

NUTRITIONAL GUIDELINES

Limits/Avoids

- Sugar, alone or as an additive
- High fructose corn syrup
- Enriched wheat flour
- Saturated Fats
- Hydrogenated Oils/Trans fats

Emphasize

- Fruits
- Vegetables (brightly colored)
- Whole Grains (e.g., whole wheat flour, oatmeal, brown rice)
- Water (3-4 quarts per day)
- Healthy oils (e.g., olive, flaxseed, sesame seed)

Tips

- Aim for 5 small meals throughout the day
- Alternate 1 8 oz glass of water for every glass of wine
- Replace juices with fruit as much as possible
- Be mindful of portion/serving sizes
- Plan and prepare...repeat several times throughout the week
- Check out www.mypyramid.gov for more information