

**You can benefit from a low fat diet. It can improve your health and quality of life!**

## How can a low fat diet help?

Eating low fat foods can:

- Lower your risk for heart attack and stroke.
- Promote a healthy weight.
- Help you and your family feel better and live longer.

## Develop healthy eating habits.

- Eat different kinds of foods in each of the food groups.
- Do not skip meals.
- Eat slowly and enjoy your food.
- Eat smaller amounts of foods.
- Drink 6-8 glasses of water each day.

## Be a smart shopper.

- Make a list before you shop and stick to it.
- Avoid grocery aisles with 'tempting' foods, like the cookie aisle.
- Do not shop when you are hungry.
- Compare food labels. Pick foods with fewer grams of fat per serving.

## Substitute low fat foods for high fat foods.

- Use fat free or low fat products when possible (e.g., mayonnaise, salad dressing, hot dogs, bologna, cheese).
- Select skim milk or 1% milk instead of 2% or whole milk.
- Choose the chicken breast or drumstick instead of the wing and thigh.
- Use low fat seasoning instead of lard, meat drippings, or fatback (such as low sodium chicken broth or liquid smoke).

## Prepare your meals in low fat ways.

- Introduce changes to your family slowly so they will accept them.
- Trim visible fats from meats and remove poultry skin before cooking.
- Broil, roast, or bake on a rack to allow fat to drip into a pan rather than frying. This helps remove fat.
- Skim fat from stews and soups.
- Cook greens with skin-free smoked turkey instead of fatty meats like bacon and fatback.



Talk with your doctor or nutritionist about developing a meal plan that is right for you.



"After my doctor told me I had high blood pressure and cholesterol, I had to change my diet. At first my family wouldn't even try it. So I made changes very slowly and now they like my low fat cooking."

# Low Fat / Low Calorie Sample Meal Plan

Choose one breakfast, one lunch, one dinner, and two snack options each day from the chart below. Feel free to mix and match and substitute from the same food groups (chicken for fish, broccoli for peas, an apple for an orange).

## Breakfast Options

### Meal 1

**Bread:** 2 slices toast  
**Protein:** 1 egg (cooking spray)  
**Fruit:** 3/4 cup fruit juice with calcium  
**Fat/Sugar:** 1 Tbl. jelly  
 1 tsp. margarine

### Meal 2

**Bread:** 1 cup grits  
**Protein:** 2 slices turkey bacon  
**Fruit:** 1 small banana

### Meal 3

**Bread:** 2 small pancakes  
**Protein:** 1/2 cup skim or 1% milk  
**Fruit:** 1 medium orange  
**Fat/Sugar:** 2 Tbl. light pancake syrup  
 1 tsp. margarine

### Meal 4

**Bread:** 3/4 cup hot or cold cereal  
**Protein:** 1 cup skim or 1% milk  
 2 oz. ham  
**Fruit:** 1 medium peach

## Lunch Options

### Meal 1

**Bread:** 2 slices bread  
**Protein:** 2-3 oz. turkey bologna  
**Fruit:** 1/2 cup fruit cocktail  
**Vegetable:** lettuce and tomato  
**Fat/Sugar:** nonfat mayo or mustard

### Meal 2

**Bread:** 1 dinner roll  
**Protein:** 3 oz. skinless chicken  
**Fruit:** 1 medium orange  
**Vegetable:** 1/2 cup cooked peas  
**Fat/Sugar:** 1 tsp. margarine

### Meal 3

**Bread:** 2 slices bread  
**Protein:** 1 Tbl. peanut butter  
**Fruit:** 1 small banana  
**Vegetable:** 1/2 cup carrot sticks  
**Fat/Sugar:** 1 Tbl. jelly

### Meal 4

**Bread/Protein:** frozen dinner (<300 calories, <10 grams of fat)  
**Fruit:** 15 small grapes  
**Vegetable:** salad  
**Fat/Sugar:** 2 Tbl. salad dressing (nonfat)

## Dinner Options

### Meal 1

**Bread:** 1/2 cup rice  
**Protein:** 4 oz. fish (baked or broiled)  
**Fruit:** 1 cup watermelon  
**Vegetable:** 1 cup cooked greens  
**Fat/Sugar:** 1 tsp. margarine

### Meal 2

**Bread:** 1/2 cup rice  
 2 inch square of corn bread  
**Protein:** 1/2 cup red beans  
**Fruit:** 1 banana  
**Vegetable:** 1 cup mustard greens

### Meal 3

**Bread:** 1 cup pasta  
**Protein:** 1/2 cup red tomato sauce with ground turkey  
**Fruit:** 1/2 cup applesauce  
**Vegetable:** salad  
**Fat/Sugar:** 2 Tbl. salad dressing (nonfat)

### Meal 4

**Bread:** 1 small sweet potato  
**Protein:** 3 oz. lean, baked pork  
**Fruit:** 1 medium plum  
**Vegetable:** 1/2 cup crowder peas  
**Fat/Sugar:** 2 tsp. margarine

## Snack Options: (2 times per day)

2 graham cracker sheets  
 1 cup skim or 1% milk

10 vanilla wafers  
 1 cup skim or 1% milk

1 small banana  
 1 cup skim or 1% milk

3 cups light microwave popcorn  
 3/4 cup fruit juice with calcium

## Make changes and stick with them.

To keep yourself motivated:

- Start with small, simple changes. For example, try to eat 1 more piece of fruit and 1 additional vegetable every day this week.
- Don't move to bigger changes until you're ready.
- Choose changes that are fun and appealing.
- Track your progress. For example, set a goal for the week and keep track of it on your calendar.
- Reward yourself when you meet your low fat goals by renting a video or getting a manicure.
- Don't deny yourself your favorite foods. Let yourself eat your favorite dessert on Sunday.
- Sometimes things will come up that will get in the way of low fat eating. Get back into your routine as soon as possible.

## My Goals

Next week, I will eat \_\_\_\_\_ servings of fruit and \_\_\_\_\_ servings of vegetables each day. I will increase this to 2 fruit and 3 vegetable servings each day by \_\_\_\_\_ (date).

And starting tomorrow, I will:

- Bake, roast, or broil chicken or fish instead of frying.
- Compare food labels when I shop and choose lower fat foods.
- Use skim or 1% milk instead of whole or 2% milk.
- Eat a healthy breakfast every day.
- \_\_\_\_\_
- \_\_\_\_\_