

- TIP 1** | **Half of your plate should be protein consisting of lean meats like poultry and seafood.** Limit processed or packaged meats, as well as deli meats and high fat sources of protein like cheese. Grilling, broiling, or poaching are all approaches that will not add extra fat. Remember to keep meat and poultry portions lean and small. Try to get about 20-30 grams or 3oz of protein per meal.
- TIP 2** | **Make the other half of your plate mostly vegetables.** You can choose either fresh or frozen veggies. Eat plenty of red, orange, and dark green vegetables; such as red peppers, kale and carrots in both main and side dishes. Raw or lightly cooked vegetables are preferable to fully-cooked.
- TIP 3** | **Try to get plenty of both soluble and insoluble fiber.** Fiber is found in psyllium husk, oat/wheat bran, barley, nuts, seeds, beans, lentils, flax seed, chia seeds, fruits, and vegetables. Consuming a high fiber diet helps to promote a healthy digestive tract.
- TIP 4** | **Eat the right portions for you.** Be attentive to portion sizes when selecting foods. If you are dining out, choose a lean protein appetizer such as shrimp cocktail and have a side salad with the dressing on the side as your main course. Eat and cook at home, as often as you can, where you are in control of the food and portions.
- TIP 5** | **Focus on the types of food you eat, not just the calories.** Eating a variety of lean meats, vegetables and fruit will provide your body with the nutrients it needs to stay healthy and strong.
- TIP 6** | **Eat less foods that have high amounts of unhealthy fats, added sugars, and salt.** Be attentive about the ingredients contained in the food and drinks that you buy. Processed and packaged foods typically have high amounts of one or all of these.
- TIP 7** | **Drink plenty of water.** Reduce your calories by drinking only water beverages between meals. Water should be consumed 15 to 30 minutes before meals and at least 30 minutes after meals. Do not drink with your meals. Try to get at least 64oz or more of water a day.

TIP 8 | **Do not drink carbonated or high calorie beverages.** Stay away from all carbonated beverages and beverages that contain calories like juice, soda, alcohol, and sweetened tea.

TIP 9 | **Limit high starch and carbohydrate foods** like bread, tortillas, pasta, chips, rice, peas corn, beans, lentils and potatoes. Replace these items with lower starch/carbohydrate alternatives like lettuce wraps, cauliflower, rice, zucchini noodles and Ezekiel bread.

TIP 10 | **Lastly, stay physically active.** Physical activity will not only help you to achieve a healthy weight but also a healthy body. Choose activities that you enjoy and get started. Even ten minutes a day is a good starting point.

3 oz. Protein

Beef	Jerky
Bison	Greek Yogurt
Pork	Cottage cheese
Chicken	Cheese
Turkey	Protein powder
Fish	Peanut Butter
Shellfish	Nuts and Seeds
Lamb	Tofu
Veal	Edamame
Eggs	Lentils

1/2 Cup Non-Starchy Veggies

Artichoke	Beets	Eggplant	Onions
Asparagus	Sprouts	Green Onion	Pea Pods
Arugula	Broccoli	Greens	Peppers
Green Beans	Brussels	Kale	Radishes
	Cabbage	Leeks	Sauerkraut
	Carrots	Mushrooms	Spinach
	Cauliflower	Okra	Summer Squash
	Celery		Tomato
	Cucumber		Turnips
			Water Chestnuts
			Watercress
			Zucchini

2 Tbsp. Starch/Carbohydrate

Fruit	Granola
Chips	Oatmeal
Tortilla	Potatoes
Bread	Sweet Potatoes
Rice	Winter Squash
Pasta	Corn
Beans	Peas
Lentils	
Cereal	