

2000 Calorie Life Style Diet

Meal	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	1		1			2		1			
Snack			1							1	1
Lunch	2	2	1	2			1				
Snack		1	1					1			1
Dinner	2	2			3						
Snack										2	1
2000 Calories											
F O O D S T O S E L E C T	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 (1/2 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 (1/4 c)
				Beans (1/2 c)		Chicken thigh/leg (1oz)				Blue Cheese (1oz)	

Instructions for the 2000 Calorie Life Style Diet

Meals	Bread/Starch	Vegetable	Fruit	Meat			Fat	Milk / Dairy			Free Food
				Lean	Medium	High Fat		Skim	Low Fat	Whole	
Breakfast	1		1			2		1			
Snack			1						1	1	
Lunch	2	2	1	2			1				
Snack		1	1					1		1	
Dinner	2	2			3						
Snack									2	1	
Total	5	5	4	7			1	5			3

Table A

Calories 2000 Carbohydrate 220 grams Fat 76 grams Protein 114 grams

Purpose:

This 2000-calorie diet designed to maintain weight and develop a healthy eating behavior is one of four lifestyle diets. A person who is happy with their present weight, wants to make healthier food choices and learn about the different categories of food, can achieve those goals with the 2000-calorie lifestyle diet.

How it Works? (Review Table A)

In the six columns above, there are food groups and numbers. Those numbers indicate how many times you can have that food group in a single day. The above chart shows for the 2000 calorie diet: five servings of starches, five vegetables, four fruits, 7 servings of meat, 1 fat, four dairys, 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 provides 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:

Cut down on mood stressor foods (sugar, caffeine and alcohol) and increase intake of mood-supporting foods (water, vegetable, fruit and oil rich fish) to maintain a healthy mental balance. Emotional eating starts with a stressful situation and some foods tips the balance of the scale needed to resolve personal issues.