

Suggested Dietary Approach: Healthy Choices and Portion Control (Low Sugar, Starch, and Saturated Fat [Low SSS Diet])

Healthy Food Choices

Priority Foods

High Quality Sources of Protein

- Fish, seafood
- Beans
- Nuts
- Eggs
- Non or low-fat dairy (yogurt, skim milk, low fat cheese)
- Lean pork, chicken, and beef

Fresh Fruits and Vegetables

- Unlimited

Foods to Avoid

Sugars

- Regular pop, juices, candy, sweets and treats

Starches

- Anything made with flour, bread, baked goods, cookies, crackers, chips, pretzels
- Pasta, potatoes, rice (high fiber cereal and limited very low carb flat bread OK)

Saturated Fat

- Fried foods
- Pizza
- Burgers and fries
- Regular ice cream (low sugar and or low fat OK)
- Large amounts of cheese

Portion Control

- Try not to exceed 1500 calories per day
- If lower calorie levels are desired, then replace one meal with one protein shake or bar (CarbEdge, Spiru-tein, Myoplex) up to 2 meals in a day
- No eating after 8 PM at night
- Consciously work to control food urges