

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Exercise – At least 30 minutes of moderate to vigorous aerobic activity (walking fantastic). Resistance activity (weights) at least 2 days a week.							
Minimize/Restrict <i>Great White Hazards</i> – white flour products, white rice, white potatoes, and sugar/sweets.							
5 or more servings of veggies (about 3 cups total) – Best are any dark leafy greens/lettuce, cabbage, broccoli, cauliflower, Brussels Sprouts, carrots, sweet potatoes, onions, garlic, leeks, tomatoes, asparagus, red/orange/yellow bell peppers (limit white potatoes).							
2 or more servings of fruit (about 1 cup total) – best are berries (any variety) cherries, plums, apples, any whole citrus, cantaloupe, peaches, apples, pears, red grapes, kiwi, avocado, dried or fresh apricots (if overweight or diabetic limit to 2 fruits and avoid dried fruit).							
No sweet beverages – Soda, fruit drinks, fruit juice, sports drinks (choose water [best], unsweetened tea, vegetable/tomato juice, skim milk, soy milk, or coffee).							
At least 1 serving (1/2 cup) of beans/legumes – Any variety in any form – canned, fresh, frozen, or dried.							
2 –3 servings (1/2 cup) of 100% whole grains – Intact grains like brown rice, oatmeal, or high fiber cereals are a better choice than whole grain breads.							
Protein at every meal – Best are fish (especially oily fish like salmon, lake trout, sardines, tuna), shellfish, poultry, nuts/seeds, soy, wild game, low fat dairy products, beans, omega 3 eggs (limit red meat and whole dairy products to 2 servings each or less per week).							
Healthy fat at every meal – Best are extra virgin olive oil, canola oil, nuts/seeds, nut butters, avocado, healthy margarine spreads like Smart Balance (avoid butter, stick margarine, shortening, and vegetable oils).							
A small handful (1 oz) of nuts – Almonds, walnuts, cashews, pistachios, hazelnuts, Brazil nuts, pecans, pine nuts, peanuts (seeds are excellent too).							
3 meals and a mid-afternoon snack							
Portion control – At meals, limit what you eat to what fits into <i>your</i> 2 hands cupped together <i>minus</i> the fruits and veggies (no need to limit portions of fruits/veggies).							
Sleep – At least 7 hours.							

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