



KAISER PERMANENTE.

Pediatric Weight Management

Balanced Low Calorie Diet Instruction Sheet

This food plan consists of using the ADA's Food Guide pyramid. You will be given a certain number of servings from each food group to eat every day. You will learn serving sizes, reduce your calories and choose food from the food pyramid. You will consume between 1200-1500 calories a day. The total calories will be distributed as follows: 20% from protein, 30% from fat and 50% from carbohydrates.

On this program patients will be requested to:

- 1) Keep a daily food diary.
- 2) Purchase a pedometer. Pedometers can be found in the Kaiser pharmacy or Health Education Center (cost is \$15.00 plus tax).
- 3) Record steps from pedometer on the Activity Log.
- 4) Work in increasing daily physical activity.
- 5) Attend follow-up visits one to two times per month.
- 6) Drink 8 large glasses of water per day.
- 5) Follow the outline from the Food Pyramid and consume the recommended number of calories.

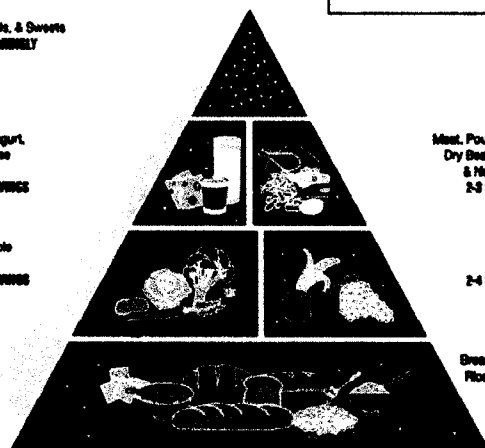
The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Vegetable
Group
2-4 SERVINGS



KEY
 Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Fruit
Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS