

Nutrition Do's and Don'ts

Breakfast

Do	Don't
<p>Eat hot cereals like oatmeal or oat bran.</p> <p>Select whole grain or high fiber cold cereals.</p> <p>Eat breads, including muffins, bagels and biscuits. Eat doughnuts or pastries daily.</p> <p>Try milk, low-fat or skim is best.</p> <p>Choose fruit, including fresh, canned and fruit juices.</p> <p>Eat pancakes, waffles, and French toast</p> <p>Choose eggs up to two or three times weekly.</p> <p>Choose fat-free toppings like syrups and jams as an alternative to butter.</p>	<p>Eat sausage, ham or bacon more than once or twice weekly.</p> <p>Opt for eggs every day.</p> <p>Use too much margarine.</p> <p>Skip breakfast.</p> <p>Choose fast food breakfast sandwiches or fat laden croissants.</p>

Lunch

Do	Don't
<p>Pack a lunch when possible.</p> <p>Choose lean meats like turkey over salami or bologna.</p> <p>Use mustard and ketchup as condiments</p> <p>Choose a hamburger over a hot dog.</p> <p>Choose a baked potato over French fries often.</p> <p>Eat pasta as much as you like, but choose tomato sauces rather than cream sauces.</p> <p>Eat hearty soups and stews.</p>	<p>Eat fast food meals too frequently.</p> <p>Eat fried foods too frequently.</p> <p>Overuse condiments like mayonnaise or salad dressing.</p> <p>Eat fatty, salty luncheon meats.</p> <p>Skip lunch</p>

Dinner

Do	Don't
Eat pasta dishes. Try Chinese food with rice and fresh vegetables. Select fish often. Trim visible fat from meats skin from poultry. Eat as much bread as you like. Eat potatoes, rice and beans. Eat lots of fruits and vegetables.	Choose deep fried meals more than twice a week. Eat high fat meals like hot dogs or broiled or poached sausages in excess. Choose meals with heavy cream or gravies. Ruin a baked potato or bread with too much butter. Have cakes, ice cream and pies every night.

Snacks

Do	Don't
Eat popcorn, pretzels and breadsticks. Eat lots of fruits. Drink lots of water and juice.	Eat potato chips or tortilla chips. Drink too many soft drinks. Eat an excess of cakes, candies or pastries.