

## Meal Planning Choices

When planning meals, choose

- lean, protein-rich foods such as soy, fish, skinless chicken, very lean meat
- fat free or 1% dairy products. (helps to make strong bones)
- foods naturally low in fat such as whole grains, fruits, and vegetables.
- plenty of soluble fiber such as with oats, bran, dry peas, beans, cereal, and rice. (helps with healthy bowel function and may reduce the risk of heart disease)
- limit animal products like egg yolks, cheeses, whole milk, cream, ice cream, and fatty meats (and large portions of meats)
- liquid vegetable oil, soft margarine, and trans fatty acid-free margarine are preferable to butter, stick margarine, or shortening

