

# 1500 Calorie Life Style Diet

Meal	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
<b>Breakfast</b>	<b>1</b>		<b>1</b>			<b>2</b>					
<b>Snack</b>											<b>1</b>
<b>Lunch</b>	<b>1</b>	<b>2</b>	<b>1</b>		<b>3</b>		<b>1</b>				
<b>Snack</b>	<b>1</b>									<b>1</b>	<b>1</b>
<b>Dinner</b>	<b>1</b>	<b>1</b>	<b>1</b>		<b>3</b>						
<b>Snack</b>											<b>1</b>
<b>1500 Calories</b>											
<b>F O O D S T O S E L E C T</b>	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
	Grits (1/2 c) Oatmeal (1/2c) Bread (1sl)	String beans (1/2c)	Apple Sauce (1/2c)	Chicken Breast (1oz)	Egg (1)	Bacon (3) Pork Sausage (1 oz)	Butter (1oz) Peanut butter smooth/creamy (2T)	Milk 1 % (8oz)	Puddings (1/2 cup)	Whole Milk (8 oz)	Fat-free margarine (4T)
	Pancakes (3) Waffle (2) French Toast (2)	Carrots (1/2c) Broccoli (1/2c) Cabbage (1/2 c)	Apple (1) Raisins (2/3 cup)	Baked Fish (1 oz)	Beans (1/2 c) Pork Chops (2oz)	Sausage patty (1) Ground Pork (1oz)	Olive Oil (1T) Tartar Sauce (1T)	Jell-o Pudding pops (1)	Cottage Cheese (4oz)	American Cheese Processed (1oz)	Miracle Whip (1T)
	Cheerios ( 1 ¼ c) Mixed vegetables (1/2c)	Mushrooms (1/2 c) V-8 Vegetable Cocktail (6oz)	Pears (1) Banana (1/2) Apple (1)	Baked Chicken (1 oz)	Corn beef (1oz) Beef Bologna (1sl)	Hot dogs (1) All kinds Salami (1 oz) Cold Cuts (1oz)	Corn Oil (1T) French Dressing (1T) Italian Dressing (1T)	Grated Parmesan (1T)	Feta Cheese (1oz) Cheese spread (1oz)	Brie (1oz) Ricotta (1oz) Swiss Cheese (1oz)	Sugar-Free Gelatin (1 c) Soy Sauce Catsup
	Potatoes or pasta or Rice (1/2 c) Corn (1/2 c)	Watercress (1/2c) Cabbage (1/2 c)	Grapes (10)	Deli Thins (1oz)	Ground Turkey (1oz)	Spare Ribs (1 oz)	Thousand Island (1T)	Sherbet (1/2 c)	Sour Cream (2 oz)	Provolone (1oz)	Diet soda Spices
	Sweet peas (1/2c) Yucca/Plantain (½ c) Tortilla (6 inches)	Tomatoes (1/2 c) Spinach (1/2 c) Lettuce (1 c)	Cranberry Juice (1/3c)	Tuna in water (1oz)	Ground Beef (1 oz) Fried Fish (1oz)	Parmesan Cheese (1slice)	Ranch Dressing (1T) Mayonnaise (1T)		Fruited yogurt (6oz)	Cheddar Cheese (1oz)	Bacon bits, Oscar Meyers(1/4c)
	Low fat popcorn (3 c) Pretzel (3/4 oz) Nachos (10)	Cucumbers (1 c)	Papaya juice (1/3 c)	Turkey Ham (2 slices)	Wing baked (1)	Italian Sausage (1 oz)			Ice cream (1/2c)	Muenster Cheese (1oz)	Dill pickles (2slices)
	Animal Crackers (8)			Turkey salami (2 slices)	Salmon (1 oz)	Peanut Butter (1T)			Cheez Whiz (1oz)	Cream cheese (2T)	Salsa (¼ c)
				Beans (1/2 c)		Chicken thigh/leg (1oz)				Blue Cheese (1oz)	

## Instructions for the 1500 Calorie Life Style Diet

Meals	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
<b>Breakfast</b>	1		1			2					
<b>Snack</b>											1
<b>Lunch</b>	1	2	1		3		1				
<b>Snack</b>	1									1	1
<b>Dinner</b>	1	1	1		3						
<b>Snack</b>											1
<b>Total</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>8</b>			<b>1</b>	<b>1</b>			<b>3</b>

**Table A**

**Calories 1500    Carbohydrate 144 grams    Fat 64 grams    Protein 90 grams**

### **Purpose:**

This 1500-calorie diet designed to facilitate weight loss and develop a healthy eating behavior is one of four lifestyle diets. A person unhappy with their present weight, wants to make healthier food choices and learn about the different categories of food can achieve those goals with the 1500-calorie lifestyle diet.

### **How it Works? (Review Table A)**

In six columns there is a food group and numbers. Those numbers indicate how many times you can have that food group in a day. The above chart shows for the 1500 calorie diet: four servings of starches, three vegetables, 3 fruits, 8 servings of meat, 1 fat, 1 milks, and 3 free items. The meal column divides the numbers of servings into 6 meals per day. Turn to the front of the diet program and you will find another table below Table A called "Foods to select". This table gives example of foods with serving sizes for consumption. "Free Foods" means that 3 times per day, consumption of those foods will not add any calories.

### **Something to Chew On:**

A low-fat diet to speed up weight loss can be depressing. The nutrient fat is an anti-depressant. Omega-three fatty acid, polyunsaturated and monounsaturated fat from fish, flaxseeds, walnuts and canola oils are healthy fats. Omega three fatty acid supports mental and visual functioning. Warning against mega dosing with the capsule form of omega three fatty acid is hypervitaminosis A and D. Signs of excess from vitamin A: peeling skin and deformity in the developing embryo a precaution for woman of childbearing year. Signs of excess from vitamin D: Poor appetite, itchy skin, calcium deposits throughout the body and nervousness. It is important to take a multivitamin to support a reduction in food intake that comes with a reduction in vitamins and mineral.