

weight management



Helping You Make the Right Choices





understanding calories and balance

For most people, weight loss seems very easy—just burn more calories than you consume. Seems like a simple proposition, but for many it's not that easy. Because every human is different, factors such as age, metabolism and gender can affect one's ability to lose weight.

At DuPage Medical Group, our team is here to help. We offer many programs to help you manage weight and understand nutrition. Please visit our website at www.dupagemedicalgroup.com for a complete list of programs or ask your primary care physician what program is best for you. Let us help you make the right food choices so that you can achieve an energy deficit in which the calories you expend are greater than the calories you consume. The following pages in this book provide you with the food information you need to create your own meal plan, based on a specific calorie level. The portion sizes listed equal one serving and the daily meal plans on the last page, indicate how many servings of each food to choose from the corresponding list at each meal.

we are here for you

starches & breads

One portion of each food in this list contains about 15g of carbohydrate, 3g protein, a trace of fat and 80 calories. To choose a similar portion of a starch or bread not listed, follow these general rules:

Cereal, grain, pasta—1/2 cup

Bread product—1 oz

| breads | portion |
|--|----------------|
| Bagel | 1/2 (1 oz) |
| Bun (<i>hamburger, hot dog</i>) | 1/2 (1 oz) |
| English muffin | 1/2 |
| Pita (6" <i>across</i>) | 1/2 |
| Tortilla, flour or corn (6" <i>across</i>) | 1 (1 oz) |
| Whole wheat, rye, white, pumpkinnickel, raisin (<i>no icing</i>) | 1 slice (1 oz) |
| cereals/grains/pasta | portion |
| Bran cereal, concentrated, i.e. Bran Buds®, All-Bran® | 1/3 cup |
| Bran cereal, flaked | 1/2 cup |
| Cooked cereal, grits, bulgur | 1/2 cup |
| Grapenuts® | 3 tbsp |
| Macaroni, noodles, spaghetti (<i>cooked</i>) | 1/2 cup |
| Puffed cereal | 1/2 cup |
| Ready to eat unsweetened cereal | 3/4 cup |
| Rice, white or brown | 1/3 cup |
| Shredded wheat | 1/2 cup |
| Wheat germ | 3 tbsp |

milk & milk products

One portion of each milk or milk product on this list contains about 12g carbohydrate and 8g protein. These foods also contain 1 to 8g fat and 90 to 150 calories per serving, depending on their butterfat content. Choose foods from the skim and low fat milk groups as often as possible, because they contain less butterfat than do whole milk products.

| crackers & snacks | portion |
|--|-------------------|
| Graham cracker (2 1/2" square) | 3 |
| Matzo | 3/4 oz |
| Melba toast | 5 slices |
| Oyster crackers | 24 |
| Popcorn, popped, no fat added | 3 cups |
| Pretzels | 3/4 oz |
| Rye crisp (2" x 3 1/2") | 4 |
| starchy vegetables | portion |
| Beans, baked | 1/4 cup |
| Beans—kidney, white, split, black-eyed | 1/3 cup |
| Corn | 1/2 cup or 6" cob |
| Lentils, peas (dried), | 1/3 cup |
| Lima beans | 1/2 cup |
| Peas, green (canned or frozen) | 1/2 cup |
| Potato, baked | 1 small (3 oz) |
| Potato, mashed | 1/2 cup |
| Winter squash (acorn, butternut) | 3/4 cup |
| Yam or sweet potato, plain | 1/3 cup |

| starch foods prepared with fat* | portion |
|--|---------------|
| Biscuit (2 1/2" across) | 1 |
| Chow mein noodles | 1/2 cup |
| Corn bread (2" cube) | 1 (2 oz) |
| Cracker, round butter type | 6 |
| French fried potatoes (2"—3 1/2" long) | 10 (1 1/2 oz) |
| Muffin (small, plain) | 1 |
| Taco shell (6" across) | 2 |
| * Count as 1 starch/bread exchange & 1 fat exchange | |



| skim & low fat milk | portion |
|----------------------|---------|
| Skim, 1% milk | 1 cup |
| Buttermilk, low fat | 1 cup |
| Evaporated skim milk | 1/2 cup |
| Nonfat dry milk | 1/3 cup |
| Nonfat yogurt, plain | 8 oz |

| low fat milk* | portion |
|--|---------|
| 2% milk | 1 cup |
| Low fat yogurt, plain (with added nonfat milk solids) | 8 oz |
| whole milk** | portion |
| Whole milk | 1 cup |
| Evaporated whole milk | 1/2 cup |
| Whole yogurt, plain | 8 oz |



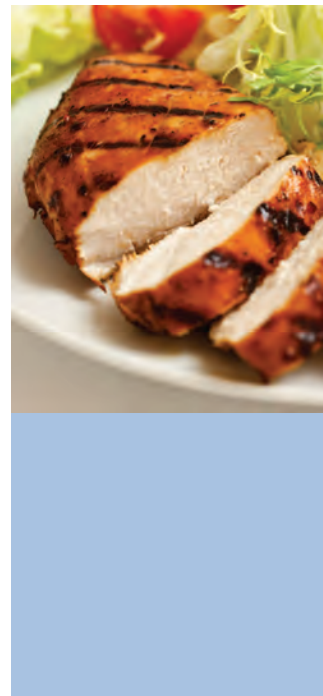
* Count as 1 milk exchange & 1 fat exchange
 ** Count as 1 milk exchange & 2 fat exchanges

meats & meat substitutes

One portion of each food in this list contains about 7g of protein. Lean meats and meat substitutes have about 55 calories per serving. Other meat items have 78 to 100 calories per serving. After skin, bones and fat are removed, the portions are weighed.

** Choose these items when following a diet low in cholesterol and saturated fat.*

| beef | portion |
|--|---------|
| Lean cuts*—USDA good/choice round, sirloin, or flank steak, tenderloin, chipped beef | 1 oz |
| All other cuts | 1 oz |
| poultry | portion |
| Chicken,* turkey,* cornish hen* (<i>skin removed</i>) | 1 oz |
| pork | portion |
| Lean cuts*—canadian bacon, fresh ham, canned, cured, boiled ham, tenderloin | 1 oz |
| Other cuts | 1 oz |
| veal | portion |
| Lean chops and roasts* | 1 oz |
| Cutlets | 1 oz |





| fish & seafood | portion |
|---|----------|
| All fresh or frozen fish* | 1 oz |
| Clams, crab, lobster, shrimp, scallops | 2 oz |
| Herring, smoked | 1 oz |
| Oysters | 6 medium |
| Sardines (<i>canned</i>) | 2 medium |
| Tuna (<i>water-packed</i>) | 1/4 cup |
| Salmon (<i>canned</i>) | 1/4 cup |
| cheese | portion |
| Cottage cheese or ricotta* | 1/4 cup |
| Diet* (<i>less than 55 calories per oz</i>) | 1 oz |
| Parmesan, grated | 2 tbsp |
| Other cheese (<i>except cream cheese</i>) | 1 oz |

| eggs | portion |
|---|---------|
| Egg substitute* | 1/4 cup |
| <i>(less than 55 calories per 1/4 cup)</i> | |
| Egg white* | 3 |
| Egg, whole | 1 |
| miscellaneous | portion |
| Hot dog (<i>10 per lb</i>) | 1 |
| Lamb (<i>all cuts</i>) | 1 oz |
| Liver, heart, kidney, sweetbreads | 1 oz |
| Luncheon meats—95% fat free,* all others | 1 oz |
| Peanut butter | 1 tbsp |
| Sausages—Polish, Italian, smoked | 1 oz |

vegetables

One portion of each vegetable in this list contains about 5g carbohydrate, 2g protein and 25 calories. If there is not a portion size listed, the following measurements should be used:

Cooked vegetables or juice—1/2 cup

Raw vegetables—1 cup

| cooked vegetables | portion |
|--|---------|
| Asparagus | 1/2 cup |
| Beans (<i>green, wax, Italian</i>) | 1/2 cup |
| Bean sprouts | 1/2 cup |
| Beets | 1/2 cup |
| Brussels sprouts | 1/2 cup |
| Cabbage | 1/2 cup |
| Eggplant | 1/2 cup |
| Greens (<i>collard, mustard, etc.</i>) | 1/2 cup |
| Mushrooms | 1/2 cup |
| Okra | 1/2 cup |
| Onion | 1/2 cup |
| Sauerkraut | 1/2 cup |
| Spinach | 1/2 cup |
| Summer squash (<i>crookneck</i>) | 1/2 cup |
| Turnip | 1/2 cup |
| Water chestnuts | 1/2 cup |
| Zucchini | 1/2 cup |

| raw vegetables | portion |
|-------------------------------|---------|
| Broccoli | 1 cup |
| Carrots | 1 cup |
| Cauliflower | 1 cup |
| Pea pods (<i>snow peas</i>) | 1 cup |
| Peppers (<i>green</i>) | 1 cup |
| Tomato | 1 large |
| vegetable juices | portion |
| Tomato juice | 1/2 cup |
| Vegetable juice | 1/2 cup |



For vegetables not listed here, please check the starches/breads or free foods charts.



fruits

One portion of each fruit here contains about 15 g carbohydrate and 60 calories. To choose a similar portion of a fruit not listed, follow these general rules:

Fresh, canned, or frozen fruit, no sugar added—1/2 cup

Dried fruit—1/4 cup

| fresh fruit | portion |
|-------------------------------------|----------------------|
| Apple (2" across) | 1 |
| Apricot (<i>medium</i>) | 4 |
| Banana (9" long) | 1/2 |
| Blackberries or blueberries | 3/4 cup |
| Cantaloupe or honeydew melon | 1 cup |
| Cherries (<i>large</i>) | 12 |
| Fig (2" across) | 2 |
| Grapefruit (<i>medium</i>) | 1/2 |
| Grapefruit segments | 3/4 cup |
| Grapes (<i>small</i>) | 15 |
| Kiwi (<i>large</i>) | 1 |
| Mandarin orange | 1 |
| Nectarine (2 1/2" across) | 1 |
| Orange (2 1/2" across) | 1 |
| Papaya | 1 cup |
| Peach (2 3/4" across) | 1 whole or 3/4 cup |
| Pear | 1/2 large or 1 small |
| Persimmon (<i>native, medium</i>) | 2 |
| Pineapple | 3/4 cup |
| Plum (2" across) | 2 |
| Raspberries | 1 cup |
| Strawberries (<i>whole</i>) | 1 1/4 cup |
| Tangerine (2 1/2" across) | 2 |
| Watermelon | 1 1/4 cup |

| dried fruit | portion |
|-------------------------------|----------|
| Apple | 4 rings |
| Apricot | 7 halves |
| Date (<i>medium</i>) | 2 1/2 |
| Fig | 1 1/2 |
| Prune (<i>medium</i>) | 3 |
| Raisins | 2 tbsp |
| canned fruit | portion |
| Applesauce, no sugar added | 1/2 cup |
| Fruit cocktail | 1/2 cup |
| Pineapple | 1/3 cup |
| fruit juices | portion |
| Apple juice or cider | 1/2 cup |
| Cranberry juice cocktail | 1/3 cup |
| Grape juice | 1/3 cup |
| Prune juice | 1/3 cup |
| Other—orange, pineapple, etc. | 1/2 cup |

free foods

Each free food or drink contains fewer than 20 calories per serving. You may eat as much as you want of free foods that have no portion size given.

You may eat 2 or 3 servings per day of free foods that have portions listed.

Be sure to spread your servings throughout the day.

seasonings

Seasonings can be used as desired. If you are following a low-sodium diet, be sure to read the labels and choose seasonings that do not contain sodium or salt.

| fruit | portion |
|--|----------|
| Cranberries, no sugar | 1/2 cup |
| Rhubarb, no sugar | 1/2 cup |
| raw vegetables | portion |
| Cabbage | 1 cup |
| Celery | 1 cup |
| Cucumber | 1 cup |
| Green onion | 1 cup |
| Hot peppers | 1 cup |
| Lettuce | 1 cup |
| Mushrooms | 1 cup |
| Radishes | 1 cup |
| Romaine | 1 cup |
| Salad greens | 1 cup |
| Spinach | 1 cup |
| Zucchini | 1 cup |
| drinks | portion |
| Bouillon or broth, no fat | no limit |
| Cocoa powder, unsweetened, baking type | 1 tbsp |
| Coffee or tea | no limit |
| Soft drinks, calorie-free, including carbonated drinks | no limit |

| condiments | portion |
|--|----------|
| Catsup | 1 tbsp |
| Dill pickles, unsweetened | no limit |
| Horseradish | no limit |
| Hot sauce | no limit |
| Mustard | no limit |
| Salad dressing, low-calorie, including mayonnaise-type | 2 tsp |
| Taco sauce | 1 tbsp |
| Vinegar | no limit |
| flavoring extracts | portion |
| Garlic or garlic powder | no limit |
| Herbs, fresh or dried | no limit |
| Lemon or lemon juice | no limit |
| Lime or lime juice | no limit |
| Onion powder | no limit |
| Paprika | no limit |
| Pepper | no limit |
| Pimento | no limit |
| Soy sauce | no limit |
| Spices | no limit |
| Vanilla, almond, butter, etc. | no limit |
| Worcestershire sauce | no limit |
| sweet substitutes | portion |
| Gelatin, sugar-free | no limit |
| Jam or jelly, sugar-free | 2 tbsp |
| Whipped topping | 2 tbsp |



fats

One portion of each food on this list contains about 5g fat and 45 calories. Choose unsaturated fats instead of saturated fats as often as possible.

| unsaturated fats | portion |
|--|----------------------|
| Almonds, dry roasted | 6 whole |
| Avocado (<i>medium</i>) | 1/8 |
| Margarine, diet | 1 tbsp |
| Mayonnaise | 1 tsp |
| Oil—corn, olive, peanut, safflower, soybean, sunflower | 1 tsp |
| Olives | 10 small or 5 large |
| Peanuts | 20 small or 10 large |
| Pecans, walnuts | 2 whole |
| Salad dressing, mayonnaise-type | 2 tsp |
| Salad dressing, other varieties | 1 tbsp |
| Sunflower seeds | 1 tbsp |
| saturated fats | portion |
| Bacon | 1 slice |
| Butter | 1 tsp |
| Coconut, shredded | 1 tbsp |
| Coffee creamer, liquid | 4 tsp |
| Coffee creamer, powdered | 2 tbsp |
| Cream, heavy, whipping | 1 tbsp |
| Cream cheese | 1 tbsp |



controlling dietary fat

Here are some facts about controlling dietary fat:

- The fat content of the average American diet is 42% of total calories.
- Health authorities recommend decreasing total diet fat content to 30% of total daily calories. Decreasing total fat intake means choosing lower-fat foods and cooking with low-fat methods.
- Substitute healthier poly or monounsaturated plant fats for artery clogging saturated animal fats whenever possible. Keep saturated fat intake to less than 15 grams per day for men and less than 12 grams per day for women.

percent saturation of commonly used fats

| vegetable oils & shortening | poly-unsaturated fatty acids | mono-unsaturated fatty acids | saturated fatty acids |
|---|------------------------------|------------------------------|-----------------------|
| Canola oil | 32% | 55% | 7% |
| Coconut oil | 2% | 6% | 86% |
| Corn oil | 59% | 24% | 13% |
| Cottonseed oil | 52% | 18% | 26% |
| Olive oil | 8% | 74% | 13% |
| Palm kernel oil | 2% | 11% | 81% |
| Palm oil | 9% | 37% | 49% |
| Peanut oil | 32% | 46% | 17% |
| Safflower oil | 75% | 12% | 9% |
| Soft tub margarine | 31% | 47% | 18% |
| Soybean oil | 58% | 23% | 14% |
| Stick margarine | 18% | 59% | 19% |
| Sunflower oil | 66% | 20% | 10% |
| Vegetable shortening (<i>household</i>) | 14% | 51% | 31% |
| animal fats | poly-unsaturated fatty acids | mono-unsaturated fatty acids | saturated fatty acids |
| Beef fat | 4% | 42% | 50% |
| Butter fat | 4% | 49% | 62% |
| Chicken fat | 21% | 45% | 30% |
| Lard | 11% | 45% | 30% |
| Mutton fat | 8% | 41% | 47% |
| Tuna fat | 37% | 26% | 27% |





Source National Heart, Lung and Blood Association

fat calories in relation to total calories

| | |
|-------------------|--|
| More than 90% fat | Bacon, mayonnaise, butter, margarine, salad and cooking oils, lard, cream, baking chocolate, vegetable shortening, olives |
| 80–90% fat | Sausages, most salad dressings, corned beef, cream cheese, unsweetened coconut, walnuts, pecans, sesame seeds, macadamia nuts, filberts, almonds, pistachios, neufchatel cheese, avocados. |
| 65–80% fat | Potato chips, dry roasted peanuts, frankfurters, american cheese, swiss cheese, cheddar cheese, blue cheese, muenster cheese, camembert cheese, sunflower seeds, cashews, peanut butter, bologna, liverwurst, prime and rib beef cuts, pork chops, boiled ham, luncheon loaf, tuna in oil, herring |
| 50–65% fat | Regular ground beef, ground chuck, rib steaks, cube steak, chicken w/skin, pork loin cuts, canned ham, lake trout, bass, chinook salmon, veal cutlet, skim milk cheeses, whole eggs, premium ice cream |
| 35–50% fat | Most cookies, crackers, cakes, and donuts; round steak, lean ground beef, whole milk, loin and flank beef cuts, ground turkey, canadian bacon, cured ham steak, turkey, ham and bologna, regular ice cream |
| 20–35% fat | 2% low fat milk, low fat yogurt, veal rib, loin and rump cuts, sweet breads |
| 10–20% fat | Roasted chicken w/o skin, crab, shrimp, lobster, canned tuna in water, low fat cottage cheese, most types of broiled fish |
| 0–10% fat | Skim milk, buttermilk, dry cereal, dry cottage cheese, beans, baked or broiled potatoes, breads, rice, pasta, fruits, vegetables, egg whites |



daily sample menu plans

1,200 calories

| | |
|---------------|------|
| CARBOHYDRATES | 139g |
| PROTEIN | 73g |
| FAT | 40g |

Breakfast

- 1 starch/bread
- 1 fruit
- 1 fat
- 1 milk
- free foods

Lunch

- 2 meats
- 2 starches/bread
- 1 fat
- free foods

Afternoon snack

- 1 fruit
- 1 fat

Dinner

- 2 meats
- 1 starch/bread
- 2 vegetables
- 2 fats
- free foods

Evening snack

- 1 starch/bread
- 1 milk



1,500 calories

CARBOHYDRATES 174g
PROTEIN 96g
FAT 49g

Breakfast

- 2 meats
- 1 starch/bread
- 1 fruit
- 1 fat
- 1 milk
- free foods

Lunch

- 2 meats
- 2 starches/bread
- 1 vegetable
- 2 fats
- free foods

Afternoon snack

- 1 meat
- 1 fruit

Dinner

- 3 meats
- 2 starches/bread
- 2 vegetables
- 1 fruit
- 2 fats
- free foods

Evening snack

- 1 starch/bread
- 1 milk

1,800 calories

CARBOHYDRATES 211g
PROTEIN 111g
FAT 59g

Breakfast

- 2 meats
- 1 starch/bread
- 1 fruit
- 2 fats
- 1 milk
- free foods

Morning snack

- 1 meat
- 1 vegetable
- 1 fruit

Lunch

- 2 meats
- 2 starches/bread
- 2 vegetables
- 2 fats
- 1 milk
- free foods

Afternoon snack

- 1 fruit

Dinner

- 3 meats
- 2 starches/bread
- 2 vegetables
- 1 fruit
- 2 fats
- free foods

Evening snack

- 1 starch/bread
- 1 milk

2,000 calories

CARBOHYDRATES 226g
PROTEIN 121g
FAT 72g

Breakfast

- 2 meats
- 2 starches/bread
- 1 fruit
- 2 fats
- 1 milk
- free foods

Morning snack

- 1 meat
- 1 vegetable
- 1 fruit

Lunch

- 3 meats
- 2 starches/bread
- 2 vegetables
- 1 fruit
- 2 fats
- free foods

Afternoon snack

- 1 starch/bread
- 1 fat
- 1 milk

Dinner

- 3 meats
- 2 starches/bread
- 2 vegetables
- 1 fruit
- 3 fats
- free foods

Evening snack

- 1 starch/bread
- 1 fat
- 1 milk

DuPage Medical Group

WE CARE FOR YOU

ADMINISTRATIVE OFFICE

1100 W. 31st Street, Suite 300

Downers Grove, IL 60515

630 469 9200

dupagemedicalgroup.com