 2 grain (200
calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (335 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Lunch (590 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$\frac{1}{2}$ cup tuna fish (canned in water), 1 meat (120 calories)

1 $\frac{1}{2}$ ounces low-fat swiss cheese, 1 dairy (150 calories)

2 leaves lettuce, $\frac{1}{2}$ vegetable (10 calories)

2 slices tomato, $\frac{1}{2}$ vegetable (10 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

1 medium orange, 1 fruit (60 calories)

1 small chocolate chip cookie, $\frac{1}{2}$ sweets (50 calories)

Afternoon Snack (175 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (30 calories)

2 tablespoons low-fat sour cream, 1 added fat (35 calories)

Dinner (520 calories)

Shrimp Scampi, 3 ounces shrimp with sauce ([see recipe](#)), 1 meat (145 calories)

1½ cup whole-wheat linguine, 3 grain (300 calories)

2 cups mixed raw leafy greens and vegetables, 2 vegetable (35 calories)

1 tablespoon low-fat Italian dressing, ½ added fat (40 calories)

Evening Snack/Dessert (150 calories)

7 dark-chocolate-covered almonds, ½ nuts/seeds/legumes, ½ sweets (150 calories)

Nutrition analysis for the day: 2,165 calories, 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, ½

nuts/seeds/legumes, 2½ added fat, 1 sweets

2,200 CALORIES: DAY 7

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 2½ added fat, 1

sweets

Breakfast (420 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 cup grapes, 2 fruit (105 calories)

Morning Snack (275 calories)

One 4-ounce snack cup applesauce, 1 fruit (55 calories)

2 ounces honey whole-wheat pretzels, 2 grain (220 calories)

Lunch (520 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/seeds/legumes (115 calories)

$\frac{1}{4}$ ripe avocado, $\frac{1}{2}$ vegetable (60 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Afternoon Snack (380 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (480 calories)

6 ounces baked cod,^{*} 2 meat (180 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

1 cup Roasted Brussels Sprouts ([see recipe](#)), 2 vegetable (100 calories)

^{*} Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

Evening Snack/Dessert (140 calories)

1 ounce dark chocolate, 1 sweets (140 calories)

Nutrition analysis for the day: 2,215 calories, 9 grain, 4 fruit, 5 vegetable, 3 dairy, 2 meat, 1

nuts/seeds/legumes, 2 added fat, 1 sweets

2,400 CALORIES: DAY 1

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (565 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Morning Snack (120 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

½ cup fresh pineapple, 1 fruit (40 calories)

Lunch (640 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

4 ounces sliced grilled chicken breast, 1 1/3 meat (200 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (255 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 ½ ounces low-fat cheddar cheese, 1 dairy (75 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (600 calories)

1½ cups Beef and Vegetable Stir-Fry ([see recipe](#)), ¾ meat, 3 vegetable (300 calories)

1½ cups cooked brown rice, 3 grain (300 calories)

Evening Snack/Dessert (190 calories)

One ¾-inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

¼ cup low-fat whipped topping, 2 added fat (40 calories)

Nutrition analysis for the day: 2,370 calories, 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

2,400 CALORIES: DAY 2

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (520 calories)

2 ounce uncooked oatmeal cooked with water (cooks to about 1½ cups), 2 grain (200 calories)

1 packet sugar substitute (optional) (0 calories)

½ cup pear slices, 1 fruit (50 calories)

¾ cup 100% apple juice, 1 fruit (90 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

Morning Snack (235 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

One 1-ounce snack bag pita chips, 1 grain (130 calories)

Lunch (540 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

3 ounces reduced-fat swiss cheese (2 big slices), 2 dairy (220 calories)

2 ounces roast beef, 2/3 meat (90 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

Afternoon Snack (215 calories)

“Ants on a Log”:

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (655 calories)

4 ounces Poached Salmon ([see recipe](#)), 1 1/3 meat (195 calories)

1 cup boiled yellow corn, 2 vegetable (135 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

2/3 cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), 1 grain, $\frac{1}{4}$ vegetable, $\frac{1}{4}$

nuts/seeds/legumes (125 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Evening Snack/Dessert (210 calories)

2 dark chocolate kisses, $\frac{1}{2}$ sweets (40 calories)

2 graham cracker rectangles, 1 grain (120 calories)

2 marshmallows, $\frac{1}{2}$ sweets (50 calories)

Nutrition analysis for the day: 2,375 calories, 9 grain, 5 fruit, $5\frac{1}{4}$ vegetable, 3 dairy, 2 meat, $\frac{3}{4}$

nuts/seeds/legumes, 3 added fat, 1 sweets

2,400 CALORIES: DAY 3

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (605 calories)

2 whole eggs plus 2 egg whites, scrambled (cooked with cooking spray), 1 meat (195 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

1 cup pitted sweet cherries, 2 fruit (100 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

Morning Snack (250 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

½ cup sliced banana, 1 fruit (70 calories)

Lunch (450 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, ½ dairy, ½ meat, 1 added fat (225 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1½ ounces sliced roasted turkey breast, ½ meat (60 calories)

1 teaspoon deli mustard (5 calories)

Afternoon Snack (270 calories)

1 medium apple, 1 fruit (50 calories)

2 ounces honey whole-wheat pretzels, 2 grain (220 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (290 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/seeds/legumes (110 calories)

1 tablespoon chocolate chips, $\frac{1}{2}$ sweets (70 calories)

Nutrition analysis for the day: 2,395 calories, 9 grain, 5 fruit, 5 vegetable, 2 $\frac{1}{2}$ dairy, 2 $\frac{1}{2}$ meat, $\frac{1}{4}$ nuts/seeds/legumes, 3 added fat, 1 sweets

2,400 CALORIES: DAY 4

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, $\frac{1}{2}$ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (530 calories)

2 ounces shredded wheat squares (about 1 cup), 2 grain (200 calories)

1 cup sliced banana, 2 fruit (140 calories)

$\frac{3}{4}$ cup 100% orange juice, 1 fruit (80 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (420 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 ounces unsalted mini pretzels (about 1 cup), 2 grain (220 calories)

Lunch (500 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ meat, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (395 calories)

1 cup red and yellow bell pepper slices, 2 vegetable (25 calories)

2 tablespoons “lite” creamy Italian dressing, 1 added fat (80 calories)

Afternoon Snack (230 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (100 calories)

Dinner (630 calories)

4 $\frac{1}{2}$ ounces grilled chicken breast, 1 $\frac{1}{2}$ meat (225 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (120 calories)

1 Baked Banana ([see recipe](#)), 2 fruit, 1 sweets (120 calories)

Nutrition analysis for the day: 2,430 calories, 9 grain, 5 fruit, 6 vegetable, 2½ dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

2,400 CALORIES: DAY 5

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (525 calories)

½ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup grapes, 2 fruit (100 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Morning Snack (190 calories)

1 medium apple, 1 fruit (50 calories)

1 medium low-fat granola bar, 2 grain (140 calories)

Lunch (420 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

1 tablespoon low-fat mayonnaise, $\frac{1}{2}$ added fat (15 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

$\frac{3}{4}$ ounce low-fat swiss cheese (1 thin slice), $\frac{1}{2}$ dairy (55 calories)

Afternoon Snack (410 calories)

Trail mix:

3 tablespoons peanuts, $\frac{1}{2}$ nuts/seeds/legumes (160 calories)

1 ounce chocolate candies, 1 sweets (140 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (645 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

3 ounces ground turkey breast meat (cooked with cooking spray), 1 meat (120 calories)

$\frac{3}{4}$ ounce shredded parmesan cheese (about $\frac{1}{4}$ cup), $\frac{1}{2}$ dairy (80 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup chopped romaine lettuce, 1 vegetable (20 calories)

1 tablespoon reduced-fat caesar dressing, 1 added fat (45 calories)

Evening Snack/Dessert (190 calories)

1 cup fresh strawberries, 2 fruit (50 calories)

½ cup low-fat frozen yogurt, 1 dairy (140 calories)

Nutrition analysis for the day: 2,380 calories, 9 grain, 6 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3½ added fat, 1 sweets

2,400 CALORIES: DAY 6

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (545 calories)

2 ounces toasted oat cereal (about 2 cups), 2 grain (200 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

½ cup sliced banana, 1 fruit (70 calories)

¾ cup 100% orange juice, 1 fruit (80 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (470 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup dried apricots, 2 fruit (160 calories)

Lunch (540 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$\frac{1}{2}$ cup tuna fish (canned in water), 1 meat (120 calories)

1 $\frac{1}{2}$ ounces low-fat swiss cheese, 1 dairy (150 calories)

2 leaves lettuce, $\frac{1}{2}$ vegetable (10 calories)

2 slices tomato, $\frac{1}{2}$ vegetable (10 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

1 medium orange, 1 fruit (60 calories)

Afternoon Snack (175 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (30 calories)

2 tablespoons low-fat sour cream, 1 added fat (35 calories)

Dinner (500 calories)

Shrimp Scampi, 3 ounces shrimp with sauce ([see recipe](#)), 1 meat (145 calories)

1½ cups cooked whole-wheat linguine, 3 grain (300 calories)

2 cups mixed raw leafy greens and vegetables (shredded carrots, sliced bell peppers) 2

vegetable (35 calories)

2 tablespoons fat-free Italian dressing (20 calories)

Evening Snack/Dessert (150 calories)

7 dark-chocolate-covered almonds, ½ nuts/seeds/legumes, ½ sweets (150 calories)

Nutrition analysis for the day: 2,380 calories, 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½

nuts/seeds/legumes, 2 added fat, 1 sweets

2,400 CALORIES: DAY 7

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

Breakfast (415 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 cup grapes, 2 fruit (100 calories)

Morning Snack (290 calories)

One 4-ounce snack cup peaches in juice, 1 fruit (70 calories)

2 ounces honey whole-wheat pretzels, 2 grain (220 calories)

Lunch (580 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/seeds/legumes (115 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Afternoon Snack (380 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (585 calories)

6 ounces baked cod,^{*} 2 meat (180 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

1 cup Roasted Brussels Sprouts ([see recipe](#)), 2 vegetable (100 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

* Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

Evening Snack/Dessert (170 calories)

1 ounce dark chocolate, 1 sweets (140 calories)

½ cup fresh raspberries, 1 fruit (30 calories)

Nutrition analysis for the day: 2,420 calories, 10 grain, 5 fruit, 5½ vegetable, 3 dairy, 2 meat, 1 nuts/seeds/legumes, 3 added fat, 1 sweets

2,600 CALORIES: DAY 1

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ meat, 1 nuts/seeds/legumes, 3 added fat, 1½ sweets

Breakfast (680 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

2 whole eggs plus 2 egg whites, scrambled (cooked with cooking spray), 1 meat (195 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 medium (7-inch) banana, 2 fruit (140 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

Morning Snack (300 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

½ cup fresh pineapple, 1 fruit (40 calories)

One 1-ounce slice whole-wheat bread, 1 grain (80 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories)

Lunch (610 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced grilled chicken breast, 1 meat (150 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 cup sliced apple, 2 fruit (60 calories)

1 tablespoon low-fat caramel dipping sauce, $\frac{1}{2}$ sweets (60 calories)

Afternoon Snack (205 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

$1\frac{1}{2}$ ounces low-fat cheddar cheese, 1 dairy (75 calories)

Dinner (600 calories)

$1\frac{1}{2}$ cups Beef and Vegetable Stir-Fry ([see recipe](#)), $\frac{3}{4}$ meat, 3 vegetable (300 calories)

$1\frac{1}{2}$ cups cooked brown rice, 3 grain (300 calories)

Evening Snack/Dessert (170 calories)

One $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 2,565 calories, 10 grain, 5 fruit, 5 vegetable, 3 dairy, $2\frac{3}{4}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 3 added fat, $1\frac{1}{2}$ sweets

2,600 CALORIES: DAY 2

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, $2\frac{1}{2}$ meat, 1 nuts/seeds/legumes, 3 added fat, $1\frac{1}{2}$

sweets

Breakfast (420 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about $\frac{3}{4}$ cup), 1 grain (100 calories)

1 cup low-fat milk, 1 dairy (110 calories)

1 packet sugar substitute (optional) (0 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Morning Snack (235 calories)

1 cup unsweetened applesauce, 2 fruit (105 calories)

One 1-ounce snack bag pita chips, 1 grain (130 calories)

Lunch (665 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1½ ounces reduced-fat swiss cheese (2 small slices), 1 dairy (110 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

1 teaspoon deli mustard (5 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves lettuce, 1 vegetable (20 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Afternoon Snack (205 calories)

“Ants on a log”:

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (90 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (850 calories)

6 ounces Poached Salmon ([see recipe](#)), 2 meat (290 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 tablespoon balsamic vinaigrette dressing, 1 added fat (50 calories)

1 cup cooked brown rice, 2 grain (200 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Evening Snack/Dessert (250 calories)

4 dark chocolate kisses, 1 sweets (80 calories)

2 graham cracker rectangles, 1 grain (120 calories)

2 marshmallows, $\frac{1}{2}$ sweets (50 calories)

Nutrition analysis for the day: 2,625 calories, 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3 meat, $\frac{1}{2}$ nuts/seeds/legumes, 3 added fat, $1\frac{1}{2}$ sweets

2,600 CALORIES: DAY 3

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, $2\frac{1}{2}$ meat, 1 nuts/seeds/legumes, 3 added fat, $1\frac{1}{2}$

sweets

Breakfast (625 calories)

3 whole eggs, scrambled (cooked with cooking spray), 1 meat (240 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

1 cup pitted sweet cherries, 2 fruit (100 calories)

Two 1-ounce slices whole-wheat bread, toasted, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

$1\frac{1}{2}$ teaspoons fruit preserves, $\frac{1}{2}$ sweets (25 calories)

Morning Snack (250 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

Lunch (525 calories)

1 Cobb Salad ([see recipe](#)), 4 vegetable, $\frac{1}{2}$ dairy, $\frac{1}{2}$ meat, 1 added fat (225 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$1\frac{1}{2}$ ounces sliced roasted turkey breast, $\frac{1}{2}$ meat (60 calories)

$\frac{3}{4}$ ounce (1 slice) reduced-fat American cheese, $\frac{1}{2}$ dairy (50 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

Afternoon Snack (320 calories)

1 medium pear, 1 fruit (100 calories)

2 ounces honey whole-wheat pretzels, 2 grain (220 calories)

Dinner (530 calories)

1 cup Fruity Chicken Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ meat (330 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (360 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/seeds/legumes (110 calories)

2 tablespoons chocolate chips, 1 sweets (140 calories)

Nutrition analysis for the day: 2,610 calories, 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ meat, ¼ nuts/seeds/legumes, 3 added fat, 1½ sweets

2,600 CALORIES: DAY 4

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ meat, 1 nuts/seeds/legumes, 3 added fat, 1½ sweets

sweets

Breakfast (610 calories)

2 ounces shredded wheat squares (about 1 cup), 2 grain (200 calories)

½ cup raisins, 2 fruit (220 calories)

¾ cup 100% orange juice, 1 fruit (80 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (420 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 ounces unsalted mini pretzels (about 1 cup), 2 grain (220 calories)

Lunch (515 calories)

1 Chicken Caesar Wrap ([see recipe](#)), 2 vegetable, ½ meat, 2 grain, ½ dairy, 1 added fat (395 calories)

1 cup red and yellow bell pepper slices, 2 vegetable (40 calories)

2 tablespoons “lite” creamy Italian dressing, 1 added fat (80 calories)

Afternoon Snack (220 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/seeds/legumes (90 calories)

Dinner (590 calories)

6 ounces grilled trimmed beef sirloin, 2 meat (335 calories)

1 cup grilled sliced zucchini and summer squash, 2 vegetable (30 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (190 calories)

1 Baked Banana ([see recipe](#)), 2 fruit, 1 sweets (120 calories)

$\frac{1}{2}$ ounce shaved milk chocolate (about 1 tablespoon), $\frac{1}{2}$ sweets (70 calories)

Nutrition analysis for the day: 2,545 calories, 9 grain, 5 fruit, 6 vegetable, 2 $\frac{1}{2}$ dairy, 2 $\frac{1}{2}$ meat, $\frac{1}{2}$ nuts/seeds/legumes, 3 added fat, 1 $\frac{1}{2}$ sweets

2,600 CALORIES: DAY 5

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ meat, 1 nuts/seeds/legumes, 3 added fat, 1½ sweets

Breakfast (625 calories)

½ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

1 cup grapes, 2 fruit (100 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

Morning Snack (190 calories)

1 medium apple, 1 fruit (50 calories)

1 medium low-fat granola bar, 2 grain (140 calories)

Lunch (530 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces sliced roast beef, 1 meat (150 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

4 slices tomato, 1 vegetable (20 calories)

4 leaves romaine lettuce, 1 vegetable (20 calories)

$\frac{3}{4}$ ounce low-fat swiss cheese (1 thin slice), $\frac{1}{2}$ dairy (40 calories)

One 1-ounce snack bag pretzels, 1 grain (110 calories)

Afternoon Snack (410 calories)

Trail mix:

3 tablespoons peanuts, $\frac{1}{2}$ nuts/seeds/legumes (160 calories)

1 ounce chocolate candies, 1 sweets (140 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

Dinner (680 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

4 ounces ground turkey breast meat (cooked with cooking spray), $1\frac{1}{3}$ meat (155 calories)

$\frac{3}{4}$ ounce shredded parmesan cheese (about $\frac{1}{4}$ cup), $\frac{1}{2}$ dairy (80 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup chopped romaine lettuce, 1 vegetable (20 calories)

1 tablespoon reduced-fat caesar dressing, 1 added fat (45 calories)

Evening Snack/Dessert (165 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

Nutrition analysis for the day: 2,600 calories, 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{3}$ meat, 1 nuts/seeds/legumes, 3 added fat, 1 $\frac{1}{2}$ sweets

2,600 CALORIES: DAY 6

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ meat, 1 nuts/seeds/legumes, 3 added fat, 1 $\frac{1}{2}$

sweets

Breakfast (545 calories)

2 ounces toasted oat cereal (about 2 cups), 2 grain (200 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

$1\frac{1}{2}$ teaspoons fruit preserves, $\frac{1}{2}$ sweets (25 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

$\frac{3}{4}$ cup 100% orange juice, 1 fruit (80 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (510 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup dried cherries, 2 fruit (200 calories)

Lunch (580 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

$\frac{1}{2}$ cup tuna fish (canned in water, drained), 1 meat (120 calories)

$1\frac{1}{2}$ ounces low-fat swiss cheese, 1 dairy (80 calories)

2 leaves lettuce, $\frac{1}{2}$ vegetable (10 calories)

2 slices tomato, $\frac{1}{2}$ vegetable (10 calories)

2 tablespoons low-fat mayonnaise, 1 added fat (30 calories)

1 medium orange, 1 fruit (60 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Afternoon Snack (175 calories)

1 small (3-inch) baked potato, 1 vegetable (110 calories)

$\frac{1}{2}$ cup salsa, 1 vegetable (30 calories)

2 tablespoons low-fat sour cream, 1 added fat (35 calories)

Dinner (655 calories)

Shrimp Scampi, 5 ounces shrimp with sauce ([see recipe](#)),
12/3 meat (205 calories)

1½ cup whole-wheat linguine, 3 grain (300 calories)

1 cup cooked green peas, 2 vegetable (125 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

Evening Snack/Dessert (150 calories)

7 dark-chocolate-covered almonds, ½ nuts/seeds/legumes,
½ sweets (150 calories)

Nutrition analysis for the day: 2,615 calories, 10 grain, 5 fruit, 5 vegetable, 3 dairy, 22/3 meat, ½ nuts/seeds/legumes, 3 added fat, 1 sweets

2,600 CALORIES: DAY 7

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ meat, 1 nuts/seeds/legumes, 3 added fat, 1½ sweets

Breakfast (415 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 cup grapes, 2 fruit (100 calories)

Morning Snack (290 calories)

One 4-ounce snack cup peaches in juice, 1 fruit (70 calories)

2 ounces honey whole-wheat pretzels, 2 grain (220 calories)

Lunch (730 calories)

Chicken and black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

3 ounces grilled chicken breast, cubed, 1 meat (150 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/seeds/legumes (115 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Afternoon Snack (380 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (550 calories)

5 ounces baked cod,^{*} $\frac{2}{3}$ meat (150 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

1 cup Roasted Brussels Sprouts ([see recipe](#)), 2 vegetable (100 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

^{*} Place fish on a baking sheet sprayed with cooking spray. Bake at 425°F for 15 minutes or until fish flakes with a fork.

Evening Snack/Dessert (170 calories)

1 ounce dark chocolate, 1 sweets (140 calories)

$\frac{1}{2}$ cup fresh raspberries, 1 fruit (30 calories)

Nutrition analysis for the day: 2,535 calories, 10 grain, 5 fruit, 5½ vegetable, 3 dairy, 2 $\frac{2}{3}$ meat, 1

nuts/seeds/legumes, 3 added fat, 1 sweets

SECTION II

Vegetarian Meal Plans

AS YOU HAVE LEARNED, the original design of the DASH Diet included meat, sh, and poultry. To

revise the DASH Diet meal plans so that they would be acceptable to vegetarians, we replaced the

meat/ sh/poultry servings with other protein-rich foods, primarily legumes and meat alternatives. You

will see that as you read through these meal plans. Because some of you may be pesco-vegetarians, we

have included fish in some menus, but we also offer a non-fish alternative in those menus as well.

We encourage you to experiment with these meal plans. For example, if you don't like tofu, substitute

a different meat alternative, like tempeh. In the table below, all the servings of foods that can be

substituted for meat contain about the same amount of protein (roughly 20 grams), so they are

interchangeable in that regard. This is true except for legumes—a serving of legumes ($\frac{1}{2}$ cup) provides

about 6–8 grams of protein. So if you will be using legumes for most of your meat substitutions, try to

select high-protein items from the other food groups such as high-protein grains (like quinoa and oats)

and vegetables (broccoli and spinach). See [Chapter 10](#) for more high-protein selections.

And because you are interested in losing weight, you need to keep the calorie content of these

substitutes in mind. We repeat here the table from [Chapter 10](#) that shows the calories per serving. If you

are going to substitute, don't always use the highest calorie alternative.

Serving size and calories for meat alternatives

Size of 1 DASH serving

Calories per serving

Meat/fish

3 ounces

140-220

Tofu (firm)

9 ounces

180

Tempeh

4 ounces

215

TVP*

½ cup (dehydrated)

160

Whole eggs

3

210

Egg whites

6

100

Seitan

3 ounces

120

Legumes

$\frac{1}{2}$ cup (cooked)

110-120

* Texturized Vegetable Protein

1,200 CALORIES: DAY 1

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (260 calories)

1 whole egg plus 4 egg whites, scrambled (cooked with cooking spray), 1 nuts/legumes/protein

(150 calories)

One 1-ounce slice whole-wheat bread, 1 grain (80 calories)

$\frac{1}{2}$ cup sliced cantaloupe, 1 fruit (30 calories)

Morning Snack (160 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

Lunch (245 calories)

2½ cups mixed raw leafy greens and vegetables (bell peppers, carrots, etc.), 2½ vegetable (50

calories)

1½ ounces low-fat shredded cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 tablespoon low-fat creamy Italian dressing, ½ added fat (40 calories)

Afternoon Snack (170 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Dinner (360 calories)

1 Tempeh Burger ([see recipe](#)), 2 grains, 1 nuts/legumes/protein (330 calories)

1 cup grilled zucchini and portabella mushroom slices, 2 vegetables (30 calories)

Evening Snack/Dessert (40 calories)

2 dark chocolate kisses, ½ sweets (40 calories)

Nutrition analysis for the day: 1,235 calories, 5 grain, 3 fruit, 4½ vegetable, 2 dairy, 2

nuts/legumes/protein, ½ added fat, ½ sweets

1,200 CALORIES: DAY 2

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1¾ nuts/legumes/protein, ½ added fat, ½ sweets

Breakfast (160 calories)

1 cup nonfat sugar-free yogurt, 1 dairy (120 calories)
½ cup blueberries, 1 fruit (40 calories)

Morning Snack (150 calories)

1 medium apple, 1 fruit (50 calories)

One 100-calorie snack pack (of choice), 1 grain (100 calories)

Lunch (320 calories)

½ cup cooked chickpeas, 1 nuts/legumes/protein (110 calories)

Dressing: 1 teaspoon olive oil, 1 teaspoon lemon juice, 1 teaspoon minced cilantro, 1 teaspoon

minced parsley, 1 added fat (40 calories)

2 cup raw spinach with ¼ cup diced cucumber and ¼ cup diced onion, 2½ vegetable (30 calories)

1 ounce low-fat feta cheese, crumbled, 2/3 dairy (60 calories)

One 1-ounce slice whole-wheat bread, 1 grain (80 calories)

Afternoon Snack (125 calories)

1 small low-fat granola bar, 1 grain (100 calories)

½ cup baby carrots, 1 vegetable (25 calories)

Dinner (380 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

2 tablespoons low-sodium teriyaki sauce (40 calories)

½ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

1 cup cooked brown rice, 2 grains (200 calories)

Evening Snack/Dessert (40 calories)

1 medium peach, 1 fruit (30 calories)

½ teaspoon honey, ½ sweets (10 calories)

Nutrition analysis for the day: 1,175 calories, 5 grain, 3 fruit, 4½ vegetable, 1⅔ dairy, 2

nuts/legumes/protein, 1 added fat, ½ sweets

1,200 CALORIES: DAY 3

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1¾ nuts/legumes/protein, ½ added fat, ½ sweets

Breakfast (150 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

½ cup sliced peaches, 1 fruit (30 calories)

Morning Snack (105 calories)

4 celery sticks (5 inches each), 1 vegetable (5 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

Lunch (375 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

1 cup lettuce, tomato, 1 vegetable (35 calories)

1 cup alfalfa sprouts and diced cucumber, 1 vegetable (30 calories)

1 teaspoon fat-free honey mustard (10 calories)

½ cup grapes, 1 fruit (50 calories)

Afternoon Snack (110 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Dinner (410 calories)

1½ cups Pasta Primavera ([see recipe](#)), 2 grains, 2 vegetable, ½ dairy, 1 added fat (410 calories)

Evening Snack/Dessert (60 calories)

1 medium orange, 1 fruit (60 calories)

Nutrition analysis for the day: 1,210 calories, 5 grain, 3 fruit, 5 vegetable, 1½ dairy, 1½

nuts/legumes/protein, 1 added fat, 0 sweets

1,200 CALORIES: DAY 4

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1¾ nuts/legumes/protein, ½ added fat, ½ sweets

Breakfast (305 calories)

2 ounces bran flakes (about 1½ cups), 2 grain (180 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (210 calories)

2 rye crackers, 1 grain (70 calories)

¼ cup hummus, ½ nuts/legumes/protein (140 calories)

Lunch (225 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

1 cup raw spinach, 1 vegetable (10 calories)

1 tablespoon “lite” creamy Italian dressing, $\frac{1}{2}$ added fat (40 calories)

Afternoon Snack (130 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

1 cup cantaloupe slices, 2 fruit (50 calories)

Dinner (310 calories)

1 cup Tofu and Vegetable Stir-Fry ([see recipe](#)), 2 vegetable, $\frac{1}{2}$ nuts/legumes/protein (180 calories)

$\frac{1}{2}$ cup cooked brown rice, 1 grain (100 calories)

$\frac{1}{2}$ cup steamed sugar snap peas, 1 vegetable (30 calories)

Evening Snack/Dessert (35 calories)

10 pieces chocolate candies, $\frac{1}{2}$ sweets (35 calories)

Nutrition analysis for the day: 1,215 calories, 5 grain, 3 fruit, 4 vegetable, 2 dairy, 2 nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,200 CALORIES: DAY 5

Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (190 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

Morning Snack (190 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

Lunch (315 calories)

1 cup Butternut Squash and Apple Soup ([see recipe](#)), 1 vegetable, 1 fruit (180 calories)

One 1-ounce slice whole-wheat bread, 1 grain (80 calories)

1 cup mixed raw leafy greens and vegetables, 1 vegetable (25 calories)

1 tablespoon low-fat balsamic vinaigrette, ½ added fat (30 calories)

Afternoon Snack (110 calories)

2 rye crackers, 1 grain (70 calories)

¼ cup Black Bean Dip ([see recipe](#)), ½ nuts/legumes/protein (40 calories)

Dinner (345 calories)

3 ounces Poached Salmon ([see recipe](#)), 1 nuts/legumes/protein (145 calories)

1 cup boiled carrots, 2 vegetable (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (345 calories)

3 ounces sautéed seitan,^{*} 1 nuts/legumes/protein (130 calories)

1 cup sautéed string beans*, 2 vegetable (35 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

^{*} Sauté seitan and string beans in 1 teaspoon olive oil over medium heat until seitan is rm and string beans are crisp-tender. Finish with a squeeze of lemon and dried basil.

Evening Snack/Dessert (50 calories)

1 small chocolate chip cookie, ½ sweets (50 calories)

Nutrition analysis for the day: 1,200 calories, 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1½

nuts/legumes/protein, ½ added fat, ½ sweets

1,200 CALORIES: DAY 6

**Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1¾
nuts/legumes/protein, ½ added fat, ½ sweets**

Breakfast (220 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

½ cup pineapple chunks, 1 fruit (40 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Morning Snack (100 calories)

1 medium pear, 1 fruit (100 calories)

Lunch (345 calories)

2 cups mixed raw leafy greens and vegetables (shredded carrots, sliced bell peppers) 2

vegetable (35 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

1 tablespoon unsalted roasted sunflower seeds, $\frac{1}{2}$ nuts/legumes/protein (50 calories)

1 tablespoon low-fat creamy Italian dressing, $\frac{1}{2}$ added fat (20 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Afternoon Snack (150 calories)

1 medium apple, 1 fruit (50 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

Dinner (320 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250
calories)

One 4-ounce snack cup peaches in juice, 1 fruit (70 calories)

Evening Snack/Dessert (50 calories)

1 chocolate sandwich cookie, $\frac{1}{2}$ sweets (50 calories)

**Nutrition analysis for the day: 1,185 calories, 5 grain,
4 fruit, 4 vegetable, 1½ dairy, 2**

nuts/legumes/protein, ½ added fat, ½ sweets

1,200 CALORIES: DAY 7

**Target: 5 grain, 3 fruit, 4 vegetable, 2 dairy, 1¾
nuts/legumes/protein, ½ added fat, ½ sweets**

Breakfast (230 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

½ cup blueberries, 1 fruit (40 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (50 calories)

½ cup unsweetened applesauce, 1 fruit (50 calories)

Lunch (335 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grains, 2 vegetable, 1 dairy (335 calories)

Afternoon Snack (160 calories)

3 cups air-popped popcorn, 1 grain (110 calories)

1 kiwi, 1 fruit (50 calories)

Dinner (340 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

½ cup brown rice pilaf, 1 grain (100 calories)

1½ cups mixed raw leafy greens with ½ cup sliced roasted red peppers, 2 vegetable (60 calories)

1 tablespoon low-fat balsamic vinaigrette, ½ added fat (30 calories)

OR Dinner 2 (340 calories)

5 ounces sautéed seitan,* 12/3 nuts/legumes/protein (190 calories)

1 cup sautéed peppers and onion, 2 vegetable (20 calories)

1 tablespoon low-fat balsamic vinaigrette, ½ added fat (30 calories)

½ cup brown rice pilaf, 1 grain (100 calories)

* Sauté peppers and onion in 1 teaspoon olive oil until soft. Add seitan and sauté until firm. Drizzle with vinaigrette.

Evening Snack/Dessert (80 calories)

2 dark-chocolate-covered strawberries, ½ fruit, ½ sweets (80 calories)

Nutrition analysis for the day: 1,195 calories, 5 grain, 3½ fruit, 4 vegetable, 2 dairy, 12/3

nuts/legumes/protein, ½ added fat, ½ sweets



1,400 CALORIES: DAY 1

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (320 calories)

2 whole eggs plus 2 egg whites, scrambled (cooked with cooking spray), 1 nuts/legumes/protein

(200 calories)

One 1-ounce slice whole-grain bread, 1 grain (80 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

$\frac{1}{2}$ cup sliced cantaloupe, 1 fruit (25 calories)

Morning Snack (225 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Lunch (345 calories)

2 $\frac{1}{2}$ cups mixed raw leafy greens and vegetables, 2 $\frac{1}{2}$ vegetable (50 calories)

1 $\frac{1}{2}$ ounces low-fat shredded cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 tablespoon low-fat creamy Italian dressing, $\frac{1}{2}$ added fat (40 calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (135 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Dinner (360 calories)

1 Tempeh Burger ([see recipe](#)), 2 grains, 1 nuts/legumes/protein (330 calories)

1 cup grilled zucchini and portabella mushrooms slices, 2 vegetable (30 calories)

Evening Snack/Dessert (40 calories)

2 dark chocolate kisses, ½ sweets (40 calories)

Nutrition analysis for the day: 1,425 calories, 5 grain, 5 fruit, 4½ vegetable, 2 dairy, 2

nuts/legumes/protein, 1 added fat, ½ sweets

1,400 CALORIES: DAY 2

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1¾ nuts/legumes/protein, ½ added fat, ½ sweets

Breakfast (360 calories)

1 ounce uncooked oatmeal, cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

1 tablespoon low-fat peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (150 calories)

1 medium apple, 1 fruit (50 calories)

One 100-calorie snack pack (of choice), 1 grain (100 calories)

Lunch (235 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

$\frac{1}{4}$ cup hummus, $\frac{1}{2}$ nuts/legumes/protein (140 calories)

1 cup raw spinach, 1 vegetable (10 calories)

Afternoon Snack (130 calories)

1 cup carrot sticks, 2 vegetable (50 calories)

2 tablespoons low-fat ranch dressing, 1 added fat (80 calories)

Dinner (380 calories)

1 cup Tofu and Vegetable Stir-Fry ([see recipe](#)), 2 vegetables, $\frac{1}{2}$ nuts/legumes/protein (180 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (210 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

1 cup mixed fresh berries, 2 fruit (70 calories)

Nutrition analysis for the day: 1,465 calories, 5 grain, 4 fruit, 5 vegetable, 2 dairy, $1\frac{1}{2}$

nuts/legumes/protein, 1 added fat, 0 sweet

1,400 CALORIES: DAY 3

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (160 calories)

1 ounce bran flakes (about $\frac{3}{4}$ cup), 1 grain (90 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, unsweetened, 1 fruit (25 calories)

$\frac{1}{2}$ cup nonfat milk, $\frac{1}{2}$ dairy (45 calories)

Morning Snack (280 calories)

$\frac{1}{2}$ cup shelled edamame, 1 nuts/legumes/protein (180 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (390 calories)

2 cups raw spinach, 2 vegetables (15 calories)

$\frac{1}{2}$ medium tomato, chopped, and $\frac{1}{2}$ cup sliced cucumber, 2 vegetables (25 calories)

$\frac{1}{2}$ cup cooked chickpeas, 1 nuts/legumes/protein (145 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

Dressing: 2 teaspoons lemon juice, 1 teaspoon olive oil, 2 tablespoons white wine vinegar, 1

added fat (45 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (115 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

Dinner (410 calories)

$1\frac{1}{2}$ cups Pasta Primavera ([see recipe](#)), 2 grains, 2 vegetable, $\frac{1}{2}$ dairy (410 calories)

Evening Snack/Dessert (55 calories)

1 fig bar, $\frac{1}{2}$ sweets (55 calories)

Nutrition analysis for the day: 1,410 calories, 5 grain, 3 fruit, 6 vegetable, 2 dairy, 2

nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,400 CALORIES: DAY 4

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (290 calories)

½ grapefruit, 1 fruit (50 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

1 ounce low-fat granola (about ¼ cup), 1 grain (110 calories)

Morning Snack (50 calories)

1 cup carrot sticks, 1 vegetable (50 calories)

Lunch (340 calories)

Sauté with 1 teaspoon olive oil:

½ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

½ cup low-sodium canned diced tomatoes, 1 vegetable (30 calories)

½ teaspoon ground cumin (0 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 cup chopped lettuce with ½ cup sliced raw vegetables, 2 vegetable (40 calories)

1 tablespoon “lite” vinaigrette, ½ fat (20 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (170 calories)

½ cup nonfat milk, ½ dairy (45 calories)

1 ounce shredded wheat squares (about $\frac{1}{2}$ cup), 1 grain (100 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, unsweetened, 1 fruit (25 calories)

Dinner (380 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

2 tablespoons low-sodium teriyaki sauce (40 calories)

$\frac{1}{2}$ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (135 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

10 pieces chocolate candies, $\frac{1}{2}$ sweets (35 calories)

Nutrition analysis for the day: 1,365 calories, 5 grain, 4 fruit, 5 vegetable, 1 $\frac{1}{2}$ dairy, 2

nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,400 CALORIES: DAY 5

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (155 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (190 calories)

1 cup sliced mango, 2 fruit (120 calories)

2 rye crackers, 1 grain (70 calories)

Lunch (305 calories)

2/3 cup Quinoa, Corn, and Black Bean Salad ([see recipe](#)), $\frac{1}{4}$ vegetable, 1 grain, $\frac{1}{4}$

nuts/legumes/protein (125 calories)

3 ounces stir-fried firm tofu (about 1/5 block), 1/3 nuts/legumes/protein (115 calories)

1 cup red bell pepper and celery slices, 2 vegetable (25 calories)

1 tablespoon low-fat ranch dressing, $\frac{1}{2}$ added fat (40 calories)

Afternoon Snack (200 calories)

1 small low-fat granola bar, 1 grain (100 calories)

1 medium pear, 1 fruit (100 calories)

Dinner (345 calories)

3 ounces Poached Salmon ([see recipe](#)), 1 nuts/legumes/protein (145 calories)

1 cup boiled carrots, 2 vegetable (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (345 calories)

3 ounces sautéed seitan,* 1 nuts/legumes/protein (130 calories)

1 cup sautéed string beans*, 2 vegetable (35 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

* Sauté seitan and string beans in 1 teaspoon olive oil over medium heat until seitan is rm and string beans are crisp-tender. Finish with a squeeze of lemon and dried basil.

Evening Snack/Dessert (170 calories)

½ cup low-fat frozen yogurt, 1 dairy (140 calories)

2 teaspoons chocolate syrup, ½ sweets (30 calories)

Nutrition analysis for the day: 1,365 calories, 5 grain, 4 fruit, 4¼ vegetable, 2 dairy, 1¾

nuts/legumes/protein, ½ added fat, ½ sweets

1,400 CALORIES: DAY 6

**Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, 1¾
nuts/legumes/protein, ½ added fat, ½ sweets**

Breakfast (240 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 tablespoon low-fat peanut butter, $\frac{1}{2}$ nuts/seeds/legume (90 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

Morning Snack (140 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

1 cup fresh raspberries, 2 fruit (60 calories)

Lunch (350 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250
calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (200 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

3 tablespoons hummus, $\frac{1}{2}$ nuts/legumes/protein (90
calories)

Dinner (405 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

$\frac{1}{2}$ cup reconstituted TVP, [*](#) $\frac{1}{2}$ nuts/legumes/protein (80
calories)

1½ cups mixed raw leafy greens, 1½ vegetable (20 calories)

1 tablespoon low-fat Thousand Island dressing, $\frac{1}{2}$ added fat (25 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (40 calories)

1 low-fat chocolate sandwich cookie, $\frac{1}{2}$ sweets (40 calories)

Nutrition analysis for the day: 1,375 calories, 6 grain, 4 fruit, $5\frac{1}{2}$ vegetable, $1\frac{1}{2}$ dairy, $1\frac{1}{2}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,400 CALORIES: DAY 7

Target: 5 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (325 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about $\frac{3}{4}$ cup), 1 grain (100 calories)

1 cup nonfat milk, 1 dairy (90 calories)

2 tablespoons raisins, $\frac{1}{2}$ fruit (50 calories)

2 tablespoons chopped pecans, $\frac{1}{4}$ nuts/legumes/protein (85 calories)

Morning Snack (160 calories)

2 graham cracker rectangles, 1 grain (110 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (50 calories)

Lunch (385 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grains, 2 vegetable, 1 dairy (335 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (100 calories)

$1\frac{1}{2}$ cups air-popped popcorn, $\frac{1}{2}$ grain (50 calories)

1 kiwi, 1 fruit (50 calories)

Dinner (340 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

$1\frac{1}{2}$ cups mixed raw leafy greens with $\frac{1}{2}$ cup sliced roasted red bell peppers, 2 vegetable (60 calories)

1 tablespoon low-fat balsamic vinaigrette, $\frac{1}{2}$ added fat (30 calories)

OR Dinner 2 (340 calories)

5 ounces sautéed seitan,* 12/3 nuts/legumes/protein (190 calories)

1 cup sautéed peppers and onion, 2 vegetable (20 calories)

1 tablespoon low-fat balsamic vinaigrette, $\frac{1}{2}$ added fat (30 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

* Sauté peppers and onion in 1 teaspoon olive oil until soft. Add seitan and sauté until firm. Drizzle with vinaigrette.

Evening Snack/Dessert (80 calories)

2 dark-chocolate-covered strawberries, $\frac{1}{2}$ fruit, $\frac{1}{2}$ sweets (80 calories)

Nutrition analysis for the day: 1,390 calories, 5 $\frac{1}{2}$ grain, 4 fruit, 4 vegetable, 2 dairy, 2

nuts/legumes/protein, $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 1

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (335 calories)

2 whole eggs, fried (cooked with cooking spray), 2/3 nuts/legumes/protein (160 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

One 1-ounce slice whole-grain bread, 1 grain (80 calories)

$\frac{1}{2}$ cup sliced cantaloupe, 1 fruit (25 calories)

Morning Snack (155 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

Lunch (525 calories)

1½ cups Tortellini and Bean Soup ([see recipe](#)), 2 vegetable,
½ grain, ½ dairy (330 calories)

2 cups baby arugula, 2 vegetable (15 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

6 unsalted saltine crackers, 1 grain (120 calories)

Afternoon Snack (165 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

½ medium (7-inch) banana, 1 fruit (55 calories)

Dinner (360 calories)

1 Tempeh Burger ([see recipe](#)), 2 grains, 1
nuts/legumes/protein (330 calories)

1 cup grilled zucchini and portabella mushrooms slices, 1
vegetable (30 calories)

Evening Snack/Dessert (85 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

3 dark chocolate kisses, ½ sweets (60 calories)

**Nutrition analysis for the day: 1,625 calories, 5½
grain, 4 fruit, 5 vegetable, 2½ dairy, 12/3**

nuts/legumes/protein, 1 added fat, 1/2 sweets

1,600 CALORIES: DAY 2

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 3/4 nuts/legumes/protein, 1 added fat, 1/2 sweets

Breakfast (325 calories)

1 ounce uncooked oatmeal cooked with water (cooks to about 3/4 cup), 1 grain (100 calories)

1/2 medium (7-inch) banana, sliced, 1 fruit (60 calories)

3 tablespoons chopped walnuts, 1/2 nuts/legumes/protein (120 calories)

1/2 cup nonfat milk, 1/2 dairy (45 calories)

Morning Snack (130 calories)

1 reduced-fat string cheese stick, 2/3 dairy (80 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (490 calories)

Middle Eastern lunch special:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1/4 cup hummus, 1/2 nuts/legumes/protein (140 calories)

1 1/2 cups grilled vegetables (red/green bell peppers, zucchini, onions, mushrooms), 3 vegetable

(115 calories)

$\frac{1}{2}$ cup cooked whole-wheat couscous, 1 grain (90 calories)

1 medium orange, 1 fruit (60 calories)

Afternoon Snack (100 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Dinner (380 calories)

1 cup Tofu and Vegetable Stir-Fry ([see recipe](#)), 2 vegetables,
 $\frac{1}{2}$ nuts/legumes/protein (180 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (220 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh raspberries, 1 fruit (30 calories)

2 teaspoons chocolate syrup, $\frac{1}{2}$ sweets (30 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 1,645 calories, 6 grain, 4 fruit, 5 vegetable, 2 dairy, $1\frac{1}{2}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 3

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (250 calories)

1 ounce bran flakes (about $\frac{3}{4}$ cup), 1 grain (90 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (280 calories)

$\frac{1}{2}$ cup shelled edamame, 1 nuts/legumes/protein (180 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (390 calories)

2 cups raw spinach, 2 vegetable (15 calories)

$\frac{1}{2}$ medium tomato, chopped, and $\frac{1}{2}$ cup sliced cucumber, 2 vegetable (25 calories)

$\frac{1}{2}$ cup cooked chickpeas, 1 nuts/legumes/protein (145 calories)

Dressing: 2 teaspoons lemon juice, 1 teaspoon extra virgin olive oil, 2 tablespoons white wine

vinegar, 1 added fat (45 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (265 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (410 calories)

1 $\frac{1}{2}$ cups Pasta Primavera ([see recipe](#)), 2 grains, 2 vegetable,
 $\frac{1}{2}$ dairy (410 calories)

Evening Snack/Dessert (55 calories)

1 fig bar, $\frac{1}{2}$ sweets (55 calories)

**Nutrition analysis for the day: 1,650 calories, 6 grain,
3 fruit, 6 vegetable, 2 $\frac{1}{2}$ dairy, 2**

nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 4

**Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$
nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets**

Breakfast (380 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200
calories)

$\frac{1}{2}$ grapefruit, 1 fruit (50 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

Morning Snack (200 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

2 tablespoons hummus, $\frac{1}{4}$ nuts/legumes/protein (70
calories)

Lunch (340 calories)

Sauté with 1 teaspoon olive oil:

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

$\frac{1}{2}$ cup low-sodium canned diced tomatoes, 1 vegetable (30 calories)

$\frac{1}{2}$ teaspoon ground cumin (0 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 cup chopped lettuce with $\frac{1}{2}$ cup sliced raw vegetables, 2 vegetable (40 calories)

1 tablespoon “lite” vinaigrette, $\frac{1}{2}$ added fat (20 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (170 calories)

$\frac{1}{2}$ cup nonfat milk, 1 dairy (45 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (380 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

2 tablespoons low-sodium teriyaki sauce (40 calories)

$\frac{1}{2}$ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

1 cup cooked brown rice, 2 grains (200 calories)

Evening Snack/Dessert (100 calories)

½ cup sliced peaches, 1 fruit (30 calories)

2 small gingersnaps, ½ sweets (60 calories)

1 tablespoon low-fat whipped topping, ½ added fat (10 calories)

Nutrition analysis for the day: 1,570 calories, 7 grain, 4 fruit, 4 vegetable, 2 dairy, 2½

nuts/legumes/protein, 1 added fat, ½ sweets

1,600 CALORIES: DAY 5

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1¾ nuts/legumes/protein, 1 added fat, ½ sweets

Breakfast (195 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (230 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 cup sliced mango, 2 fruit (120 calories)

Lunch (355 calories)

1 1/3 cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)),
½ vegetable, 2 grain, ½

nuts/legumes/protein (250 calories)

1 ounce stir-fried seitan, $\frac{1}{4}$ nuts/legumes/protein (35 calories)

$\frac{1}{2}$ cup sliced red bell pepper and $\frac{1}{2}$ cup sliced carrots, 2 vegetable (30 calories)

1 tablespoon low-fat ranch dressing, $\frac{1}{2}$ added fat (40 calories)

Afternoon Snack (300 calories)

1 medium pear, 1 fruit (100 calories)

1½ ounces low-fat cheddar cheese, 1 dairy (70 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (345 calories)

3 ounces Poached Salmon ([see recipe](#)), 1 nuts/legumes/protein (145 calories)

1 cup boiled carrots, 2 vegetable (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (345 calories)

3 ounces sautéed seitan,^{*} 1 nuts/legumes/protein (130 calories)

1 cup sautéed string beans,^{*} 2 vegetable (35 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

* Sauté seitan and string beans in 1 teaspoon olive oil over medium heat until seitan is rm and string beans are crisp tender. Finish with a squeeze of lemon and dried basil.

Evening Snack/Dessert (140 calories)

3 cups air-popped popcorn, 1 grain (100 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

2 teaspoons cinnamon sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 1,565 calories, 7 grain, 4 fruit, 4 $\frac{1}{2}$ vegetable, 2 dairy, 1 $\frac{3}{4}$

nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 6

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1 $\frac{3}{4}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (295 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (90 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (55 calories)

Morning Snack (185 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

$\frac{1}{2}$ cup cantaloupe, 1 fruit (30 calories)

2 tablespoons sliced almonds, $\frac{1}{4}$ nuts/legumes/protein (75 calories)

Lunch (350 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)), 2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250

calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (200 calories)

$\frac{1}{2}$ cup nonfat chocolate milk, $\frac{1}{2}$ dairy (80 calories)

2 graham cracker rectangles, 1 grain (120 calories)

Dinner (485 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

1 cup reconstituted TVP, *1 nuts/legumes/protein (160 calories)

$1\frac{1}{2}$ cups mixed raw leafy greens, $1\frac{1}{2}$ vegetable (20 calories)

1 tablespoon low-fat Thousand Island dressing, $\frac{1}{2}$ added fat (25 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (85 calories)

Half a $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), $\frac{1}{2}$ sweets (75 calories)

1 tablespoon low-fat whipped topping, $\frac{1}{2}$ added fat (10 calories)

Nutrition analysis for the day: 1,600 calories, 6 grain, 4 fruit, $5\frac{1}{2}$ vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,600 CALORIES: DAY 7

Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, $1\frac{3}{4}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

Breakfast (375 calories)

Apple, onion, and cheddar omelet (cooked with cooking spray):

2 whole eggs, $\frac{2}{3}$ nuts/legumes/protein (160 calories)

$\frac{1}{2}$ cup diced apple, 1 fruit (30 calories)

$\frac{1}{2}$ cup diced white onion (cooked until soft), 1 vegetable (50 calories)

$1\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about $\frac{1}{3}$ cup), 1 dairy (70 calories)

$\frac{1}{2}$ whole-grain or whole-wheat English muffin, 1 grain (65 calories)

Morning Snack (170 calories)

2 graham cracker rectangles, 1 grain (120 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (50 calories)

Lunch (435 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grains, 2 vegetable, 1 dairy (335 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

Afternoon Snack (105 calories)

1 $\frac{1}{2}$ cups air-popped popcorn, $\frac{1}{2}$ grain (55 calories)

1 kiwi, 1 fruit (50 calories)

Dinner (430 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

1 cup butternut squash, boiled and mashed 2 vegetable (80 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

OR Dinner 2 (440 calories)

5 ounces sautéed seitan,* $\frac{2}{3}$ nuts/legumes/protein (190 calories)

1 cup boiled carrots, 2 vegetable (50 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

* Sauté seitan in 1 teaspoon olive oil over medium heat until seitan is firm.

Evening Snack/Dessert (60 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,575 calories, $6\frac{1}{2}$ grain, 5 fruit, 5 vegetable, 2 dairy, $2\frac{1}{3}$

nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 1

Target: $6\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, 2 nuts/legumes/protein, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (520 calories)

3 whole eggs, fried (cooked with cooking spray), 1 nuts/legumes/protein (240 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

Two 1-ounce slices whole-grain bread, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

½ cup sliced cantaloupe, 1 fruit (25 calories)

Morning Snack (150 calories)

½ cup low-fat cottage cheese, 1 dairy (80 calories)

½ cup fruit salad (water-packed peach, pear, pineapple, apricot, cherry), 1 fruit (70 calories)

Lunch (525 calories)

1½ cups Tortellini and Bean Soup ([see recipe](#)), 2 vegetable, ½ grain, ½ dairy (330 calories)

2 cups baby arugula, 2 vegetable (15 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

6 unsalted saltine crackers, 1 grain (120 calories)

Afternoon Snack (180 calories)

½ cup sliced banana, 1 fruit (70 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Dinner (360 calories)

1 Tempeh Burger ([see recipe](#)), 2 grains, 1 nuts/legumes/protein (330 calories)

1 cup grilled zucchini and portabella mushrooms slices, 1 vegetable (30 calories)

Evening Snack/Dessert (140 calories)

¼ cup dried apricots, 1 fruit (80 calories)

3 dark chocolate kisses, ½ sweets (60 calories)

Nutrition analysis for the day: 1,875 calories, 6½ grain, 4 fruit, 5 vegetable, 2½ dairy, 2 nuts/legumes/protein, 2 added fat, ½ sweets

1,800 CALORIES: DAY 2

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 1½ added fat, ½ sweets

Breakfast (425 calories)

2 ounces uncooked oatmeal, cooked with water (cooks to about 1½ cups), 2 grain (200 calories)

½ medium (7-inch) banana sliced, 1 fruit (60 calories)

3 tablespoons chopped walnuts, ½ nuts/legumes/protein (120 calories)

½ cup nonfat milk, ½ dairy (45 calories)

Morning Snack (130 calories)

1 reduced-fat string cheese stick, 2/3 dairy (80 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (460 calories)

Middle Eastern lunch special:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

2 tablespoons hummus, $\frac{1}{4}$ nuts/legumes/protein (70 calories)

$1\frac{1}{2}$ cups grilled vegetables (red/green bell peppers, zucchini, onions, mushrooms), 3 vegetable

(115 calories)

$\frac{1}{2}$ cup cooked whole-wheat couscous, 1 grain (90 calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (220 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/legumes/protein (110 calories)

Dinner (280 calories)

1 cup Tofu and Vegetable Stir-Fry ([see recipe](#)), 2 vegetables, $\frac{1}{2}$ nuts/legumes/protein (180 calories)

$\frac{1}{2}$ cup cooked brown rice, 1 grain (100 calories)

Evening Snack/Dessert (220 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh raspberries, 1 fruit (30 calories)

2 teaspoons chocolate syrup, $\frac{1}{2}$ sweets (30 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 1,735 calories, 6 grain, 4 fruit, 5 vegetable, 2 dairy, $1\frac{1}{2}$ nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 3

Target: 6 $\frac{1}{2}$ grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 nuts/legumes/protein, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (350 calories)

1 ounce bran flakes (about $\frac{3}{4}$ cup), 1 grain (90 calories)

$\frac{1}{4}$ cup golden raisins, 1 fruit (110 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (60 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (280 calories)

$\frac{1}{2}$ cup shelled edamame, 1 nuts/legumes/protein (180 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (390 calories)

2 cups raw spinach, 2 vegetable (15 calories)

$\frac{1}{2}$ medium tomato, chopped, and $\frac{1}{2}$ cup sliced cucumber, 2 vegetable (25 calories)

$\frac{1}{2}$ cup cooked chickpeas, 1 nuts/legumes/protein (145 calories)

Dressing: 2 teaspoons lemon juice, 1 teaspoon extra virgin olive oil, 2 tablespoons white wine

vinegar, 1 added fat (45 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (265 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (485 calories)

$1\frac{1}{2}$ cups Pasta Primavera ([see recipe](#)), 2 grains, 2 vegetable, $\frac{1}{2}$ dairy (410 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

Evening Snack/Dessert (55 calories)

1 fig bar, $\frac{1}{2}$ sweets (55 calories)

Nutrition analysis for the day: 1,825 calories, 7 grain, 4 fruit, 6 vegetable, 2½ dairy, 2

nuts/legumes/protein, 1 added fat, ½ sweets

1,800 CALORIES: DAY 4

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 1½ added fat, ½ sweets

Breakfast (405 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

½ grapefruit, 1 fruit (50 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

Morning Snack (200 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

2 tablespoons hummus, ¼ nuts/legumes/protein (70 calories)

Lunch (340 calories)

Sauté with 1 teaspoon olive oil:

½ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

$\frac{1}{2}$ cup low-sodium canned diced tomatoes, 1 vegetable (30 calories)

$\frac{1}{2}$ teaspoon ground cumin (0 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 cup shredded lettuce with $\frac{1}{2}$ cup sliced raw vegetables, 2 vegetable (40 calories)

1 tablespoon “lite” vinaigrette, $\frac{1}{2}$ fat (20 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (325 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (380 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

2 tablespoons low-sodium teriyaki sauce (40 calories)

$\frac{1}{2}$ cup Roasted Brussels Sprouts ([see recipe](#)), 1 vegetable (50 calories)

1 cup cooked brown rice, 2 grains (200 calories)

Evening Snack/Dessert (100 calories)

$\frac{1}{2}$ cup sliced peaches, 1 fruit (30 calories)

2 small gingersnaps, $\frac{1}{2}$ sweets (60 calories)

1 tablespoon low-fat whipped topping, $\frac{1}{2}$ added fat (10 calories)

Nutrition analysis for the day: 1,750 calories, 7 grain, 4 fruit, 4 vegetable, 2 dairy, $2\frac{1}{4}$ nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 5

Target: 6 $\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, 2 nuts/legumes/protein, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (385 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

2 tablespoons chopped walnuts, $\frac{1}{4}$ nuts/legumes/protein (80 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (155 calories)

1 cup sliced mango, 2 fruit (120 calories)

$\frac{3}{4}$ ounce low-fat cheddar cheese (1 small slice), $\frac{1}{2}$ dairy (35 calories)

Lunch (520 calories)

1 1/3 cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)), $\frac{1}{2}$ vegetable, 2 grain, $\frac{1}{2}$

nuts/legumes/protein (250 calories)

3 ounces crumbled tempeh, $\frac{1}{4}$ nuts/legumes/protein (160 calories)

$\frac{1}{2}$ cup sliced red bell pepper and $\frac{1}{2}$ cup sliced carrots, 2 vegetable (30 calories)

2 tablespoons low-fat ranch dressing, $\frac{1}{2}$ added fat (80 calories)

Afternoon Snack (300 calories)

1 medium pear, 1 fruit (100 calories)

1 $\frac{1}{2}$ ounces low-fat cheddar cheese, 1 dairy (70 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (345 calories)

3 ounces Poached Salmon ([see recipe](#)), 1 nuts/legumes/protein (145 calories)

1 cup boiled carrots, 2 vegetables (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (345 calories)

3 ounces sautéed seitan,* 1 nuts/legumes/protein (130 calories)

1 cup sautéed string beans,* 2 vegetable (35 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

* Sauté seitan and string beans in 1 teaspoon olive oil over medium heat until seitan is rm and string beans are crisp-tender. Finish with a squeeze of lemon and dried basil.

Evening Snack/Dessert (140 calories)

3 cups air-popped popcorn, 1 grain (100 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

2 teaspoons cinnamon sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 1,845 calories, 7 grain, 4 fruit, 4½ vegetable, 2½ dairy, 2

nuts/legumes/protein, 1 added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 6

Target: 6½ grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 1½ added fat, $\frac{1}{2}$ sweets

Breakfast (340 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (90 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (55 calories)

$\frac{1}{2}$ cup nonfat milk, $\frac{1}{2}$ dairy (45 calories)

Morning Snack (145 calories)

¼ cup low-fat cottage cheese, ½ dairy (40 calories)

½ cup cubed cantaloupe, 1 fruit (30 calories)

2 tablespoons sliced almonds, ¼ nuts/legumes/protein (75 calories)

Lunch (350 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, ½ dairy (250

calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (280 calories)

1 cup nonfat chocolate milk, 1 dairy (160 calories)

2 graham cracker rectangles, 1 grain (120 calories)

Dinner (485 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

1 cup reconstituted TVP, *1 nuts/legumes/protein (160 calories)

1½ cups mixed raw leafy greens, 1½ vegetable (20 calories)

1 tablespoon low-fat Thousand Island dressing, ½ added fat (25 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (205 calories)

Half a $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), $\frac{1}{2}$ sweets (75 calories)

2 tablespoons chopped peanuts, $\frac{1}{4}$ nuts/legumes/protein (110 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 1,805 calories, 6 grain, 4 fruit, $5\frac{1}{2}$ vegetable, $2\frac{1}{2}$ dairy, 2

nuts/legumes/protein, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

1,800 CALORIES: DAY 7

Target: 6 $\frac{1}{2}$ grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, 2 nuts/legumes/protein, $1\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

Breakfast (375 calories)

Apple, onion, and cheddar omelet, cooked with cooking spray:

2 whole eggs, $\frac{2}{3}$ nuts/legumes/protein (160 calories)

$\frac{1}{2}$ cup diced apple, 1 fruit (30 calories)

$\frac{1}{2}$ cup diced white onion (cooked until soft), 1 vegetable (50 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

½ whole-grain or whole-wheat English muffin, 1 grain (65 calories)

Morning Snack (170 calories)

2 graham cracker rectangles, 1 grain (120 calories)

½ cup unsweetened applesauce, 1 fruit (50 calories)

Lunch (435 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grains, 2 vegetable, 1 dairy (335 calories)

¼ cup dried cherries, 1 fruit (100 calories)

Afternoon Snack (105 calories)

1½ cups air-popped popcorn, ½ grain (55 calories)

1 kiwi, 1 fruit (50 calories)

Dinner (470 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

½ cup brown rice pilaf, 1 grain (100 calories)

1½ cups mixed raw leafy greens with ½ cup sliced roasted red peppers, 2 vegetable (60 calories)

2 tablespoons low-fat balsamic vinaigrette, 1 added fat (60 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

OR Dinner 2 (470 calories)

5 ounces sautéed seitan,^{*} $\frac{2}{3}$ nuts/legumes/protein (190 calories)

1 cup sautéed peppers and onion,^{*} 2 vegetable (20 calories)

2 tablespoons low-fat balsamic vinaigrette, 1 added fat (60 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

^{*} Sauté peppers and onion in 1 teaspoon olive oil until soft. Add seitan and sauté until firm. Drizzle with vinaigrette.

Evening Snack/Dessert (200 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,755 calories, $6\frac{1}{2}$ grain, 5 fruit, 5 vegetable, 3 dairy, $2\frac{1}{3}$

nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 1

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 2 added fat, ½ sweets

Breakfast (520 calories)

3 whole eggs, fried (cooked with cooking spray), 1 nuts/legumes/protein (240 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

½ cup sliced cantaloupe, 1 fruit (25 calories)

Morning Snack (210 calories)

1 cup nonfat plain yogurt, 1 dairy (120 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

½ ounce low-fat granola (about 2 tablespoons), ½ grain (55 calories)

Lunch (525 calories)

1½ cups Tortellini and Bean Soup ([see recipe](#)), 2 vegetable, ½ grain, ½ dairy (330 calories)

2 cups baby arugula, 2 vegetable (15 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

6 unsalted saltine crackers, 1 grain (120 calories)

Afternoon Snack (200 calories)

½ cup sliced banana, 1 fruit (70 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (360 calories)

1 Tempeh Burger ([see recipe](#)), 2 grains, 1 nuts/legumes/protein (330 calories)

1 cup grilled zucchini and portabella mushroom slices, 1 vegetable (30 calories)

Evening Snack/Dessert (220 calories)

½ cup dried apricots, 2 fruit (160 calories)

3 dark chocolate kisses, ½ sweets (60 calories)

Nutrition analysis for the day: 2,035 calories, 7 grain, 5 fruit, 5 vegetable, 2½ dairy, 2

nuts/legumes/protein, 2 added fat, ½ sweets

2,000 CALORIES: DAY 2

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 2 added fat, ½ sweets

Breakfast (385 calories)

2 ounces uncooked oatmeal, cooked with water (cooks to about 1½ cups), 2 grain (200 calories)

½ medium (7-inch) banana, sliced, 1 fruit (60 calories)

2 tablespoons chopped walnuts, ¼ nuts/legumes/protein (80 calories)

½ cup nonfat milk, ½ dairy (45 calories)

Morning Snack (210 calories)

2 reduced-fat string cheese sticks, 1½ dairy (160 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (530 calories)

Middle Eastern lunch special:

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

¼ cup hummus, ½ nuts/legumes/protein (140 calories)

1½ cups grilled vegetables (red/green bell peppers, zucchini, onions, mushrooms), 3 vegetable

(115 calories)

½ cup cooked whole-wheat couscous, 1 grain (90 calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (220 calories)

1 ounce unsalted mini pretzels (about ½ cup), 1 grain (110 calories)

2 tablespoons peanuts, $\frac{1}{4}$ nuts/legumes/protein (110 calories)

Dinner (470 calories)

1 cup Tofu and Vegetable Stir-Fry ([see recipe](#)), 2 vegetables, $\frac{1}{2}$ nuts/legumes/protein (180 calories)

1 cup cooked brown rice, 2 grain (200 calories)

$\frac{1}{2}$ cup steamed green peas, 1 vegetable (65 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

Evening Snack/Dessert (220 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh raspberries, 1 fruit (30 calories)

2 teaspoons chocolate syrup, $\frac{1}{2}$ sweets (30 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 2,035 calories, 7 grain, 4 fruit, 6 vegetable, $2\frac{3}{4}$ dairy, $1\frac{1}{2}$

nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 3

Target: 7 grain, 4 fruit, 4 vegetable, $2\frac{1}{2}$ dairy, 2 nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

Breakfast (350 calories)

1 ounce bran flakes (about ¾ cup), 1 grain (90 calories)

¼ cup golden raisins, 1 fruit (110 calories)

½ medium (7-inch) banana, sliced, 1 fruit (60 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (280 calories)

½ cup shelled edamame, 1 nuts/legumes/protein (180 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (390 calories)

2 cups raw spinach, 2 vegetable (15 calories)

½ medium tomato, chopped, and ½ cup sliced cucumber, 2 vegetable (25 calories)

½ cup cooked chickpeas, 1 nuts/legumes/protein (145 calories)

Dressing: 2 teaspoons lemon juice, 1 teaspoon extra virgin olive oil, 2 tablespoons white wine

vinegar, 1 added fat (45 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1 medium apple, 1 fruit (50 calories)

Afternoon Snack (335 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (510 calories)

1 $\frac{1}{2}$ cups Pasta Primavera ([see recipe](#)), 2 grains, 2 vegetable, $\frac{1}{2}$ dairy (410 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

Evening Snack/Dessert (55 calories)

1 fig bar, $\frac{1}{2}$ sweets (55 calories)

Nutrition analysis for the day: 1,920 calories, 7 grain, 4 fruit, 6 vegetable, 2 $\frac{1}{2}$ dairy, 2

nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 4

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

Breakfast (405 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

$\frac{1}{2}$ grapefruit, 1 fruit (50 calories)

1 cup nonfat plain Greek-style yogurt, 1 dairy (130 calories)

Morning Snack (270 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

$\frac{1}{4}$ cup hummus, $\frac{1}{2}$ nuts/legumes/protein (140 calories)

Lunch (390 calories)

Sauté with 1 teaspoon olive oil:

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

$\frac{1}{2}$ cup low-sodium canned diced tomatoes, 1 vegetable (30 calories)

$\frac{1}{2}$ teaspoon ground cumin (0 calories)

Half a 7-inch whole-wheat pita pocket, 1 grain (85 calories)

1 cup chopped lettuce with $\frac{1}{2}$ cup sliced raw vegetables, 2 vegetable (40 calories)

1 tablespoon “lite” vinaigrette, $\frac{1}{2}$ fat (20 calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (325 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce toasted oat cereal, 1 grain (100 calories)

½ cup sliced fresh strawberries, 1 fruit (25 calories)

Dinner (445 calories)

4½ ounces grilled firm tofu, ½ nuts/legumes/protein (105 calories)

2 tablespoons low-sodium teriyaki sauce (40 calories)

1 cup Roasted Brussels Sprouts ([see recipe](#)), 2 vegetable (100 calories)

1 cup cooked brown rice, 2 grain (200 calories)

Evening Snack/Dessert (100 calories)

½ cup sliced peaches, 1 fruit (30 calories)

2 small gingersnaps, ½ sweets (60 calories)

1 tablespoon low-fat whipped topping, ½ added fat (10 calories)

Nutrition analysis for the day: 1,935 calories, 7 grain, 4 fruit, 5 vegetable, 2 dairy, 2

nuts/legumes/protein, 2 added fat, ½ sweets

2,000 CALORIES: DAY 5

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 2 added fat, ½ sweets

Breakfast (425 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

2 tablespoons chopped walnuts, $\frac{1}{4}$ nuts/legumes/protein (80 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (155 calories)

1 cup sliced mango, 2 fruit (120 calories)

$\frac{3}{4}$ ounce low-fat cheddar cheese (1 small slice), $\frac{1}{2}$ dairy (35 calories)

Lunch (520 calories)

1 1/3 cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)),
 $\frac{1}{2}$ vegetable, 2 grain, $\frac{1}{2}$

nuts/legumes/protein (250 calories)

3 ounces crumbled tempeh, $\frac{1}{4}$ nuts/legumes/protein (160 calories)

$\frac{1}{2}$ cup sliced red pepper and $\frac{1}{2}$ cup sliced carrots, 2 vegetable (30 calories)

2 tablespoons low-fat ranch dressing, $\frac{1}{2}$ added fat (80 calories)

Afternoon Snack (300 calories)

1 medium pear, 1 fruit (100 calories)

1 1/2 ounces low-fat cheddar cheese, 1 dairy (70 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (445 calories)

3 ounces Poached Salmon ([see recipe](#)), 1 nuts/legumes/protein (145 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (445 calories)

3 ounces sautéed herbed seitan,^{*} 1 nuts/legumes/protein (130 calories)

1 cup cooked green peas, 2 vegetable (120 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

^{*} Sauté seitan in 1 teaspoon olive oil over medium heat until seitan is firm. Sprinkle with fresh herbs (basil, rosemary, sage).

Evening Snack/Dessert (140 calories)

3 cups air-popped popcorn, 1 grain (100 calories)

$\frac{1}{2}$ teaspoon trans-fat-free margarine, $\frac{1}{2}$ added fat (15 calories)

2 teaspoons cinnamon sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 1,985 calories, 7 grain, 4 fruit, 4 $\frac{1}{2}$ vegetable, 2 $\frac{1}{2}$ dairy, 2 nuts/legumes/protein, 1 $\frac{1}{2}$ added fat, $\frac{1}{2}$ sweets

2,000 CALORIES: DAY 6

Target: 7 grain, 4 fruit, 4 vegetable, 2 $\frac{1}{2}$ dairy, 2 nuts/legumes/protein, 2 added fat, $\frac{1}{2}$ sweets

Breakfast (275 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (55 calories)

$\frac{1}{2}$ cup nonfat milk, $\frac{1}{2}$ dairy (45 calories)

Morning Snack (245 calories)

$\frac{1}{4}$ cup low-fat cottage cheese, $\frac{1}{2}$ dairy (40 calories)

$\frac{1}{2}$ cup cubed cantaloupe, 1 fruit (30 calories)

2 tablespoons sliced almonds, $\frac{1}{4}$ nuts/legumes/protein (75 calories)

1 small low-fat granola bar, 1 grain (100 calories)

Lunch (350 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250
calories)

1 medium pear, 1 fruit (100 calories)

Afternoon Snack (370 calories)

1 cup nonfat chocolate milk, 1 dairy (160 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (90
calories)

2 graham cracker rectangles, 1 grain (120 calories)

Dinner (540 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

1 cup reconstituted TVP, [*1](#) nuts/legumes/protein (160
calories)

1 cup Roasted Brussels Sprouts ([see recipe](#)), 2 vegetable
(100 calories)

[* See Chapter 10 for more on TVP \(texturized vegetable
protein\).](#)

Evening Snack/Dessert (205 calories)

Half a $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), $\frac{1}{2}$ sweets (75
calories)

2 tablespoons chopped peanuts, $\frac{1}{4}$ nuts/legumes/protein (110 calories)

2 tablespoons low-fat whipped topping, 1 added fat (20 calories)

Nutrition analysis for the day: 1,985 calories, 7 grain, 4 fruit, 6 vegetable, 2½ dairy, 2

nuts/legumes/protein, 2 added fat, ½ sweets

2,000 CALORIES: DAY 7

Target: 7 grain, 4 fruit, 4 vegetable, 2½ dairy, 2 nuts/legumes/protein, 2 added fat, ½ sweets

Breakfast (535 calories)

Apple, onion, and cheddar omelet (cooked with cooking spray):

2 whole eggs, $\frac{2}{3}$ nuts/legumes/protein (160 calories)

$\frac{1}{2}$ cup diced apple, 1 fruit (30 calories)

$\frac{1}{2}$ cup diced white onion (cooked until soft), 1 vegetable (50 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

$\frac{1}{2}$ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

Morning Snack (170 calories)

2 graham cracker rectangles, 1 grain (120 calories)

$\frac{1}{2}$ cup unsweetened applesauce, 1 fruit (50 calories)

Lunch (435 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grains, 2 vegetable, 1 dairy (335 calories)

$\frac{1}{4}$ cup dried cherries, 1 fruit (100 calories)

Afternoon Snack (105 calories)

1 $\frac{1}{2}$ cups air-popped popcorn, $\frac{1}{2}$ grain (55 calories)

1 kiwi, 1 fruit (50 calories)

Dinner (470 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

1 $\frac{1}{2}$ cups mixed raw leafy greens with $\frac{1}{2}$ cup sliced roasted red bell peppers, 2 vegetable (60 calories)

2 tablespoons low-fat balsamic vinaigrette, 1 added fat (60 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

OR Dinner 2 (470 calories)

5 ounces sautéed seitan,^{*} 12/3 nuts/legumes/protein (190 calories)

1 cup sautéed peppers and onion, 1 vegetable (20 calories)

2 tablespoons low-fat balsamic vinaigrette, 1 added fat (60 calories)

$\frac{1}{2}$ cup brown rice pilaf, 1 grain (100 calories)

$\frac{1}{2}$ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

^{*} Sauté peppers and onion in 1 teaspoon olive oil until soft. Add seitan and sauté until firm. Drizzle with vinaigrette.

Evening Snack/Dessert (200 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ Baked Banana ([see recipe](#)), 1 fruit, $\frac{1}{2}$ sweets (60 calories)

Nutrition analysis for the day: 1,915 calories, 7 $\frac{1}{2}$ grain, 5 fruit, 5 vegetable, 3 dairy, 21/3

nuts/legumes/protein, 3 added fat, $\frac{1}{2}$ sweets

2,200 CALORIES: DAY 1

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 2½ fat, 1 sweets

Breakfast (340 calories)

1 ounce uncooked oatmeal, cooked with water (cooks to about ¾ cup), 1 grain (100 calories)

2 tablespoons chopped walnuts, ¼ nuts/legumes/protein (80 calories)

½ cup sliced banana, 1 fruit (70 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (275 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 tablespoons slivered almonds, ¼ nuts/legumes/protein (75 calories)

Lunch (540 calories)

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

4 ounces grilled seitan, 1⅓ nuts/legumes/protein (120 calories)

1 teaspoon deli mustard (5 calories)

1 cup grilled zucchini and summer squash, 2 vegetable (30 calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

2 tablespoons reduced-fat balsamic vinaigrette, 1 added fat (50 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup fresh blueberries, 1 fruit (40 calories)

Afternoon Snack (270 calories)

2 ounces unsalted mini pretzels (about 1 cup), 2 grain (220 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (510 calories)

1 cup Fruity Tofu Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ nuts/legumes/protein (235 calories)

1 cup cooked whole-wheat couscous, 2 grains (180 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

1 cup steamed cut green beans, 2 vegetable (45 calories)

Evening Snack/Dessert (240 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$1\frac{1}{2}$ ounces chocolate syrup (about 2 tablespoons), $1\frac{1}{2}$ sweets (100 calories)

Nutrition analysis for the day: 2,175 calories, 8 grain, 4 fruit, 6 vegetable, 3 dairy, $2\frac{1}{3}$ nuts/legumes/protein, 3 added fat, $1\frac{1}{2}$ sweets

2,200 CALORIES: DAY 2

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 2½ fat, 1 sweets

Breakfast (305 calories)

1 whole egg plus 4 egg whites, scrambled (cooked with cooking spray), 1 nuts/legumes/protein

(150 calories)

¾ ounce shredded low-fat cheddar cheese (about 3 tablespoons), ½ dairy (40 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

½ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (275 calories)

½ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 medium apple, 1 fruit (50 calories)

Lunch (550 calories)

1 Tofu Caesar Wrap ([see recipe](#)), 2 vegetable, 1/3 nuts/legumes/protein, 2 grain, ½ dairy, 1 added fat (500 calories)

½ cup grapes, 1 fruit (50 calories)

Afternoon Snack (335 calories)

1½ ounces (about 1½ slices) low-fat swiss cheese, 1 dairy (75 calories)

2 ounces whole-wheat snack crackers, 2 grain (260 calories)

Dinner (575 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

½ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

½ ripe avocado, 1 vegetable (120 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

½ cup tomato salsa, 1 vegetable (30 calories)

1 tablespoon reduced-fat sour cream, ½ added fat (20 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Evening Snack/Dessert (165 calories)

1 slice angel food cake (1/12 of a 10-inch cake), 1 sweets (140 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

**Nutrition analysis for the day: 2,205 calories, 9 grain,
4 fruit, 6 vegetable, 3 dairy, 2 1/3**

nuts/legumes/protein, 2 1/2 added fat, 1 sweets

2,200 CALORIES: DAY 3

**Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 1/2
nuts/legumes/protein, 2 1/2 fat, 1 sweets**

Breakfast (325 calories)

Peanut butter raspberry banana smoothie:

1 medium (7-inch) banana, 2 fruit (105 calories)

½ cup frozen raspberries, 1 fruit (30 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (295 calories)

1 large (about 4 inches) cinnamon raisin bagel, 2 grain (200 calories)

2 tablespoons reduced-fat cream cheese, 1 added fat (70 calories)

½ cup cubed cantaloupe, 1 fruit (25 calories)

Lunch (585 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grain, 2 vegetable, 1 dairy (335 calories)

¼ cup hummus, ½ nuts/legumes/protein (140 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Afternoon Snack (310 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about ¼ cup), 1 grain (110 calories)

Dinner (510 calories)

3 ounces grilled seitan, 1 nuts/legumes/protein (90 calories)

¼ cup low-sodium teriyaki sauce (for marinade) (50 calories)

1 cup steamed broccoli, 2 vegetable (60 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup baby arugula, 1 vegetable (5 calories)

¾ ounce shredded parmesan cheese (about ¼ cup), ½ dairy (85 calories)

Dressing: 1 teaspoon olive oil, 2 teaspoons white wine vinegar, 1½ teaspoons lemon juice, 1

added fat (45 calories)

Evening Snack/Dessert (150 calories)

One $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

Nutrition analysis for the day: 2,175 calories, 8 grain, 4 fruit, 5 vegetable, 3 $\frac{1}{2}$ dairy, 2

nuts/legumes/protein, 3 added fat, 1 sweets

2,200 CALORIES: DAY 4

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ nuts/legumes/protein, 2 $\frac{1}{2}$ fat, 1 sweets

Breakfast (320 calories)

2 ounces bran flakes (about $1\frac{1}{2}$ cup), 2 grain (180 calories)

$\frac{1}{2}$ cup fresh raspberries, 1 fruit (30 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (270 calories)

2 graham cracker rectangles, 1 grain (120 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

$\frac{1}{2}$ cup sliced pears, 1 fruit (50 calories)

Lunch (595 calories)

Spinach salad pocket:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

2 cup raw spinach, 2 vegetable (20 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

½ cup sliced cucumber, 1 vegetable (10 calories)

3 ounces firm tofu (about ¼ block), 1/3 nuts/legumes/protein (70 calories)

1½ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (170 calories)

Dressing: 2 teaspoons olive oil, 4 teaspoons white wine vinegar, 1 tablespoon lemon juice, 2

added fat (90 calories)

1 cup sliced fresh strawberries, 2 fruit (50 calories)

Afternoon Snack (290 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

1 ounce low-fat granola (about ¼ cup), 1 grain (110 calories)

Dinner (590 calories)

1 1/3 cup reconstituted TVP, *1 1/3 nuts/legumes/protein (215 calories)

1½ cup cooked brown rice pilaf, 3 grain (300 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

2 tablespoons chopped fresh basil (0 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (110 calories)

2 fig bars, 1 sweets (110 calories)

Nutrition analysis for the day: 2,175 calories, 9 grain, 4 fruit, 5 vegetable, 3 dairy, 2

nuts/legumes/protein, 3 added fat, 1 sweets

2,200 CALORIES: DAY 5

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 2½ fat, 1 sweets

Breakfast (395 calories)

2 ounces shredded wheat squares (about 1¼ cups), 2 grain (200 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Morning Snack (150 calories)

½ cup sliced fresh peaches, 1 fruit (30 calories)

1½ ounces reduced-fat cheddar cheese (2 thin slices), 1 dairy (120 calories)

Lunch (665 calories)

1 1/3 cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)),
2 grain, 1/2 vegetable, 1/2

nuts/legumes/protein (250 calories)

4 1/2 ounces firm tofu (about 1/4 block), 1/2
nuts/legumes/protein (115 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1/2 cup sliced red bell pepper, 1 vegetable (20 calories)

1 cup shredded carrots, 2 vegetable (50 calories)

3 tablespoons reduced-fat ranch dressing, 1 1/2 added fat
(120 calories)

Afternoon Snack (230 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

1/2 cup low-fat cottage cheese, 1 dairy (80 calories)

1/2 cup fresh pineapple, 1 fruit (40 calories)

Dinner (530 calories)

4 1/2 ounces Poached Salmon ([see recipe](#)), 1 1/2
nuts/legumes/protein (220 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25
calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (525 calories)

4½ ounces sautéed herbed seitan, *1½ nuts/legumes/protein (215 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

* Sauté seitan in 2 teaspoons olive oil over medium heat until seitan is firm. Sprinkle with fresh herbs (basil, rosemary, sage).

Evening Snack/Dessert (160 calories)

4 dark chocolate kisses, 1 sweets (80 calories)

¼ cup dried apricots, 1 fruit (80 calories)

Nutrition analysis for the day: 2,130 calories, 8 grain, 5 fruit, 5½ vegetable, 3 dairy, 2½

nuts/legumes/protein, 2½ added fat, 1 sweets

2,200 CALORIES: DAY 6

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 2½ fat, 1 sweets

Breakfast (390 calories)

1 whole-wheat English muffin, 2 grain (130 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

1 cup nonfat milk, 1 dairy (90 calories)

$\frac{1}{2}$ cup sliced banana, 1 fruit (70 calories)

Morning Snack (215 calories)

$\frac{1}{4}$ ripe avocado, mashed with a fork, $\frac{1}{2}$ vegetable (60 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

One 1-ounce snack bag baked tortilla chips, 1 grain (140 calories)

Lunch (550 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)), 2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250

calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 small chocolate chip cookies, 1 sweets (100 calories)

Afternoon Snack (290 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

3 tablespoons hummus, $\frac{1}{2}$ nuts/legumes/protein (130 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (585 calories)

5 ounces Poached Cod ([see recipe](#)), $\frac{1}{2}/3$ nuts/legumes/protein (150 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

2 cups mixed raw leafy greens, 2 vegetable (25 calories)

2 tablespoons balsamic vinaigrette, 2 added fat (100 calories)

OR Dinner 2 (585 calories)

5 ounces pan-seared seitan,* $\frac{1}{2}/3$ nuts/legumes/protein (190 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

2 cups mixed raw leafy greens, 2 vegetable (25 calories)

2 tablespoons balsamic vinaigrette, 2 added fat (100 calories)

One 4-ounce snack cup peaches in juice, 1 fruit (70 calories)

* Sear seitan in 1 teaspoon of olive oil over medium heat until crisp and warm throughout.

Evening Snack/Dessert (175 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

1 tablespoon low-fat whipped topping, $\frac{1}{2}$ added fat (10 calories)

Nutrition analysis for the day: 2,205 calories, 8 grain, 4 fruit, $5\frac{1}{2}$ vegetable, $3\frac{1}{2}$ dairy, 22/3

nuts/legumes/protein, $2\frac{1}{2}$ added fat, 1 sweets

2,200 CALORIES: DAY 7

Target: 8 grain, 4 fruit, 5 vegetable, 3 dairy, $2\frac{1}{2}$ nuts/legumes/protein, $2\frac{1}{2}$ fat, 1 sweets

Breakfast (455 calories)

2 ounces shredded wheat squares (about 1 cup), 2 grain (200 calories)

$\frac{1}{2}$ cup fresh blueberries, 1 fruit (40 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (160 calories)

1 cup apple slices, 2 fruit (60 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

Lunch (455 calories)

$\frac{1}{2}$ cup canned pinto beans, drained and rinsed, 1 nuts/legumes/protein (105 calories)

$\frac{1}{2}$ cup tomato salsa, 1 vegetable (30 calories)

1 cup cooked brown rice, 2 grain (200 calories)

1 $\frac{1}{2}$ ounces shredded reduced-fat cheddar cheese (about 1/3 cup), 1 dairy (120 calories)

Afternoon Snack (205 calories)

3 tablespoons whole roasted almonds, $\frac{1}{2}$ nuts/legumes/protein (150 calories)

$\frac{1}{2}$ cup sliced mango, 1 fruit (55 calories)

Dinner (760 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (60 calories)

$\frac{1}{2}$ cup reconstituted TVP, * $\frac{1}{2}$ nuts/legumes/protein (80 calories)

1 $\frac{1}{2}$ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (160 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

2 cups chopped romaine lettuce, 2 vegetable (40 calories)

1 tablespoon reduced-fat caesar dressing, $\frac{1}{2}$ added fat (45 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (100 calories)

2 chocolate sandwich cookies, 1 sweets (100 calories)

Nutrition analysis for the day: 2,135 calories, 9 grain, 4 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ nuts/legumes/protein, 2 $\frac{1}{2}$ added fat, 1 sweets

2,400 CALORIES: DAY 1

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (530 calories)

2 ounces uncooked oatmeal, cooked with water (cooks to about 1 $\frac{1}{2}$ cups), 2 grain (200 calories)

2 tablespoons chopped walnuts, $\frac{1}{4}$ nuts/legumes/protein (80 calories)

$\frac{1}{4}$ cup raisins, 1 fruit (110 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 medium apple, 1 fruit (50 calories)

Morning Snack (235 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

2 tablespoons slivered almonds, $\frac{1}{4}$ nuts/legumes/protein (75 calories)

Lunch (570 calories)

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

4 ounces grilled seitan, 1 1/3 nuts/legumes/protein (120 calories)

1 teaspoon deli mustard (5 calories)

1 cup grilled zucchini and summer squash, 2 vegetable (30 calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

2 tablespoons low-fat creamy Italian dressing, 1 added fat (80 calories)

One 1-ounce snack bag honey wheat pretzels, 1 grain (110 calories)

1/2 cup fresh blueberries, 1 fruit (40 calories)

Afternoon Snack (160 calories)

1 ounce unsalted mini pretzels, 1 grain (110 calories)

1 medium apple, 1 fruit (50 calories)

Dinner (660 calories)

1 cup Fruity Tofu Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ nuts/legumes/protein (235 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

1 cup steamed cut green beans, 2 vegetable (45 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Evening Snack/Dessert (240 calories)

$\frac{1}{2}$ cup low-fat frozen yogurt, 1 dairy (140 calories)

$1\frac{1}{2}$ ounces chocolate syrup (about 2 tablespoons), 1 $\frac{1}{2}$ sweets (100 calories)

Nutrition analysis for the day: 2,395 calories, 10 grain, 5 fruit, 6 vegetable, 3 dairy, 2 $\frac{1}{3}$ nuts/legumes/protein, 3 added fat, 1 $\frac{1}{2}$ sweets

2,400 CALORIES: DAY 2

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (410 calories)

1 whole egg plus 4 egg whites, scrambled (cooked with cooking spray), 1 nuts/legumes/protein
(150 calories)

$\frac{3}{4}$ ounce shredded low-fat cheddar cheese (about 3 tablespoons), $\frac{1}{2}$ dairy (40 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

$\frac{1}{2}$ cup mixed fresh berries, 1 fruit (35 calories)

Morning Snack (325 calories)

$\frac{1}{2}$ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup cubed cantaloupe, 2 fruit (100 calories)

Lunch (550 calories)

1 Tofu Caesar Wrap ([see recipe](#)), 2 vegetable, $\frac{1}{3}$ nuts/legumes/protein, 2 grain, $\frac{1}{2}$ dairy, 1 added fat (500 calories)

$\frac{1}{2}$ cup grapes, 1 fruit (50 calories)

Afternoon Snack (330 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (580 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Evening Snack/Dessert (165 calories)

1 slice angel food cake (1/12 of a 10-inch cake), 1 sweets (140 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

Nutrition analysis for the day: 2,360 calories, 9 grain, 5 fruit, 5 $\frac{1}{2}$ vegetable, 3 dairy, 21/3

nuts/legumes/protein, 4 added fat, 1 sweets

2,400 CALORIES: DAY 3

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (445 calories)

Peanut butter raspberry banana smoothie:

1 medium (7-inch) banana, 2 fruit (105 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

1 cup frozen raspberries, 1 fruit (60 calories)

1 cup low-fat vanilla yogurt, 1 dairy (180 calories)

Morning Snack (320 calories)

1 large (about 4 inches) cinnamon raisin bread, toasted, 2 grain (200 calories)

2 tablespoons reduced-fat cream cheese, 1 added fat (70 calories)

1 cup cubed cantaloupe, 2 fruit (50 calories)

Lunch (585 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grain, 2 vegetable, 1 dairy (335 calories)

¼ cup hummus, ½ nuts/legumes/protein (140 calories)

1 ounce unsalted pretzels, 1 grain (110 calories)

Afternoon Snack (310 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

Dinner (575 calories)

6 ounces grilled firm tofu (about $\frac{1}{2}$ block), 2/3 nuts/legumes/protein (155 calories)

$\frac{1}{4}$ cup low-sodium teriyaki sauce (for marinade) (50 calories)

1 cup steamed broccoli, 2 vegetable (60 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup baby arugula, 1 vegetable (5 calories)

$\frac{3}{4}$ ounce shredded parmesan cheese (about $\frac{1}{4}$ cup), $\frac{1}{2}$ dairy (85 calories)

Dressing: 1 teaspoon olive oil, 2 teaspoons white wine vinegar, $1\frac{1}{2}$ teaspoons lemon juice, 1 added fat (45 calories)

Evening Snack/Dessert (150 calories)

One $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

Nutrition analysis for the day: 2,385 calories, 8 grain, 5 fruit, 5 vegetable, 3 $\frac{1}{2}$ dairy, 12/3

nuts/legumes/protein, 3 added fat, 1 sweets

2,400 CALORIES: DAY 4

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2 $\frac{1}{2}$ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (505 calories)

2 ounces bran flakes (about 1½ cups), 2 grain (180 calories)

¼ cup golden raisins, 1 fruit (110 calories)

1 medium (7-inch) banana, sliced, 2 fruit (105 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (270 calories)

2 graham cracker rectangles, 1 grain (120 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

½ cup sliced pears, 1 fruit (50 calories)

Lunch (640 calories)

Spinach salad pocket:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

2 cup raw spinach, 2 vegetable (20 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

½ cup sliced cucumber, 1 vegetable (10 calories)

3 ounces stir-fried firm tofu (about 1/5 block), 1/3 nuts/legumes/protein (115 calories)

1½ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (170 calories)

Dressing: 2 teaspoons olive oil, 4 teaspoons white wine vinegar, 1 tablespoon lemon juice, 2

added fat (90 calories)

1 cup sliced fresh strawberries, 2 fruit (50 calories)

Afternoon Snack (270 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

Dinner (590 calories)

1 1/3 cup reconstituted TVP, *1 1/3 nuts/legumes/protein (215 calories)

1 1/2 cup cooked brown rice pilaf, 3 grain (300 calories)

1/2 cup chopped fresh tomato, 1 vegetable (15 calories)

2 tablespoons chopped fresh basil (0 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (110 calories)

2 fig bars, 1 sweets (110 calories)

Nutrition analysis for the day: 2,385 calories, 9 grain, 6 fruit, 5 vegetable, 3 dairy, 2

nuts/legumes/protein, 3 added fat, 1 sweets

2,400 CALORIES: DAY 5

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (490 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 cup grapes, 2 fruit (105 calories)

Morning Snack (345 calories)

1 cup sliced fresh peaches, 2 fruit (65 calories)

1½ ounces smoked gouda cheese, 1 dairy (150 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Lunch (610 calories)

1½ cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)),
2 grain, ½ vegetable, ½

nuts/legumes/protein (250 calories)

4½ ounces stir-fried firm tofu (about ¼ block), ½
nuts/legumes/protein (140 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

$\frac{1}{2}$ cup sliced red bell pepper, 1 vegetable (20 calories)

$\frac{1}{2}$ cup sliced carrots, 1 vegetable (25 calories)

2 tablespoons reduced-fat ranch dressing, 1 added fat (65 calories)

Afternoon Snack (230 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

$\frac{1}{2}$ cup low-fat cottage cheese, 1 dairy (80 calories)

$\frac{1}{2}$ cup fresh pineapple, 1 fruit (40 calories)

Dinner (530 calories)

4 $\frac{1}{2}$ ounces Poached Salmon ([see recipe](#)), 1 $\frac{1}{2}$ nuts/legumes/protein (220 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (525 calories)

4 $\frac{1}{2}$ ounces sautéed herbed seitan, * 1 $\frac{1}{2}$ nuts/legumes/protein (215 calories)

1 cup steamed corn kernels, 2 vegetable (135 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

* Sauté seitan in 2 teaspoons olive oil over medium heat until seitan is firm. Sprinkle with fresh herbs (basil, rosemary, sage).

Evening Snack/Dessert (185 calories)

2-inch square Low-Fat Brownie ([see recipe](#)), 1 sweets (155 calories)

½ cup fresh raspberries, 1 fruit (30 calories)

Nutrition analysis for the day: 2,390 calories, 9 grain, 6 fruit, 4½ vegetable, 3 dairy, 2½

nuts/legumes/protein, 3 added fat, 1 sweets

2,400 CALORIES: DAY 6

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (495 calories)

½ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Morning Snack (275 calories)

$\frac{1}{2}$ ripe avocado, mashed with a fork, 1 vegetable (120 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

One 1-ounce snack bag baked tortilla chips, 1 grain (140 calories)

Lunch (560 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)), 2 grain, 2 vegetable, $\frac{1}{2}$ dairy (250

calories)

1 cup sliced pears, 2 fruit (100 calories)

One 1-ounce snack bag honey wheat pretzels, 1 grain (110 calories)

2 small chocolate chip cookies, 1 sweets (100 calories)

Afternoon Snack (240 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

3 tablespoons hummus, $\frac{1}{2}$ nuts/legumes/protein (130 calories)

Dinner (605 calories)

5 ounces Poached Cod ([see recipe](#)), 12/3 nuts/legumes/protein (150 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

1 tablespoon trans-fat-free margarine, 3 added fat (75 calories)

OR Dinner 2 (610 calories)

5 ounces pan-seared seitan,^{*} 12/3 nuts/legumes/protein (190 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 tsp. olive oil (for dipping), 1 added fat (40 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

^{*}Sear seitan in 1 teaspoon of olive oil over medium heat until crisp and warm throughout.

Evening Snack/Dessert (165 calories)

½ cup low-fat frozen yogurt, 1 dairy (140 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

Nutrition analysis for the day: 2,340 calories, 9 grain, 5 fruit, 6 vegetable, 2½ dairy, 22/3

nuts/legumes/protein, 3 added fat, 1 sweets

2,400 CALORIES: DAY 7

Target: 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½ nuts/legumes/protein, 3 added fat, 1 sweets

Breakfast (605 calories)

2 ounces shredded wheat squares (about 1 cup), 2 grain (200 calories)

¼ cup raisins, 1 fruit (110 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

¾ cup 100% orange juice, 1 fruit (80 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (160 calories)

1 cup apple slices, 2 fruit (60 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

Lunch (575 calories)

1 cup cooked brown rice, 2 grain (200 calories)

½ cup canned pinto beans, drained and rinsed, 1 nuts/legumes/protein (105 calories)

$\frac{1}{2}$ cup tomato salsa, 1 vegetable (30 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

1 $\frac{1}{2}$ ounces shredded reduced-fat cheddar cheese (about 1/3 cup), 1 dairy (120 calories)

Afternoon Snack (230 calories)

3 tablespoons whole roasted almonds, $\frac{1}{2}$ nuts/legumes/protein (150 calories)

$\frac{1}{4}$ cup dried apricots, 1 fruit (80 calories)

Dinner (760 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

$\frac{1}{2}$ cup reconstituted TVP, * $\frac{1}{2}$ nuts/legumes/protein (80 calories)

1 $\frac{1}{2}$ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (160 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup chopped romaine lettuce, 1 vegetable (20 calories)

1 tablespoon reduced-fat caesar dressing, 1 added fat (45 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (100 calories)

2 chocolate sandwich cookies, 1 sweets (100 calories)

Nutrition analysis for the day: 2,430 calories, 9 grain, 5 fruit, 5 vegetable, 3 dairy, 2½

nuts/legumes/protein, 3 added fat, 1 sweets

2,600 CALORIES: DAY 1

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (580 calories)

2 ounces uncooked oatmeal, cooked with water (cooks to about 1½ cups), 2 grain (200 calories)

2 tablespoons chopped walnuts, ¼ nuts/legumes/protein (80 calories)

¼ cup raisins, 1 fruit (110 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 medium pear, 1 fruit (100 calories)

Morning Snack (275 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 tablespoons slivered almonds, $\frac{1}{4}$ nuts/legumes/protein (75 calories)

Lunch (615 calories)

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

4½ ounces grilled seitan, 1½ nuts/legumes/protein (135 calories)

1 teaspoon deli mustard (5 calories)

1 cup grilled zucchini and summer squash, 2 vegetable (30 calories)

1 cup mixed raw leafy greens, 1 vegetable (15 calories)

2 tablespoons low-fat creamy Italian dressing, 1 added fat (80 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

One 4-ounce snack cup peaches in juice, 1 fruit (70 calories)

Afternoon Snack (235 calories)

$\frac{1}{2}$ cup cooked brown rice, 1 grain (100 calories)

$\frac{1}{2}$ cup canned black beans rinsed and drained, 1 nuts/legumes/protein (120 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

Dinner (660 calories)

1 cup Fruity Tofu Stir-Fry ([see recipe](#)), 1 fruit, 1 vegetable, $\frac{1}{2}$ nuts/legumes/protein (235 calories)

1 cup cooked whole-wheat couscous, 2 grain (180 calories)

1 cup steamed green beans, 2 vegetable (45 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

Evening Snack/Dessert (240 calories)

½ cup low-fat frozen yogurt, 1 dairy (140 calories)

1½ ounces chocolate syrup (about 2 tablespoons), 1½ sweets (100 calories)

Nutrition analysis for the day: 2,605 calories, 10 grain, 4 fruit, 6½ vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

2,600 CALORIES: DAY 2

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (535 calories)

Cheese omelet (cooked with cooking spray):

3 whole eggs, 1 nuts/legumes/protein (240 calories)

¾ ounce shredded low-fat cheddar cheese (about 3 tablespoons), ½ dairy (40 calories)

Two 1-ounce slices whole-wheat bread, 2 grain (160 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup mixed fresh berries, 1 fruit (70 calories)

Morning Snack (350 calories)

$\frac{1}{2}$ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

1 cup cantaloupe, 2 fruit (50 calories)

Lunch (610 calories)

1 Tofu Caesar Wrap ([see recipe](#)), 2 vegetable, 1/3 nuts/legumes/protein, 2 grain, $\frac{1}{2}$ dairy, 1 added

fat (500 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

Afternoon Snack (330 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Dinner (640 calories)

Black bean burrito:

One 10-inch whole-wheat tortilla, 2 grain (180 calories)

$\frac{3}{4}$ cup canned black beans, drained and rinsed, 1 $\frac{1}{2}$ nuts/legumes/protein (175 calories)

$\frac{1}{2}$ ripe avocado, 1 vegetable (120 calories)

1 $\frac{1}{2}$ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (75 calories)

$\frac{1}{4}$ cup tomato salsa, $\frac{1}{2}$ vegetable (15 calories)

2 tablespoons reduced-fat sour cream, 1 added fat (40 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

1 cup shredded lettuce, 1 vegetable (20 calories)

Evening Snack/Dessert (190 calories)

1 slice angel food cake (1/12 of a 10-inch cake), 1 sweets (140 calories)

$\frac{1}{2}$ cup fresh strawberries, 1 fruit (25 calories)

1 $\frac{1}{2}$ teaspoons sugar, $\frac{1}{2}$ sweets (25 calories)

Nutrition analysis for the day: 2,655 calories, 10 grain, 5 fruit, 5 $\frac{1}{2}$ vegetable, 3 dairy, 3 $\frac{1}{2}$ nuts/legumes/protein, 3 added fat, 1 $\frac{1}{2}$ sweets

2,600 CALORIES: DAY 3

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3 $\frac{1}{2}$ nuts/legumes/protein, 3 added fat, 1 $\frac{1}{2}$ sweets

Breakfast (330 calories)

1 whole-wheat English muffin, 2 grain (130 calories)

2 tablespoons reduced-fat cream cheese, 1 added fat (70 calories)

1 cup cubed cantaloupe, 2 fruit (50 calories)

$\frac{3}{4}$ cup 100% orange juice, 1 fruit (80 calories)

Morning Snack (345 calories)

Peanut butter, flaxseed, and banana smoothie:

1 medium (7-inch) banana, 2 fruit (105 calories)

1 tablespoon peanut butter, $\frac{1}{2}$ nuts/legumes/protein (100 calories)

1 tablespoon flaxseeds, $\frac{1}{2}$ nuts/legumes/protein (50 calories)

1 cup nonfat milk, 1 dairy (90 calories)

Lunch (695 calories)

1 Veggie Melt Panini ([see recipe](#)), 2 grain, 2 vegetable, 1 dairy (335 calories)

2 ounces unsalted pretzel sticks, 2 grain (220 calories)

$\frac{1}{4}$ cup hummus, $\frac{1}{2}$ nuts/legumes/protein (140 calories)

Afternoon Snack (420 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

2 ounces low-fat granola (about $\frac{1}{2}$ cup), 2 grain (220 calories)

Dinner (670 calories)

6 ounces grilled seitan, 2 nuts/legumes/protein (180 calories)

$\frac{1}{4}$ cup low-sodium teriyaki sauce (for marinade) (50 calories)

1 cup cooked green peas, 2 vegetable (130 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup baby arugula, 1 vegetable (5 calories)

$\frac{3}{4}$ ounce shredded parmesan cheese (about $\frac{1}{4}$ cup), $\frac{1}{2}$ dairy (85 calories)

Dressing: 1 teaspoon olive oil, 2 teaspoons white wine vinegar, $1\frac{1}{2}$ teaspoons lemon juice, 1

added fat (45 calories)

Evening Snack/Dessert (150 calories)

One $\frac{3}{4}$ -inch slice Gingerbread ([see recipe](#)), 1 sweets (150 calories)

Nutrition analysis for the day: 2,610 calories, 10 grain, 5 fruit, 5 vegetable, 3 $\frac{1}{2}$ dairy, 3 $\frac{1}{2}$

nuts/legumes/protein, 3 added fat, 1 sweets

2,600 CALORIES: DAY 4

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (610 calories)

2 ounces bran flakes (about 1½ cup), 2 grain (180 calories)

One 1-ounce slice whole-wheat bread, toasted, 1 grain (80 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

¼ cup golden raisins, 1 fruit (110 calories)

1 medium (7-inch) banana, sliced, 2 fruit (105 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (370 calories)

2 graham cracker rectangles, 1 grain (120 calories)

2 tablespoons peanut butter, 1 nuts/legumes/protein (200 calories)

½ cup sliced pears, 1 fruit (50 calories)

Lunch (615 calories)

Spinach salad pocket:

One 7-inch whole-wheat pita pocket, 2 grain (170 calories)

2 cups raw spinach, 2 vegetable (20 calories)

$\frac{1}{2}$ cup chopped fresh tomato, 1 vegetable (15 calories)

$\frac{1}{2}$ cup sliced cucumber, 1 vegetable (10 calories)

3 ounces stir-fried firm tofu (about 1/5 block), 1/3 nuts/legumes/protein (115 calories)

1 $\frac{1}{2}$ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (170 calories)

Dressing: 2 teaspoons olive oil, 4 teaspoons white wine vinegar, 1 tablespoon lemon juice, 2

added fat (90 calories)

$\frac{1}{2}$ cup sliced fresh strawberries, 1 fruit (25 calories)

Afternoon Snack (270 calories)

1 cup nonfat vanilla yogurt, 1 dairy (160 calories)

1 ounce low-fat granola (about $\frac{1}{4}$ cup), 1 grain (110 calories)

Dinner (655 calories)

12/3 cup reconstituted TVP, *12/3 nuts/legumes/protein (265 calories)

1 $\frac{1}{2}$ cup cooked brown rice pilaf, 3 grain (300 calories)

1 cup chopped fresh tomato, 2 vegetable (30 calories)

2 tablespoons chopped fresh basil (0 calories)

2 tablespoons “lite” balsamic vinaigrette, 1 added fat (60 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (110 calories)

2 fig bars, 1 sweets (110 calories)

Nutrition analysis for the day: 2,630 calories, 10 grain, 5 fruit, 6 vegetable, 3 dairy, 3 nuts/legumes/protein, 3 added fat, 1½ sweets

2,600 CALORIES: DAY 5

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (530 calories)

1 Low-Fat Blueberry Muffin ([see recipe](#)), 2 grain (200 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup low-fat fruited yogurt, 1 dairy (200 calories)

1 cup grapes, 2 fruit (105 calories)

Morning Snack (380 calories)

1 cup sliced mango, 2 fruit (110 calories)

2 reduced-fat string cheese sticks, 1½ dairy (140 calories)

1 ounce whole-wheat snack crackers, 1 grain (130 calories)

Lunch (575 calories)

1 1/3 cups Quinoa, Corn, and Black Bean Salad ([see recipe](#)),
2 grain, 1/2 vegetable, 1/2

nuts/legumes/protein (250 calories)

3 ounces stir-fried seitan, 1 nuts/legumes/protein (110 calories)

1/4 ripe avocado, mashed with a fork, 1/2 vegetable (60 calories)

1 ounce honey whole-wheat pretzels, 1 grain (110 calories)

1/2 cup sliced red bell pepper, 1 vegetable (20 calories)

1/2 cup sliced carrots, 1 vegetable (25 calories)

Afternoon Snack (215 calories)

1 ounce unsalted mini pretzels, 1 grain (110 calories)

1 1/2 teaspoons fruit preserves, 1/2 sweets (25 calories)

1/2 cup low-fat cottage cheese, 1 dairy (80 calories)

Dinner (670 calories)

6 ounces Poached Salmon ([see recipe](#)), 2
nuts/legumes/protein (290 calories)

1 cup (10-12 small spears) Roasted Asparagus ([see recipe](#)),
2 vegetable (80 calories)

1/2 cup cooked brown rice, 1 grain (100 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

OR Dinner 2 (665 calories)

6 ounces sautéed herbed seitan,*2 nuts/legumes/protein (260 calories)

1 cup (10-12 small spears) Roasted Asparagus ([see recipe](#)), 2 vegetable (80 calories)

1 cup cooked brown rice pilaf, 2 grain (200 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

½ small (2-ounce) whole-wheat dinner roll, 1 grain (75 calories)

* Sauté seitan in 2 teaspoons olive oil over medium heat until seitan is firm. Sprinkle with fresh herbs (basil, rosemary, sage).

Evening Snack/Dessert (185 calories)

2-inch square Low-Fat Brownie ([see recipe](#)), 1 sweets (155 calories)

½ cup fresh raspberries, 1 fruit (30 calories)

Nutrition analysis for the day: 2,560 calories, 10 grain, 5 fruit, 5 vegetable, 3⅓ dairy, 3½

nuts/legumes/protein, 3 added fat, 1½ sweets

2,600 CALORIES: DAY 6

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (620 calories)

½ large (about 4-inch) whole-wheat bagel, 2 grain (200 calories)

2 tablespoons peanut butter, 1 nuts/legumes/protein (200 calories)

1½ teaspoons fruit preserves, ½ sweets (25 calories)

1 cup nonfat milk, 1 dairy (90 calories)

1 medium (7-inch) banana, 2 fruit (105 calories)

Morning Snack (275 calories)

½ ripe avocado, mashed with a fork, 1 vegetable (120 calories)

½ cup chopped fresh tomato, 1 vegetable (15 calories)

One 1-ounce snack bag baked tortilla chips, 1 grain (140 calories)

Lunch (560 calories)

Piled-High Veggie Pizza (1/6 of a 14-inch pizza) ([see recipe](#)),
2 grain, 2 vegetable, ½ dairy (250
calories)

1 medium pear, 1 fruit (100 calories)

One 1-ounce snack bag honey wheat pretzels, 1 grain (110 calories)

2 small chocolate chip cookies, 1 sweets (100 calories)

Afternoon Snack (280 calories)

1 ounce unsalted mini pretzels (about $\frac{1}{2}$ cup), 1 grain (110 calories)

$\frac{3}{4}$ ounce low-fat cheddar cheese (1 small slice), $\frac{1}{2}$ dairy (40 calories)

3 tablespoons hummus, $\frac{1}{2}$ nuts/legumes/protein (130 calories)

Dinner (635 calories)

6 ounces Poached Cod ([see recipe](#)), 2 nuts/legumes/protein (180 calories)

1 cup brown rice pilaf, 2 grain (200 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

1 tablespoon trans-fat-free margarine, 3 added fat (75 calories)

OR Dinner 2 (640 calories)

6 ounces pan-seared seitan,^{*} 2 nuts/legumes/protein (220 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 tsp. olive oil (for dipping), 1 added fat (40 calories)

1 medium (5-inch) baked sweet potato, 2 vegetable (180 calories)

2 teaspoons trans-fat-free margarine, 2 added fat (50 calories)

* Sear seitan in 1 teaspoon of olive oil over medium heat until crisp and warm throughout.

Evening Snack/Dessert (165 calories)

½ cup low-fat frozen yogurt, 1 dairy (140 calories)

½ cup fresh strawberries, 1 fruit (25 calories)

Nutrition analysis for the day: 2,535 calories, 9 grain, 4 fruit, 6 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

2,600 CALORIES: DAY 7

Target: 10 grain, 5 fruit, 5 vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Breakfast (655 calories)

2 ounces shredded wheat squares (about 1 cup), 2 grain (200 calories)

1 tablespoon flaxseeds, ½ nuts/legumes/protein (50 calories)

¼ cup raisins, 1 fruit (110 calories)

One 1-ounce slice cinnamon raisin bread, toasted, 1 grain (80 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

¾ cup 100% orange juice, 1 fruit (80 calories)

1 cup low-fat milk, 1 dairy (110 calories)

Morning Snack (160 calories)

1 cup apple slices, 2 fruit (60 calories)

1 tablespoon peanut butter, ½ nuts/legumes/protein (100 calories)

Lunch (525 calories)

1 cup cooked brown rice, 2 grain (200 calories)

½ cup pinto beans, drained and rinsed, 1 nuts/legumes/protein (105 calories)

½ cup tomato salsa, 1 vegetable (30 calories)

½ ripe avocado, 1 vegetable (120 calories)

1½ ounces shredded low-fat cheddar cheese (about 1/3 cup), 1 dairy (70 calories)

Afternoon Snack (325 calories)

Mango-black bean salsa:

½ cup chopped mango, 1 fruit (60 calories)

2 tablespoons finely chopped red onion, $\frac{1}{4}$ vegetable (10 calories)

$\frac{1}{2}$ cup canned black beans, drained and rinsed, 1 nuts/legumes/protein (115 calories)

Squeeze of lime (0 calories)

One 1-ounce snack bag baked tortilla chips, 1 grain (140 calories)

Dinner (760 calories)

1 cup cooked whole-wheat pasta, 2 grain (200 calories)

1 cup low-sodium marinara sauce, 2 vegetable (80 calories)

$\frac{1}{2}$ cup reconstituted TVP*, $\frac{1}{2}$ nuts/legumes/protein (80 calories)

1 $\frac{1}{2}$ ounces shredded parmesan cheese (about 1/3 cup), 1 dairy (160 calories)

1 small (2-ounce) whole-wheat dinner roll, 2 grain (150 calories)

1 teaspoon trans-fat-free margarine, 1 added fat (25 calories)

1 cup chopped romaine lettuce, 1 vegetable (20 calories)

1 tablespoon reduced-fat caesar dressing, 1 added fat (45 calories)

* See [Chapter 10](#) for more on TVP (texturized vegetable protein).

Evening Snack/Dessert (150 calories)

3 chocolate sandwich cookies, 1½ sweets (150 calories)

Nutrition analysis for the day: 2,575 calories, 10 grain, 5 fruit, 5¼ vegetable, 3 dairy, 3½ nuts/legumes/protein, 3 added fat, 1½ sweets

Part 4

Recipes

Main Dishes

Veggie Melt Panini

1 teaspoon deli mustard

Two 1-ounce slices whole-wheat bread

1½ ounces sliced low-fat cheese (cheddar and swiss work well)

7 asparagus spears, grilled

7 strips red and yellow bell pepper, grilled

Nonstick cooking spray

1. Spread the mustard on one side of each slice of bread. Place the cheese evenly over the mustard on one

slice of bread. Arrange the asparagus and peppers on top of the cheese. Top with the second slice of bread, mustard side down.

2. Heat a panini press until ready or heat a cast-iron skillet over medium heat until hot. Spray the press plates or skillet very lightly with cooking spray.

3. If using a press, place the sandwich on the bottom plate and close the top. If using a skillet, place the sandwich in it and place a second skillet on top. (You might want to wrap the outside of the second skillet with foil first.)

4. Grill the sandwich until the cheese is melted. Serve hot.

DASH servings (per sandwich)

2 grain

2 vegetable

1 dairy

Calories: 335

Piled-High Veggie Pizza

Nonstick cooking spray

2 teaspoons cornmeal (optional)

1 tablespoon olive oil

1 cup broccoli florets

2 cups sliced mushrooms

- 1 red bell pepper, stemmed, seeded, and cut into strips
 - 1 small white onion, peeled and chopped
 - One 12-ounce package pizza dough (found in the freezer or refrigerated sections of most supermarkets; thaw if frozen)
 - 1 cup low-sodium tomato sauce
 - ½ cup shredded low-fat mozzarella
1. Preheat the oven to 450°F. Lightly spray a baking sheet with cooking spray, or if using a pizza stone, sprinkle the dry stone with the cornmeal.
 2. Heat the oil in a skillet over medium heat until hot but not smoking. Add the broccoli, mushrooms, bell pepper, and onion and cook, stirring occasionally, just until tender. Remove from the heat.
 3. Roll out the pizza dough to a round 14 inches in diameter and ¼-inch thick. Place on the prepared baking sheet or stone.
 4. Spread the tomato sauce over the dough. Top the sauce evenly with the cooked veggies. Sprinkle the cheese over the veggies.
 5. Bake for 15 to 20 minutes, until the crust is baked through and golden crisp on the edges, and the cheese is melted and bubbling.

DASH servings (per 1/6 pizza)

2 grain

2 vegetable

½ dairy

Calories: 250

Fruity Chicken Stir-Fry

1½ tablespoons sesame oil

1¼ pounds boneless, skinless chicken breasts, cut in thin strips

½ cup peeled and sliced onions

1 cup peeled and grated carrots

1 teaspoon dried basil

1 cup snow peas or sugar snap peas

1 tablespoon water

¼ cup pine nuts or 2 tablespoons cashew nuts

¼ cup chopped dried apricots

2 tablespoons seedless raisins

1 large unpeeled Golden Delicious apple, quartered, cored, and cut into lengthwise slices

¾ cup prepared duck sauce

1. Heat 1 tablespoon of the sesame oil in a skillet or wok over medium-high heat until hot but not smoking. Add the chicken and stir-fry until lightly browned and cooked through (about 4 minutes).
2. Transfer the chicken to a plate and set aside, covering it lightly with foil to keep warm.
3. Pour the remaining $1\frac{1}{2}$ teaspoons oil into the skillet and add onion, carrots, and basil. Stir-fry until the carrots are tender.
4. Add the snow peas and water and stir-fry for 2 minutes more.
5. Stir in the pine nuts, apricots, and raisins. Remove from the heat and stir in the apples.
6. Add the chicken back to the pan along with the duck sauce and stir to combine. Serve immediately.

Makes 5 cups

DASH servings (per 1 cup stir-fry, without rice)

1 vegetable

1 fruit

$\frac{1}{2}$ meat

Calories: 330

Fruity Tofu Stir-Fry

Substitute 1 pound firm tofu, drained, for the chicken.

DASH servings (per 1 cup stir-fry, without rice)

1 vegetable

1 fruit

½ nuts/seeds/legumes

Calories: 235

Chicken Caesar Wrap

2 cups shredded romaine lettuce

1½ ounces grilled skinless chicken breast, shredded

2 tablespoons Lite Caesar Dressing (recipe follows)

Half a 12-inch whole-wheat pita pocket (sliced into 2 rounds through the edge), or one 12-inch

whole-wheat wrap

¼ cup shredded parmesan cheese

1. Combine the lettuce and chicken in a medium bowl. Drizzle over the dressing and toss well to mix.

2. Lay the pita half on a work surface, cut side (inside) up. Spoon the lettuce-chicken mixture onto the

pita. Sprinkle evenly with the parmesan. Roll up. Cut in half on an angle, if desired. Serve

immediately.

DASH servings (per wrap with dressing)

2 grain

2 vegetable

½ meat

½ dairy

Calories: 395

Lite Caesar Dressing

¼ cup “lite” mayonnaise

1 teaspoon olive oil

¼ teaspoon lemon juice

½ teaspoon vinegar

¼ teaspoon Dijon mustard

Dash of Worcestershire sauce

2 tablespoons nonfat milk

1 clove garlic, peeled and minced

1/8 teaspoon ground black pepper

2 tablespoons grated parmesan cheese

Stir together all ingredients in a small bowl. Cover and store in the refrigerator.

Tofu Caesar Wrap

Substitute 3 ounces stir-fried firm tofu or grilled seitan for the chicken.

DASH servings (per wrap with dressing)

2 grain

2 vegetable

½ nuts/seeds/legumes

½ dairy

Calories with stir-fried tofu: 500

Shrimp Scampi

1 tablespoon plus 1 teaspoon olive oil

1 pound peeled and deveined shrimp

½ medium onion, peeled and chopped

2 cloves garlic, peeled and minced

1 cup low-sodium fish or vegetable stock

½ cup dry white wine

1 tablespoon lemon juice

¼ cup chopped fresh parsley

1. Heat 1 tablespoon of the olive oil in a large skillet over medium heat until hot but not smoking. Add

the shrimp and cook, stirring constantly, just until they turn pink (about 3 minutes). Transfer the

shrimp to a plate and set aside.

2. Add the remaining teaspoon of oil to the pan and heat. Add the onion and cook, stirring occasionally, until just tender (about 5 minutes).
3. Stir in the garlic and cook for 1 minute more.
4. Add the stock, wine, and lemon juice, raise the heat, and bring to a boil. Reduce the heat so the mixture simmers and cook, stirring occasionally, until the liquid is reduced to about 1 cup.
5. Add the shrimp back and simmer for about 3 minutes or until the shrimp are heated through.
6. Sprinkle with the parsley and serve immediately.

Makes four 4-ounce portions

DASH servings (per 4 ounces shrimp, with sauce)

1 1/3 meat

Calories: 185

Poached Salmon

Nonstick cooking spray

½ white onion, peeled and sliced

1 tablespoon chopped fresh dill

½ cup dry white wine

1 cup low-sodium fish or vegetable stock

1 pound skinless wild salmon fillet

1. Spray a medium skillet with cooking spray and heat over medium heat. Add the onion and cook,

stirring occasionally, until softened but not browned (about 5 minutes).

2. Stir in the dill and cook 30 seconds more.

3. Add the wine and stock and raise the heat to bring to a boil.

4. Reduce to a simmer and add the fish, skin-side down.

5. Cover the skillet and simmer for 5 to 10 minutes, depending on thickness, until the sh is cooked

through and barely flakes with a fork.

6. Use a slotted spoon to portion the sh onto plates, but don't worry if some of the cooking liquid

comes with it.

DASH servings (per 4½ ounces cooked fish)

1½ meat

Calories: 215

Poached Cod

Substitute 1 pound skinless cod fillet for the salmon.

DASH servings (per 4½ ounces cooked fish)

1½ meat

Calories (cod): 135

Beef and Vegetable Stir-Fry

2 tablespoons sesame oil

2 cups broccoli florets

2 red bell peppers, stemmed, seeded, and cut into strips

2 yellow bell peppers, stemmed, seeded, and cut into strips

1 cup snow peas

1 pound top sirloin, cut into thin strips

½ cup 100% orange juice

¼ cup low-sodium soy sauce

¼ teaspoon ground ginger

1. Heat 1 tablespoon of the oil in a skillet or wok over medium heat until very hot but not smoking.

2. Add the broccoli, bell peppers, and snow peas. Stir-fry until the broccoli is tender. Transfer the veggies to a bowl and set aside.

3. Pour the remaining 1 tablespoon oil into the pan and heat again until very hot but not smoking. Add the beef and stir-fry to the desired doneness. Remove the meat from the pan and add it to the vegetables.

4. Pour the orange juice, soy sauce, and ginger and stir constantly over medium-high heat until liquid reduces to about one-third cup.

5. Add back the vegetables and meat, toss to coat, and continue cooking until they're heated through, about 3 minutes. Serve immediately.

DASH servings (per 1 cup stir-fry with sauce)

2 vegetable

$\frac{1}{2}$ meat

Calories: 200

Tofu and Vegetable Stir-Fry

Substitute one 14- to 16-ounce block firm tofu, drained well and cubed, for the beef.

DASH servings (per 1 cup stir-fry with sauce)

2 vegetable

$\frac{1}{2}$ nuts/seeds/legumes

Calories: 180

Turkey Soft Tacos

1 teaspoon vegetable oil

$\frac{1}{2}$ cup peeled and diced onion

3 ounces ground turkey breast meat
2 teaspoons ground cumin
 $\frac{1}{2}$ teaspoon chili powder
 $\frac{1}{2}$ teaspoon cayenne pepper
1 teaspoon paprika
 $\frac{1}{2}$ teaspoon onion powder
 $\frac{1}{2}$ cup canned diced tomatoes
 $\frac{1}{2}$ cup low-sodium canned black beans, drained and rinsed
Two 4-inch whole-wheat or corn tortillas
 $\frac{1}{2}$ cup diced fresh tomatoes
 $\frac{1}{2}$ cup shredded lettuce
1 tablespoon low-fat sour cream

1. Heat the vegetable oil in a skillet over medium heat. Add the onion and cook, stirring occasionally, until soft but not browned (about 5 minutes).
2. Crumble in the ground turkey. Stir the cumin, chili powder, cayenne, paprika, and onion powder, and canned tomatoes. Cook for about 5 minutes, stirring occasionally.
3. When the turkey is cooked through and no longer pink, stir in the beans and heat until warmed

through. The mixture may become dry during cooking; add a little water as needed just to keep it moist.

4. Meanwhile, wrap the tortillas in a paper towel and heat in the microwave.

5. Divide the filling between the tortillas and top with the fresh tomatoes, lettuce, and sour cream.

DASH servings (per 2 tacos)

2 grain

2 vegetable

1 meat

Calories: 500

Tempeh Soft Tacos

Substitute 4 ounces crumbled tempeh for the turkey.

DASH servings (per 2 tacos)

2 grain

2 vegetable

1 nuts/seeds/legumes

Calories: 595

Pasta Primavera

2 teaspoons vegetable oil
1 onion, peeled and chopped
1 clove garlic, peeled and minced
2 cups nonfat milk
1 cup low-sodium or homemade chicken broth
3 tablespoons all-purpose flour or Wondra*
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{1}{2}$ cup grated parmesan cheese
16 ounces uncooked whole-grain fettuccine pasta
2 cups broccoli florets
1 cup sliced zucchini
1 cup peeled and chopped carrots
1 cup chopped fresh tomatoes

1. Set a large pot of water over high heat to come to a boil.
2. In a medium saucepan, heat the oil over medium heat. Add the onion and garlic and cook, stirring occasionally, until golden brown.
3. In the meantime, in a small saucepan stir together the milk, chicken broth, our, salt, and pepper over low heat until smooth and thick. Stir into the onion mixture.

4. Continue to cook the sauce over medium-low heat, stirring frequently, until the sauce is thick. Stir in parmesan cheese. Turn down the heat to very low to keep warm.
5. Cook pasta in the boiling water according to package directions. Add the broccoli, zucchini, and carrots to the pasta for the last several minutes of cooking. Continue cooking until the pasta is al dente.
6. Drain the pasta and vegetables and transfer to a large bowl. Add the tomatoes. Pour over the sauce and toss until everything is coated. Serve immediately.

DASH servings (per 1½ cups)

2 grain

2 vegetable

½ dairy

Calories: 410

Tempeh Burger

8 ounces tempeh

2 tablespoons olive oil

¾ cup chopped peeled onion

2 cloves garlic, peeled and chopped

½ cup chopped mushrooms

1 tablespoon rice vinegar

½ teaspoon ground ginger

¼ cup whole-wheat flour

2 tablespoons low-sodium tamari or soy sauce

Nonstick cooking spray

4 whole-wheat sandwich buns

1. Fill a medium saucepan with about an inch of water and place a steamer basket in it. Bring to a boil.

Place the tempeh in the basket, cover the pot, and steam the tempeh for 15 minutes. Drain and set

aside to cool.

2. Heat 1 tablespoon of the oil in a skillet over medium-high heat until hot but not smoking. Add the

onion and garlic and cook, stirring often, until soft but not browned (about 3 minutes).

3. Add the mushrooms and cook for 3 minutes.

4. Add the vinegar and ginger and cook for another 2 minutes. Remove from the heat and set aside to

cool slightly.

5. Using your fingers, crumble the steamed tempeh into a bowl. Add the cooked vegetables, soy sauce, tamari, and the remaining 1 tablespoon olive oil. Stir well to combine. Portion into four burgers and place on a plate.

6. Chill the burgers for at least 1 hour; this helps them hold together better.

7. When you are ready to cook the burgers, heat a skillet over medium heat. Spray it lightly with cooking spray. Cook the burgers until well browned and warmed through, 3 to 4 minutes per side.

8. If you like, while the burgers are cooking, toast the buns. Serve each burger on a bun.

DASH servings (per burger, including bun)

2 grains

1 nuts/seeds/legumes

Calories: 330

Soups, Salads, Dressing, and Dips

Butternut Squash and Apple Soup

1 small butternut squash (about 1 pound)

3 tart green apples, such as Granny Smith or Crispin

1 medium onion

¼ teaspoon dried rosemary

¼ teaspoon dried marjoram

Three 10.5-ounce cans low-sodium chicken broth

2 cans water

2 slices whole-wheat bread, crumbled

Salt and ground black pepper

1 tablespoon chopped fresh parsley

1. Cut the butternut squash in half. With a sharp paring knife or vegetable peeler, remove the peel. Scoop

out and discard the seeds. Cut the squash into cubes with a chef 's knife. Peel, core, and coarsely chop

the apples. Peel the onion and chop coarsely.

2. Combine the squash, apples, onion, rosemary, marjoram, chicken broth, water, bread, and salt and

pepper to taste in a large, heavy saucepan. Bring to a boil, then reduce the heat and simmer uncovered

for 45 minutes.

3. Working in small batches, never filling the blender more than a quarter full each time, puree the soup

in a blender until smooth. Transfer each batch to a clean saucepan.

4. Bring the pureed soup to a boil, then reduce the heat and simmer briefly.
5. Serve hot with a sprinkle of parsley.
6. This recipe makes 6 to 8 servings, and can be multiplied for greater quantities. Refrigerate any leftover soup to reheat gently within the next couple of days.

DASH servings (per 1 cup)

1 vegetable

1 fruit

Calories: 180

Tortellini and Bean Soup

1 teaspoon olive oil

2 cups coarsely chopped peeled white onions

1 small red bell pepper, stemmed, seeded, and coarsely chopped

3 cloves garlic, peeled and minced

1 teaspoon Italian seasoning

2 cups loosely packed, coarsely chopped raw spinach

One 15- to 16-ounce can no-salt-added navy beans

One 14.5-ounce can low-sodium vegetable broth

2/3 cup water

One 14.5-ounce can no-salt-added whole tomatoes, with their juice

One 14-ounce can water-packed artichoke hearts, drained

One 9-ounce package cheese tortellini

1. Heat the oil in a soup pot over medium-high heat. Add the onion, bell pepper, garlic, and Italian seasoning. Cook, stirring occasionally, until the vegetables are tender but not browned (about 5 minutes).

2. Add the spinach, beans, broth, water, tomatoes and their juice, and artichokes.

3. Raise the heat to high and bring to a boil, then reduce the heat and simmer for 2 minutes.

4. Add the tortellini and simmer until thoroughly cooked, according to package directions.

5. Serve immediately.

DASH servings (per 1½ cups; about 6 servings per recipe)

2 vegetables

½ dairy

½ grain

Calories: 330

Quinoa, Corn, and Black Bean Salad

Dressing

1½ teaspoons sugar

½ cup chopped fresh cilantro

½ teaspoon dried oregano

¼ teaspoon chili powder (optional, for extra spice)

2 tablespoons lime or lemon juice

1 tablespoon white vinegar

¾ cup low-sodium vegetable juice

1 cup canned black beans, drained and rinsed

2 cups cooked quinoa

1 cup corn kernels (cooked fresh or thawed frozen)

½ cup diced peeled red onion

¼ cup thinly sliced scallions (green onions)

½ cup chopped red bell pepper

1. Whisk together the dressing ingredients in a medium bowl. Add the beans, quinoa, corn, onion, scallions, and bell pepper. Mix well.

2. Serve immediately, or cover and refrigerate for 30 minutes before serving.

DASH servings (per 2/3 cup)

1 grain

$\frac{1}{4}$ vegetable

$\frac{1}{4}$ nuts/seeds/legumes

Calories: 125

Simple Spinach Salad

Dressing

2 teaspoons vegetable oil

4 teaspoons distilled white vinegar

$1\frac{1}{2}$ teaspoons sugar

1 teaspoon ketchup

Dash of Worcestershire sauce

3 cups loosely packed fresh spinach leaves (remove heavy stems before measuring)

$\frac{1}{2}$ cup grape tomatoes

1 ounce shredded low-fat cheddar cheese (about $\frac{1}{4}$ cup)

1. Combine the dressing ingredients in tightly covered jar or salad dressing shaker and shake until well

mixed. Set aside.

2. Rinse the spinach thoroughly and spin dry. Place in a large bowl.
3. Rinse the tomatoes and pat dry with paper towels. Add to the spinach.
4. Shake the dressing to recombine it and pour over the spinach and tomatoes. Toss well. Add the cheese and toss again. Serve immediately.

DASH servings (per 2 cup portion)

2 vegetable

$\frac{1}{4}$ dairy

1 added fat

Calories: 115

Cobb Salad

6 cups baby arugula, rinsed and spun dry

1 cup grape tomatoes, cut in half

Whites of 3 hard-boiled eggs, very coarsely chopped

$\frac{1}{2}$ cup cubed peeled avocado

$\frac{1}{4}$ cup low-fat balsamic vinaigrette dressing

2 tablespoons crumbled blue cheese

3 tablespoons bacon bits

1. Combine the arugula, tomatoes, egg whites, and avocado in a large bowl. Toss to combine. Add the vinaigrette and toss again to coat everything.
2. Divide the salad between two serving bowls. Sprinkle each with 1 tablespoon cheese and 1½ tablespoons bacon bits. Serve immediately.

DASH servings (per ½ recipe)

4 vegetable

½ dairy

½ meat

1 added fat

Calories: 225

Lemon Caper Vinaigrette

½ cup extra virgin olive oil

¼ cup flaxseed oil

¼ cup white balsamic vinegar

4 teaspoons lemon juice

¼ cup capers, rinsed and drained

Freshly ground pepper

1. Combine the olive and axseed oils, vinegar, lemon juice, and capers in a blender. Blend until pureed.

Add pepper to taste and blend again.

2. Alternatively, combine all ingredients in a tightly capped jar and shake.

3. Toss 1 tablespoon with each serving of the salad of your choice. Store any remaining dressing in a covered jar in the fridge and shake well before each use.

DASH servings (per 1 tablespoon; about 16 servings per recipe)

1 added fat

Calories: 60

“Dill”icious Dill Dip

One 16-ounce carton low-fat cottage cheese

1 tablespoon chopped fresh dill

1 tablespoon chopped fresh parsley

$\frac{1}{2}$ teaspoon garlic powder

Whip cottage cheese in a blender until smooth. Transfer to a small bowl and stir in the remaining

ingredients. Cover and refrigerate at least 1 hour or preferably overnight. Serve with fresh vegetables.

DASH servings (per 2 tablespoons; 16 portions per recipe)

1/4 dairy

Calories: 20

Black Bean Dip

One 14- to 16-ounce can black beans, drained and rinsed

One 16-ounce can corn kernels (white, yellow, or Mexican corn), drained

One 14.5-ounce can diced tomatoes

1/2 cup prepared salsa

1 tablespoon chopped cilantro

1/2 cup diced avocado (optional)

1. Toss together the beans, corn, tomatoes with their juice, and salsa in a medium bowl. Cover and

refrigerate at least 1 hour or preferably overnight.

2. Just before serving, stir in the cilantro, and avocado if using.

DASH servings (per 2/3 cup; 8 servings per recipe)

1 vegetable

1 nuts/seeds/legumes

Calories: 105

Vegetables

Roasted Brussels Sprouts

Nonstick cooking spray

1 pound brussels sprouts

$\frac{1}{2}$ yellow onion, peeled and finely chopped

1 tablespoon olive oil

$\frac{1}{2}$ teaspoon ground black pepper

1. Preheat the oven to 425°F. Lightly spray a baking sheet with cooking spray. Place a steamer basket in a

large pot, add about 1 inch of water, cover, and bring to a boil.

2. Wash and trim the brussels sprouts for cooking.

3. Place the brussels sprouts in the steamer basket and steam for about 4 minutes, until barely tender.

4. Remove the brussels sprouts from the pot and drain well. Transfer to a large bowl and toss with the onion, olive oil, and pepper to coat.

5. Spread the vegetables in a single layer on the prepared baking sheet and bake for 15 to 20 minutes,

tossing periodically until crisp-tender and very lightly browned. Do not overcook.

DASH servings (per 1 cup)

2 vegetable

Calories: 100

Roasted Asparagus

Substitute 1 pound asparagus for the brussels sprouts. Break off the woody ends and trim the spears. It is not necessary to steam asparagus before roasting.

DASH servings (per 1 cup—10-12 small spears)

2 vegetable

Calories: 80

Variations

Also try carrots (peel and halve crosswise) and winter squash (peel, seed, and cut into large cubes).

DASH servings (per 1 cup)

2 vegetable

Calories: 80-120 calories

Roasted Cauliflower

4 cups cauliflower florets

4 teaspoons olive oil

$\frac{1}{4}$ cup Italian seasoned bread crumbs

1. Preheat the oven to 400°F.
2. Place the cauliflower on a large baking sheet. Drizzle with the olive oil and sprinkle with the bread crumbs. Toss to coat. Spread out in a single layer.
3. Bake until crisp-tender and lightly browned (about 20 minutes), stirring occasionally. Serve hot.

DASH servings (per 1 cup; 4 cups per recipe)

2 vegetable

Calories: 100

Desserts, Snacks, and Smoothies

Low-Fat Brownies

6 ounces semisweet chocolate

½ cup hot water

4 egg whites

1 teaspoon vanilla extract

2/3 cup granulated sugar

1½ cups all-purpose flour

1 teaspoon baking powder

½ cup chopped walnuts (optional)

1. Preheat oven to 350°F.

2. In large heatproof bowl set over simmering water, melt the chocolate with the hot water, stirring until smooth. Remove from heat and let cool slightly. Whisk in egg whites and mix in the vanilla. In a separate bowl, mix together the sugar, flour, and baking powder; stir into chocolate batter until just combined. Stir in walnuts. Spray an 8-inch square cake pan with cooking spray. Pour into cake pan.

3. Bake in preheated oven for 20 to 30 minutes, or until edges pull away from pan. Let cool on rack, then serve.

DASH servings (per 2x2-inch brownie; makes 16 brownies)

1 sweets

Calories: 155

Strawberry Shortcake

2 pounds fresh strawberries, sliced

$\frac{3}{4}$ cup sugar

1 10-inch angel food cake, sliced into 10 slices

Low-fat whipped topping (optional)

1. In a large mixing bowl, combine sugar and strawberries and set aside.

2. Once strawberries have “bled” to make a sweet juice, spoon about $\frac{1}{2}$ cup strawberries (with juice) over each slice of cake.

Makes 10 portions.

DASH servings (per one slice cake with strawberries)

1 sweet

1 fruit

Calories: 265

Low-Fat Blueberry Muffins

Nonstick cooking spray (optional)

4 tablespoons trans-fat-free soy margarine, softened

$\frac{1}{2}$ cup unsweetened applesauce

1 cup granulated sugar

1 teaspoon pure vanilla extract

$\frac{1}{2}$ cup 1% low-fat milk

$\frac{3}{4}$ cup all-purpose flour (stir with a fork before measuring)

$\frac{3}{4}$ cup whole-wheat flour (stir with a fork before measuring)

1 tablespoon baking powder

$\frac{1}{2}$ cup wheat germ

2 cups fresh blueberries

1. Preheat the oven to 350°F. Line 12 muffin pan cups with paper liners or spray with cooking spray.
2. Beat together the margarine, applesauce, sugar, vanilla, and milk in a large bowl.
3. Combine the all-purpose and whole-wheat ours, baking powder, and wheat germ in a separate large bowl. Stir with a fork to combine and lighten them.
4. Slowly stir dry ingredients into wet mixture just until all the dry ingredients are moistened. Do not overmix.
5. Gently fold in the blueberries.
6. Spoon the batter into the prepared muffin cups, filling each three-quarters full.
7. Bake 35 minutes or until the tops are firm. Cool slightly on rack.

DASH servings (per muffin; makes 12 muffins)

2 grain

Calories: 200

Gingerbread

Nonstick cooking spray

1/3 cup granulated sugar
4 tablespoons trans-fat-free soy margarine, softened
1/3 cup molasses
1 large egg
¾ cup all-purpose flour (measured using spoon-and-sweep method)
¾ cup whole-wheat flour (measured using spoon-and-sweep method)
1 teaspoon ground ginger
½ teaspoon baking soda
¼ teaspoon ground nutmeg
1/8 teaspoon ground cloves
¾ cup 1% low-fat milk
2 teaspoons powdered sugar

1. Preheat the oven to 350°F. Spray an 8-inch loaf pan with cooking spray.
2. Beat the granulated sugar and margarine with an electric mixer at medium speed in a large bowl until well-blended (about 5 minutes). Add molasses and egg; beat well.
3. In a separate bowl, stir together the all-purpose and whole-wheat ours, ginger, baking soda, nutmeg,

and cloves to combine and aerate them.

4. Add the our mixture to sugar mixture alternately with the milk, beginning and ending with our

mixture. Stir until just combined; do not overmix.

5. Pour the batter into the prepared loaf pan. Bake for 30 minutes or until a wooden pick inserted in the

center comes out clean.

6. Cool in the pan on a wire rack. Sift powdered sugar over top of cake and serve warm.

7. Remove any leover gingerbread from the pan, slice, wrap well in plastic wrap, and store at room

temperature in a sealed heavy-duty plastic bag for up to 3 days. Freeze for longer storage and thaw at

room temperature before serving.

DASH servings (per ¾-inch slice; makes about 10 slices)

1 sweets

Calories: 150

Baked Banana

Nonstick cooking spray

1 medium (7-inch) banana

1½ teaspoons brown sugar

1. Preheat the oven to 400°F. Spray a baking dish with cooking spray.
2. Peel the banana and slice in half lengthwise. Place in the baking dish cut side up. Sprinkle with the brown sugar. Bake for 10 to 15 minutes, until the sugar is melted and bubbling. Serve warm.

DASH servings (per whole banana)

2 fruit

1 sweets

Calories: 120

Mango Smoothie

2 cups diced mango (frozen is easiest)

½ cup low-fat vanilla yogurt

1 cup low-fat buttermilk

4 teaspoons lime juice

2 tablespoons honey

Combine all ingredients in a blender and blend until smooth. Serve immediately.

DASH servings (per 1 cup; 4 cups per recipe)

1 fruit

1 dairy

½ sweets

Calories: 140

Appendix A

Calculating Your Daily Calorie Target

You can use this formula to calculate how many calories you need each day to maintain your current

weight. Then we'll subtract 500 calories from that to get your daily calorie goal for weight loss.

The formula is called the Mifflin-St. Jeor equation.

STEP 1. CALCULATE BASAL CALORIE NEEDS.

"Basal" means the number of calories you would need if you were sedentary all the time.

For Men

Basal calories = $(4.545 \times \text{weight in pounds}) + (15.875 \times \text{height in inches}) - (5 \times \text{age in years}) + 5$

For Women

Basal calories = $(4.545 \times \text{weight in pounds}) + (15.875 \times \text{height in inches}) - (5 \times \text{age in years}) - 161$

Write your basal calories here: _____

STEP 2. ADJUST BASAL CALORIES FOR YOUR ACTIVITY LEVEL.

This gives you your activity-adjusted calorie needs to maintain your current weight.

Multiply your basal calories from Step 1 times your activity factor:

- Sedentary (little or no exercise, desk job) = basal calories $\times 1.2$
- Lightly active (light exercise 1 to 3 days/week) = basal calories $\times 1.375$
- Moderately active (moderate exercise 3 to 5 days/week) = basal calories $\times 1.55$
- Very active (hard exercise 6 to 7 days/week) = basal calories $\times 1.725$
- Extremely active (hard daily exercise or very physical job) = basal calories $\times 1.9$

Write activity-adjusted calories here: _____

STEP 3. CALCULATE YOUR CALORIE GOAL FOR WEIGHT LOSS.

Subtract 500 calories for your activity-adjusted calories from Step 2. This is your weight-loss calorie goal.

Write that number here: _____

STEP 4. GO TO TABLE 4.3 TO FIND YOUR DAILY DASH SERVINGS FOR YOUR CALORIE TARGET.

If your calorie goal in Step 3 is less than 1,200 calories, use the daily servings for 1,200 calories in the table.

If your calorie goal in Step 3 is greater than 2,600 calories, use the daily servings for 2,600 calories in the table.

Appendix B

The DASH for Health® Program

The DASH for Health® program is our online nutrition and exercise education program. We teach people

the DASH Diet and give them tips on how to follow it. Exercise advice in this online program is based

upon standard, well-accepted exercise practices. The type of information that we provide in our online

program is very similar to the information in this book. We publish new articles on the DASH for Health

website twice each week. Each time we publish a new article, we send a reminder e-mail to everyone who

is enrolled in the program, giving them a brief summary of what the recently published article is about.

The website also provides the ability for enrollees to monitor their weight, their blood pressure, and their food intake.

Since we began this program in 2002, over 18,000 people have enrolled. In many instances, employers have asked us to offer the program to all of their employees. However, individuals can also sign up for the program for a three- or six-month enrollment fee. Many of the suggestions and helpful hints in this book were learned from these 18,000 enrollees. People in the program send us e-mails with helpful suggestions or, in some cases, ask us questions. Questions that are raised often are covered in [Part 2, Section V](#) of this book, Frequently Asked Questions.

In our research, we investigated whether, at the end of 12 months in the DASH for Health program, people have lost weight, lowered their blood pressure, or changed their eating habits. We found that people who were interested in losing weight had lost on average 4.1 pounds. People with a blood pressure concern who were interested in lowering their blood pressure reduced their systolic pressure by 6.8 points (about the same blood pressure lowering as is typically achieved by blood pressure medication). And based upon their self-entered food surveys on the website, enrollees at the end of 12

months were eating significantly more fruits and vegetables, and reduced their consumption of carbonated beverages.

We also looked at the effect of enrollment in the DASH for Health program on the amount of money

people spend on health care. We compared nearly 2,000 people who signed up for the DASH for Health

program versus 15,000 people who did not. We examined health care spending in people who had one

or more of three medical conditions which the DASH Diet should benefit: high blood pressure, high

cholesterol, and diabetes. Compared to people with these conditions who did not sign up for the DASH

program, DASH enrollees spent \$827 less per year on health care. The amount of health care savings was

dependent upon how often a person visited the DASH website.

To our knowledge, the DASH for Health program is the only online program which has been proven

to provide health benefits (such as weight loss, blood pressure lowering, and improved eating habits) as

well as proven reductions in health care spending.

Appendix C

Scientific Papers About the DASH Diet

You may be interested in reading the scientific articles that the DASH group and others have written

about the DASH Diet. Following is a list of many such articles. More are being published all the time, so

we apologize that this list is not complete and current. If you are interested in a more current list and you

have access to Medline searching, search on the terms "DASH Diet." This should provide references to

almost all the published literature.

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* Wondra is a brand of flour that is partially cooked and granulated to dissolve easily in liquids without lumping.

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