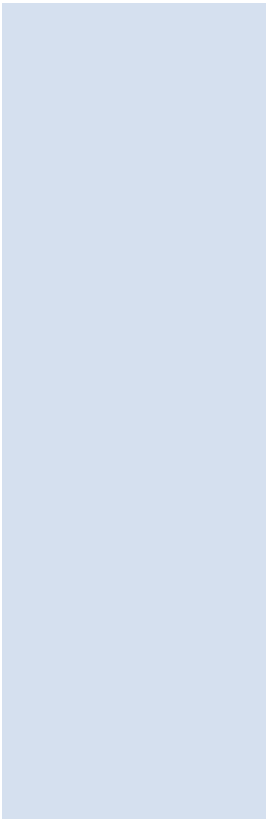


nutrition guide





sifting through the clutter

On a daily basis, we are bombarded with information regarding food and nutrition. It's been well documented that balanced meals, high in nutritional value, are good for our health and wellness. Unfortunately, understanding which foods are the right ones can be confusing at times. We developed this guide to help when evaluating food choices. We hope you use it as a valuable resource for living an active and healthy lifestyle.

DuPage Medical Group has dietitians on staff. For information or appointments, please call 630 789 4910.

healthy eating



foods to use



meats and fish

LEAN MEATS (CHICKEN, TURKEY, VEAL, LOIN/SIRLOIN, AND OTHER NON-FATTY CUTS OF BEEF) 3OZ.

FRESH OR FROZEN FISH, CANNED FISH
PACKED IN WATER

SHELLFISH (LOBSTER, CRAB, OYSTERS, SHRIMP)

LIMIT TO ONE SERVING A WEEK

MEATS/FISH SHOULD BE BROILED (OVEN OR PAN),
BAKED ON A RACK OR GRILLED

eggs

EGG WHITES

EGG SUBSTITUTES

EGG YOLKS-LIMIT TO TWO PER WEEK

fruits

FRESH FRUIT-EAT THREE SERVINGS PER DAY
(1 SERVING=1/2 CUP)

FROZEN OR CANNED FRUIT WITH
NO SUGAR/SYRUP ADDED MAY ALSO BE USED

vegetables

2 1/2 CUPS OF VEGETABLES ARE RECOMMENDED DAILY

1 DARK GREEN OR 1 DEEP YELLOW VEGETABLE
IS RECOMMENDED DAILY.

CAULIFLOWER, BROCCOLI, CELERY AND POTATO
SKINS ARE RECOMMENDED FOR FIBER CONTENT

STEAMING VEGETABLES IS PREFERRED AS THEY
RETAIN MOST OF THEIR NUTRITIONAL CONTENT

BOILING OR BRAISING IN A POLYUNSATURATED OIL
(VIRGIN OLIVE OR VEGETABLE) IS ALSO ACCEPTABLE

beans

FRESH, DRIED OR CANNED BEANS

REFRIED BEANS MAY ALSO BE USED

IF FAT-FREE VARIETY

nuts

ALMONDS, WALNUTS, PEANUTS, PISTACHIO
AND OTHER VARIETIES OF NUTS
PUMPKIN, SESAME, OR SUNFLOWER SEEDS

bread, grains

WHOLE-GRAIN PRODUCTS ARE ALWAYS PREFERRED
(> 3G FIBER/SERVING)
WHOLE-GRAIN BREADS/CRACKERS/RICE
WHOLE-GRAIN CEREALS (> 5G FIBER/SERVING)
WHOLE-GRAIN PASTAS (> 3G FIBER/SERVING)
USE ENRICHED FLOUR PRODUCTS SPARINGLY
(WHITE BREAD, WHITE RICE, PASTAS)

cereals

WHOLE-GRAIN AND HIGH FIBER
CEREALS ARE PREFERRED
OATMEAL

dairy products

SKIM OR 1% MILK
LOW-FAT OR SKIM MILK CHEESES
LOW/NO-FAT YOGURT PRODUCTS

oils

EXTRA-VIRGIN OLIVE OIL
VEGETABLE OILS THAT ARE HIGH
IN MONOSATURATED FATS
OLIVE OIL
SAFFLOWER OIL
SUNFLOWER OIL
CANOLA OIL
PEANUT OIL

desserts/snacks

TWO SERVINGS PER DAY
NUTS/WHOLE-GRAIN CRACKERS
YOGURT (NON-FAT)
UNBUTTERED POPCORN
LOW-FAT MICROWAVE POPCORN
SKIM MILK PUDDING

beverages

WATER (AIM FOR 64 FLUID OZ.)
FRESH FRUIT JUICES (LIMIT TO 4 OZ. PER DAY)
PLAIN/GREEN/HERBAL TEAS
SKIM MILK
BLACK COFFEE
ALCOHOL LIMITED TO 2 DRINKS A DAY FOR MEN,
1 DRINK A DAY FOR WOMEN

miscellaneous

Use the following freely

FRESH/DRIED HERBS/SPICES
MUSTARD
WORCESTERSHIRE SAUCE (REDUCED SODIUM)
SOY SAUCE (REDUCED SODIUM)
VINEGAR

foods to avoid

meats and fish

MARbled BEEF/PORK

BACON

SAUSAGE

FATTY FOWL (DUCK, GOOSE)

SKIN AND FAT OF TURKEY/CHICKEN

PROCESSED MEATS/LUNCHEON MEATS

FRANKFURTERS

FAST FOOD HAMBURGERS

ORGAN MEATS (KIDNEY/LIVER, ETC.)

CANNED FISH PACKED IN OIL

vegetables

CREAM OF VEGETABLE SOUPS

DEEP-FRIED VEGETABLES

beans

COMMERCIAL BAKED BEANS WITH
SUGAR AND/OR PORK ADDED

REFRIED BEANS MIXED WITH LARD

VEGETARIAN REFRIED/BAKED

BEANS ARE ACCEPTABLE

breads, grains

PRODUCTS CONTAINING ENRICHED FLOUR

BAKED GOODS WITH SHORTENING AND/OR SUGAR

SWEET ROLLS/DANISH

DOUGHNUTS

SWEETENED PACKAGED CEREALS

dairy products

WHOLE MILK AND WHOLE MILK PRODUCTS

CREAM

ICE CREAM

WHOLE-MILK PUDDINGS

FULL FAT YOGURT

FULL FAT CHEESES

NONDAIRY CREAMER SUBSTITUTES

fats, oils

BUTTER/MARGARINE

LARD

ANIMAL FATS

BACON DRIPPINGS

GRAVIES

CREAM SAUCES

PALM/COCONUT OILS

SATURATED FATS

TRANSFATS

HYDROGENATED FATS



desserts/snacks

FRIED SNACK FOODS

(POTATO CHIPS, PORK RINDS, ETC.)

CHOCOLATE/CANDIES

JAMS/JELLIES (UNLESS ALL-NATURAL,
NO-SUGAR ADDED)

SYRUPS

HYDROGENATED PEANUT BUTTER

beverages

SUGARED FRUIT JUICES

SOFT DRINKS (SODA POP)

COCOA MADE WITH WHOLE MILK AND/OR SUGAR

ALCOHOL IN EXCESS

CREAMED/SUGAR COFFEE DRINKS (CAPPUCCI-
NO/FRAPPUCCINO/MOCHA)

special notes:

Try to eat all-natural products as much as possible.

Limit processed foods as much as possible.

Trans-fats, hydrogenated and deep fry oils are toxic. They lower good cholesterol and raise bad cholesterol. 99% of all commercial fries and 90% of chips, shortenings and margarines contain trans-fats. 50% of all doughnuts, store-bought cookies, crackers and fries contain trans-fats. READ YOUR LABELS!

Consult your physician if you have any previous health concerns or questions.

To speak with one of our dietitians, please call 630 789 4910.

Appointments with our dietitians are currently held at our Bloomingdale, Glen Ellyn, Downers Grove, Hinsdale and Naperville offices.



sample diet plan

monday

Breakfast

- 1 cup oatmeal (whole grain oats/not instant oatmeal)
- 1 cup fruit
- 1 cup tea/coffee (black)

Snack

- 1 serving of whole wheat crackers (6-8 crackers)
- 1 piece/serving of fresh fruit
- 8 oz. water

Lunch

- Turkey breast sandwich (no mayo) on whole wheat bread with vegetables of your choice
- Apple
- 1 serving of "Light" yogurt (read label to check fat/sugar content)
- 12 oz. water

Snack

- Banana
- 1 oz. almonds
- 8 oz. water

Dinner

- 4 oz. grilled chicken breast (no skin)
- 1-2 servings of steamed vegetables (1 cup)
- 1 cup of mixed greens with vinaigrette dressing
- 12 oz. water/skim milk

tuesday

Breakfast

- 1 egg white omelet with vegetables
- 1 piece of whole grain toast with fresh fruit spread
- 8 oz. water or 100% vegetable juice

Snack

- 1 serving of "light" yogurt
- 8 oz. water

Lunch

- 2 cups mixed greens salad with grilled chicken
- 1 serving of whole grain pretzels (1oz.)
- 1 piece/serving of fresh fruit
- 12 oz. water

Snack

- 1 serving of peanuts (1 oz.)
- 8 oz. water

Dinner

- 4 oz. baked fish
- 1-2 servings of steamed vegetables (1 cup)
- 1 serving whole grain/wild rice (1 cup)
- 3/4 cup of sugar-free gelatin
- 12 oz. water/skim milk



wednesday	thursday	friday
<p><i>Breakfast</i></p> <ul style="list-style-type: none">○ 1/2 100% whole wheat bagel with fruit spread○ 1 egg○ 8 oz. water/tea/coffee (black) <p><i>Snack</i></p> <ul style="list-style-type: none">○ 1/2 cup of applesauce (all natural)○ 1 oz. low-fat string cheese○ 8 oz. water <p><i>Lunch</i></p> <ul style="list-style-type: none">○ 1 cup of vegetable soup○ 1 serving of whole wheat crackers (6-8 crackers)○ 1 piece/serving of fruit○ 12 oz. water <p><i>Snack</i></p> <ul style="list-style-type: none">○ Carrot sticks/ celery sticks○ 1-2 servings of hummus○ 8 oz. water <p><i>Dinner</i></p> <ul style="list-style-type: none">○ 1 serving of 100% whole wheat pasta (1 cup) with tomato sauce (fresh or jarred)○ 1-2 cups of fresh tossed salad with vinaigrette○ 12 oz. water/skim milk	<p><i>Breakfast</i></p> <ul style="list-style-type: none">○ 1 serving of “Bran” cereal (1 cup)○ 1 cup of milk○ 1 piece/serving of fresh fruit○ 8 oz. tea/coffee (black) <p><i>Snack</i></p> <ul style="list-style-type: none">○ 1 serving of cashews (1 oz.)○ 8 oz. water <p><i>Lunch</i></p> <ul style="list-style-type: none">○ 1 serving of tuna salad (3 oz.) (made with “light” or “non-fat” mayo)○ 1 cup of fruit salad○ 12 oz. water <p><i>Snack</i></p> <ul style="list-style-type: none">○ 1 serving of “light” yogurt○ 1 banana <p><i>Dinner</i></p> <ul style="list-style-type: none">○ Bar-B-Que skinless chicken breast○ 1 small baked potato with roasted vegetables○ Small side tossed salad○ 12 oz. water/skim milk	<p><i>Breakfast</i></p> <ul style="list-style-type: none">○ 100% whole wheat waffle with sugar-free syrup○ 1 piece/serving of fresh fruit○ 9 oz. tea/coffee/water <p><i>Snack</i></p> <ul style="list-style-type: none">○ Banana○ 1 oz. almonds○ 8 oz. water <p><i>Lunch</i></p> <ul style="list-style-type: none">○ 2 all-bean tacos on whole wheat tortillas with onions and bell peppers○ Guacamole and baked tortilla chips○ 12 oz. water <p><i>Snack</i></p> <ul style="list-style-type: none">○ 1 serving of “light” yogurt○ 8 oz. water <p><i>Dinner</i></p> <ul style="list-style-type: none">○ 4 oz. of grilled fish○ 1 serving of wild rice (1 cup)○ 1 servings of roasted vegetables (1 cup)○ 12 oz. water/skim milk



a little reading yields big benefits

The little bit of time that a person spends reading labels at the supermarket can yield tremendous health benefits. Compare brand names to find the highest nutritional value at a reasonable cost. If a favorite food doesn't have nutritional information on the label, write to the manufacturer and ask for a list of nutrients. Finally, don't forget to read the list of nutrients that may be posted near fresh, unprocessed foods, such as in the butcher and produce sections of many supermarkets. You'll soon become an expert in filling your nutritional needs.

One of the most important guidelines for wise food shopping is to read food labels carefully. Most food labels provide a list of ingredients, and many also give additional information about the nutritional value of the contents. The nutrients listed often include:

CALORIES

SODIUM

FAT

PROTEIN

CHOLESTEROL

OTHER VITAMINS AND MINERALS

reading food labels

Start here

Check calories

*Limit these
nutrients*

*Get enough
of these
nutrients*

Footnote

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value *

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Calcium 20%

Vitamin C 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs.

		Calories	2,500	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Quick guide
to % daily value

5% or less
is low

20% or
more is high

Sample label of macaroni & cheese



ingredients

When looking at any list of ingredients, remember that ingredients are in order of their relative weight. The first ingredient is the one that makes up the greatest part of the product. The last ingredient on the list represents the smallest part of the product, and the others represent amounts in between.

nutrition facts

Food labels provide nutritional information for a typical serving size rather than for the entire package or can. The serving size is an important measurement, since not all people eat the same amount of food at a single sitting. Try to gauge how close the serving size is to your own eating habits in order to calculate how many nutrients you'll be receiving at each meal.

Food labels also show the amount of certain nutrients per serving along with the "% Daily Value". The daily value is based on a 2,000-calorie diet and is the percentage of each nutrient believed to meet the needs of the average person each day. For example, if a certain food provides 50 percent of the daily value for vitamin C, one serving gives a person half the vitamin C needed per day.

the label says

it means that one serving of the product has

Calorie free

Less than 5 calories

Sugar free

Less than 0.5 grams of sugar

fat

Fat free

Less than 0.5 grams of fat

Low fat

3 grams of fat or less

Reduced fat or less fat

At least 25 percent less fat than the regular product

Low in saturated fat

1 gram of saturated fat or less, with no more than 15 percent of the calories coming from saturated fat

Lean

Less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol

Extra Lean

Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol

Light (lite)

At least 1/3 fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product

Cholesterol

Cholesterol free

Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat

Low cholesterol

20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat

Reduced cholesterol

At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat

sodium

Sodium free or no sodium

Less than 5 milligrams of sodium and no sodium chloride in ingredients

Very low sodium

35 milligrams or less of sodium

Low sodium

140 milligrams or less of sodium

Reduced or less sodium

At least 25 percent less sodium than the regular product

fiber

High fiber

5 grams or more of fiber

Good source of fiber

2.5 to 4.9 grams of fiber

we care for you

We hope you find this nutritional guide valuable and useful. As physicians, we are advocates for living an active and healthy lifestyle. Should you have any questions regarding this information, please contact us. We are more than happy to listen to your concerns and answer any questions. After all, we are here to care for you.



