

## **Top 5 tips to help you loose 8 pounds safely**

### **Here are your guidelines to help you go the whole month**

#### **More fruits and vegetables**

The newly released dietary guidelines now recommend 9½ cups servings of fruits and vegetables a day. A serving of fruit or vegetable juice can count as one of your nine daily servings. Like the fruits and vegetables they're made from, many juices are natural sources of vitamin C, folic acid, and potassium. And some juices and juice drinks are fortified with other vital nutrients, such as bone building calcium and vitamin D enriched orange juice. If calories are a concern, you might consider a fortified light orange juice beverage, which has nearly the same nutrient content as regular full-calorie orange juice.

#### **Hydrate**

Good news! You don't have to drink just plain water to satisfy your thirst and stay hydrated—many non-alcoholic beverages help fulfill your fluid needs, including fruit juice, *aguas frescas*, milk, sports drinks and even soft drinks. Just remember that many beverages are high in calories, so choose low-calorie, low-sugar beverages most of the time.

#### **Mini size**

Pay attention to what you are eating, and how much, and make sensible choices when it comes to meal sizes. Stop eating when you feel full. Begin paying attention to what counts as a serving and see if you fall into the range of daily recommendations, according to the new interactive USDA choose my plate. Check it out at [www.choosemyplate.gov](http://www.choosemyplate.gov)

#### **Monitor your food choices carefully**

What you eat and how much you eat are, of course, critical factors in maintaining a healthy weight. If you need to lose weight, eat fewer calories by serving yourself smaller portions and eating slowly until you feel satisfied.

If this sounds hard, there is a silver lining. If you want to loose half a pound of weight in a week, you'll need to cut back or burn up to 250 extra calories per day. Successfully loose weight and keep it off for at

least two years, your chances for long-term successful weight maintenance is greatly increase. That may seem like a huge sacrifice but here is an easier plan: Eat 125 fewer calories and burn 125 more calories per day. Now that is a plan I can stick with!

## Substitutions are key

When Cooking calls for this:	Use this:
Sour cream	Fat free sour cream or plain low fat yogurt
Whip cream	Nondairy whipped topping
Cream	Fat free evaporated milk or fat free half & half
Whole milk	Fat free, 1% or 2% milk
Regular cheese	Low fat, part skim milk cheese or cheese with less than 5 grams fat per ounce such as feta or goat cheese
Ice cream	Low fat or fat free ice cream or fat free, low fat frozen yogurt or sorbet
Ground beef	95% lean beef, or ground turkey or chicken
Bacon	Canadian bacon, lean ham or vegetarian imitation bacon
Sausage	Lean ground turkey, 95% fat free sausage or vegetarian sausages
Whole eggs	Two egg whites or ¼ cup cholesterol-free egg substitute
Mayonnaise	Low fat, reduced, fat free mayonnaise, whipped salad dressing, plain fat free yogurt with seasonings or mashed avocado
Salad dressings	Low fat, fat free or homemade salad dressings with less oil and more seasonings such as olive oil with lemon juice and a pinch of salt
Cream soups	Defatted broths, broth based soups or fat free milk based soups
Butter, lard, margarine	Whipped spreads or use very small amounts
Sugar (as sweetener)	Citrus juices, cinnamon, nutmeg, ginger, almond extract or non calorie sweeteners

Here is a menu, which will help you stick to your calorie level, but remember to pick and match choices that will help you stay within your calories.

**MENU TEMPLATE  
1400 CALORIES**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
300	300	300	300	300	300	200
100	100	100	100	100	100	200
400	400	400	400	400	400	400
100	100	100	100	100	100	100
500	500	500	500	500	500	500

**SAMPLE MENU  
1400 CALORIES**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
HF CEREAL FF MILK	RAISIN TOAST PEANUT BUTTER	GRANOLA YOGURT	OATMEAL FF MILK ALMONDS	YOGURT SMOOTHIE	FRUIT CUP WALNUTS	FLAT BREAD EGG
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
SALAD BREAD	TUNA SALAD CRACKERS	AVOCADO/TOM SANDWICH	SOUP CRACKERS	PASTA SALAD	SOUP CRACKERS	PANINI SADWICH
VEGGIE	VEGGIE	VEGGIE	VEGGIE	VEGGIE	VEGGIE	VEGGIE
CHICKEN RED POTATOES	TACO SALAD	SALMOND VEGGIE	PASTA WITH SUNDRIED TOMATOES	FISH TACOS VEGGIE	BURGER	BEEF ROAST VEGGIE