

# Personal Profile

For

**Female Student - High School**

---

**2/21/2008**

Parent Signature \_\_\_\_\_

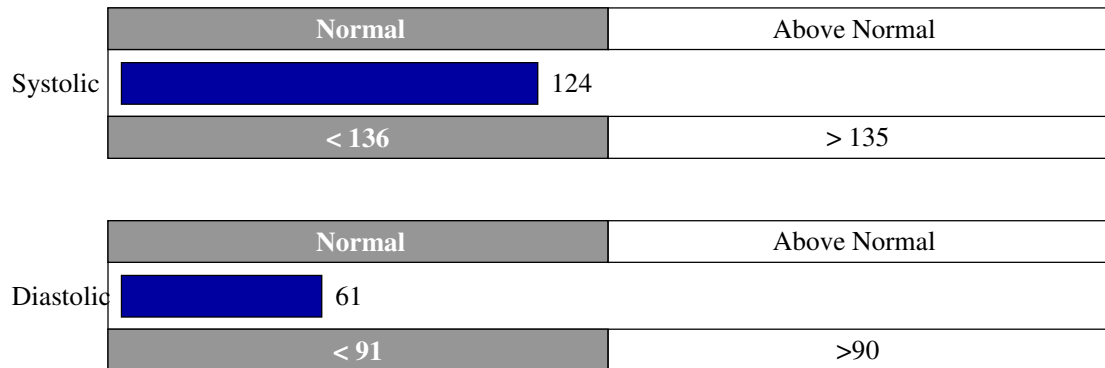


# BLOOD PRESSURE

---

Blood pressure is the measure of the force or pressure exerted by blood on your arteries. There are two different measures of blood pressure: systolic (higher number), and diastolic (lower number). The systolic pressure reflects the force on your arteries when your heart contracts forcing a large volume of blood into your arteries. The diastolic pressure is the measure of the force on the arteries when the ventricles are relaxed and your heart is filling with blood.

## YOUR RESULTS



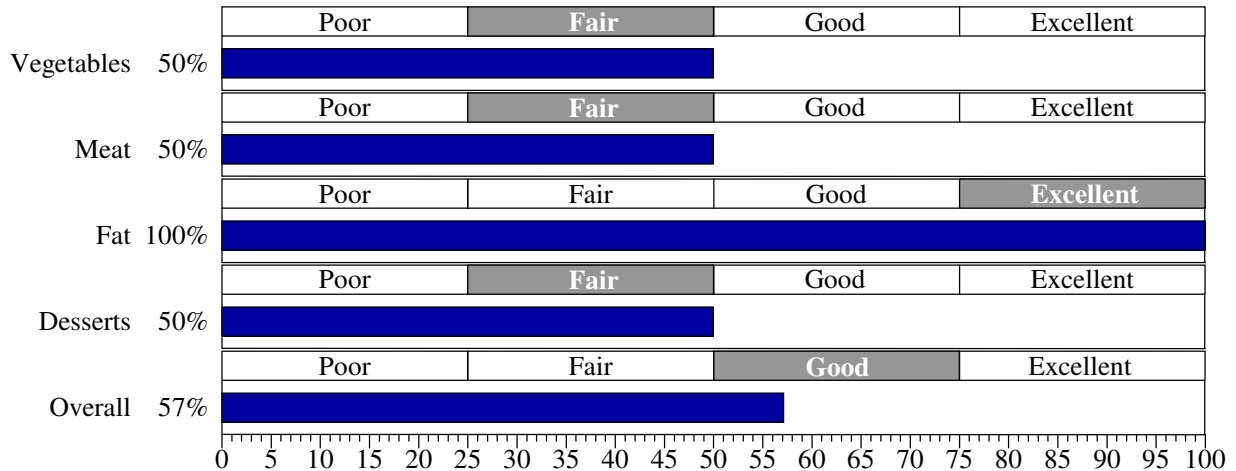
Female Student, your blood pressure of 124/61 mmHg is within the Normal range. Keeping your blood pressure within this range will greatly reduce your chances of having a heart attack or stroke. The American Heart Association recommends having your blood pressure checked on a regular basis.

## BLOOD PRESSURE TIPS

It's important to realize that changing your lifestyle or living habits could have a dramatic effect on your blood pressure. Therefore, to keep your blood pressure from becoming elevated exercise regularly, control your weight, limit alcohol consumption and avoid excess salt and dietary fats.

# YOUTH NUTRITION

Good nutrition is essential for good health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S., including coronary heart disease, cancer, stroke and diabetes. Your current nutritional status for each factor listed below rates from poor to excellent on the Nutrition Habits Scale.



Female Student, the chart above shows your assessment score.

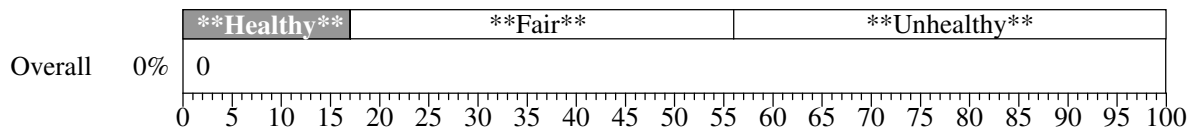
\*Your overall nutrition is good, but there is still room for improvement. Keep up the good work, and pay attention to the tips below for ways to get even better!

## NUTRITION FACTS

- Eat 2-3 servings a day of fresh fruit such as apples or bananas
- Fruit juice with the pulp in it provides healthy fiber as well as important vitamins and minerals found in the juice
- Eat 2-3 Servings per day of vegetables
- Vegetables are an excellent source of vitamins that help in proper body growth and healthy skin
- Fish or white meat poultry is preferable to red meats
- Vegetable proteins, such as beans, veggie or garden burgers, and grain/nut mixtures are good substitutes for meats
- Avoid french fries and potato chips
- They are high in fat and salt
- Eat vegetables or fruits instead
- Moderate eating cookies, doughnuts, pie, and cakes
- These are high in saturated fats and have a lot of "empty calories" which do not have any nutritional value

# YOUTH BODY WEIGHT

Controlling body weight is the biggest issue in health and fitness today. Magazines and TV influence how we think we should look. Most of the models in the ads we see everyday have unrealistic bodies and most are computer altered to make them look thinner than they really are. There are three main types of bodies: Ectomorphs (thin frame), Mesomorphs (medium frame) and Endomorphs (large frame). It is unrealistic for someone with a large frame to try and look like someone with a small frame. You need to accept the body you have. The important part of body composition is how much body fat you have, not your body weight. In a PE class you will likely get your body fat percentage tested with calipers or some other method. You should always stay within the healthy range. Going below the healthy range can cause many health problems. Going above the healthy range is also unhealthy.

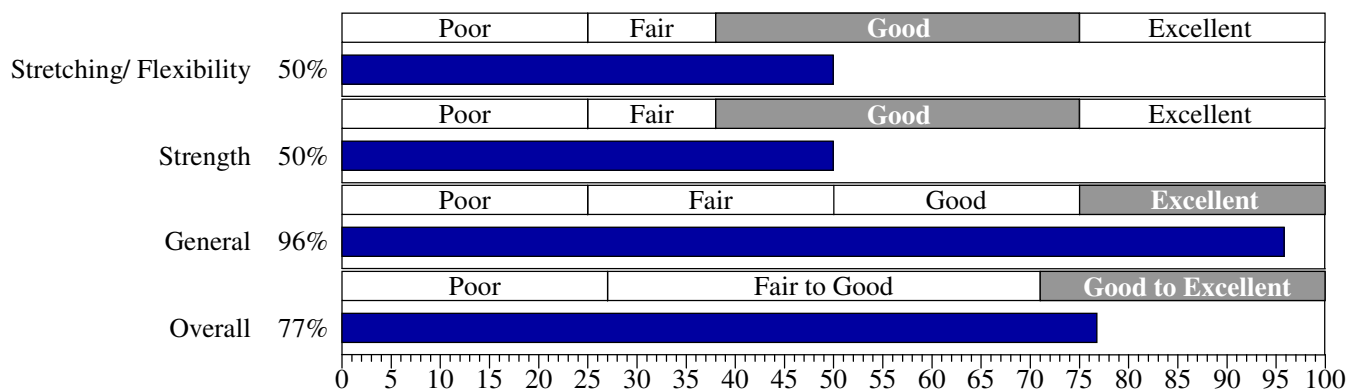


Female Student, the chart above shows your assessment score.

- Your body type is yours and yours alone
- By eating right and exercising your body will be healthy, and healthy bodies of all types are beautiful

# YOUTH PHYSICAL ACTIVITY

Advances in technology have made our lives less active than in the past. Where we used to have to walk up stairs, we now ride the elevator. Where we used to walk to work, we now drive. This is just a couple of reasons why our society as a whole is getting fatter and less fit. There are easy ways to increase our activity level to where it should be. Participating in sports is one way to be active and also have fun. There are three components of physical activity: strength, cardiovascular, and flexibility. Each area is equally important to overall health and wellness. The areas in which you need improvement, or are in the healthy range are listed below.



Female Student, the chart above shows your assessment score.

## PHYSICAL ACTIVITY FACTS

- Doing some kind of cardiovascular activity at least 3 times per week for 20 minutes each time is ideal
- This will make you feel better and is a great habit to get into for the rest of your life
- To maintain flexibility, you must stretch at least 2 times per week
- People with good flexibility can twist and bend their bodies easily whereas people with poor flexibility are stiff and have difficulty moving
- Strength is important not only for sports
- Strength helps people with day-to-day activities like taking the groceries out of the car or mowing the lawn
- It is important to work on strength exercises like pushups, sit-ups or weight lifting at least 2 times per week
- If you are not required to take physical education classes, you should take them every year anyway
- This is a great opportunity to learn about fitness and wellness
- Once you are out of school it is very difficult to get this type of good information anywhere else

# CARDIOVASCULAR

---

Cardiovascular fitness is the ability of the heart, lungs and circulatory system to supply oxygen and nutrients to working muscles efficiently, and allows activities that involve large muscle groups (walking, running, swimming, biking, etc.) to be performed over long periods of time. From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.


## Cardiovascular Assessment

Protocol: Youth Tests

---

One Mile Run (mm:ss): 8:12

### One Mile Run/Walk

|      | Exceeds  | Healthy Fitness Zone | Needs Improvement |
|------|--|----------------------|-------------------|
| 8:12 |  |                      |                   |
| time | < 8:00   | 8:00 - 10:00         | > 10:00           |

### REGULAR CARDIOVASCULAR EXERCISE CAN

---

- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you look and feel better

# STRENGTH

Muscular strength is very important to your overall health and fitness. Adequate levels of strength are necessary to perform your daily routines at home and work, without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of lower back pain and injury to the musculoskeletal system. Strong muscles also assist your cardiovascular system in sustaining physical activity.

| Strength Assessment    |                   |                |
|------------------------|-------------------|----------------|
| Bicep Strength: 45 lbs | Trunk Lift(9): 11 | Pushups(7): 16 |

## YOUR BICEP STRENGTH RANKING

|           | Poor   | Fair    | Average | Good    | Excellent |
|-----------|--------|---------|---------|---------|-----------|
| <b>45</b> |        |         |         |         |           |
| lbs       | 0 - 20 | 21 - 31 | 32 - 50 | 51 - 67 | > 67      |

## YOUR STRENGTH ASSESSMENT RESULTS

|                       |                   |                      |              |
|-----------------------|-------------------|----------------------|--------------|
| Trunk Lift<br>Pushups | Needs Improvement | Healthy Fitness Zone | Exceeds      |
|                       |                   |                      |              |
|                       | Needs Improvement | Healthy Fitness Zone | Exceeds      |
| 1 Min. Curl-ups       | Participant       | National             | Presidential |
|                       |                   |                      |              |
|                       | Participant       | National             | Presidential |

Female Student, from the graph above you can see your strength classification when compared with other females your age. Ideally, you want to score in the Good classification or higher. Try the tips below to help maintain your strength.

## STRENGTH TRAINING TIPS

A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. Minimally, you should include one core exercise for the lower body and two core exercises for the upper body. To avoid muscle fatigue, you should arrange your program so that successive exercises do not involve the same muscle group. This principle may be applied by using the following order for weight training exercises:

- |                         |                       |             |
|-------------------------|-----------------------|-------------|
| 1) Thighs and hips      | 4) Legs and ankles    | 7) Forearms |
| 2) Chest and upper arms | 5) Shoulders and arms | 8) Wrists   |
| 3) Back and thighs      | 6) Abdomen            |             |

# FLEXIBILITY

Flexibility is the ability to move a joint fluidly through its complete range of motion and is important to general health and physical fitness. Flexibility is reduced when muscles become short and tightened with disuse causing an increase in injury and strains.

| Flexibility Assessment |  |
|------------------------|--|
| Sit & Reach: 13.2 in   |  |

Female Student, your flexibility classification is calculated using the measurements from the above flexibility protocols and established guidelines and norms.

## YOUR MODIFIED SIT AND REACH RANKING

|        | Needs Improvement   | Healthy Fitness Zone | Exceeds |
|--------|---|----------------------|---------|
| 13.2   |  |                      |         |
| inches | < 11  | 11 - 15              | > 15    |

Female Student, the graph shows your flexibility is in the Healthy Fitness Zone. Good Job! Follow the tips below to maintain your flexibility.

Try the tips below to help improve your flexibility.

## STRETCHING TIPS

The following is a good outline to follow when stretching:

- Choose at least one exercise for each of the major muscle groups (10-12 in all).
- Stretch slowly without bouncing.
- Hold each stretch just below the pain threshold for 10-60 seconds.
- Perform 2-6 repetitions for each exercise.
- For improving flexibility the routine should be performed three days each week. For maintaining flexibility, 1 day each week.



# BODY COMPOSITION

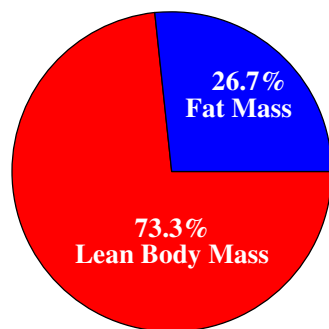
Body Composition refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. Body fat represents the remaining fat tissue. Body fat serves three important functions:

- 1) insulator to conserve heat
- 2) metabolic fuel for the production of energy
- 3) body fat serves as padding to cushion your internal organs

It's essential to maintain some body fat, but an excess level poses a serious health risk. High levels of body fat are associated with high blood pressure, increased levels of blood fats and cholesterol, heart disease, stroke, diabetes and certain cancers. In contrast, very low body fat can cause the development of such medical conditions as heart damage, gastrointestinal problems, shrinkage of internal organs, immune system abnormalities, disorders of the reproductive system, loss of muscle tissue, damage to the nervous system, abnormal growth and even death. Body fat is expressed as a percentage of total body weight.

Protocol: Direct Value

## YOUR BODY COMPOSITION



Body Weight: 119 lbs.

Lean Body Mass: 87.2 lbs.

Fat Mass: 31.8 lbs.

Basal Metabolic Rate: 1234

Female Student, your body weight of 119 lbs. is made up of 87.2 lbs. of lean mass (bone, muscle and connective tissue), and 31.8 lbs. of fat mass. BMR is the number of calories your lean tissue uses each day.

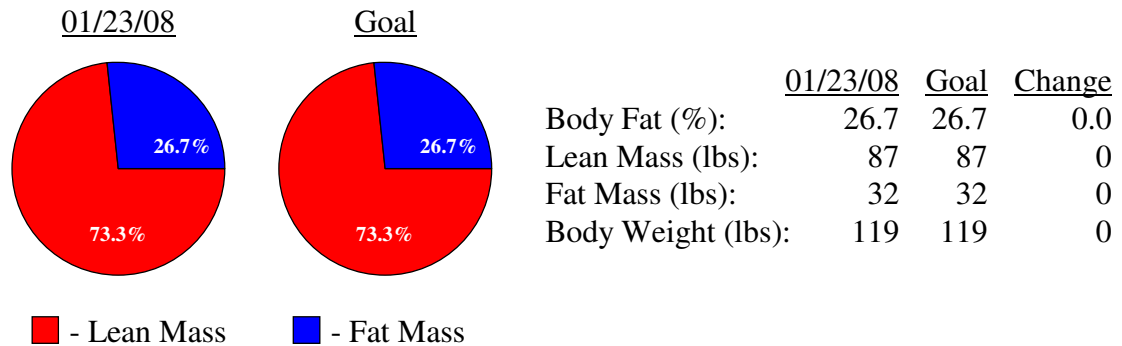
|             | Low  | Optimal     | Moderate    | High        | Very High |
|-------------|--|-------------|-------------|-------------|-----------|
| <b>26.7</b> | [Progress bar showing 26.7% in the Moderate range] |             |             |             |           |
| % fat       | < 17.1   | 17.1 - 22.0 | 22.1 - 27.0 | 27.1 - 32.0 | > 32.0    |

Female Student , you are in the Moderate percent body fat range. This is slightly over your ideal body fat which gives you a slightly higher risk for developing many serious health problems listed above. Use exercise and good nutrition to effectively and safely reduce your body fat. Reducing your body fat to the good range of 17.1 - 22.0 percent will reduce your weight to 105.2 - 111.9 pounds.

# YOUR PERSONAL PROGRAM

Female Student, your Personal Program is based on your results from the fitness evaluation. The focus of the program is to reduce your body fat through sound nutrition, strength and cardiovascular programs.

## BODY COMPOSITION GOALS



## NUTRITION GOALS

Female Student, at complete rest your lean body mass will burn 1234 calories each day. This is known as your basal metabolic rate (BMR). In addition to your BMR, you will burn approximately 1049 calories by processing food and through normal daily activities. Using this information and your personal goals, the following is recommended:

Daily Caloric Intake : 2283 Calories  
 Number of Daily Meals : 3  
 Number of Daily Snacks: 2

## EXERCISE CALENDAR

|                 | MON    | TUE    | WED    | THR    | FRI    | SAT    | SUN    | TOTAL FOR WEEK |
|-----------------|--------|--------|--------|--------|--------|--------|--------|----------------|
| Cardiovascular: | 60 min | 30 min | 60 min | 40 min | 40 min | 30 min | 60 min | 320 min        |
| Abdomen:        | ✓      |        |        | ✓      |        |        |        | 2              |
| Chest:          | ✓      |        |        | ✓      |        |        |        | 2              |
| Back:           | ✓      |        |        | ✓      |        |        |        | 2              |
| Shoulders:      | ✓      |        |        | ✓      |        |        |        | 2              |
| Biceps:         | ✓      |        |        | ✓      |        |        |        | 2              |
| Triceps:        | ✓      |        |        | ✓      |        |        |        | 2              |
| Quad/Hamstring: | ✓      |        |        | ✓      |        |        |        | 2              |
| Calf:           | ✓      |        |        | ✓      |        |        |        | 2              |

# CARDIOVASCULAR PROGRAM

## Teenage Girls, Advanced

| MON | TUE | WED | THR | FRI | SAT | SUN | TOTAL   |
|-----|-----|-----|-----|-----|-----|-----|---------|
| 60  | 30  | 60  | 40  | 40  | 30  | 60  | 320 min |

Female Student, your cardiovascular program consists of achieving **320** minutes of exercise each week. Choose your exercises from the activities listed below and follow the guidelines under Exercise Intensity.

### **REMEMBER**

1. Check with your physician before starting any new exercise program.
2. Each of your exercise sessions should begin and end with a 3-5 minute warm-up and cool-down of light exercise, such as walking. Additionally, your warm-up should contain stretching exercises.

| ACTIVITY         | CAL/MIN | NOTES |
|------------------|---------|-------|
| Volleyball       | 3.6     |       |
| Softball         | 4.8     |       |
| Swimming (crawl) | 8.4     |       |
| Snow Shoeing     | 7.9     |       |
| Water Skiing     | 5.4     |       |
| Weight Training  | 7.3     |       |
| Bicycle (10 mph) | 6.0     |       |
| Dance (moderate) | 3.6     |       |

## EXERCISE INTENSITY - Target Heart Rate



To get the optimal benefits from your program, exercise with your heart rate at **143-173 beats per minute** during the entire exercise session (excluding warm-up and cool-down).

### **Measuring Your Heart Rate:**

It is recommended to use a Polar heart rate monitor to get an accurate and continuous measure of your heart rate to let you know when to increase or decrease your exercise intensity. No more stopping to take your pulse. Stay within your target zone and safely push yourself to get the most out of every workout. If you are not using a Polar heart rate monitor, place your first 2 fingers on the inside of your wrist just below your thumb count the number of beats for 10 seconds and multiply by 6 to get beats/minute.

# WEIGHT TRAINING PROGRAM

## Optimize Teenage Girl, Intermediate

The following weight training program is intended to be used in conjunction with good nutritional and dietary habits. Each exercise should be performed with the specified number of sets and repetitions. *Always warm up for at least 10 minutes prior to any activity. Always lift weights in a controlled manner, through a full range of motion and breathe rhythmically while lifting.*

## WEIGHT TRAINING CALENDAR

|                 | MON | TUE | WED | THR | FRI | SAT | SUN | TOTAL FOR WEEK |
|-----------------|-----|-----|-----|-----|-----|-----|-----|----------------|
| Abdomen:        | ✓   |     |     | ✓   |     |     |     | 2              |
| Chest:          | ✓   |     |     | ✓   |     |     |     | 2              |
| Back:           | ✓   |     |     | ✓   |     |     |     | 2              |
| Shoulders:      | ✓   |     |     | ✓   |     |     |     | 2              |
| Biceps:         | ✓   |     |     | ✓   |     |     |     | 2              |
| Triceps:        | ✓   |     |     | ✓   |     |     |     | 2              |
| Quad/Hamstring: | ✓   |     |     | ✓   |     |     |     | 2              |
| Calf:           | ✓   |     |     | ✓   |     |     |     | 2              |

## UPPER BODY EXERCISES

|                         | Start Weight | Set #1 REPS | Set #2 REPS | Set #3 REPS | Set#4 REPS |
|-------------------------|--------------|-------------|-------------|-------------|------------|
| <b>ABDOMEN</b>          |              |             |             |             |            |
| Crunches:               |              | 20          | 20          | 20          | 20         |
| <b>BACK</b>             |              |             |             |             |            |
| Bent Over Row:          | 25           | 10          | 10          | 10          | 10         |
| Front Lat Pulls:        |              | 15          | 15          |             |            |
| <b>TRICEPS</b>          |              |             |             |             |            |
| Tricep Pushdowns (Bar): | 35           | 15          | 15          | 15          | 15         |
| <b>BICEPS</b>           |              |             |             |             |            |
| Biceps Curl (bar):      | 25           | 10          | 10          | 10          | 10         |

## LOWER BODY EXERCISES

|                            |    |    |    |    |    |
|----------------------------|----|----|----|----|----|
| <b>QUAD/HAMSTRING/GLUT</b> |    |    |    |    |    |
| Squats:                    | 80 | 10 | 10 | 10 | 10 |
| Leg Extension:             | 45 | 10 | 10 | 10 | 10 |
| <b>CALF</b>                |    |    |    |    |    |
| Standing Calf Raises:      |    | 15 | 15 |    |    |

# MEAL PLANNER

---

## Youth (under 18)

Female Student, you have selected a Youth under 18 eating plan. If you are following a prescribed diet for a medical condition, please consult your physician before following this plan.

Adolescence is a time when many changes occur within a young person. The physical development and rapid growth associated with adolescence make this a time when good nutrition is vitally important for the building of a strong, healthy body. The need for calories, protein, and other body-building vitamins increases during this time. Adolescents need protein, calcium, phosphorus, and vitamin D for proper bone formation. Protein is especially important for the development of new tissues and contains the amino acids vital for growth. Remember, this is a long-term eating plan. It takes time to acquire new tastes and change eating preferences. Once you are accustomed to eating lower fat foods, and making more nutritious choices, the high fat foods will lose their appeal.

Tips for eating more healthy:

- Drink low-fat milk every day
- Don't skip meals
- Choose snacks such as apples, pretzels, fig bars and air popped popcorn
- Pack your lunch more often



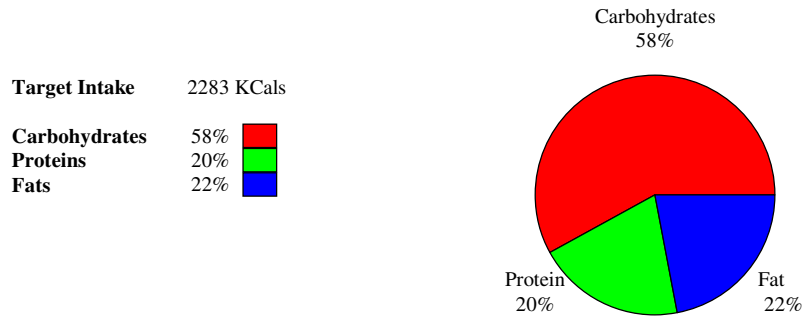
### SWITCH FROM

Chips, french fries  
Candy, cookies  
White bread  
Pizza with meat toppings  
Hamburger, cheeseburger, fried chicken  
Beef taco, taco salad

### SWITCH TO

Peanut butter crackers, whole grain crackers, pretzels, baked chips  
Fruit, graham crackers, fig bars  
Whole wheat bread  
Pizza with veggie topping  
Grilled chicken sandwich, veggie burger, baked potato  
Bean burrito, "light" chicken taco

# MEAL PLANNER



The exchange list is an easy and flexible way to follow a balanced diet that is customized to your individual needs. There are 6 exchange groups and a free food group. The exchange groups include: Starch/Grains, Fruit, Milk, Vegetable, Meat and Fat. The foods are grouped together because each serving has about the same amount of carbohydrate, protein, fat and calories. Free foods have less than 20 calories or less than 5 grams of carbohydrates per serving. Foods on the list below can be "exchanged" or traded for any other food on the same list. The total number of calories per meal are listed on the right side of each meal header.

Helpful healthy tips for the preferences you chose are listed in the Preference Tips section for each meal and snack. Your recommended daily total servings and the number of servings per meal are listed below. To insure proper caloric and nutrient intake, make sure you achieve the recommended daily totals. For a more detailed list of foods in each food group, ask your wellness consultant for the "Exchange List" pamphlet.






Remember:

- Make changes slowly, add a healthy habit each week
- Use more healthful cooking methods such as baking instead of frying
- Take your time when you eat to prevent over-stuffing
- Drink 8-10 glasses of water every day
- Plan ahead for each meal

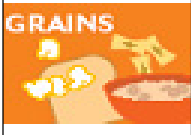




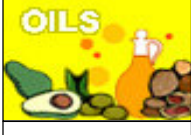
## DAILY SERVING TOTALS


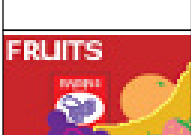
| Daily Servings | Breakfast | Lunch | Dinner | Snack 1 | Snack 2 | Total | Calories |
|----------------|-----------|-------|--------|---------|---------|-------|----------|
| Grains         | 3         | 3     | 3      | 1       | 1       | 11    | 880      |
| Fruit          | 2         | 2     | 2      | 0       | 0       | 6     | 360      |
| Milk           | 2         | 1     | 2      | 0       | 0       | 5     | 375      |
| Vegetable      | 2         | 2     | 3      | 0       | 0       | 7     | 175      |
| Meat & Beans   | 1         | 2     | 2      | 0       | 0       | 5     | 275      |
| Oils           | 2         | 2     | 2      | 0       | 0       | 6     | 270      |

# MEAL PLANNER

| BREAKFAST# Serving   |              | 705 Kcals   |
|--|--------------|---|
|  <p><b>GRAINS</b></p>   | 3<br>240 Cal | 1/2 !bagel, 1 slice !bread (toast), 1/2 !english muffin, 1 slice !raisin bread<br>1 4.5" !waffle (includes 1 fat), 2 4" !pancakes (includes 1 fat)<br>3/4 cup unsweetened !cereals (Cheerios,Rice Krispies, Raisin Bran, etc.)<br>1/2 cup other cereals (Captain Crunch, Lucky Charms, Coco Puffs, etc.)<br>1/4 cup !Grape-Nuts |
|  <p><b>FRUITS</b></p>   | 2<br>120 Cal | 1 small to medium fresh !fruit (apple, orange, pear, banana)<br>1/3 !cantaloupe or !honeydew, 1/2 large grapefruit, 17 grapes, 12 cherries<br>3/4 cup !blueberries or !blackberries<br>1/2 cup !juice (apple, orange, pineapple, grapefruit)<br>1/3 cup dense !juice (cranberry, grape, prune)                                  |
|  <p><b>MILK</b></p>   | 2<br>150 Cal | 1 cup !skim, 1% or 2% milk<br>3/4 cup !plain low-fat or fruit yogurt  |
|  <p><b>VEGETABLES</b></p>   | 2<br>50 Cal  | 1/2 cup !tomato or !vegetable juice<br>1/2 cup cooked !broccoli, !cauliflower, celery, !eggplant, mushrooms, !okra, onions, !squash, !tomatoes, !turnips, !zucchini<br>1 cup raw !broccoli, !cauliflower, celery, !eggplant, mushrooms, !okra, onions, !squash, !tomatoes, !turnips, !zucchini                                  |
|  <p><b>MEAT &amp; BEANS</b></p>  | 1<br>55 Cal  | 1/4 cup egg substitutes, 2 !egg whites<br>1 oz lowfat cheese<br>1 oz lean pork, chicken or turkey<br>1 oz sausage with 1 gram fat per oz or less<br>1/2 cup !beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch  |
|  |              | 1 egg<br>1 oz sausage with 3 grams fat per oz<br>1 oz feta or mozzarella cheese, 1/4 cup ricotta cheese, 1/2 cup tofu<br>1 oz ground beef, corned beef or fat trimmed meat  |
|  <p><b>OILS</b></p>   | 2<br>90 Cal  | 1 tsp margarine or butter<br>2 Tbsp coffee cream or Half & Half<br>1/8 (1 oz) !avocado, 1 tsp oil, 2 Tbsp sour cream<br>1 slice bacon   |
|  |              | 1 Tbsp fat-free cream cheese, non-dairy creamers, 4Tbsp fat free margarine<br>1 Tbsp catsup<br>herbs, spices, diet soft drinks (sugar free), lemon juice, coffee, tea   |
| <b>BREAKFAST PREFERENCE TIPS</b>   |              |   |
| <ul style="list-style-type: none"> <li>·Use skim milk in your cereal instead of whole milk or 2%.</li> <li>·Granola is generally higher in fat than other cereals. Read the label before you buy them.</li> <li>·Add nuts or whole grains to pancake and muffin mixes.</li> <li>·Use apple sauce instead of oil when baking pancakes, muffins or rolls.</li> <li>·Cranberry and blueberry juice contains enzymes which helps to prevent urinary tract infections.</li> </ul> |              |   |





# MEAL PLANNER

| LUNCH   | # Servings   | 685 Kcals   |
|---|--------------|---|
|  <b>GRAINS</b>   | 3<br>240 Cal | 1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 !flour tortilla<br>1/2 cup !pasta, 1/3 cup !rice<br>3 oz (20) french-fried potatoes (includes 1 fat), 1 small !potato<br>1/2 cup !corn, !peas, !mashed potatoes, !yams  |
|  <b>FRUITS</b>   | 2<br>120 Cal | 1 small to medium fresh !fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit<br>17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries<br>1/2 cup !juice (apple, orange, pineapple, grapefruit)<br>1/3 cup dense !juice (cranberry, grape, prune)                      |
|  <b>MILK</b>   | 1<br>75 Cal  | 1 cup !skim, 1% or 2% milk<br>3/4 cup !plain lowfat or fruit yogurt   |
|  <b>VEGETABLES</b>   | 2<br>50 Cal  | 1/2 cup cooked !broccoli, !cauliflower, celery, !eggplant, mushrooms, !okra, onions, !squash, !tomatoes, !turnips, !zucchini<br>1 cup raw !broccoli, !cauliflower, celery, !eggplant, mushrooms, !okra, onions, !squash, !tomatoes, !turnips, !zucchini.<br>1/2 cup !tomato or !vegetable juice |
|  <b>MEAT &amp; BEANS</b>   | 2<br>110 Cal | 1 oz !meat (tuna, chicken, turkey, lean ham, sandwich meat)<br>1 oz !fish (cod, flounder, haddock, halibut, tuna, herring, salmon)<br>1 oz cheese with 3 grams or less fat<br>1/2 cup !beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch                                  |
|   |              | 1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey)<br>1 oz any fried fish<br>1 oz mozzarella or feta cheese  |
|  <b>OILS</b>   | 2<br>90 Cal  | 2 tsp peanut butter<br>1 Tbsp regular salad dressing, 2 Tbsp reduced-fat salad dressing<br>2 tsp regular Miracle Whip salad dressing (1 Tbsp reduced fat)   |
|   |              | 1 Tbsp catsup, fat free mayonnaise or Miracle Whip<br>1 Tbsp fat free salad dressing, 1/4 cup salsa, spices, sugar free soft drinks, mustard  |
| <b>LUNCH PREFERENCE TIPS</b>  |              |   |
| <ul style="list-style-type: none"> <li>·Toss pasta with sautéed vegetables such as green peppers, onions, mushrooms and or squash.</li> <li>·"Hamburger" can contain added seasoning and fat, but ground beef does not.</li> <li>·Mix yogurt with fresh fruit for dessert.</li> </ul> |              |   |

| DINNER  | # Serving    | 785 Kcals   |
|---|--------------|---|
|  <b>GRAINS</b> | 3<br>240 Cal | 1/2 cup !pasta (spaghetti, linguini, etc.), 1/3 cup rice<br>1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 flour/corn tortilla<br>1 small !potato, 1/3 cup !baked beans, 1 cup !squash, 1/2 cup !sweet potato<br>2/3 cup !lima beans, 3 tbsp miso<br>3/4 cup pretzels, 3/4 oz fat-free snack chips |
|  <b>FRUITS</b> | 2<br>120 Cal | 1 small to medium fresh !fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit<br>1 1/4 cup strawberries or cubed watermelon<br>1/2 cup !juice (apple, orange, pineapple, grapefruit)<br>1/3 cup dense !juice (cranberry, grape, prune)   |






# MEAL PLANNER




| DINNER  |   | # Servings | 785 Kcals   |
|---|---|------------|---|
|  | 2 | 150 Cal    | 1 cup !skim, 1% or 2% milk<br>3/4 cup !plain lowfat or fruit yogurt   |
|  | 3 | 75 Cal     | 1/2 cup cooked !(broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini, carrots, eggplant, kohlrabi, leeks, beets, artichoke, artichoke hearts, asparagus, green beans),<br>1 cup raw !(broccoli, cauliflower, celery, mushrooms, tomatoes, carrots, water chestnuts, watercress) |
|  | 2 | 110 Cal    | 1 oz shellfish (clams, crab, lobster, scallops, shrimp)<br>1 oz beef (sirloin, tenderloin, roast)<br>1 oz steaks (T-Bone etc.)<br>1 oz lean pork, chicken or turkey<br>1 oz !fish (herring, salmon, catfish, tuna)  |
|   |   |            | 1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey)<br>1 oz any fried fish<br>1 oz feta or mozzarella cheese, 1/2 cup tofu  |
|  | 2 | 90 Cal     | 2 Tbsp reduced fat salad dressing, 2 Tbsp sour cream<br>1/8 avocado, 8 olives<br>1 tsp oil, 1 tsp mayonnaise  |
|   |   |            | 1 Tbsp catsup, fat free mayonnaise or Miracle Whip<br>1 Tbsp fat free salad dressing, 1/4 cup salsa,<br>spices, sugar free soft drinks, mustard   |


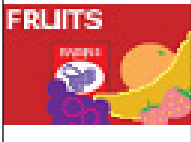


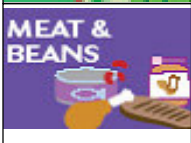
### DINNER PREFERENCE TIPS

- Remove skin and excess fat from the meat before cooking.
- Bake, broil, grill or poach meat rather than frying.
- Avoid cream based sauces. They are typically high in fat. Tomato based sauces are generally low in fat and loaded with vitamins.
- Beans are an excellent source of fiber and protein as well as being low in fat.
- Top steamed vegetables with lemon juice or fat free Italian dressing instead of cheese or cream sauces.
- Add vegetables to sauces, casseroles and rice.
- Top angel food cake with fresh fruit. They are both fat free


| SNACK 1   |   | # Serving | 80 Kcals  |
|---|---|-----------|---|
|  | 1 | 80 Cal    | 3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips<br>3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh,<br>4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)                            |
|  |   |           | 1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit<br>17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries<br>1/2 cup juice (apple, orange, pineapple, grapefruit)<br>1/3 cup dense juice (cranberry, grape, prune) |
|  |   |           | 1 cup skim, 1% or 2% milk<br>3/4 cup plain lowfat or fruit yogurt   |

# MEAL PLANNER

| SNACK 1   | # Servings | 80 Kcals   |
|---|------------|--|
|  <b>VEGETABLES</b>   |            | 1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini)<br>1/2 cup tomato or vegetable juice |
|  <b>MEAT &amp; BEANS</b>   |            | 1/4 cup 4.5% or less fat cottage cheese<br>1 oz cheese with 3 grams or less fat per oz   |
|   |            | Cheese with 5 grams or less fat per oz   |
|  <b>OILS</b>   |            | 10 peanuts, 6 nuts (almonds, cashews, mixed nuts)<br>1 Tbsp pumpkin/sunflower seeds<br>2 tsp peanut butter, 8 olives                                   |
|   |            | 1 sugar free candy, 2 tsp jam or jelly (low sugar)<br>gelatin, gum, bouillon broth, 1 Tbsp powder cocoa (unsweetened)<br>1/4 cup salsa                 |
| SNACK 1 PREFERENCE TIPS   |            |  |
| <ul style="list-style-type: none"> <li>·Pretzels, graham crackers and vanilla wafers are good low fat alternatives to other high fat snacks such as chips and cookies.</li> <li>·Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber.</li> <li>·Citrus fruits, berries, and melons are good sources of vitamin C.</li> <li>·Most gum drops, jelly beans, gummy bears and hard candy are fat free, but high in sugar. Be sure to read the nutrition label first.</li> </ul> |            |  |

| SNACK 2   | # Serving   | 80 Kcals  |
|---|-------------|---|
|  <b>GRAINS</b>           | 1<br>80 Cal | 3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips<br>3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh,<br>4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)                            |
|  <b>FRUITS</b>           |             | 1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit<br>17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries<br>1/2 cup juice (apple, orange, pineapple, grapefruit)<br>1/3 cup dense juice (cranberry, grape, prune) |
|  <b>MILK</b>             |             | 1 cup skim, 1% or 2% milk<br>3/4 cup plain lowfat or fruit yogurt   |
|  <b>VEGETABLES</b>       |             | 1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini)<br>1/2 cup tomato or vegetable juice  |
|  <b>MEAT &amp; BEANS</b> |             | 1/4 cup 4.5% or less fat cottage cheese<br>1 oz cheese with 3 grams or less fat per oz  |
|   |             | Cheese with 5 grams or less fat per oz  |

# MEAL PLANNER

| SNACK 2   | # Servings | 80 Keals  |
|---|------------|---|
|    |            | 10 peanuts, 6 nuts (almonds,cashews,mixed nuts)<br>1 Tbsp pumpkin/sunflower seeds<br>2 tsp peanut butter, 8 olives                  |
|   |            | 1 sugar free candy, 2 tsp jam or jelly(low sugar)<br>gelatin, gum, buillon broth, 1Tbsp powder cocoa (unsweetened)<br>1/4 cup salsa |
| SNACK 2 PREFERENCE TIPS   |            |   |
| <ul style="list-style-type: none"> <li>·Pretzels, graham crackers and vanilla wafers are good low fat alternatives to other high fat snacks such as chips and cookies.</li> <li>·Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber.</li> <li>·Citrus fruits, berries, and melons are good sources of vitamin C.</li> <li>·Most gum drops, jelly beans, gummy bears and hard candy are fat free, but high in sugar. Be sure to read the nutrition label first.</li> </ul> |            |   |