



# KAISER PERMANENTE.

## Balanced Diet Instruction Sheet

You will be starting what is called the Balanced Diet. This means you will plan your meals and snacks using the Food Guide Pyramid. It is important during this time to eat from all of the food groups. However, keep in mind that eating more servings than recommended can slow your weight loss or even cause weight gain. To determine the number of servings from each food group that is right for you, see chart below.

\_\_\_\_\_ Starches (serving sizes: ½ cup pasta or rice, 1 small slice bread, 1 small baked potato, ½ cup corn or peas, ½ cup hot or cold cereal) **80 calories per serving**

\_\_\_\_\_ Fruits (serving sizes: 1 medium sized piece of fruit (tennis ball size), 1 cup fresh fruit, ½ cup canned, ¼ cup dried, ½ cup fruit juice) **60 calories per serving**

\_\_\_\_\_ Vegetables (serving size: ½ cup cooked, 1 cup raw) **25 calories per serving**

\_\_\_\_\_ Protein (serving size 1 oz. Lean meats, fish, poultry, low fat cheese, 2 egg whites, ¼ cup egg substitutes ) **55 calories per serving**

\_\_\_\_\_ Dairy (1 cup non-fat milk, 1 cup non-fat yogurt) **90 calories per serving**

\_\_\_\_\_ Fat: 1 tsp butter, oil, margarine, 10 olives, 1/8 avocado, 1 tbsp. Salad dressing, 1 tsp mayonnaise, 1 tbsp. Cream cheese) **45 calories per serving**

**GUIDE FOR WEIGHT LOSS-** Use this guide to determine the amount of calories you should consume while you are trying to lose weight.

CALORIE LEVEL	AGE	NF MILK	LEAN MEAT	FRUIT	VEGETABLE	STARCH	FAT
1200	10 and under	2	4	4	2	4	5
1500	11 and up	2	5	4	4	6	6

**GUIDE FOR MAINTENANCE-** Use this guide to determine the approximate number of calories you should consume once you have reached your ideal body weight.

CALORIE LEVEL	AGE	NF MILK	LEAN MEAT	FRUIT	VEGETABLE	STARCH	FAT
1800	4-6 year olds	2	7	4	3	8	8
2000	7-10 year olds	2	7	5	5	9	8
2200	11-18 yr old females	2	8	5	5	10	10
2500	11-14 yr old males	2	9	6	5	12	11
3000	15-18 yr old males	3	10	7	5	14	14