



EASY PLAN

HOW TO SHOP & COOK

How to Shop

1 Always look for labels that read "LOW FAT," "FAT FREE," "REDUCED CALORIES," or ___% LESS FAT than the original Brand.

2 Make sure you stay away from the junk food aisles. DON'T BUY CANDY, COOKIES, or CHIPS. Not even for the kids.

3 You want your snack foods to consist of fresh fruit and low fat, low sugar, low sodium packaged items. Examples: Graham Crackers or Pretzels (no salt).

4 Make sure you purchase lean meats only. Examples: Low Fat Turkey, Chicken, Fish. Lean Ham occasionally.

5 When you buy seasonings, stay away from salt items. This will help you keep the sodium low in your diet. You will get enough sodium from the natural juices in your lean meats.

6 When shopping for any product, always look at the item's food nutrition label. This label will generally be located on the side panel or back side of packaging. What to look for: Calories per serving, Sodium, Fat.

7 Remember Fresh Fruits and Vegetables are the original fast foods. Healthy (good for you) and you can eat on the run.

How to Cook

1 *How to Cook Meat*
a. Always wash meat first
b. Always remove skin
c. Never cook in oils
d. Never season with salt
e. ONLY bake, boil, broil or grill
f. NEVER EVER FRY!!

2 *How to Cook Vegetables*
a. Always wash vegetables first
b. Cut vegetables into small pieces
c. Always and only STEAM or GRILL
d. Never boil vegetables! You lose the proper nutrients in water
e. Never use salt! You'll retain water weight with extra salt in your diet

3 *How to Cook Starches*
a. Boil pastas and rice on medium/low
b. Never use butter or salt
c. Always drain excess water
d. Eat as plain as possible
e. Eat very little bread, without butter

NOTE: you should be health conscious!
Watch your FAT, not your WEIGHT!