

Lifestyle Balance Eating Plans.

Structured eating plans have been shown to help many people lose weight. Eating plans, when followed exactly, eliminate many temptations and decisions regarding food choices. Eating plans also simplify self-monitoring. Therefore, those Lifestyle Balance participants who have not lost weight as expected by Session 8 or 7, Tip the Calorie Balance, will be asked to either follow a structured eating plan or self-monitor calories. In addition, Lifestyle Coaches may give any participant one of the eating plans at any point during the study.

Attached are Lifestyle Balance Eating Plans for 1200 and 1800 calories for four days. The percent of calories from fat in both eating plans is approximately 10-15% (intentionally lower than the DPP goal of 25% fat in order to model a reduced-fat eating style). The calories are distributed approximately as follows:

	1200-Calorie Eating Plan	1800-Calorie Eating Plan
Breakfast	200-250 calories	350-400 calories
Light Meal	300-400 calories	400-500 calories
Main Meal	500-550 calories	600-650 calories
Snacks	100 calories	300 calories

The foods lists are identical for both plans. Compared to the 1200-calorie plan, the 1800-calorie plan includes these sources of additional calories: about 100 at breakfast (from bread, fruit juice, and/or diet margarine), 50-100 at the light meal (lunch) (from milk, yogurt, and/or bread), 200 at the main meal (dinner) (from bread, diet margarine, and nonfat frozen dessert), and 200 at snacks. Lifestyle Coaches may create 1500 and 2000-calorie plans, as needed, by making similar adjustments in writing on the 1200 and 1800-calorie plans. Lifestyle Coaches may also want to add a few foods to the various categories based on the participant's food preferences (for example, adding tortillas to the list of breads), provided that the average calories and fat grams per serving of the added foods are roughly the same as other foods in that category.

Participants should be encouraged to follow the plans *exactly* because it is the firm structure provided by eating plans that is most helpful. However, the plans are not designed to be followed indefinitely. It is expected that over time, participants will develop variations of the meal plans and create their own style of low-fat eating that suits their lifestyle, food preferences, and calorie needs during weight loss or weight maintenance.

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1200-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Jam or jelly • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel • Jam or jelly • ½ cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (1 slice) or ½ English muffin, or ½ bagel • Jam or jelly
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • ½ pita or ½ bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • ½ pita or ½ bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Fruit • Nonfat frozen dessert (½ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Fruit • Nonfat frozen dessert (½ cup)
Snack 100 calories	Mix and match choices from the snack list to total 100 calories.			

1800-Calorie Eating Plan.



Mix and match the following menus for breakfast, a light meal, and a main meal. Choose foods from the attached lists.

Breakfast 350-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • ½ cup milk • ¾ cup fruit juice or 1 fruit serving • Toast (1 slice), or ½ English muffin, or ½ bagel 	<ul style="list-style-type: none"> • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ¾ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg substitute • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly • ½ cup milk • ¾ cup fruit juice or 1 fruit svq. 	<ul style="list-style-type: none"> • Nonfat plain yogurt (1 cup) • Fruit • Toast (2 slices), or 1 English muffin, or 1 bagel • Diet margarine • Jam or jelly
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: 1 protein serving (chicken, turkey, salmon, tuna, or peanut butter and jelly), 2 bread servings, with fat-free mayonnaise or dressing • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with fat-free dressing • 1 Pita or 1 bagel • Fruit • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Cottage cheese • 2 servings of fruit • 1 Pita or 1 bagel • 1 cup milk or fat-free yogurt 	<ul style="list-style-type: none"> • Low-calorie frozen entree (≤ 300 calories and ≤ 10 grams of fat) • Salad with fat-free dressing • Fruit • 1 cup milk or fat-free yogurt
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, or rice • Vegetable w/diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Low-calorie frozen entree • Salad with fat-free dressing • Vegetable with diet margarine • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Pasta with marinara sauce (recipe attached) • Salad with fat-free dressing • Vegetable with diet margarine • Fruit • Nonfat frozen dessert (¾ cup) 	<ul style="list-style-type: none"> • Chinese stir-fry (recipe attached) • Rice • Dinner roll with diet margarine • Fruit • Nonfat frozen dessert (¾ cup)
Snacks 300 calories	Mix and match choices from the snack list to total 300 calories.			

Breakfast Choices



The starred foods are recommended to increase the fiber in your diet.

Cereal	Serving Size	Calories	Fat (g)
*Bran flakes	2/3 cup	90	0
Cheerios (plain)	1 cup	90	0
Corn Flakes	1 cup	110	0
*Oatmeal, cooked	2/3 cup	96	2
*Raisin Bran	3/4 cup	100	0
Shredded Wheat, Spoon Size	2/3 cup	90	1
Special K	1 cup	110	0
Milk/Yogurt			
Skim milk	1/2 cup	43	0
1% milk	1/2 cup	51	2
Lactaid lactose-reduced non-fat milk	1/2 cup	43	0
Yogurt, non-fat, plain	1 cup	136	0
Bread			
*Whole wheat toast (regular)	1 slice	70	1
White toast	1 slice	70	1
English muffin	1/2	67	0
Bagel (any flavor)	1/2 (3" diam)	78	0
Diet bread	2 slices	80	0
Egg Substitute			
Fleischmann's Egg Beaters®	1/2 cup	50	0
Healthy Choice Cholesterol- Free Egg Product®	1/2 cup	60	0
Fruit Juice			
Orange juice	1/2 cup	56	0
	3/4 cup	84	0
Grapefruit juice	1/2 cup	47	0
	3/4 cup	70	0
Apple juice	1/2 cup	58	0
	3/4 cup	87	0
Fruit			
*Banana	1/2 (8" long)	48	0
*Orange	1 (2 5/8" diameter)	62	0
*Grapefruit	1/2	47	0
*Strawberries	1 cup	46	0
*Melon (any variety)	1 cup	60	0
Diet margarine (Only if included on your plan.)			
Fleishmann's Diet tub®, Promise Extra Light® tub	2 teaspoons	33	4
Jam/Jelly			
Regular jam/jelly (any flavor)	2 teaspoons	32	0
Diet jam/jelly (any flavor)	2 teaspoons	15	0

Light Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Tuna, white, canned in water	3 ounces	99	1
Sockeye salmon, canned in water	3 ounces	118	5
Turkey or chicken breast, oven roasted (Oscar Mayer®, Hillshire Farm®, or Deli Select®)	3 ounces	90	2
Cottage cheese, 1% milk-fat	½ cup	82	1
Peanut butter, regular	1 Tablespoon	96	8

Bread

Pita bread (6" diameter)	½ pocket	95	1
	1 pocket	191	1
Bagel, any flavor (3" diameter)	½ bagel	78	1
	1 whole	157	1
*Whole wheat bread	1 slice	70	1
	2 slices	140	2
White bread	1 slice	70	1
	2 slices	140	2

Fruit

*Apple	1 (2¾" diam.)	81	0
*Banana	½ (8" long)	48	0
*Orange	1 (2⅝" diam.)	62	0
*Peaches, fresh	1 (2½ diam.)	37	0
*Pear, fresh	½ (2½ diam.)	49	0
*Pineapple, fresh	½ cup	38	0

Milk/Yogurt

Skim milk	½ cup	43	0
	1 cup	86	0
1% milk	½ cup	51	2
	1 cup	102	3
Lactaid lactose-reduced non-fat milk	½ cup	43	0
	1 cup	86	0
Yogurt, non-fat, fruited (Dannon Light®, Light & Lively®, Yoplait®)	½ cup	81	0
	1 cup	162	0



Frozen Low-Calorie Entrees or Dinners

Choose any Healthy Choice® (HC), Lean Cuisine® (LC), Weight Watchers® (WW) or Budget Gourmet Light/Healthy® (BGL) dinners which have ≤ 300 calories and ≤ 10 gm fat.

<i>Examples: Serving Size</i>	Calories	Fat (g)	
HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	6
LC Oriental Beef w/ Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salad Dressing/Condiments

Miracle Whip® Fat-free	1 Tablespoon	19	0
WW Fat-free mayonnaise	1 Tablespoon	19	0
Kraft® Fat-free Dressings	1 Tablespoon	18 (avg.)	0
Marzetti® Fat-free Dressings	1 Tablespoon	20	0
Seven Seas® Fat-free Dressings, Creamy	1 Tablespoon	16	0
Clear	1 Tablespoon	5 (avg.)	0
Regular jelly/jam (any variety)	2 teaspoons	32 (avg.)	0
Diet jelly/jam (any variety)	2 teaspoons	15 (avg.)	0

Salad and Salad Vegetables Choose foods from the Free Food List.

Main Meal Choices



The starred foods are recommended to increase the fiber in your diet.

Protein	Serving Size	Calories	Fat (g)
Halibut	3 ounces	100	1
Cod	3 ounces	100	1
Tuna, yellow fin, fresh	3 ounces	118	1
Turkey, white meat	2 ounces	93	2
Chicken, white meat	2 ounces	81	2

Starch

Pasta:	white	1 cup	197	1
	*whole wheat	1 cup	197	1
Rice:	white	¾ cup	154	0
	brown	1 cup	216	2
	wild	1 cup	166	0
Potato:	baked in skin	Medium	220	0
	boiled w/out skin	1½ cup	114	0
Sweet potato (yam)		Medium (5" x 2")	200	0
Dinner roll				
	<i>(only if included on your plan)</i>	1	100	1

Vegetables

Broccoli, cooked		1 cup	52	0
Brussels Sprouts, cooked		1 cup	66	0
Cabbage, cooked:				
	Green	1 cup	32	0
	Red	1 cup	32	0
Carrots, cooked		1 cup	70	0
Cauliflower, cooked		1 cup	34	0
Corn, cooked		½ cup	66	0
Green beans, cooked		1 cup	38	0
Peas, cooked:				
	Green	½ cup	62	0
	Snow	1 cup	78	0
Spinach, cooked		1 cup	54	0
Squash, cooked:				
	Summer	1 cup	44	0
	Acorn	½ cup	69	0
	Butternut	½ cup	48	1
	Hubbard	½ cup	59	1
	Spaghetti	1 cup	49	0
Marinara Sauce (attached recipe or a brand with ≤ 5 g fat/cup)		1 cup	115	5

Main Meal Choices (continued)



Fat	Serving Size	Calories	Fat (g)
Diet Margarine (Fleishmann's Diet tub®, Promise Extra Light® tub)	1 Tablespoon	50	6
Kraft® fat-free dressings	1 Tablespoon	18 (avg.)	0
Marzetti® fat-free dressings	1 Tablespoon	20	0
Seven Seas® fat-free dressings, creamy	1 Tablespoon	16	0
clear	1 Tablespoon	5 (avg.)	0

Fruit

*Apple	1 (2¾" diam.)	81	0
*Orange	1 (2⅝ diam.)	62	0
*Peaches, fresh	1 (2½" diam.)	37	0
*Pear, fresh	½ (2½" diam.)	49	0
*Pineapple, fresh	½ cup	38	0
*Banana	½ (8" long)	48	0

Frozen Dessert Options

Frozen Yogurt			
Crowley's Fruit Flavors®	½ cup	100	0
	¾ cup	150	0
Homemade Brand®	½ cup	100	3
	¾ cup	150	5
Sherbet	½ cup	133	2
	¾ cup	200	3
Sorbet (Dole®)	½ cup	129	0
	¾ cup	194	0

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Examples:

HC Lemon Pepper Fish	1 entree	300	5
HC Chicken Enchiladas	1 entree	280	5
LC Oriental Beef w/Vegetables & Rice	1 entree	290	9
WW Chicken Fettucini	1 entree	280	9
BGL Sirloin Beef in Wine Sauce	1 entree	280	8

Salads Choose foods from the Free Foods List.

Marinara Sauce and Chinese Stir-Fry See attached recipes.



Snack Choices

Protein	Serving Size	Calories	Fat (g)
Cottage cheese, 1% milk fat	¼ cup	41	0
Yogurt, fruited, nonfat	½ cup	100 (avg.)	0
Milk			
Skim milk	½ cup	43	0
1% milk	½ cup	51	2
Lactaid® lactose-reduced nonfat milk	½ cup	43	0
Fruit			
*Apple	½	40	0
*Banana	½	48	0
*Melon (any kind)	1 cup	60	0
*Orange	1	62	0
*Peaches, fresh	1	37	0
*Pear, fresh	½	49	0
*Pineapple, fresh	½ cup	38	0
Fruit Juice			
Apple juice	½ cup	58	0
Cranberry juice, low calorie	½ cup	72	0
Grapefruit juice	½ cup	47	0
Orange juice	½ cup	56	0
Popcorn			
Air-popped	2 cups	62	1
Orville Redenbacher's Light Gourmet Microwave® (natural and butter)	3 cups	77	3
Weight Watcher's Microwave®	½ ounce	50	1
Frozen Popsicles			
Food Club Junior Pop®	1	40	0
Dole Fruit and Juice Bars®	1	60	0
Jello Gelatin Pops®	1	35	0
Kool-Aid Gelatin Pops®	1	40	0
Hot Chocolate			
Carnation Sugar-free Hot Cocoa, Mocha and Rich Chocolate®	1 envelope	50	0
Alcohol			
Light Beer (most brands)	6 ounces	50	0
Wine, table (most brands)	3½ ounces	72	0



Free Foods

Salad greens, raw vegetables

Cabbage
Carrot
Celery
Chinese cabbage
Cucumber
Endive
Escarole
Lettuce
Mushrooms
Onion
Peppers
Radishes
Romaine
Spinach
Sprouts
Summer Squash
Tomato
Zucchini

Drinks

Bouillon or broth without fat
Bouillon, low-sodium
Carbonated drinks, sugar-free
Carbonated water
Club soda
Coffee/tea
(Use only fat-free cream, skim milk, or 1% milk in coffee or tea. Adjust milk/yogurt servings accordingly.)
Drink mixes, sugar-free
Tonic water, sugar-free

Condiments

Artificial butter flavors (e.g., Butter Buds®)
Catsup (1 Tablespoon)
Horseradish
Hot sauce
Mustard
Picante sauce
Pickles, dill, unsweetened
Taco sauce
Vinegar, any type

Sweet substitutes

Candy, hard, sugar-free
Gelatin, sugar-free
Gum, sugar-free
Sugar substitutes (saccharine, aspartame)

Miscellaneous

Herbs
Lemon juice
Nonstick pan spray
Soy sauce
Spices
Worcestershire sauce

Shopping List



Check (☑) only the food items you need. Remember, these are the only food items you will need to follow your eating plan.

Cereals

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Special K
- Oatmeal
- Shredded Wheat

Produce, Fresh

- Apples
- Bananas
- Oranges
- Grapefruit
- Melon
- Peaches
- Pears
- Pineapple
- Strawberries
- Lemons
- Salad Greens
- Raw Vegetables
- Onions
- Green onions
- Potatoes, White
- Potatoes, Sweet

Beverages

- Skim Milk
- 1% Milk
- Diet Drinks
- Orange Juice
- Apple Juice
- Grapefruit Juice
- Cranberry Juice
- Pineapple Juice
- Sugar-free Hot Cocoa, Drink Mixes
- Bouillon or Broth, Without Fat

Salad Dressings, Condiments

- Fat-Free Salad Dressing
- Fat-Free Mayonnaise
- Mustard
- Catsup
- Horseradish
- Taco or Picante Sauce
- Vinegar

Breads/Starches

- Whole Wheat Bread
- White Bread
- Low-Calorie Bread
- English Muffin
- Bagel
- Pita Bread
- Rice, White, Brown, or Wild
- Pasta, White or Whole Wheat

Frozen Dinners

(≤ 300 calories, ≤ 10 g/fat)

- Weight Watchers
- Healthy Choice
- Lean Cuisine
- Budget Gourmet
- Light and Healthy

Frozen Desserts

- Frozen Yogurt (Crowley's Fruit)
- Sherbet
- Sorbet (Dole)
- Popsicles

Lean Protein

- Chicken or Turkey Breast, Oven Roasted, Deli
- Chicken, White Meat
- Turkey, White Meat
- Tuna/Salmon, Canned in Water
- Tuna, Yellowfin, Fresh
- Cod
- Halibut
- Yogurt, Nonfat, Plain or Fruited
- Egg Beaters
- Cottage Cheese (1% milk fat)
- Parmesan Cheese, grated
- Peanut Butter

Miscellaneous

- Vegetable oil
- Garlic
- Soy sauce
- Brown sugar
- Ginger, fresh or powdered
- Crushed tomatoes, 16 oz.
- Tomato paste, 6 oz.
- Basil, oregano, black pepper, thyme
- Parmesan cheese, grated
- Nonstick Pan Spray
- Artificial Butter Flavor
- Sugar Substitute
- Sugar-free Gum, Jello, Candy
- Coffee/Tea
- Diet Jelly/Jam
- Fat-free Creamer
- Lemon Juice

Marinara Sauce

1 Tablespoon vegetable oil	1 cup water
1 clove garlic, finely chopped	1 teaspoon basil
½ cup diced onions	½ teaspoon oregano
16 oz. crushed tomatoes, canned	¼ teaspoon fresh ground black pepper
6 oz. tomato paste, canned	¼ teaspoon thyme
	2 Tablespoons Parmesan cheese, grated

1. Add oil to medium-size cooking pot. Heat over medium heat.
2. Sauté garlic and onions in oil until transparent.
3. Add crushed tomatoes, tomato paste and water. Allow mixture to come to a boil, then reduce heat to allow mixture to simmer.
4. Add spices. Adjust amounts as desired.
5. Simmer sauce for ½ hour.
6. Serve over pasta with 2 Tablespoons grated Parmesan cheese.

Makes 4 (1-cup) servings. Per Serving: 115 calories, 5 grams fat.

Chinese Stir-Fry

2 Tablespoons soy sauce	1 Tablespoon vegetable oil
2 Tablespoons water	1 clove garlic, finely chopped
1 teaspoon firmly packed brown sugar	¾ pound boneless, skinless chicken breast, cut into 1" cubes
1 Tablespoon fresh ginger, grated or ⅛ teaspoon powdered ginger (optional)	3 cups mixed vegetables, cut into bite-sized pieces (broccoli, carrots, cauliflower, snowpeas, etc.)
2 green onions, diced	

1. Mix soy sauce, water, brown sugar, ginger and diced green onions. Stir until blended. Set aside.
2. Add oil to wok or large non-stick skillet. Heat over medium-high heat.
3. Add garlic and cubed chicken to wok or skillet. Stir-fry 5 minutes.
4. Add mixed vegetables to chicken. Stir-fry 3 minutes or until vegetables are tender crisp.
5. Add soy sauce mixture to chicken and vegetables. Stir-fry until thoroughly heated.
6. Serve over a bed of rice.

Makes 6 (¾-cup) servings. Per Serving: 140 calories, 4 grams fat.