

1. You must eat at least three times a day.  
Do not skip meals.  
Snacks are allowed.
2. Avoid all fried or fatty foods.
3. Do not eat foods high in sugar.
4. Get plenty of fruits and vegetables.
5. Avoid alcohol and soft drinks.

**AVOID**

Soft drinks  
Candy  
Pastry  
Desserts  
Fried foods  
Fat on meat  
Chicken skin  
Chips  
Beer  
Wine

**USE**

Vegetables  
Starchy foods  
Bread  
Lean meat  
Fruit  
Fish  
Poultry  
Small amounts of:  
Butter  
Oil  
Salad dressing

**Next step:**

You need to see a dietitian. She will plan a diet to address your own needs.