

Low Calorie Healthy Eating Plan

Aim for _____ calories/day

Guidelines

To lose weight, you must eat fewer calories per day than the body expends. The eating guidelines below can help you choose healthy, lower calorie foods to assist you in achieving your weight loss goal. If you want to follow a calorie goal, write down what you eat at each meal. Keep track of calories. Divide calorie goals evenly between meals. Aim for 30-60 minutes of physical activity daily.

- Choose low calorie foods such as vegetable soup.
- Limit foods high in animal or saturated fat.
- Don't skip meals, eat a good breakfast daily.
- Limit high glycemic index carbohydrates such as soda pop, sugar, potatoes, white rice, white bread, refined snack foods, refined/sweetened cereals.
- Choose primarily whole grain breads and cereals.
- Avoid snack foods and soft drinks between meals.
- Watch serving sizes and limit second helpings.
- Limit desserts to special occasions only.
- Drink water, 5-8+ glasses/day.
- Plan your meals rather than eating what's at hand.
- Limit dining out and fast foods.
- Start your meals with low fat soup and/or salad.
- Eat slowly, make meal time social and enjoyable.

Vegetables: 25-30 calories/serving

Serving size: ½ cup cooked, 1 cup raw veggies or salad, 2/3 cup vegetable juice. Aim for 4+ servings/day.

Vegetables are the ideal food for losing weight. They are high in nutrition, fiber, water, and volume, but very low in calories. They tend to fill you up before you can get too many calories. Eat freely from the following low calorie vegetables:

- Lettuce and green salads
- Spinach and other greens
- Green beans
- Cabbage, Brussels sprouts, broccoli
- Fresh tomatoes
- Raw carrots
- Summer squash
- Onions and scallions

Limit starchy vegetables such as potatoes.

Fruits: 60-70 calories/serving

Serving size: 1 small to medium fresh fruit, ½ cup cooked, 1 cup fresh, 2/3 cup fruit juice. Aim for 3+ servings/day. Examples:

- 1 small apple, banana, orange, nectarine
- 1 medium peach, 1 kiwi, ½ grapefruit
- 1 cup fresh berries/melon cubes
- ½ mango or papaya

Breads/Grains: 80-90 calories/serving

Serving size: one small slice of bread, 1/2 cup rice or cooked cereal, 2/3 cup cold cereal. Aim for 3-4 servings of whole grains daily. Examples:

- 1 small slice of whole grain bread/roll
- ½ whole grain hamburger bun
- ¼ bagel
- 2/3 cup commercial whole grain breakfast cereal
- ½ cup brown rice, oatmeal, couscous, or pasta

Healthy fats: 45 calories/serving

Serving size: 1 tsp oil, margarine, butter, mayonnaise, 1-2 T low fat salad dressing. Aim for 3-4 servings/day. Examples:

- 1 tsp olive, soy, Canola oil, or soft tub margarine
- 2 T avocado, 8 large olives, 10 green stuffed olives
- 2 T sour cream or half-and-half
- 1 T sunflower or other seeds/nuts (7-8 almonds, 6 cashews, 10 peanuts, ½ T nut butter)

Protein foods: 80-100 calories/serving.

Serving size: 1 egg, 1-1.5 oz lean meats, 2 oz skinless poultry or fish, ½ cup of beans, 1 oz nuts. Aim for 3 servings daily. Examples:

- 1 boiled egg, 2 T peanut butter
- 2 oz roasted turkey or broiled fish
- ¼ block of firm tofu or 1 veggie burger
- ½ cup cooked beans, lentils, garbanzos, soy beans

Milk/Dairy foods: 80-90 calories/serving

Serving size: 1 cup skim milk or nonfat, sugar free yogurt, 1 oz low fat cheese, Aim for 1-2 servings/day. Examples:

- 1 cup non-fat milk or unsweetened soymilk
- 1 cup low fat, sugar-free yogurt
- 1 oz of mozzarella cheese

Sample Menu for One Day

about 1400 calories

Breakfast

Hot oatmeal, ½ cup
Fresh orange
Scrambled egg or scrambled tofu (1/4 block)
Nonfat milk (or soy milk) 1 cup
Almonds, 7-8

Lunch

Sandwich using whole wheat bread (2 slices) with lettuce, tomato slices, and low fat mayo and turkey slices, 2 oz (or 2 soy chic slices)
Peanuts, ½ oz package
Fresh apple and fresh carrot sticks

Dinner

Baked salmon 2 oz (or lentil soup 1 cup)
Small tossed salad, little lemon juice/olive oil on top
Steamed spinach, ½ cup with a lemon slice
Brown rice, ½ cup with a little margarine
Fresh berries, 1 cup with 1 small oatmeal-raisin cookie