

EAT FOR HEALTH!

Basic Guidelines for a Lifetime of Good Eating

EAT LESS:



Fats and Oils

Strictly limit fatty meats, cooking and salad oils, sauces, dressings, and shortening. Use margarine and nuts sparingly. Avoid frying (sauté instead with a little water in nonstick pans). Especially avoid saturated and trans fats (cookies and crackers).



Sugars

Limit sugar, honey, molasses, syrups, pies, cakes, pastries, candy, cookies, soft drinks, and sugar-rich desserts, such as pudding and ice cream. Save these foods for special occasions.



Cholesterol Foods

Progressively eliminate meat, sausages, egg yolks, and liver. If used, limit dairy products to low-fat cheeses and nonfat milk products. If you eat fish and poultry, use them sparingly.



Salt

Use minimal salt during cooking. Banish the saltshaker. Strictly limit highly salted products, such as pickles, crackers, soy sauce, salted popcorn, nuts, chips, pretzels, and garlic salt.



Alcohol

Avoid alcohol in all forms, as well as caffeinated beverages, such as coffee, colas, and black tea.

EAT MORE:



Whole Grains

Freely use brown rice, millet, barley, corn, wheat, and rye. Also eat freely of whole-grain products, such as breads, pastas, shredded wheat, and tortillas.



Tubers and Legumes

Freely use all kinds of potatoes and yams (without high-fat toppings). Enjoy peas, lentils, chickpeas, and beans of every kind.



Fruits and Vegetables

Eat several fresh whole fruits every day. Limit fruits canned in syrup. Limit fiber-poor fruit juices. Eat a variety of vegetables daily. Enjoy fresh salads with low-calorie, low-salt dressings.



Water

Drink eight glasses of water a day. Vary the routine with a twist of lemon and occasional herb teas.



Hearty Breakfasts

Enjoy hot multigrain cereals, fresh fruit, and whole-wheat toast. Jumpstart your day.

DIET COMPARISON

	<i>U.S. Diet</i>	<i>CHIP Optimal Diet</i>
Fats and Oils	80-120 g	under 45 g
Sugar	35 tsp	under 10 tsp
Cholesterol	400 mg	under 50 mg
Salt	10-12 g	under 5 g
Fiber	12 g	40+ g
Water (fluids)	minimal	8 glasses