Adapted from OILS & FATS

Use oils with unsaturated fat; like olive oil. Oils are high in calories, so use sparingly. Use oils for salad dressings or cookings. Limit saturated fat intake.

FLUIDS
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy, juice, and sugary drinks.

NON-STARCHY VEGETABLES
The more the better! Eat a variety of vegetables. Choose uncooked, sautéed or grilled when possible.

STARCHY VEGETABLES OR WHOLE GRAINS
Vegetables like potatoes, carrots, or corn. Eat a variety of whole grains. Limit refined grains.

PROTEIN RICH FOODS
Choose beans, nuts, fish, beef, pork, or poultry. Choose items without additives when possible. Some cheeses and yogurts are high in protein as well!

FRUIT (2-4 servings/day)
Fruit makes a great snack. Whole fruit is a better choice than juice. Vary the colors of the fruits you eat!

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