

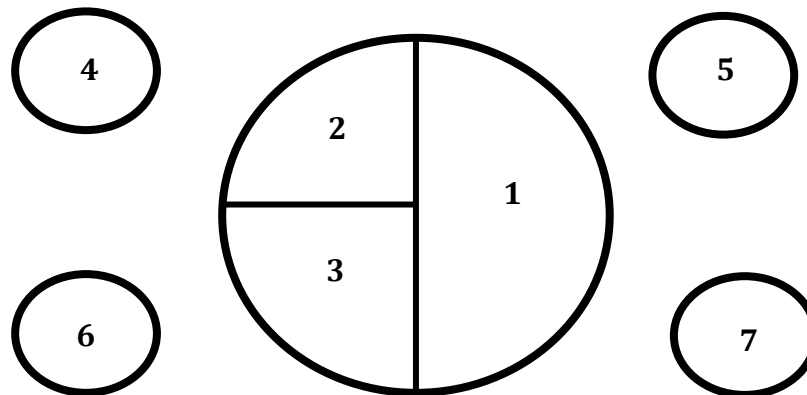


Week 2: Feb. 7-13
Portion Sizes Made Easy

Are you being faithful to the achievable goals you set in week one, but not yet seeing any weight loss results? One possible explanation for not losing weight may be a lack of understanding about portion control and serving sizes. Although cutting out empty-calorie foods and increasing the consumption of healthy foods is important. It is just as important to remember that in order to lose weight, less calories must be consumed than are required for energy. This rule also applies to the consumption of healthy foods.

To help you understand portion control and serving sizes there are a few simple and easy-to-follow rules. By using the plate planner below, you can eliminate the boring and sometimes frustrating task of counting calories, fat grams, etc. There are seven sections of the plate planner. Once these sections are learned, remembering portion control becomes easier.

Plate Planner: The plate planner is made up of food groups in seven sections. These food groups in alphabetical order are: fat, free foods, fruit, meat, milk, non starchy vegetables and starches.



Section One: One-half of the plate should contain non-starchy vegetables.

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|---------------|-------------|
| ▪ Asparagus | ▪ Greens |
| ▪ Beets | ▪ Mushrooms |
| ▪ Broccoli | ▪ Okra |
| ▪ Cabbage | ▪ Onions |
| ▪ Carrots | ▪ Peppers |
| ▪ Cauliflower | ▪ Spinach |
| ▪ Cucumbers | ▪ Squash |

Section Two: One-fourth of the plate should contain starches.

- Baked Beans
- Black Eyed Peas
- Bread
- Corn
- English Peas
- Pretzels
- Lima Beans
- Noodles
- Pinto Beans
- Popcorn
- Potatoes
- Pretzels
- Rice
- Sweet Potatoes

Section Three: The remaining one-fourth of the plate should contain meat that is baked, broiled or grilled, and this portion may also be filled with meat substitutes.

- Beef Tenderloin
- Beef Sirloin
- Skinless Chicken
- Fish
- Ground Round
- Ham
- Pork Tenderloin
- Loin Chop
- Tuna
- Skinless Turkey

Meat Substitutes:

- Beans
- Low-Fat Cheese
- Eggs
- Lentils
- Peas

Section Four: This section can be a small side dish or a piece of fruit. If you choose to eat canned fruit, remember to buy fruit packed in light syrup and labeled as sugar-free or water-packed.

- Small Apple
- Applesauce
- ½ Banana
- Cantaloupe
- Fruit Cocktail
- Fruit Juice
- Grapefruit
- Grapes
- Small Orange
- Strawberries
- Peaches
- Pears
- Pineapple
- Raisins
- Watermelon

Section Five: This section can be a small side dish of a milk product or a cup of milk.

- Low-Fat Buttermilk
- Nonfat Buttermilk
- Low-Fat Yogurt
- Nonfat Yogurt
- Skim Milk
- 1% Low-Fat Milk
- Sugar-free pudding made with low-fat milk

Section Six: This section represents free foods. These are items on the side or used in the food.

- Diet Soft Drinks
- Lemon Juice
- Lime juice
- Mustard
- Pimentos
- Sugar Free Jell-O
- Spices
- Tabasco Sauce
- Unsweetened Tea
- Vinegar
- Water

Section Seven: This final section is fat that may be on the side or used when cooking. Please note that nuts are a good protein source, but due to their high-fat content, they are considered a fat.

- Almonds
- Avocadoes
- Canola Oil
- Margarine
- Olive Oil
- Peanuts
- Pecans