

# SmartLoss<sup>tm</sup> Food Diamond

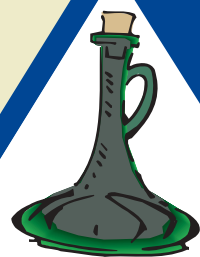
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## Healthy Choices



Healthy Choices include:

- green vegetables
- tomatoes, onions,
- lean meats,
- fish, eggs,
- soups, and many fruits:
- strawberries,
- raspberries,
- blueberries,
- cherries & grapes.
- Fiber One cereal is one of the few grains with low sugar content.

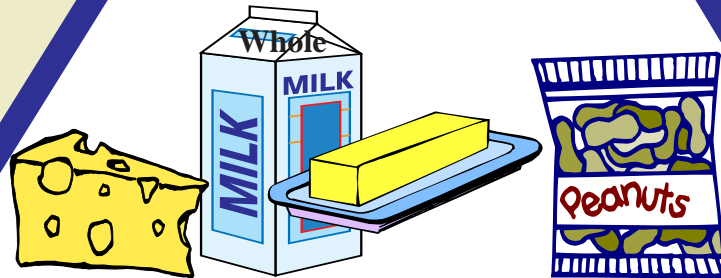


FATS & OILS

## CAUTION

### FATS & OILS

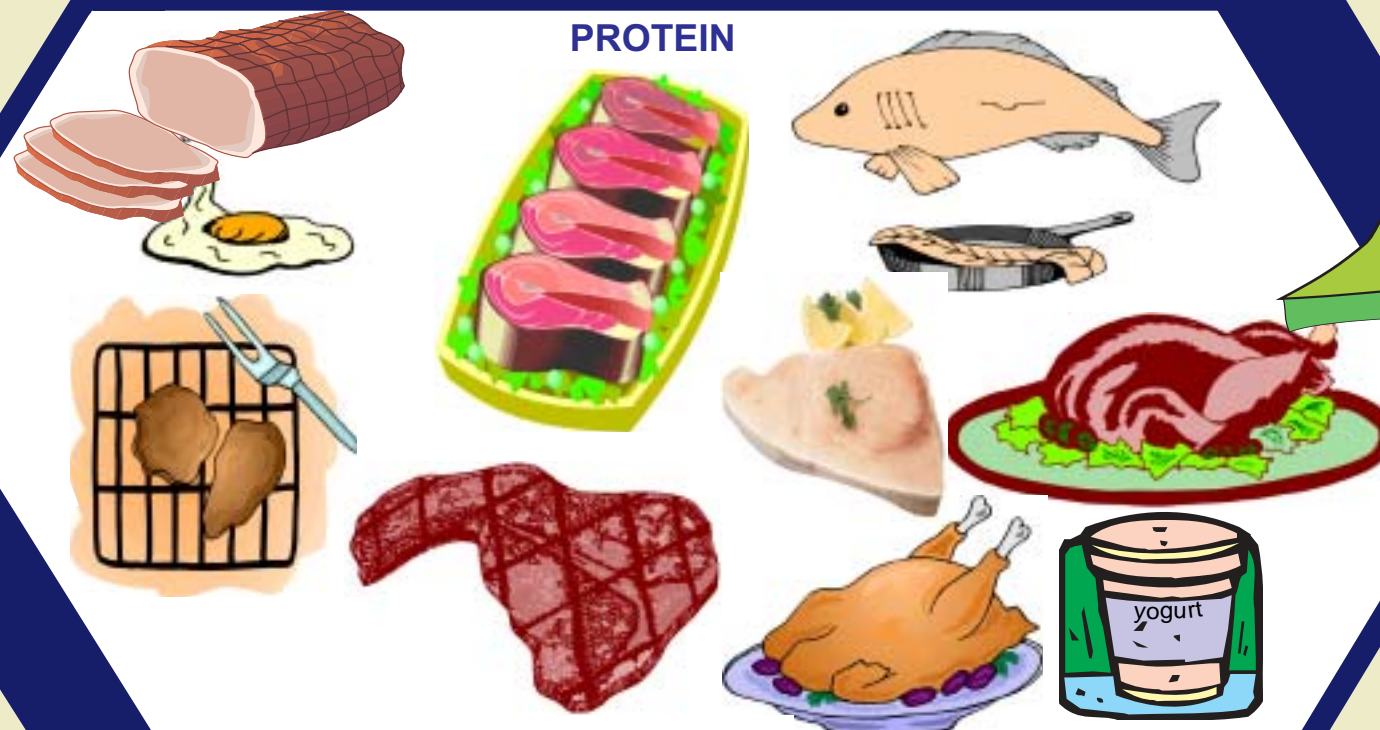
*(small amounts) No more than 30% of total calories should come from fat (less if possible). Use olive or canola oil.*



Most fat in your diet will come in other foods.

## PROTEIN

*(40% of daily calories)  
Lean meats, fish, beans;  
yogurt, low-fat milk.*



PROTEIN

## CARBOHYDRATES

*(30% of daily calories)*

CARBOHYDRATES: VEGETABLES, FRUITS, & GRAINS

## FRUITS

*Moderate servings daily of low carbohydrate fruit.*



## VEGETABLES

*Primary source of high-fiber carbohydrates. Multiple servings of low carbohydrate, low-fat vegetables.*

## GRAINS & SUGAR

*(very small amounts) Grain products high in carbohydrates (starch) and vegetables with high glycemic index (i.e., potatoes, carrots) should be avoided as well as all sugar.*



## DANGER

