

THE CORE DIET

BREAKFAST

- 1 Protein Unit
- 1 Grain Unit

LUNCH

- 3 Protein Units
- 1 Grain Unit
- Lo Vegetables

DINNER

- 4 Protein Units
- 1 Hi Vegetable Unit
- Lo Vegetables

Daily: 1 Dairy Unit, 2 Fruit Units (1 citrus), and Flexi-Units.

Any time: Artificial sweetener, bouillon, coffee, diet beverages, 1 tablespoon diet dressing, diet gelatin, 2 teaspoons diet jelly, extracts, herbs, lemon, lime, Lo Vegetables, mustard, pepper, salt, soy sauce, spices, tea, vinegar, water, Worcestershire sauce.

The following are lists of the six food categories. An asterisk indicates the lowest-calorie foods in each category; a dagger indicates high fiber.

Diet Workshop

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