



Whole Foods Weight Loss EATING PLAN

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This diet controls the intake of refined sugars or flour a person may eat and encourages increased food choices using whole, unprocessed food. It contains moderate amounts of starch, protein and fat. The Whole Foods Diet allows nutritional needs to be supplied naturally. It is especially appropriate for persons with:

- Mild to severe obesity
- Elevated triglycerides
- Hypertension (high blood pressure)
- Glucose intolerance

Follow these instructions:

Eat and drink as much of the following as you need to satisfy your hunger:

- salads and non-starchy vegetables
- whole fresh fruit (except bananas), fruit bottled or canned without sugar, sweetened with artificial sweetener if necessary
- Lean meat, including poultry, lean ham, reduced-fat bacon (e.g. turkey bacon), and reduced-fat sausages
- fish
- egg whites
- reduced fat cheese (especially cottage cheese)
- nuts as part of a main dish
- condiments (sour pickles, Worcestershire sauce)
- tea, coffee, low calorie juices, diet soft drinks

CONTROL your intake of carbohydrates:

This is the feature of the diet that will allow for your weight loss and lower your triglycerides and blood sugar, if they are elevated. You may have five carbohydrate (CHO) choices per day. One CHO choice is no more than 15g of Total CHO per serving. One CHO choice includes:

- 1 slice of regular bread
- 2 slices of 40-calorie/slice bread
- 1/2 cup of macaroni, spaghetti, oatmeal, rice or non-sweetened breakfast cereal
- 1/2 cup of potatoes, pinto beans, lima beans, corn, black-eyed peas or green peas

- 1 small banana
 - 8-12 oz. beer, 3-4 oz. wine, or 1 oz. hard liquor
- You should also consume:
- 2 cups of 1/2% or 1% milk daily; you may substitute sugar-free, fat-free instant pudding mixed with very low fat milk, sugar-free frozen yogurt, low-fat sugar-free yogurt, or sugar-free ice cream
 - 6 servings of mono- or polyunsaturated fat

• You may have
NOTHING ELSE WHATEVER!

Don't forget to:

- Weigh yourself before you begin, then once a week or so.
- Eat three or four meals a day. If you eat between meals, eat only "green light" foods. Drink an 8-oz glass of water 8 times each day.
- Increase exercise.
- Achieve a feeling of fullness

with "green light" foods rather than targeting a specific calorie level

- Read food labels carefully.

Monitor your progress:

- Be willing to look at your current eating habits. How frequently do you eat chips, crackers, cookies, fast foods, soft drinks, snack foods, cakes or desserts?
- Concentrate on the quality of the food you eat rather than the number of calories. Eat whole grains (not just grains), raw or lightly cooked vegetables, fresh fruits, low or nonfat dairy products, and lean cuts of protein foods.
- Follow the Whole Foods eating plan 90 percent of the time, and treat yourself to a favorite food 10 percent of the time
- Be realistic about your weight-loss expectations.
- Don't expect a "quick fix" and be patient.
- **Don't deprive yourself!** Healthy eating results in more energy, more restful sleep and a better mood!
- When you visit your doctor, look for improvements in blood pressure, cholesterol levels, blood sugar levels and energy.



GREEN-LIGHT FOODS: GO!

Fruit Choices (GO!)

When possible, choose fresh, whole fruit

Apple
Applesauce
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Dates
Figs
Grapefruit
Grapes
Honeydew melon
Kiwi
Mandarin oranges
Mango
Nectarine
Orange
Papaya
Peach
Pears
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangerines
Watermelon

Fruit Juice

Choose 1/2c to 1c of 100 percent fruit juice with no sugar

Apple juice/cider
Cranberry juice cocktail
Fruit juice blends
Grape juice
Grapefruit juice
Orange juice
Pineapple juice
Prune juice

Vegetable Choices (GO!)

Artichoke
Asparagus
Bean sprouts
Beets
Broccoli

Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens
Green beans
Kohlrabi
Leeks
Mushrooms
Okra
Onions
Pea Pods
Peppers
Radishes
Salad greens
Salsa and picante sauce
Sauerkraut
Spinach
Squash
Tomatoes
Turnips
Water chestnuts
Watercress
Zucchini

Meat Choices (GO!)

No more than 5g of fat per oz

Beef
Round
Sirloin
Flank steak
Tenderloin
Roast
Steak
Ground beef (lean)
Corned beef
Short ribs
Prime rib (trimmed)
Pork
Ham
Canadian bacon
Tenderloin
Center loin chop
Boston butt
Poultry
Chicken
Turkey
Cornish hen
Duck

Goose, Fish & Shellfish Choices (GO!)

Clams
Cod
Crab
Flounder
Haddock
Halibut
Lobster
Trout
Tuna
Herring
Oysters
Salmon
Catfish
Sardines
Scallops
Shrimp

Cheese Choices (GO!)

Cheese
Cottage cheese
Reduced fat cheddar
Parmesan
Feta
Mozzarella
Ricotta

YELLOW-LIGHT FOODS: CAUTION!

Carbohydrates

Remember: Consume only five carb choices per day from this group (1 carb choice= 15 grams Total CHO)

Breads (CAUTION!)
Bagel
Bread
Cereals
Crackers
English muffin
Hot dog or HB bun
Pasta
Pita
Popcorn
Roll
Tortilla
Baked beans
Banana
Corn
Lentils
Lima beans
Peas
Plantain

Potato
Squash, winter
Yam

Beverages (CAUTION!)

Beer (8 oz)
Wine (3-4 oz)
Hard Liquor (1 oz)
Non-diet Soft Drinks (8 oz)

The Best Fat Choices (CAUTION!)

6 servings per day

Monounsaturated

Avocado
Oil (canola, olive, peanut)
Olives
Nuts
Peanut butter
Sesame seeds
Tahini paste

Polyunsaturated

Margarine
Mayonnaise
Oil (corn, safflower, soybean)
Salad dressing
**Avoid saturated fat, which is animal fat found in meat and dairy products; eat low-fat meats, milk and cheeses.

RED-LIGHT FOODS: STOP!

- NO additional bread or cereals
- NO additional puddings or ice cream
- NO cookies (dry or sweet), cake, or pastry unless you drop 2 CHO choices
- NO thick sauces or thick soups unless you drop 1 CHO choice
- NO sugar, syrup, chocolate, sweets, coca, honey, jam unless you drop 1 CHO choice
- NO additional alcoholic drinks, sweetened fruit drinks, or sugar-sweetened carbonated beverages