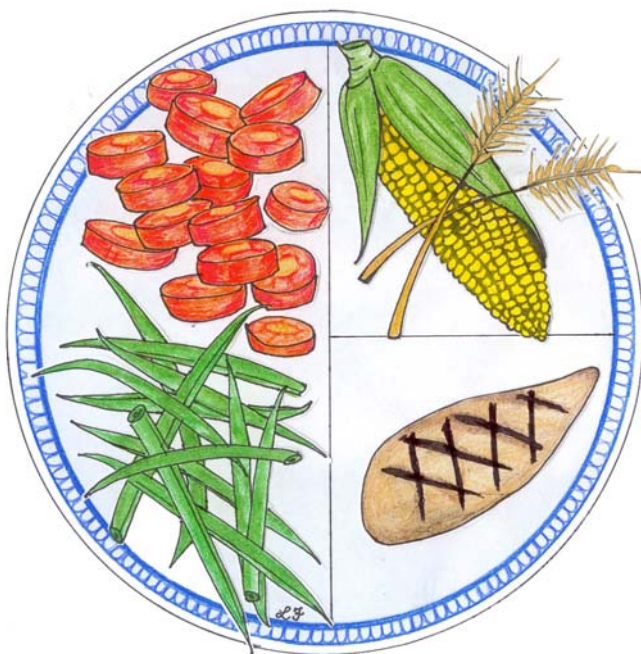


HeartAge™ Diet for Weight Loss



The Plate Method



1. Fill 1/2 of your plate with non-starchy vegetables (such as green beans, broccoli, carrots, tomatoes, onions) and/or a large salad.

2. Fill up to 1/4 of your plate with 2 slices of whole grain bread, pasta, rice and/or starchy vegetables such as beans, corn, peas, potatoes or sweet potatoes.



3. Fill 1/4 of your plate with fish, white meat of chicken or turkey, very lean beef, pork, or lunch meat, that is 93 to 100% fat free. Trim off the fat and skin.



4. Have 2-3 servings of fruit as snacks or with your meals. A serving is a medium sized fruit or 1/2 cup of cut up fruit.



5. Eat 3 meals a day including breakfast. Use the plate method for your meals. Breakfast can be a bowl of whole grain-low sugar cereal, two slices of whole grain bread with low fat meat, fish cheese or margarine, or leftovers.



6. Have 2-3 servings a day of low-fat or fat-free milk or yogurt.



7. Drink water and low-calorie drinks throughout the day. Fruit juice is a high calorie drink. Use vegetable juice instead.



8. Choose up to 4 servings of fats, such as 1 tsp of olive or canola oil, 2 Tbs. peanuts, nuts, and seeds, or 1 Tbs. Peanut butter, or low fat/fat free margarine, mayonnaise or salad dressing.

Important Tips:

- Increase Physical activity
- Set a realistic weight loss goal
- Fill up on non-starchy vegetables, soup and vegetable juice
- Keep a food diary
- Cut down on added fats like butter, margarine, or fried foods and sugar such as soda, candy, muffins, cookies and cake.

For more help with weight loss, go to www.HeartAge.com