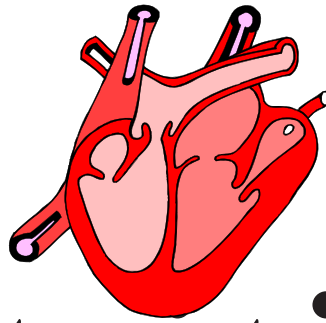


Cardiac

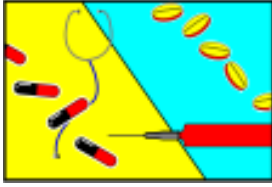
Nutrition



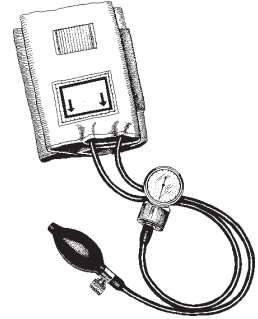
“The TLC Diet”



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updated 3/07



TLC Diet



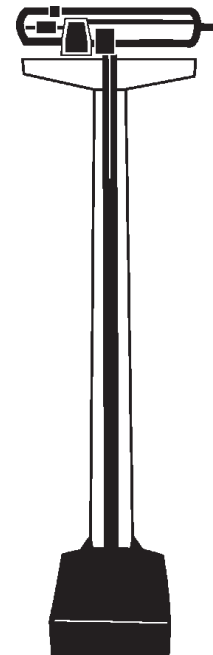
*TLC- Therapeutic Life-style Changes.

*Therapeutic Life-style Changes- 1 program designed by the NCEP (National Cholesterol Education Program) to improve heart disease risk and prevent further heart disease.

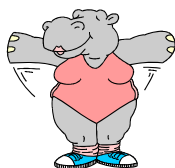
*Diet - is for those with a high risk of heart disease (family history, multiple risk factors, etc...) and for those who already have heart disease diagnosed. It includes the diet, exercise modifications, weight control, blood pressure control and smoking habits.

*Handouts- will look at the TLC diet and how to change your diet to decrease your risk of developing or having further heart attacks.

*Diet- is easy, fun, and healthy for anyone to use.



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Types of Fats:



*Exercise 15 to 20 minutes per day to lower your cholesterol

*Eat more chicken and fish that is broiled, boiled, baked, roasted, stewed, grilled or stir-fried

Listed are the different types of fats, each having an effect on blood cholesterol levels.

1. **Cholesterol**- is a waxy fat-like substance that the body produces and that also can be obtained from various animals and cholesterol increases our risk for coronary heart disease.
2. **Saturated Fats**- are found primarily in animal products as well as vegetable sources but do not contain cholesterol. Examples of these foods are meats, animal fats, dairy products as whole milk, cheese, ice cream, butter; tropical fats as palm, palm kernel, coconut oils, and coconut butter. All saturated fats raise blood cholesterol more than any other foods in the diet.
3. **Monounsaturated Fats**- help lower high blood cholesterol levels when replaced for saturated fats. Fats that are liquid at room temperature- canola or olive oils.
4. **Polyunsaturated Fats**- canola, corn, cottonseed, safflower, sesame, soybean, sunflower oils, margarine made from listed oils, and English Walnuts.
5. **Omega-3 Fatty Acids**- are found in fish oils and are beneficial in lowering cholesterol levels when substituted for saturated fats. Cold water fish, including mackerel, salmon, tuna, and canola oil have significant levels of Omega-3 Fatty Acids.
6. **Trans Fats/Hydrogenation**- is a process which makes oils more solid at room temperature as margarine and shortenings, hydrogenated; has cholesterol.
7. **Lipoproteins**- are the carriers of cholesterol in the blood (High Density Lipoproteins are the “good”) are the. HDL lipoproteins that carry cholesterol away from the blood vessels to the liver, where it is eliminated. LDL (Low Density Lipoproteins) is the “bad” lipoproteins that keep the cholesterol in the blood vessels.
8. **Triglycerides**- circulate in the blood stream and are a predictor of cardiac risk. **Avoid sweets and fats.**





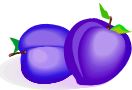
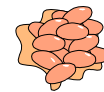
Fiber Really Counts



Goal- Soluble and Total Grams of Fiber with Goal at 25 Grams/Day.

Fiber- prevents constipation, linked to prevent some cancers especially colon and breast cancer, can help lower the Bad Cholesterol/LDL therefore reducing the risk of heart disease.

<u>Foods:</u>	<u>Soluble:</u>	<u>Total:</u>	<u>Foods:</u>	<u>Soluble:</u>	<u>Total:</u>
<u>Fruits- 1 Medium piece, 1/2 cup</u>			<u>Legumes: 1/2 cup cooked</u>		
Apple	1	4	Black Beans	2	5
Banana	1	3	Kidney Beans	3	6
Blackberries	1	4	Lima Beans	3	6
Grapefruit	2	2	Navy Beans	2	6
Orange	2	3	Northern Beans	1	5
Nectarine	1	2	Pinto Beans	2	7
Peach	1	2	Lentils	1	8
Pear	2	4	Chick Peas	1	6
Plum	1	2	Black-eyed Peas	1	5
Prunes-4	2	3			



Vegetables- 1/2 cup cooked

Broccoli	1	2
Brussel Sprouts	3	4
Carrots	1	2

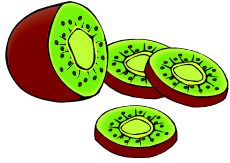
Whole-Grain Cereals- 1/2 cup cooked

Barley	1	4
Oatmeal	1	2
Oatbran	1	3

Both Soluble and Insoluble Fiber are- digested, not absorbed in the bloodstream and excreted by our bodies. Insoluble fiber passes through our intestines largely intact. **-Soluble Fiber-** binds with fatty acids, prolongs stomach emptying time so that sugar is released & absorbed more slowly, lowers total cholesterol and LDL reducing the risk of heart disease, & regulates blood sugar for people with diabetes. **-Examples-** barley, dried beans/peas, flax seeds, fruits as apples/oranges, nuts, oat/oat bran, psyllium husk, vegetables as carrots. **-Insoluble Fiber-** move bulk through the intestines, promotes regular bowel movement & prevents constipation, removes toxic wastes through the colon in less time, control & balance the ph (acidity) in the intestines, help prevent colon cancer. **-Examples-** Corn bran, fruit skins, nuts, root vegetable skins, seeds, vegetables as green beans & dark green leafy vegetables, wheat oat, whole wheat products.

***Increase-** water and fluid as increase fiber in our diet.





TLC Diet



All is Fresh, Frozen or Canned without added fat, salt, sauce, and sugar.

Breads/Cereals- 3-6 Servings/Day- High in Complex Carbohydrates, Low in Cholesterol, Saturated Fat, and Total Fat. Whole Grain Breads, Cereals, Pasta, Rice, etc...

Vegetables/Dry Beans/Peas- 3-5 Servings/Day- Great Source of Vitamins, Minerals, Fiber, & Nutrients. Dried Beans & Peas are a Good Source of Fiber and Plant Protein. Artichoke, Asparagus, Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Celery, Cucumbers, Eggplant, Greens, Kohlrabi, Leeks, Mushrooms, Okra, Pea Pods, Peppers, Radishes, Salad Greens, Summer Squash, Tomatoes, Turnips, Water Chestnuts, Watercress, Zucchini, Vidalia Onions.

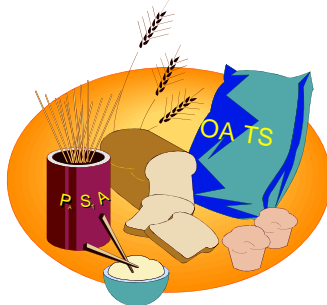
Fruits- 3-5 Servings/Day. 1 small piece or 1/2 cup. Fresh, Frozen or Canned without sugar, in it's own Juice. Important Sources of Vitamins, Minerals, Nutrients.

Dairy Products- 2-3 Servings/Day- Good Source of Calcium. Fat Free or Low Fat- 1 cup is a Serving. 1%, Fat Free or Skim Milk; Fat Free- Yogurt, Sour Cream, Cottage Cheese.

Eggs- 2-3 per Week, Egg Substitutes/Daily.

Meats/Poultry/Fish/Game- ≤ 5 ounces/day. Chicken- without the skin, broiled, boiled, baked, roasted, stewed, grilled, or stir-fried. Beef- rump/chuck/rib roast, sirloin tip, round/flank steak, extra lean hamburger, tenderloin; Pork- center cut pork chop, fresh pork roast.

Fats/Oils/Nuts- 1 oz. Nuts/Day, Oils- canola, corn, olive, peanut, safflower, soybean; avocado, olives, Seeds- sesame, pumpkin, sunflower, reduced fat mayonnaise, salad dressing, margarine- stick/tub/squeeze or use the nonstick spray. Use oils instead of lard, butter or other fats for seasoning.



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CARBS- GOOD or BAD



Carbohydrates- Body's main source of Energy, includes sugars, starches and fibers, from muffins to rice to strawberries to black-eyed peas. There are two types of Carbohydrates- Complex and Simple.

Complex- a more complex chemical structure, include starches and fiber- whole grain breads, cereals, rice, pasta, fruits and vegetables. Many are high in fiber and low in calories.

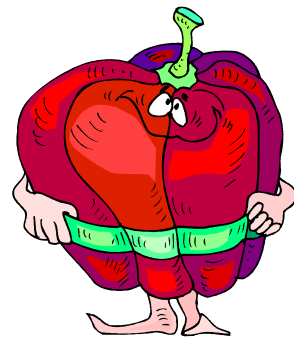
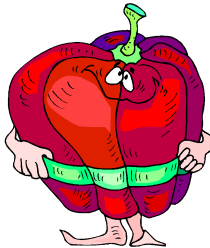
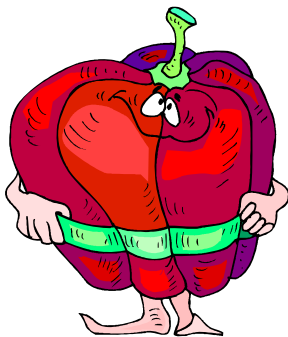
Simple Carbohydrates- a simple chemical structure, are sugars and include candy, colas, and sweets. They tend to be low in nutrients and high in calories. Many are empty calorie foods- hard candy, colas, and other foods that are high in calories with no nutrients. Decrease simple carbohydrates to decrease calories and weight.

We all need carbohydrates for energy, but if you have diabetes or metabolic syndrome, you need to use carbohydrates carefully. Use complex carbohydrates like whole grain breads, cereals, pasta and rice; use fresh fruits and vegetables.

Metabolic Syndrome- a condition that looks at elevated blood pressure, elevated blood sugar, elevated blood fats, and a large waist measurement. These can all put a person at risk for diabetes, heart disease and other health complications.

Diabetes- a condition caused by lack of insulin or the body's missing of insulin, causing high blood sugars and possible multiple health complications.

If you need weight loss, watch portion sizes carefully. For those with diabetes, you might need to count "carbs" a dietitian can help you learn this.



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Eating Out



What are the best choices?

***Fresh-** Fruits, Vegetables with a Fat Free Dip or Dressing, lemon juice, vinegar

***Breads-** whole grains, brown rice, whole wheat pastas, potatoes with the skin

***Mexican-** Pico de Gallo, Refried Bean Dip without the Cheese

***Meats-** Chicken, Fish that is broiled, boiled, baked, roasted, stewed, grilled, stir-fried, poached, steamed

***Fats-** diet margarines, Fat Free dressings, sauces, lower fat cream cheese

***Milk-** skim or 2 %, buttermilk (high sodium), lower fat cheeses and yogurt

Foods to AVOID:

***High Calorie Foods-** Fried Chicken, Fried Seafood, Cheese Sticks, French Fries, Ice Cream, rich desserts, Au Gratin foods, sauces, cheese, butter, bacon, toppings

***Desserts-** Brownies, Puddings, Cakes, Pies, Pastries, Cheesecake, Coconut, Chocolate Candies



***Combination Foods-** Casseroles, Pizza, Lasagna,

***Drinks-** Colas, Alcoholic Beverages, Whole Milk



Facts:

***Fiber-** 25 grams a day helps prevent hemorrhoids, diverticulosis, some forms of cancer, helps with weight gain,

***Fast-Foods-** average at 1000 calories per meal, can raise blood sugar, blood pressure, promote weight gain, is high fat, high calorie, high sodium, often high cholesterol

What can I do?

***See your Physician-** if a special dietary need or concern

***See RD for help as needed**

***Eat-** slowly, enjoy each morsel, try and eat healthier increasing fresh fruits and vegetables, baking meats, increase water with meals





Restaurants



*Chinese- select yum (poached), kow (roasted), shu (barbecued), steamed rice, no MSG (monosodium glutamate).

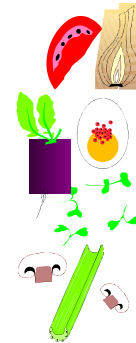
*Italian- red sauces, lightly sauteed, grilled, sun-dried tomatoes, crushed tomatoes, primavera (no cream), piccata (Lemon).

*Mexican- rice and black beans, spicy chicken, soft corn tortillas, picante, salsa.



*Pizza- ask for 1/2 or less of the cheese, add vegetables instead of meats & cheese.

*Fast Food Restaurants- grilled chicken or fish sandwiches (no breading), salads.



-Entrees- no butter, sauces, cheese, use a lower fat sauce.

-Salads- salad dressing to the side

-Meats- small portion-broiled, boiled, baked, roasted, stewed, grilled, stir-fried.

-Vegetables- fill up on steamed vegetables, **AVOID- salads with toppings as eggs, bacon**, salad dressing (use a Lite or Fat Free Dressing) vegetables with sauces, cheese, casseroles, ask for soft margarine and not butter.

*Catered/Social Events- take a low fat food or appetizer that you can eat, eat smaller servings of the higher calorie/fat foods, eat before you go and keep busy talking and not eating. Eat fresh vegetables, fruits and baked or steamed meats.



Heart Healthy Meals

*Cooking Methods- Broil, Boil, Bake, Roast, Stew, Grill, or Stir-Fry.



*Oil- nonstick cooking spray, a small amount of vegetable oil. Margarines- with vegetable oil as the first ingredient on the food label, in cooking use regular soft margarine. Salad Dressings- use Lite or Fat Free or Vinegar with Spices.



*Soups and Stews- Cook several hours, chill and remove fat.

*Spices- AVOID SALT. Use basil, garlic powder, herbs, spices and fresh vegetables as Vidalia Onions, bell peppers, garlic, chives, parsley, mushrooms, water chestnuts, tomatoes, etc..



*Dairy (Milk, Cream, & Sour Cream)- Low Fat, 1%, fat Free; add lemon juice, yogurt, unsalted cottage cheese, to make sauces, gravies, dips, salads, casseroles or combination foods.

*Meats- Poultry- skinless, white meat. Pork- white meat as lean center cut pork chops, fresh ham. Beef- lean cuts only. Remove visible fat on all meats. Eggs- use Egg Whites or Egg Substitute.

*Breads/Desserts- use 1-2 T. of fat per 1 cup of plain flour. Use 1/2 cup ripe bananas or applesauce for 1/2 cup oil or butter. Use 3 T. cocoa instead of 1 ounce baking chocolate or 1 T. oil.



Lower Calories on “TLC”

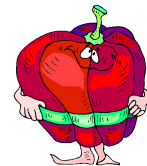


Goals- Eat more of the Right Foods and Exercise ≥ 30 minutes a Day.

***Beverages-** 8 cups of Water/Day, try sugar free, avoid drinks with caffeine.

***Appetizers-** Try a Salt Free Broth, Fresh Vegetables with a Lite or Fat Free Dressing, Sugar Free Gelatin, Steamed Veggies with Unsalted Low Fat Crackers, Lettuce Wedge with Fat Free Dressing or a Salad with Fat Free Dressing.

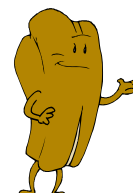
***Lean Cuts of Meats-** that are Broiled, Boiled, Baked, Roasted, Stewed, Grilled or Stir-Fried. Remove skin from **Poultry** before cooking, white meat. Eat ≤ 5 ounces of Meat/Day. Eat **Beef, Lamb, Pork or Veal** ≤ 2 times a Week. **Fish-** fresh or frozen cod, flounder, haddock, halibut, sole, scrod, trout, tuna fish (fresh, canned in water); **-Soups/Stews-** chill for several hours to remove the congealed fat. - **Shellfish-** clams, crab, scallops, imitation crabmeat; **Game-** venison, buffalo, ostrich; **Cottage Cheese-** 3/4 cup; **Cooked Beans-** 1/2 cup- black, kidney, chickpeas, garbanzo, pinto, white, split, black-eyed, lima beans, or lentils. Use skinless smoked turkey instead of fatback or skinless chicken thighs instead of neckbones for seasoning.



***Eggs-** 2-3 per Week, Egg Substitute/Daily- 1/4 cup.

***Fruits-** 1 small or 1/2 cup canned- Apple, applesauce, 4 Apricots, Banana, 3/4 cup black or blueberries, 1 cup Melon, 12 Cherries, 2 medium Figs, Fruit Cocktail, Grapefruit Sections, 17 Grapes, 1 Kiwi, 3/4 cup Mandarin Oranges, 1/2 Mango, Nectarine, Orange, 1/2 Papaya, 1 medium Peach, Pear, 3/4 cup Pineapple, 2 small Plums, 1 cup Raspberries, 1 1/4 cup Strawberries, 2 small Tangerines, 1 1/4 cup Watermelon. Best to eat Fresh Fruits and to **AVOID the Fruit JUICES!!!!**

***Breads-** Whole Wheat Breads, Cereals, & Pastas with ≥ 2 grams of Fiber per slice, “Lite” or Reduced Calorie Breads used 2 slices and 1 of other breads. Oatmeal, Shredded Wheat, Bran; 1/2 cup baked beans, corn, mixed vegetables, plantain, potatoes with skin, yams, sweet potatoes, 1 cup winter squash; 3 Whole Wheat Crackers.



Lower Calories on “TLC”

AVOID:

*DO NOT ADD SALT

*Avoid drinks with caffeine, sugars, and alcohol.

*High Calorie-Combination Foods, Pizza, Casseroles, Macaroni & Cheese, Pot Pies, Frozen Entrees.

*High Sugar-Cakes, Pies, Pastries, Doughnuts, Ice Cream.

AVOID the Fruit Juices!!!!!!!

*High Sodium- Pickles, Sauerkraut, Soy Sauce, Sauces, Gravies, Salt, Seasoning Salt, Mixes for Gravies, Sauces, Chili, etc...; Most all Fast Foods, Fries, Chicken Nuggets, Fried Foods, Miso, Dried Fruits, Salad Dressings, Spaghetti Sauce, Tomato based products (Raw Tomatoes-Good), Hotdogs, chipped Beef, Bacon, Ham, Sausage, Cheese, Stuffed Olives, Soups, Broths, Buttermilk.

*High Saturated Fats- Bacon, Butter, Lard, Shortening, Coconut, Fatback, Butter, Chitterlings, Cream, Salt Pork, Sour Cream, Whole/Chocolate Milk.





Good Nutrition



Healthy and Unhealthy Eating Habits

Healthy with Benefits:

Fresh Fruits- vitamins, minerals, fiber, antioxidants, reduce cancer risk



Fresh Vegetables- vitamins, minerals, fiber, antioxidants, folate, Vitamin A & C, potassium (helps body regulate fluids, helps muscles work.

Whole Grain Breads- high fiber, lower blood sugar, bowel movements.

Skim Milk- less calories, high Calcium.

Water- helps body stay cool, drink more when exercising; helps prevent dehydration, UTI/urinary tract infection.



Canola/Olive/Peanut Oil-monounsaturated fat, raises HDL-High Density Lipoprotein.

Fat Free Yogurt, Sorbets, Low Fat Ice Cream- lower fat/calories.



High Fiber	≥ 5 gm
Low Sodium	≤ 140 mg
Low Calorie	≤ 40 Calories
Lite/Light	50% less fat, 1/3 fewer calories
Low Fat	≤ 3 gm of Fat
Low Cholesterol	≤ 20 mg of Chol., ≤ 2 gm Sat. Fat

Unhealthy with Problems:

Colas- high/empty calorie, weight gain, dental caries/tooth decay/cavities.

Fried Vegetables- high calorie/fat, weight gain, obesity, heart problems, high blood pressure, gallbladder problems, cancer.

White Breads- raise blood sugar, weight gain.



Whole Milk- high calorie, high Calcium

Tea- decreases iron absorption from foods, can cause anemia, caffeine-diuretic/depletes calcium/raises blood pressure.



Butter or Shortening- raise cholesterol, saturated fat, causes heart problems.

Ice Cream- raise cholesterol, saturated fat, causes heart problems, obesity.

Grocery/Home/Food Safety-:

- Place all meats in a plastic bag
- Observe "Sell By" Date
- AVOID**- opened packs, damaged cans, uncracked eggs, raw fish, uncooked dough
- Buy Pasteurized dairy products
- Store Eggs/Meats on bottom shelf



Diet Plan:

Low Fiber, High Fat
High Fat/Cholesterol
High Sodium
Low Calcium
Low Fiber
High Calorie

Risk:

Cancer
Heart Disease
High Blood Pressure
Osteoporosis
Hemorrhoids
Malnutrition

Prevention:

High Fiber/Fluids, Low Fat
High Fiber/Fluids, Low Fat
Low Sodium
High Calcium/Fiber, Vitamin A, C
High Fiber/Fluids
Well Balanced Meals/Snacks



Obesity/Overeating- can cause diabetes, high cholesterol, high blood pressure, heart disease, gallbladder disease, cancer, kidney damage



Good Nutrition



Healthy and Unhealthy Eating Habits

Healthy:

Cheese- Reduced Calorie, Low Calorie, Fat Free Cheese .

Noodles- Whole Grain, Marinara or Red Sauce, Primavera (with Vegetables).

Soups- Low Sodium/Fat Broth based.

Starches- Bran flakes, crispy rice cereals, cooked oatmeal, Couscous, Barley, Bulgur, Reduced-Fat Granola.

Gravy- homemade with fat skimmed off , fat free milk or water.

Sandwiches- Lettuce, Tomato, Cucumber.

Dips- Low Sodium Salsa, Pico de Gallo.

Low Fat Meats- Cold Cuts, Luncheon Meats, (95-97% Fat-Free) Processed Meats, Hotdogs, Canadian Bacon, Lean Ham, Extra Lean Ground Beef-ground round or ground turkey; Beef-round, loin, trim all fat, Poultry-no skin, Fish, Shell-fish, Game, Meats- ≤ 1 Gm./Fat/per oz.

Sweets- English muffins, bagels, reduced fat or fat free- muffins, scones, crackers with unsalted top, angel food cake, gingerbread, graham crackers, gingersnaps, fig bars, sorbet, sherbet, frozen yogurt, use 3 T. cocoa & not 1 oz., 2 T. fat for each cup of flour in cakes and soft drop cookies.

Vegetables- Steamed in water with unsalted seasonings as bay leaves, basil, Vidalia Onions, peppers, fresh tomatoes, parsley, chives, marjoram, garlic, sage, rosemary, etc...

Unhealthy:

Cheese- American, Cheddar, Jack Cheese, Swiss.

Noodles- Ramen, Alfredo, White Sauce, Cheese Sauce.

Soups- Cream based.

Starches- Granola, Casseroles, Starches with a Cheese or Cream Sauce, with Butter/Oil/Meats/Lard/Bacon added.

Gravy- made with fat/bacon/meat/milk/cheese/butter/lard/shortening.

Sandwiches- Avocado, Pimento Cheese

Dips- Guacamole, Refried Beans, Cheese.

Meats- Bologna, Salami, Luncheon Meats and Cold Cuts, Hotdogs, Bacon, Sausage, regular Ground Beef, Beef-chuck, rib, brisket; Sausage, Pork-spareribs, ground pork, pork sausage, Cheese-American Cheddar, Monterey Jack, Swiss; Pimento Loaf, Peanut Butter.

Sweets- donuts, sweet rolls, muffins, pastries, scones, party crackers, pound cake, cookies, pies, nuts, ice cream, candy bars, cake with icing, chocolate covered foods, fruit cake, nut breads, coffee cakes, cheesecake, squares, brownies, puddings, shortbread, cobblers, dumplings.

Vegetables- in casseroles, with a sauce, cheese, creamed soups, butter, cream cheese, sour cream, whole milk, cream, gravies, salad dressing, oils, mayonnaise, sugar, cream cheese, coconut, bacon, etc...



Spices



Meats:

Beef- Bay leaf, marjoram, nutmeg, onion, mustard, paprika, pepper, sage, thyme.

Chicken/Poultry-Cavendar's Seasoning (low sodium), chives, ginger, lemon pepper, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme, Vidalia onions.

Fish/Shellfish- Cardamon, cilantro, curry powder, dill, dry mustard, lemon juice, lemon peel, lime juice, orange peel, orange juice, marjoram, paprika, pepper.

Lamb- Curry powder, garlic, rosemary, mint, peppers, tomatoes, Vidalia onions.

Veal- Bay leaf, Cavendar's Seasoning (low sodium), curry powder, ginger, marjoram, oregano, peppers, tomatoes, thyme, Vidalia Onions.

Vegetables:

Carrots- Cinnamon, cloves, marjoram, nutmeg, rosemary, sage, Vidalia Onions.

Green Beans- Cavendar's Seasoning (low sodium), chives, curry, dill, garlic, lemon, marjoram, oregano, paprika, parsley, tarragon, thyme, Vidalia Onions.

Greens- Peppers, Vidalia Onions.

Summer Squash- Cavendar's Seasoning (low sodium), cloves, curry, marjoram, nutmeg, rosemary, peppers, sage, tomatoes, Vidalia Onions.

Winter Squash- Cinnamon, cloves, ginger, nutmeg, Vidalia Onions.

Tomatoes- Basil, bay leaf, Cavendar's Seasoning (low sodium), chives, dill, marjoram, oregano, parsley, pepper, Vidalia Onions.



Starches:

Corn- Cumin, curry, onion, parsley, peppers, pimento, Vidalia Onions.

Peas- Ginger, marjoram, parsley, peppers, sage, Vidalia Onions.

Potatoes- Cavendar's Seasoning (low sodium), chives, dill, garlic, paprika, parsley, sage, Vidalia Onions.



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GO- Cereals



General Mills GO

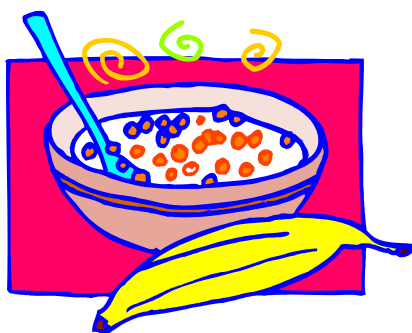
1-Go: 1 Serving= 1 cup

Basic 4, Cheerios, Multi-Grain Cheerios, Multi-Bran Chex, Wheat Chex, Fiber One,* Fiber One Honey Clusters,* Raisin Bran, Raison Nut Bran, Total, Total Honey Clusters, Total Raisin Bran, Total with Strawberries, Wheaties

Post GO

1-Go: 1 Serving= 1 cup

100% Bran,* Alpha Bits, Banana Nut Crunch, Bran Flakes, Frosted Shredded Wheat,* Fruit & Bran, Grape Nuts, Grape Nuts Flakes, Grape Nuts O's, Great Grains Crunchy Pecans, Great Grains Raisins, Dates, Pecans, Honey Nut Shredded Wheat,** Premium Raisin Bran, Shredded Wheat*, Shredded Wheat & Bran*



Kellogg's GO

1-Go: 1 Serving= 1 cup

All Bran,* All Bran Bran Buds,* Cracklin Oat Bran, Complete (Oat and Wheat Bran Flakes), Frosted Mini-Wheats**(Vanilla, Maple, Raisin, Strawberry), Raisin Bran, Smart Start (Antioxidants, Healthy Heart, Soy Protein), Special K Low Carb Lifestyle

***Very high in fiber. Maintain adequate fluids.**

**** High in fiber and high in sugar**

*****Reduced children cereals are better choices for kids. These cereals do not contain very much fiber but have less sugar than the regular brand.**

****** Low amount of fiber but rich in vitamins and minerals and low in sugar.**

Choose a Go Cereal.

Have skim milk along with your cereal.

Choose a fresh piece of seasonal fruit to top cereal.

Top yogurt with a Go or Caution cereal along with fresh fruit.

Keep a small bag of dry cereal with you to snack on throughout the day.

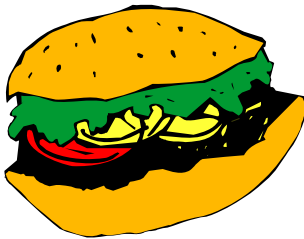
GO- Burgers

Burger King GO

Sandwiches: Tendergrill Chicken Sandwich, Veggie Burger

Salads: Side Salad, Tendergrill Chicken Garden salad, Tendergrill Chicken Caesar Salad

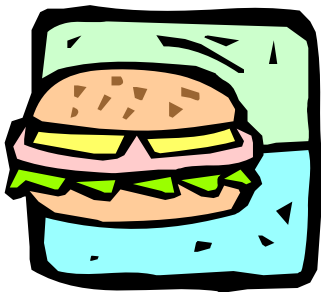
Sauces: BBQ Sauce Honey Sauce, Sweet n' Sour Sauce, Applesauce



Hardee's GO

Sandwiches: Charbroiled BBQ Chicken Sandwich

Sauces: BBQ sauce, Sweet n' Sour Sauce



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McDonald's GO

Sandwiches: Grilled Chicken Sandwich

Salads: Asian Salad without Chicken, Caesar Salad without Chicken, Fruit and Walnut Salad, Side Salad, California Cobb Salad without Chicken

Sauces: Barbeque Sauce, Honey Sauce, Sweet n' Sour Sauce, Southwestern Chipotle Barbeque Sauce, Apple Dippers

Desserts: Fruit n' Yogurt Parfait

Wendy's GO

Sandwiches: Ultimate Chicken Grill Sandwich

Salads: Mandarin Chicken Salad, Caesar Chicken Salad, Side Salad, Caesar Side Salad

Vegetables: Plain Baked Potato

Sauces: BBQ sauce, Sweet n' Sour Sauce

Fruits: Mandarin Orange Cup

Desserts: Strawberry Yogurt

Go Frozen Treats

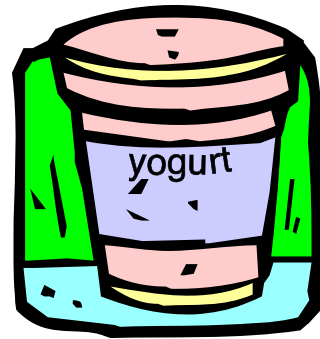
Baskin Robins **GO**

Nonfat Yogurt: Vanilla nonfat yogurt.

Nonfat Soft Serve Yogurt: Red Raspberry, chocolate, peppermint, and vanilla.

Nonfat Soft Serve Yogurt, No Sugar Added (Truly Free): Butter pecan, cafe' mocha, chocolate, strawberry patch.

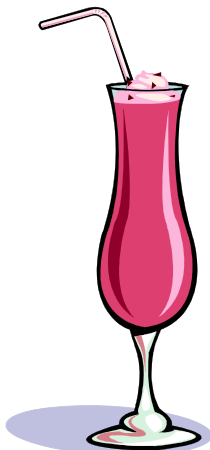
Ice: Daiquiri, margarita, pineapple, watermelon.



Dairy Queen **GO**

Novelties: Starkiss bar, fudge bar, vanilla orange bar.

Misty: Cherry, grape, lemon lime, slush.



Salad Dressings



Best Salad Dressings

Conorzio GO

Mango, Raspberry & Balsamic,
Strawberry & Balsamic.

Hidden Valley GO

Fat-Free: Caesar, Honey & Bacon,
Italian Parmesan, Original Ranch,
Vinaigrette Red Wine & Herb.

Kraft GO

Fat-Free: 1000 Island, Catalina, Honey
Dijon, Italian, Ranch.

Newman's Own GO

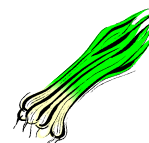
Low-fat Sesame Ginger.

Seven Seas GO

Fat Free: Italian, Ranch, Red Wine
Vinegar.

Wish-Bone GO

Western: Fat-Free. **Fat-Free:** Italian,
Ranch, Red Wine Vinaigrette.



Helpful Hints

Every wonder what's in your salad dressing?

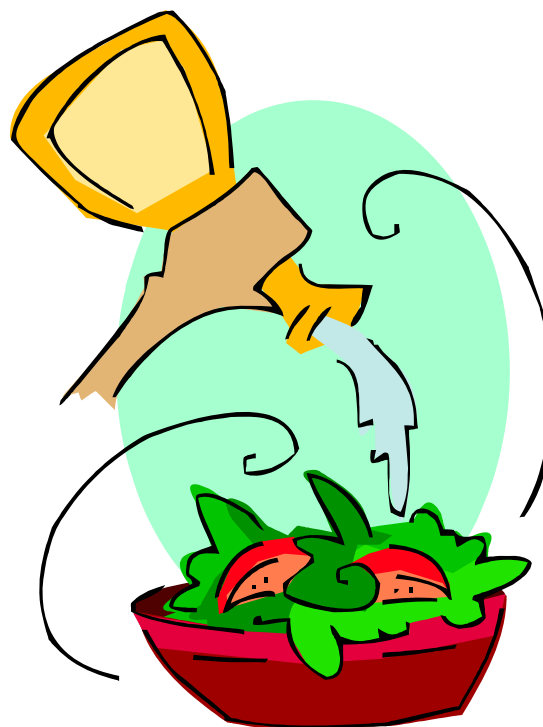
Greek Goddess: Mayo, anchovies,
vinegar, herbs & spices*

Italian: Olive Oil, vinegar, herbs &
spices*

Ranch: Buttermilk*, mayo, herbs &
spices*

Russian: Mayo, pimentos, chives,
ketchup*, spices*

1000 Island: Hard-boiled eggs,
peppers, pickles*, green olives*,
onions*, ketchup*





Yogurt



Best Yogurt

Stoneyfield Yogurt GO

All Natural and Organic: Screamin' Strawberry & Banilla Burst Pack, Strawberry Vanilla & Rockin' Raspberry Pack, Screamin' Strawberry & Banilla Blast Pack. 6oz Fat Free Cups: Apricot Mango, Berry Bash, Black herry, Blueberry, Chocolate Underground, Lotsa Lemon, Peach, Plain, Raspberry, Strawberry, Strawberry Banana, Strawberry Cheesecake. 32 oz Fat-Free Cups: Plain, French Vanilla, Strawberry. Fat Free Multipacks: BlackBerry/French Vanilla, Strawberry & Peach. 6 oz. Light Cups: Black Cherry, Blueberry, Peach, Strawberry.

Breyers Yogurt GO

Light: Apple Cinnamon, Black Cherry Jubilee, Blueberries 'n Cream, Cherry Vanilla Cream, Classic Strawberry, Lemon, Key Lime, Peaches 'n Cream, Raspberries 'n Cream, Strawberry Banana, Strawberry Cheesecake.



Dannon Yogurt Go

Light 'n Fit: Blueberry, Blueberry Pie, Cherry Vanilla, Lemon Chiffon, Orange Mango, Peach, Raspberry, Strawberry, Strawberry Banana, Strawberry Kiwi, Vanilla, White Chocolate Raspberry. Light 'n Fit Fiber*: Apple, Peach, Strawberry. Quart: Non-Fat Plain. Light 'n Fit Smoothies: Mixed Berry, Peach Passion Fruit.

Yoplait Yogurt GO

Light: Apple Turnover, Apricot Mango, Banana Cream Pie, Berries 'N Cream, Blackberry, Blueberry Patch, Boston Cream Pie, Harvest Peach, Key Lime Pie, Lemon Cream Pie, Orange Crème, Red Raspberry, Strawberries 'N Bananas, Strawberry, Strawberry Orange Sunrise, Very Cherry, Very Vanilla, White Chocolate Strawberry. Whips: Cherry Chiffon, Chocolate, Chocolate Cherry, Chocolate Raspberry, Key Lime Pie, Lemon Meringue, Orange Crème, Peaches 'N Cream, Raspberry Mousse, Strawberry Mist, Strawberry Banana Bliss. Nouriche Light: Strawberry, Strawberry Banana, Peach, Raspberry.





Breads



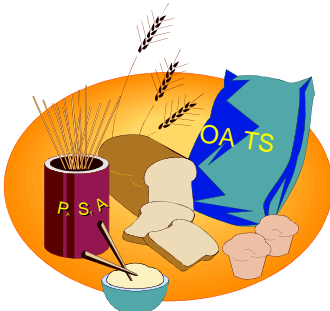
Best Breads

Arnold GO

Brick Oven: Wheat. Country Classics: Country Wheat, Oat Bran, Oat Nut. Carb Counting: 100% Wheat, MultiGrain, Rye. Dutch Country: 100% Whole Wheat, Honey Cracked Wheat, Multigrain. Natural: 100% Whole Wheat, 9 Grain, Oat. Light: 7 Grain, Wheat. Rye: Caraway Seed, Jewish Plain, Levy Plain, Levy Seeded, Marble, Melba Thin, Pumpernickle. Stone Ground: 100% Wheat, Multi-Grain. Whole Grain Classics: 100% Whole Wheat, 12 Grain, 7 Grain, Bran'ola, Health Nut, Healthy MultiGrain.

Earth Grains GO

100 % Multigrain, 100 % Stone Ground Whole Wheat, 100 % Whole Wheat, 100 % Honey Whole Wheat, Honey Whole Grain, Honey Wheat Berry, Oat & Nut.



Nature's Own GO

100 % Whole Wheat, Honey Wheat, Light Honey Wheat, Light Wheat, White Wheat, 7 Gram Carb Wheat 'n Fiber, Sugar Free 100% Whole Grain Wheat, Honey 7 Grain, Wheat 'n Soy. Nature's Own CAUTION Butter Bread. Light Wheat.

Pepperidge Farm GO

Whole Grain: 9 Grain, Crunchy Grains, Honey Oat, German Dark Wheat, Hearty Bran, Sourdough Wheat, Whole Wheat. Farmhouse: 7 Grain, Buttermilk Wheat, Crunchy Oat, Country Wheat, Oatmeal, Sesame Wheat. Carb Style: Soft 100% Wheat.



Frozen Meals

Lean Cuisine-

● Go Foods

Cafe Classics- Chicken a L' Orange, Chicken w/Almonds, Glazed Chicken, Grilled Chicken, Chicken Teriyaki Bowl. **Comfort Classics**- Baked Chicken, Herb Roasted Chicken, Honey Mustard Chicken, Roasted Turkey w/Vegetables, Roasted Turkey Breast w/Dressing.

Dinnertime Selects- Roasted Turkey Breast. **One Dish Favorites**- Chicken Chow Mein.

Skillets- Chicken Primavera, Chicken Teriyaki, Roasted Turkey.

● Caution Foods

Cafe Classics- Asian Style Beef w/Ginger & Soy, Beef Portobello, Bow Tie Pasta & Chicken, Chicken & Vegetables, Chicken Marsala, Chicken w/Almonds, Grilled Chicken w/Teriyaki Glaze, Sweet & Sour Chicken, Creamy, Basil Chicken Bowl, Grilled Chicken Caesar Bowl, Tai-Style Chicken. **Casual Eating**- Roasted Vegetable Pizza. **Comfort Classics**- Baked Chicken Florentine, Baked Fish, Beef Peppercorn, Beef Pot Roast, Cheese Lasagna w/Chicken Breast Scallopini, Chicken Parmesan, Glazed Turkey Tenderloins, Southern Beef Tips.

Dinnertime Selects- Grilled Chicken & Penne Pasta. **One Dish Favorites**- Alfredo Pasta, Penne Pasta w/Tomato Basil Sauce, Hunan Beef & Broccoli, Spaghetti w/Meat Sauce, Chicken Teriyaki Stir Fry, Vegetable Egg role. **Skillets**- garlic Chicken, 3 Cheese Chicken.

Spa Cuisine- Chicken Mediterranean, Pork w/Cherry Sauce, Rosemary Chicken.

● Stop Foods

Cafe Classics- Honey Dijon Grilled Chicken, Roasted Garlic Chicken, Shrimp & Angel Hair Pasta, 3 Cheese Chicken, Chicken Carbonara Chicken Fried Rice Bowl, 3 Cheese Stuffed Rigatoni Bowl, Chicken w/Basil Cream Sauce, Fiesta Grilled Chicken, Garlic Beef Broccoli, Sesame Chicken, Steak Tips Portobello, Creamy Basil Bowl, Chicken Caesar Bowl, 3 Cheese Bowl. **Casual Eating**- Cheese French Bread Pizza, Deluxe French Bread Pizza, Deluxe Pizza, 4 Cheese Pizza, Pepperoni Pizza, Margarita Pizza, Pepperoni French Bread Pizza, Spinach & Mushroom Pizza, 3 Meat Pizza, BBQ Chicken Pizza, Gourmet Mushroom Pizza, Roasted Garlic Pizza all paninis. **Comfort Classics**- Honey Roasted Pork, Meatloaf w/Gravy & Whipped Potatoes, Oven Roasted Beef, Salisbury Steak w/Mac & Cheese. **Dinnertime Selects**- Balsamic Glazed Chicken, Chicken Fettuccini, Chicken Florentine, Chicken Tuscan, Lemon Garlic Shrimp, Salisbury Steak, Chicken Portobello, Jumbo Rigatoni w/Meatballs, Orange Peel Chicken, Steak Tips Dijon. **One Dish Favorites**- Cheese Ravioli, Deluxe Cheddar Potato, Fettuccini Cheese Cannelloni, Mac & Cheese, Swedish Meatballs. **Spa**- Chicken in Peanut Sauce, Chicken Pecan, Lemon Chicken, Beef Burgundy, Lemongrass Chicken, Salmon w/Basil, Salmon w/Lemon Dill.

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Frozen Meals

Healthy Choice-

● Go Foods

Simple Selections- Mandarin Chicken.

● Caution Foods

Simple Selections- Breaded Chicken Breast, 4 Cheese Manicotti, Glazed Chicken, Grilled Chicken & Mashed Potatoes, Lasagna Bake, Mac & Cheese, Oriental Style Chicken, Pepperoni French Bread Pizza, Roasted Turkey Breast, Slow Roasted Turkey, Spaghetti w/Meat Sauce, Supreme French Bread Pizza. Pizza- 4 Cheese, Gourmet Supreme, Italian Style Pepperoni. Complete Selections- Chicken Teriyaki, Classic Grilled Chicken BBQ, Fiesta Chicken, Grilled Turkey Breast, Lemon Pepper Fish, Turkey Breast. Cafe Selections- Cajun Style Chicken, Grilled Chicken Marinara.

● Stop Foods

Herbed Baked Fish, Honey Balsamic Chicken, Honey Glazed Chicken, Meatloaf, Mushroom Roasted Beef, Oven Roasted Beef, Roasted Chicken, Salisbury Steak, Sesame Chicken, Sweet Bourbon Steak, Sweet & Sour Chicken. Cafe Selections- Apple Glazed Pork, Beef Merlot, Cajun Style Chicken, Chicken Fried Rice, Chicken Margherita, Chicken Tuscany, Creamy Dill Salmon, Creamy Herb Roasted Chicken, General Tso's Spicy Chicken, Grilled Basil Chicken, Grilled Chicken Baja, Grilled Chicken Caesar, Grilled Chicken Marinara, Grilled Chicken & Roasted Red Pepper Alfredo, Grilled Steak, Grilled Whiskey Steak, Oriental Style Beef, Roasted Chicken Chardonnay, Roasted Chicken Marsala.

Simple Selections- Beef Teriyaki, Cheddar Broccoli Potatoes, Cheese French Bread Pizza, Cheesy Chicken & Rice, Chicken Breast & Vegetables, Chicken Carbona, Chicken Enchiladas, Chicken Fettuccini Alfredo, Chicken Piccata, Chicken Rigatoni, Fettuccini Alfredo, Grilled Chicken & Pasta, Homestyle Chicken & Pasta, Salisbury Steak, Sesame Chicken, Sirloin Beef Tips. Complete Selections- Asiago Chicken Portobello, Beef Pot Roast, Beef Stroganoff, Beef Tips Portobello, Beef with BBQ Sauce, Blackened Chicken, Charbroiled Beef Patty, Chicken Broccoli Alfredo, Chicken Enchilada, Chicken Parmagiana, Chicken Teriyaki, Classic Grilled Chicken BBQ, Country Breaded Chicken, Country Herb Chicken, Creamy Garlic Shrimp, 4 Cheese Manicotti, Grilled Chicken, Grilled Monterey Chicken.