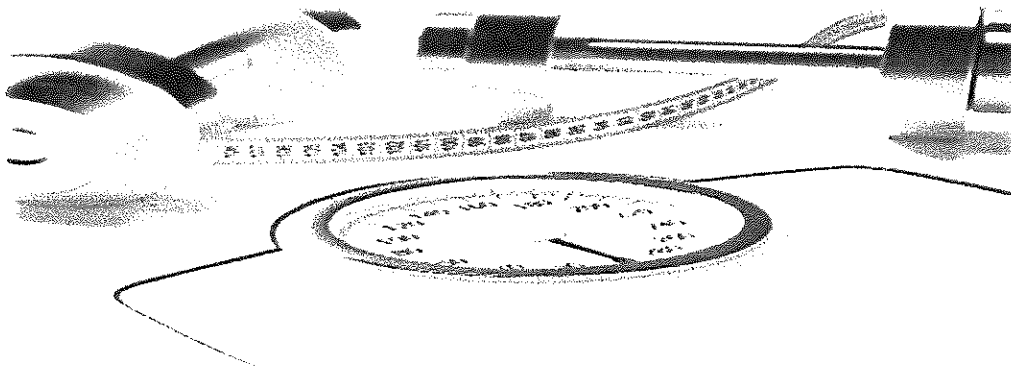




Phase 3

Phase three begins when you have hit your target weight. To help maintain your new weight, you will be able to enjoy options that are more liberal. Once you get to this phase, you will stay there for the rest of your life. After completing Phase 1 and Phase 2, this phase will feel like normal eating you. Now you are eating differently- for life! If your weight starts creeping back up, modify the foods you are eating and the amounts.

Along with losing extra weight and changing the way your body responds to food, your blood chemistry is also changing, improving your cardiovascular system. With heart disease being a leading cause of death, where the only symptom a heart attack is often death, improving your cardiovascular system will add quality years to your life. Although you may have started the diet as a way to lose weight, when finished, you will see that you have achieved so much more!



SNACK

Snacks are optional: Choose from the Protein, Vegetable, or Fruits list, or eat nuts from the fats list. Plain, low-fat or fat-free yogurt is also allowed in Phase 3.

Protein Choices

BEEF lean cuts, such as:

- Sirloin (including ground)
- Tenderloin
- Top round

POULTRY (skinless)

- Cornish hens
- Turkey bacon(2 slices per day)
- Turkey and chicken breast

SEAFOOD

- All types of fish and shellfish

PORK

- Boiled ham
- Canadian bacon
- Tenderloin

VEAL

- Chop
- Cutlet, leg
- Top rounds

LUNCHMEAT

- Fat-free or low-fat only

CHEESE (FAT-FREE OR LOW-FAT)

- American
- Cheddar
- Cottage cheese, 1-2% or fat-free
- Cream cheese substitute, Dairy-free

- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- String

EGGS

- The use of whole eggs is not limited unless otherwise directed by your doctor. Use egg whites and egg substitute if desired.

TOFU

- Use soft, low-fat or lite varieties

Vegetable choices

- Artichokes
- Asparagus
- Beans (black, butter, chickpeas, green, Italian, kidney, lentils, lima, pigeon, soy, split peas, wax)
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Lettuce (all varieties)
- Mushrooms
- Snow peas
- Spinach
- Sprouts, alfalfa
- Tomato (limit to 1 whole or 10 cherry per meal)
- Turnips
- Water chestnuts
- Zucchini

IN MODERATION

- Beets
- Carrots
- Corn
- Potatoes
- Yams

FRUIT CHOICES (with suggested serving sizes)

- Apples, 1 small
- Apricots, 4 , or 7 dried apricot halves
- Blueberries, $\frac{3}{4}$ cup
- Cantaloupe, $\frac{1}{4}$ or 1 cup chunks
- Cherries
- Grapefruit, $\frac{1}{2}$
- Grapes, 15
- Kiwi, 1
- Mangoes $\frac{1}{2}$
- Oranges, 1
- Peaches, 1 medium
- Pears, 1 medium
- Plums, 2
- Strawberries $\frac{3}{4}$ cup

IN MODERATION

- Bananas, $\frac{1}{2}$
- Canned fruit, juice packed , $\frac{1}{2}$ cup
- Fruit juice, $\frac{1}{2}$ cup
- Pineapple, $\frac{1}{2}$ cup
- Raisins, 2 tbs
- Watermelon, 1cup

STARCH CHOICES AND CARBS (with suggested serving sizes)

- Bagel, small, whole-grain, ½ small
- Bread, 1 slice
 - Multigrain
 - Oat and bran
 - Rye
 - Whole-wheat
- Cereal, ½ cup
 - Fiber one
 - Kasha, cooked
 - Kellogg's extra-fiber all bran
 - Oatmeal (not instant)
 - Other high-fiber
 - Muesli, toasted
 - Uncle sam
- Couscous, ½ cup
- Muffins, bran, 1
 - Sugar-free (no raisins)
- Pasta, whole- wheat, ½ cup
- Peas,green, ½ cup
- Pita , 1 small
 - Stone-ground
 - Whole-wheat
- Popcorn, ½ cup
- Potato, small , sweet, 1 small
- Quinona, cooked ½ cup
- Rice, ½ cup
 - Brown
 - Wild
- Wheat germ, 3 tbs

IN MODERATION:

- Bagel, refined wheat, ½
- Bread, refined wheat/white, 1 slice
- Cornflakes, ½ cups
- Matzo, 1 oz
- Pasta, white flour, ½ cup
- Potatoes, baked, 1 medium

- Potatoes, instant, ½ cup
- Pretzels, 1 oz
- Rice, white, ½ cup
- Rolls, dinner, 1 medium

MILK CHOICES (with suggested serving sizes)

MILK

- Light soy, ½ cup
- Fat-free or 1%, ½ cup

YOGURT

- Plain, low-fat or fat-free, ½ cup

FAT CHOICES (with suggested serving size)

MONOUNSATURATED

- Oil, canola
- Oil, olive

POLYUNSATURATED

- Mayonnaise (do not use fat-free)

NUTS

- Almonds
- Brazil, 2 medium
- Cashews, 6 medium
- Peanut butter, 1 tsp
- Peanuts, 20 small
- Pecan halves, 15
- Pine nuts, (Pignolia), 2 tsp
- Pistachios, 30
- Macadamia, 4
- Walnuts, 2 whole