

## **GUIDELINES FOR WEIGHT CONTROL**

- 1) **FOLLOW PORTION SIZES AS INDICATED ON THE MENU**
- 2) USE LOWER FAT MILK AND LIGHT YOGURTS
- 3) USE SUGAR SUBSTITUTES INSTEAD OF SUGAR
- 4) USE SUGARFREE BEVERAGES AND FRUIT JUICES WITH NO ADDED SUGAR
- 5) SUBSTITUTE REGULAR CONCENTRATED SWEETS WITH:

SMALL FRESH FRUITS

FRUITS IN OWN FRUIT JUICE

SUGARFREE GELATIN

SUGARFREE OR NO SUGAR ADDED PUDDING

SUGARFREE OR NO SUGAR ADDED ICE CREAM

- 6) USE LEAN MEATS, BAKED, BROILED, GRILLED , STEWED, OR BOILED COOKED IN LOW FAT SAUCES
- 7) USE LIGHTER MARGARINE, MAYONNAISE, CREAM CHEESES AND SALAD DRESSINGS

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