

Weight Loss Diet

Do Not Eat

Sugar

Cookies

Cake

Ice Cream

Donuts

Pies

Honey, Syrup

Jam, Jelly

Regular Soft Drinks

Fried Foods

Gravies



Rules to Follow

Eat 5 servings a day of fruit and vegetables.

Eat 3 meals each day.

Eat at the same times each day.

Do not skip a meal.

Do not fry foods.

Drink 2% or skim milk.

Take the skin off chicken and turkey.

Sugar free foods may be eaten.



MORRISON