

## Maintenance Diet

After working hard to reach your diet and physical activity goals it is important to keep an eye on your blood levels, body weight and waist size for health maintenance. The best way is to continue to make healthy diet and exercise choices for life.

Here are some tips to help you get started:

1. Eat whole grains, fruits and vegetables, and bean for your carbohydrates.
2. Eat quality sources of protein such as fish, lean meats, eggs, cottage cheese and tofu.
3. Manage your fat intake by choosing mostly fish, soy, nuts, seeds, avocados, canola and olive oil.
4. Drink plenty of water to aid digestion, prevent constipation, and cleanse your kidneys.
5. Continue to plan ahead for meals and snacks.
6. Eat small frequent meals.
7. Don't forget about breakfast.
8. Use the stairs instead of the elevator.

The meal ideas in the plan below will help guide you toward making healthy dietary choices for life. The plan is based on an 1800 calorie diet with 50% of calories from low-glycemic carbohydrates, 25% calories from protein and 25% calories from fat. Make food choices that honor your health and taste buds while making you feel well. You will not suddenly gain weight or blow your diet from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters.

	Day 1	Day 2	Day 3	Day 4
Breakfast	1 C Cooked Oatmeal ½ C Cottage Cheese 1 T Nuts	¾ C Muesli 2 t Almonds 1 Medium Apple 1 C Soy Milk	Veggie Omelet: 2 Egg whites with 1 egg 1 C Cooked Mushrooms 1 C Cooked Spinach 1 oz Cheddar Cheese 1 Slice Whole Wheat Toast Orange	English Muffin 2 T Peanut Butter 2 T Jam 12 oz Grapefruit Juice
Lunch	3 oz Tuna Salad 2 Slices Whole Wheat Bread 1 C Spinach Salad	3 oz Salmon 1 C Zucchini steamed 1/3 C Brown Rice 1 C Cherries	Pita Sandwich 3 oz Chicken 1 Round Toasted Pita 2 T Hummus Sliced Cucumber, Tomato, Red Onion 1 C Strawberries	Turkey Tacos 3 oz Lean Ground Turkey ½ C Black Beans 1/3 C Rice 2 T Salsa 2 Corn Tortillas
Dinner	4 oz Halibut ¾ C Couscous 1 C Steamed broccoli 1 C Non Fat Milk	1 C Cooked whole wheat pasta with ¾ C tomato sauce 10 Shrimp 1 C Green beans	Tofu Stir-Fry 4 oz Tofu 1 C Brown Rice ½ Chopped Red Bell Pepper ¾ C Chopped Broccoli	4 oz Grilled Chicken 5 oz Sweet Potatoes 1 C Asparagus
Snacks	1 C Nonfat Yogurt 1 C Strawberries	1 C Fruit Salad	Pear 1 oz Almonds	1 oz Peanuts 1 C Blueberries in 1 C Cottage cheese

\* This menu is based on an average of 1800 calories per day. With 50% calories coming from carbohydrate, 25% calories protein and 25% calories fat.

