



THE QUEEN'S MEDICAL CENTER

COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

Making Healthy, Balanced Food Choices

Diet Guidelines

1. Eat within an hour of waking up, then every 3-4 hours afterwards.

- Skipping meals or snacks will eventually lead to hunger. It's harder to focus on choosing the right foods and eating slowly when you're hungry.

2. Include protein and fiber with every meal and snack.

- Protein is very satiating, helping you feel more satisfied for longer. Fiber slows down digestion and stabilizes your blood sugars, which also helps you feel fuller for longer.

3. Drink a minimum of 64 oz. fluid daily for hydration.

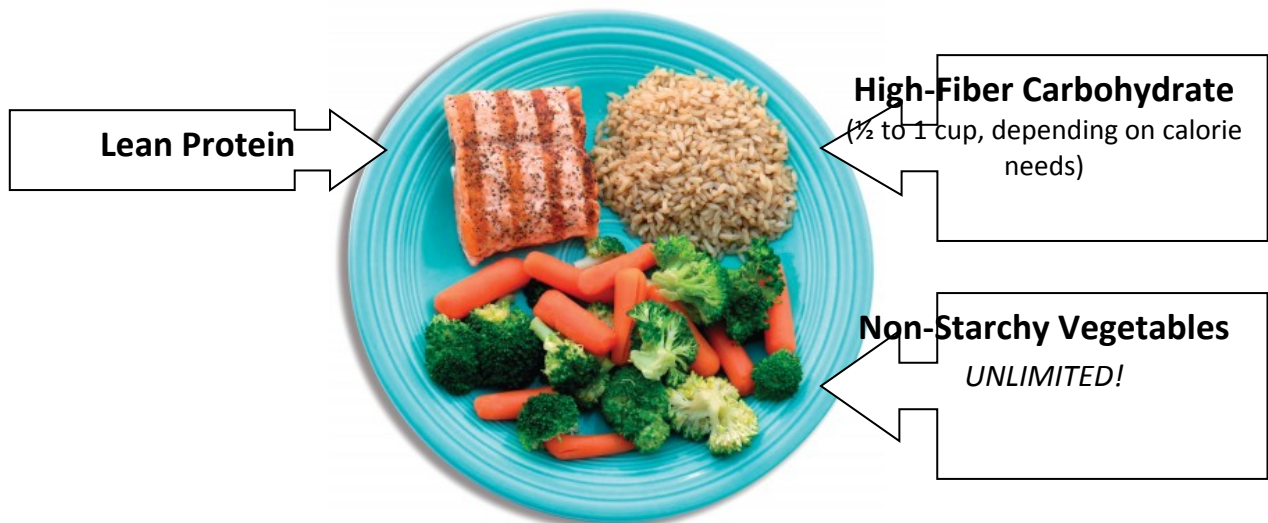
- Avoid liquid calories, from soda, juice, smoothies, sports drinks, and alcohol.
- Good choices include water or flavored water (lemon water, Crystal Light)

4. Limit extra calories from high-fat foods, high-sugar foods:

- High-fat foods include fatty meats, anything deep fried, and dishes with cream
- High-sugar foods include desserts, candies, fruited yogurt and sweet sauces

Specific portions are specific to your calorie needs; discussed at individual dietitian visits.

Building a Healthy, Balanced Plate



The Components of Food

Role of Proteins

- Protects lean muscle mass
- Suppresses hunger hormones, reducing appetite

Choose lean, low-fat protein food with every meal.

Sources of Lean Protein

- **Beef, pork, chicken, turkey, fish, seafood, eggs**
 - Select leaner cuts of meat, like round roast, sirloin, or tenderloin
 - Select white meat (breast) instead of dark meat (thigh, leg)
 - Select 90-95% lean ground meat or turkey
 - Take off the skin and trim off visible fat
 - Choose canned fish packed in water (not oil)
- **Milk, cheese, cottage cheese, yogurt**
 - Choose low-fat (1%) or fat-free (skim)
- **Beans, lentils, soybeans, tofu**
- **Nuts, nut butter (peanut butter, almond butter)**
 - Only nuts in the ingredient list (no oil, sugar)



Lean Protein Servings

5 - 10 grams =

- 1 whole egg
- 1 stick or slice cheese
- 2 slices Canadian bacon
- ½ cup beans, hummus, or tofu
- ¼ cup almonds or 2 Tbsp nut butter
- 8 oz milk or plain soymilk

15-20 grams =

- ½ cup canned fish or chicken
- ½ cup cottage cheese
- ¾ cup Greek yogurt
- 2 slices deli turkey or ham

20 - 30 grams =

- 3-4 oz sirloin steak or pork tenderloin
- 3-4 oz skinless chicken or roast turkey
- 3-4 oz lean ground turkey or beef
- 3-4 oz fish, cooked (not fried)
- 8-10 large shrimp or shellfish (not fried)
- ½ cup poke



Role of Carbohydrates (Carbs)

- Main source of energy for the body
- Provides fiber, to help you feel fuller for longer
 - Look for “**100% Whole**” on the packaging
 - Aim for at least **3 grams of Fiber** per serving



Choose higher fiber, less processed carbs.
Limit your portion (½ to 1 cup at meals, depending on calorie plan)

½ cup = 1 slice of bread, 1 tortilla, 1 English muffin, or 1 mini bagel

High Fiber (Less Processed)

- ✓ Brown rice
- ✓ 100% Whole grain breads
(Bagel, English muffin, Pita)
- ✓ 100% Whole wheat pasta
- ✓ 100% Whole wheat tortilla
- ✓ Sweet potato
- ✓ Whole fruit
- ✓ Whole grain cereals
(Oatmeal, Shredded Wheat, Kashi)
- ✓ 100% Whole wheat crackers
(Triscuit, Ak-mak)
- ✓ Soba (Buckwheat) noodles
- ✓ Beans, Lentils
- ✓ Corn, Popcorn (plain)
- ✓ Poi, Ulu

Low Fiber (More Processed)

- ✗ White rice
- ✗ White breads
- ✗ White pasta
- ✗ Flour tortilla, Tortilla chips
- ✗ White potato
(Fries, Potato chips)
- ✗ Fruit juice, Smoothies
- ✗ Refined, sugary cereals
(Honey Bunches of Oats, Special K)
- ✗ Soda crackers, Pretzels
(Ritz, Club, Diamond Bakery)
- ✗ Ramen, Udon, Somen, Saimin



1 Fruit Serving =

- 1 small apple or ½ medium
- 1 apple banana (5")
- ½ cup or ½ small papaya
- ½ cup or 2 slices pineapple
- ½ cup mango
- 2 clementines or tangerines
- ½ cup lychee
- ¾ cup berries
- 1 cup watermelon
- 1 cup cantaloupe, honeydew
- 1 cup or 17 small grapes
- ¾ cup cherries
- 4 lilikoi (passionfruit)
- 1 kiwi

Role of Vegetables (Non-Starchy)

- High in fiber to help you feel fuller for longer
- Loaded with vitamins, minerals, and antioxidants
- Very low in calories



UNLIMITED! Choose 2 cups cooked (3 cups raw) at meals.

Sources of Vegetables

Alfalfa sprouts	Chinese cabbage	Okra
Artichoke hearts	Choy sum	Onions
Asparagus	Cucumber	Radishes
Bamboo shoots	Eggplant	Snow peas or pea pods
Bean sprouts	Green beans	Spinach
Bell peppers	Jicama	Summer squash
Bok choy	Kale	Swiss chard
Broccoli	Leeks	Tomatoes
Brussels sprouts	Lettuce (manoa, romaine, red leaf, escarole)	Turnips
Cabbage	Long beans	Chinese water chestnut
Carrots	Mushrooms	Watercress
Cauliflower		Zucchini
Celery		

** Some vegetables are considered starchy carbohydrates (potatoes, peas, corn)*

Role of Fats

- Provides flavor and stability to foods
- Promotes feeling satiated after eating
- Concentrated source of energy (high in calories)

Choose unsaturated fats (from plants). Limit daily servings.

1 Fat Serving =

- ¼ cup nuts or seeds
- 2 Tbsp nut butter
- 1 tsp olive oil
- ¼ small avocado
- 8 large olives
- 1-2 Tbsp salad dressing

