

# Great Tasting Low Fat Meals

## CONCEPTS

- Cut the fat - not necessarily the calories.
- Keep eating all day- small amounts
- Drink water or non-caffeinated fluid all day.
- Seasonings can bring out all of the flavor you need.
- Set long-term goals.
- Don't change diet overnight.

## COMPONENTS

- Staples: potato, rice, bread, pasta
- Protein: lean turkey, lean chicken, lean fish
- Flavoring: soup mix (not cream based), non-fat dressing, spaghetti sauce
- Additives: frozen vegetables, dried legumes, canned soup and vegetables

## SEASONINGS

- Relishes - but watch the salt
- Recipes - see gourmet magazines
- Salsa

## PREPARATION

- Prepare the staples on the weekend.
- Plan for variety on the weekend.
- Shop on Sunday or Monday for the components needed.
- Once prepared, most can be heated in the microwave.

## EXAMPLES

- Pasta - with vegetable sauce (soup mix in Prego)
- Mashed potatoes, turkey or chicken breast, vegetables, bread
- Rice with soup, legumes, or vegetables
- Pizza - bread with spaghetti sauce, marinate frozen vegetables
- Fish - with vegetables or bread

## MUNCHIES

- Energy bars
- Non-fat saltines
- Pretzels
- Carrots and celery
- Sliced apples, bananas, pears

# Losing Weight Without Dieting

## CONCEPTS

- Exercise - don't do too much too soon.
- Diet - don't change overnight.
- Learn to enjoy healthy habits.
- Don't eliminate unhealthy items - replace them.

## EXERCISE

- Exercise teaches muscles to burn fat.
- Trained muscles burn more fat while sitting and sleeping.
- Exercise develops a craving for better food.
- Exercise makes you feel like the athlete you are!

## FINDING INTERESTING EXERCISES

- You want aerobic exercises you can do for extended periods.
- Visit several health clubs and try the equipment.
- Keep trying various new exercises.
- Innovate to make the exercise FUN.

## DIET

- Gradually cut down on fat in diet - allows you to eat more carbohydrates.
- Find combinations of foods you like.
- Eat small snacks throughout the day.
- Don't wait until you are hungry.
- Drink four to six ounces of water each hour (at least)