








EATING TO LOSE WEIGHT, CONTROL DIABETES, CHOLESTEROL, HYPERTENSION, AND INCREASE HEALTH

Carbohydrates					Protein	Fat
Grains/Starch	Fruits	Dairy	Other Carbs	Vegetables		
<ul style="list-style-type: none"> • Rice • Oatmeal, cooked • Cereal • Sweet peas • Beans • Saltines crackers • Lentils • Corn • Potato • Bread • Pasta • Tortilla 	<ul style="list-style-type: none"> • Blueberries • Cherries • Peach • Strawberries • Kiwi • Mango • Apple • Melon • Papaya • Pineapple • Banana • Watermelon • Fruit juice 	<ul style="list-style-type: none"> • Evaporated milk • Milk • Kefir • Skim milk • Soy milk • Yogurt, plain, no added sugars 	<ul style="list-style-type: none"> • Cookies • Regular Jello • Cake • Sugar-free pudding • Ice Cream • Pizza • Potato Chips • Sweet bread 	<ul style="list-style-type: none"> • Egg plant • Broccoli • Zucchini • Onions • Cauliflower • Carrots • Spinach • Cactus • Cabbage • Jicama • Many more... 	<p>Animal protein</p> <ul style="list-style-type: none"> • Beef, meat • Chicken • Fish • Pork • Lamb • Seafood <p>Other protein sources</p> <ul style="list-style-type: none"> • Cottage cheese • Eggs • Cheese • Egg whites • Tofu 	<ul style="list-style-type: none"> • Avocado • Bacon • Butter • Cream cheese • Nuts • Sour cream  <ul style="list-style-type: none"> • Olive Oil • Palm Oil • Coconut Oil
↓	↓ ↓	↓ ↓	↓ ↓	↑ ↑	↔	↑ ↑

SAMPLE PLATE

