

IMPROVING YOUR DIET

DECREASE THESE FOODS

Alcoholic beverages, soda, sugary drinks

Fatty meats

Processed desserts

Fried foods

Jams, jellies, preserves

Luncheon meats, hot dogs

Popcorn, potato chips, pretzels
Cheese flavored crackers

Refined sugar products and syrups

Pre-sweetened refined cereals

Bottled salad dressings

White refined flour products

Over processed fruits and vegetables

INCREASE THESE FOODS

Fruit & vegetables drinks, skim milk, water

Lean meats, fish, poultry, dairy products

Whole grain cookies, pastries & cakes, dried fruits, honey, homebaked oatmeal, granola and peanut butter cookies

Baked, steamed and grilled foods

Sliced berries and fruits, raisins, nuts and fruits

Tuna, cheese, peanut butter, eggs

Dried fruits and nuts, tortilla chips made from whole corn, sunflower seeds, pumpkin seeds, raisins, toasted soy beans, toasted wheat, sesame seeds, raw vegetables and fruit.

Foods made with honey and molasses

Bran, granola, wheat and oat type cereals

Homemade dressings

Whole grains, pumpernickel, rye, bran, wheat germ, corn meal, rye flour, soy flour, carob flour, buckwheat flour, tortillas

raw vegetables, steamed or baked with skins left on

Candy, sweets, convenience snacks

Dried fruits, fresh fruits

Foods made with saturated and trans fats

Foods with polyunsaturated and monosaturated fats

Canned soups

Homemade soups

White rice

Brown rice, kasha, bulgar, enriched par-broiled and converted rice

Potatoes, puddings, jello

Homemade egg custard, low fat yogurt with fruit, unflavored gelatin with fruit, homemade puddings

Icecream

Frozen yogurt, low fat , low sugar icecream

Artificial coloring, artificial flavoring
MSG, preservatives, vegetable gums,
mono and diglycerides,
polyethylene derivatives

Fresh frozen, natural spices,
seeds, herbs, pure extracts
soy sauce, Worcestershire sauce