



CORNERSTONE MEDICAL CLINIC

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A Program for Losing Weight

Reducing is a difficult task. In order to lose weight you must reduce your food intake below your body's energy requirement so that it will use the fat that has been slowly stored up for many years. Appetite is in large part habit and, as it has been learned, can be unlearned. You should take a vitamin capsule daily and drink six to eight glasses of water daily. Coffee and tea may be used as desired provided no sugar or cream is used.

Four separate diets are described here and your doctor will indicate which one you should follow. Once on your weight losing program is going well, he may change your diet to one of the others in this packet. Part I is an overall food plan. Part II describes definite diets. Part III lists allowable fruits and vegetables. You should keep a daily weight record and show it to your doctor at each office visit.

Part I

Your Food Plan

Soup	Fat free broth as desired (boullion, clear broths)
Meat, fish, fowl	One 2 1/2 ounce serving for dinner and supper meals. DO NOT FRY!
Fats	Margarine as allowed in your special diet
Cheese	3 ounces of American or Swiss cheese or 3/4 cup of cottage cheese as an alternate for meat.
Egg	The number is listed on special diet. DO NOT FRY!
Cereal	Any kind. Use as a substitute for 1 slice bread.
Bread	Any kind-if allowed on special diet.
Vegetables	One serving raw and one green leafy or yellow vegetable each day. Vegetables should be cooked in clear salted water. See Part III for list of vegetables allowable.
Fruits	Grapefruit, orange or tomato juice should be taken at least once daily. Canned fruits should all be canned without sugar. See Part III for fruits allowable.
Seasonings	Salt, pepper, vinegar, lemon juice, vanilla and spices may be used as desired
Sweetening	Use artificial sweetener
Foods to avoid	Flour, sugar, fried foods, salad oils, mayonnaise, gravies, ice cream, jello, nuts, pastries, chocolate, hot breads, honey, jam, fruits canned with sugar, dried fruits, alcoholic beverages, soda drink that are not calorie free

Part II

Special Diet (Box checked is your diet)

Daily Menu	<input type="checkbox"/> 800 Calories	<input type="checkbox"/> 1000 Calories	<input type="checkbox"/> 1200 Calories	<input type="checkbox"/> 1500 Calories
<u>Breakfast</u>				
Fruit	1 serving	1 serving	1 serving	1 serving
Egg	1	1	1	1
Bread	1/2 slice	1 slice	1 slice	1 slice
Butter	1/2 teaspoon	1 teaspoon	1 teaspoon	1 teaspoon
Milk	none	1 cup skim	1 cup skim	1 cup whole
<u>Dinner/Lunch</u>				
Meat	2 1/2 ounces	2 1/2 ounces	2 1/2 ounces	2 1/2 ounces
Vegetable	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Bread	none	none	1 slice	1 slice
Butter	none	none	1 teaspoon	1 teaspoon
Fruit	1 serving	1 serving	1 serving	1 serving
Milk	1 cup skim	1 cup skim	1 cup skim	1 cup whole
<u>Supper</u>				
Meat	2 1/2 ounces	2 1/2 ounces	2 1/2 ounces	2 1/2 ounces
Vegetable	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Bread	none	none	1 slice	1 slice
Butter	none	none	1 teaspoon	1 teaspoon
Fruit	1 serving	1 serving	1 serving	1 serving
Milk	1 cup skim	1 cup skim	1 cup skim	1 cup whole
These diets provide the following:				
Carbohydrates	66 grams	95 grams	125 grams	140 grams
Protein	65 grams	75 grams	75 grams	79 grams
Fat	35 grams	35 grams	45 grams	76 grams

Part III Allowable Vegetables

Asparagus	Cucumbers	Onions
Bean sprouts	Dandelion greens	Parsley
Beans, green or wax	Dill pickles	Peppers
Beet greens	Dock	Pimento
Broccoli	Eggplant	Pumpkin
Cabbage	Endive	Radishes
Cabbage, Chinese	Escarole	Rutabaga
Carrots	Kale	Sauerkraut
Cauliflower	Kohlrabi	Squash, summer
Celery	Leeks	Squash, winter
Chard	Lettuce	Tomato
Collards	Mustard greens	Turnip greens
Cress	Okra	

Part IV Allowable Fruits

Apple	1 medium	Grapes	1/3 cup
Apricots	3 medium	Huckleberries	1/2 cup
Banana	1 small	Orange	1 large
Blackberries	3/4 cup	Orange juice	3/4 cup
Blueberries	1/2 cup	Peaches	1 1/2 medium
Cantaloupe	1/3 medium	Pear	1 medium
Cherries	1/2 cup	Pineapple	3/4 cup cubes
Currants	1/2 cup	Plums/prunes	3 small
Gooseberries	3/4 cup	Raspberries	3/4 cup
Grape juice	1/3 cup	Strawberries	3/4 cup
Grapefruit	1/2 large	Tomato juice	1 1/2 cup
Grapefruit juice	3/4 cup	Watermelon	1/3 slice, 1 inch thick