

## **Dietary Guidelines for Weight Management**

Taken from:

CLINICAL GUIDELINES ON THE IDENTIFICATION, EVALUATION, AND  
TREATMENT OF OVERWEIGHT AND OBESITY IN ADULTS

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**VI. A.1. Shopping—What To Look For**

**A.1.a. Low-Calorie Shopping List**

Make a shopping list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

*Dairy case*

- Low-fat (1%) or fat-free (skim) milk
- Low-fat or reduced-fat cottage cheese
- Fat-free cottage cheese
- Low-fat cheeses
- Low-fat or nonfat yogurt
- Light or diet margarine (tub, squeeze or spray)
- Reduced-fat or fat-free sour cream
- Fat-free cream cheese
- Eggs/Egg substitutes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Breads, muffins, rolls*

- Bread, bagels, pita bread
- English muffins

- Yeast breads (whole wheat, rye, pumpernickel, multi-grain, raisin)
- Corn tortillas (not fried)
- Low-fat flour tortillas
- Fat-free biscuit mix
- Rice crackers
- Challah
- \_\_\_\_\_
- \_\_\_\_\_

*Cereals, crackers, rice, noodles, and pasta*

- Plain cereal, dry or cooked
- Saltines, soda crackers (low sodium or unsalted tops)
- Graham crackers
- Other low-fat crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Rice (brown, white, etc.)

- Pasta (noodles, spaghetti)
  - Bulgur, couscous, kasha
  - Potato mixes (made without fat)
  - Rice mixes (made without fat)
  - Other
  - Wheat mixes
  - Tabouli grain salad
  - Hominy
  - Polenta
  - Polvillo
  - Hominy grits
  - Quinoa
  - Millet
  - Aramanth
  - Oatmeal
  - \_\_\_\_\_
  - \_\_\_\_\_
- Meat case*
- White meat chicken and turkey (skin-off)
  - Fish (not battered)
  - Beef, round or sirloin
  - Extra lean ground beef such as ground round
  - Pork tenderloin
  - 95% fat-free lunch meats or low-fat deli meats
  - Meat equivalents:
    - Tofu (or bean curd)
    - Beans (see bean list)
    - Eggs/egg substitutes (see dairy list)
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_

*Fruit (fresh, canned, and frozen)*

*Fresh Fruit:*

- Apples
- Bananas
- Peaches
- Oranges
- Pears
- Grapes
- Grapefruit
- Apricot
- Dried Fruits
- Cherries
- Plums
- Melons
- Lemons
- Limes
- Plantains
- Mango
- Papaya
- \_\_\_\_\_
- \_\_\_\_\_

*Exotic Fresh Fruit:*

- Kiwi
- Olives
- Figs
- Quinces
- Currants
- Persimmons
- Pomegranates
- Anon
- Caimito
- Chirimoya

- Guanabana
- Mamey
- Papayas
- Zapote
- Guava
- Starfruit
- Ugli fruit
- Dried pickled plums
- Litchee nuts
- Winter melons
- \_\_\_\_\_
- \_\_\_\_\_

*Canned Fruit (in juice or water):*

- Canned pineapple
- Applesauce
- Other canned fruits (mixed or plain)
- \_\_\_\_\_

*Frozen Fruits (without added sugar):*

- Frozen blueberries
- Frozen raspberries
- Frozen 100% fruit juice
- \_\_\_\_\_

*Dried Fruit:*

- Raisins/dried fruit (these tend to be higher in calories than fresh fruit)

*Vegetables (fresh, canned, frozen)*

*Fresh Vegetables:*

- Broccoli
- Peas
- Corn
- Cauliflower

- Squash
- Green Beans
- Green Leafy Vegetables
- Spinach
- Lettuce
- Cabbage
- Artichokes
- Cucumber
- Asparagus
- Mushrooms
- Carrots or celery
- Onions
- Potatoes
- Tomatoes
- Green peppers
- Chilies
- Tomatillos
- \_\_\_\_\_

*Canned Vegetables: (low sodium or no salt added)*

- Canned tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup, reduced sodium

*Frozen Vegetables: (without added fats)*

- Frozen broccoli
- Frozen spinach
- Frozen mixed medley, etc.
- Frozen yucca
- \_\_\_\_\_

*Exotic Fresh Vegetables*

- Okra

- Dandelions
- Eggplant
- Grape leaves
- Mustard greens
- Kale
- Leeks
- Boniato
- Chayote
- Borenjena
- Plaintain
- Cassava
- Prickly pear cactus
- Bamboo shoots
- Chinese celery
- Water chestnuts
- Bok choy
- Burdock root
- Napa cabbage
- Taro
- Seaweed
- Bean sprouts
- Amaranth
- Choy sum
- Calabacita
- Sea vegetables
- Rhubarb
- \_\_\_\_\_

*Beans and legumes (if canned, no salt added)*

- Lentils
- Black beans
- Red beans (kidney beans)
- Navy beans

- Black beans
- Pinto beans
- Blackeyed peas
- Fava beans
- Mung beans
- Italian white beans
- Great white northern beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, and lentils (without flavoring packets)
- Canned bean soup

*Baking items*

- Flour
- Sugar
- Imitation butter (flakes or buds)
- Nonstick cooking spray
- Canned evaporated milk—fat free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Cocoa powder, unsweetened
- Baking powder
- Baking soda
- Cornstarch
- Unflavored gelatin
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- Angel food cake mix
- Other low-fat mixes
- Other
- \_\_\_\_\_
- \_\_\_\_\_

*Frozen foods*

- Frozen fish fillets— unbreaded
- Egg substitute
- Frozen 100 percent fruit juices (no sugar added)
- Frozen fruits (no sugar added)
- Frozen vegetables (plain)
- Other frozen foods
- \_\_\_\_\_

*Condiments, sauces, seasonings, and spreads*

- Low-fat or nonfat salad dressings
- Mustard (Dijon, etc.)
- Catsup
- Barbecue sauce
- Other low-fat sauces
- \_\_\_\_\_
- \_\_\_\_\_
- Jam, jelly, or honey
- Spices \_\_\_\_\_
- \_\_\_\_\_
- Flavored vinegars
- Hoisin sauce, plum sauce
- Salsa or picante sauce
- Canned green chilies
- Soy sauce (low sodium)
- Bouillon cubes/granules (low sodium)
- Other
- \_\_\_\_\_

*Beverages*

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- Carbonated water
- Water

## Low-Calorie Shopping List

We live in a fast-moving world. To reduce the time you spend in the kitchen you can improve your organization by using a shopping list and keeping a well-stocked kitchen. Shop for quick low-fat food items, and fill your kitchen cupboards with a supply of low-calorie basics.

Read labels as you shop. Pay attention to the serving size and the servings per container. All labels list total calories in a serving size of the product. **Compare the total calories in the product you choose with others like it; choose the one that is lowest in calories.** Below is a label that identifies important information.

### Product:

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
Calories 250 Calories from Fat 110	
<b>% Daily Value*</b>	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2%	
Calcium 20% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	

### Check for:

- Serving size
- Number of servings

- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams
- Sodium in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how many calories, fat, saturated fat, cholesterol, and sodium you are getting from different foods.

- The “% Daily Value” shows you how much of the recommended amounts the food provides in one serving, if you eat 2,000 calories a day. For example, one serving of this food gives you 18 percent of your total fat recommendation.

- Here you can see the recommended daily amount for each nutrient for two calorie levels. If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat. If you eat 2,500 calories a day, you should eat less than 80 grams of fat and 25 grams of saturated fat. Your daily amounts may vary higher or lower depending on the calories you eat.

## VI. A.1.b. Low-Calorie, Lower-Fat Alternatives

These low-calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods provide most of their calories from sugar and fat but give you few if any vitamins and minerals.

This guide is not meant to be an exhaustive list. We stress reading labels to find out just how many calories are in the specific products you decide to buy.

### HIGHER-FAT FOODS

- Evaporated whole milk
- Whole milk
- Ice cream
- Whipping cream
- Sour cream
- Cream cheese
- Cheese (Cheddar, Swiss, Jack)
- American cheese
- Regular (4%) cottage cheese
- Whole milk mozzarella cheese
- Whole milk ricotta cheese
- Coffee cream (½ and ½) or nondairy creamer (liquid, powder)

### LOWER-FAT FOODS

#### Dairy Products

- Evaporated fat-free (skim) or reduced-fat (2%) milk
- Low-fat (1%), reduced-fat (2%), or fat-free (skim) milk
- Sorbet, sherbet, low-fat or fat-free frozen yogurt, or ice milk (check label for calorie content)
- Imitation whipped cream (made with fat-free [skim] milk) or low-fat vanilla yogurt
- Plain low-fat yogurt
- Neufchatel or “light” cream cheese or fat-free cream cheese
- Reduced-calorie cheese, low-calorie processed cheeses, etc.
- Fat-free cheese
- Fat-free American cheese or other types of fat-free cheeses
- Low-fat (1%) or reduced-fat (2%) cottage cheese
- Part-skim milk, low-moisture mozzarella cheese
- Part-skim milk ricotta cheese
- Low-fat (1%) or reduced-fat (2%) milk or non-fat dry milk powder

#### Cereals, Grains, and Pasta

- Ramen noodles
- Rice or noodles (spaghetti, macaroni, etc.)
- Pasta with white sauce (alfredo)
- Pasta with red sauce (marinara)
- Pasta with cheese sauce
- Pasta with vegetables (primavera)
- Granola
- Bran flakes, crispy rice, etc.
- Cooked grits or oatmeal
- Reduced-fat granola



**HIGHER-FAT FOODS**

- Coldcuts or lunch meats (bologna, salami, liverwurst, etc.)
- Hot dogs (regular)
- Bacon or sausage
- Regular ground beef
- Chicken or turkey with skin; duck, or goose
- Oil-packed tuna
- Beef (chuck, rib, brisket)
- Pork (spareribs, untrimmed loin)
- Frozen breaded fish or fried fish (homemade or commercial)
- Whole eggs
- Frozen TV dinners (containing more than 13 grams of fat per serving)
- Chorizo sausage

**LOWER-FAT FOODS**

**Meat, Fish, and Poultry**

- Low-fat coldcuts (95 to 97% fat-free lunch meats, low-fat pressed meats)
- Lower-fat hot dogs
- Canadian bacon or lean ham
- Extra lean ground beef such as ground round or ground turkey (read labels)
- Chicken or turkey without skin (white meat)
- Water-packed tuna (rinse to reduce sodium content)
- Beef (round, loin) (trimmed of external fat) (choose select grades)
- Pork tenderloin or trimmed, lean smoked ham
- Fish or shellfish, unbreaded (fresh, frozen, canned in water)
- Egg whites or egg substitutes
- Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)
- Turkey sausage, drained well (read label)
- Vegetarian sausage (made with tofu)

**Baked Goods**

- Croissants, brioches, etc.
- Donuts, sweet rolls, muffins, scones, or pastries
- Party crackers
- Cake (pound, chocolate, yellow)
- Cookies
- Hard french rolls or soft brown 'n serve rolls
- English muffins, bagels, reduced-fat or fat-free muffins or scones
- Low-fat crackers (choose lower in sodium)
- Saltine or soda crackers (choose lower in sodium)
- Cake (angel food, white, gingerbread)
- Reduced-fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)

## HIGHER-FAT FOODS

- Nuts
- Ice cream, e.g., cones or bars
- Custards or puddings (made with whole milk)

- Regular margarine or butter
- Regular mayonnaise
- Regular salad dressings
- Butter or margarine on toast or bread
- Oils, shortening, or lard

- Canned cream soups
- Canned beans and franks
- Gravy (homemade with fat and/or milk)
- Fudge sauce
- Avocado on sandwiches
- Guacamole dip or refried beans with lard

## LOWER-FAT FOODS

### Snacks and Sweets

- Popcorn (air-popped or light microwave), fruits, vegetables
- Frozen yogurt, frozen fruit or chocolate pudding bars
- Puddings (made with skim milk)

### Fats, Oils, and Salad Dressings

- Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle
- Light or diet mayonnaise or mustard
- Reduced-calorie or fat-free salad dressings, lemon juice, or plain or herb flavored or wine vinegar
- Jelly, jam, or honey on bread or toast
- Nonstick cooking spray for stir-frying or sautéing
- As a substitute for oil or butter, use applesauce or prune puree in baked goods

### Miscellaneous

- Canned broth-based soups
- Canned baked beans in tomato sauce
- Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk
- Chocolate syrup
- Cucumber slices or lettuce leaves
- Salsa

### VI. A.1.c. Fat-Free Versus Regular—Calorie Comparison

A calorie is a calorie is a calorie...whether it comes from fat or carbohydrate. Anything eaten in excess can lead to weight gain. You can lose weight by eating less calories and by increasing your physical activity. Reducing the amount of fat and saturated fat that you eat is one easy way to limit your overall calorie intake. However, eating fat-free or reduced-fat foods isn't always

the answer to weight loss. For example, if you eat twice as many fat-free cookies as regular cookies you may not have reduced your overall calorie intake. The following list of foods and their fat-free varieties will show you that just because a product is fat-free, it doesn't mean that it is "calorie-free." And, calories do count!

Fat-Free or Reduced Fat		Regular	
	Calories		Calories
Reduced-Fat Peanut Butter, 2 tablespoons	190	Regular Peanut Butter, 2 tablespoons	190
Cookies: Reduced-Fat Chocolate Chip Cookie, 1 cookie	128	Cookies: Regular Chocolate Chip Cookie, 1 cookie	136
Fat-Free Fig Cookie, 1 cookie	70	Fig Cookie, 1 cookie	50
Ice Cream: Premium Nonfat Frozen Yogurt ½ cup	190	Ice Cream: Regular Ice Cream ½ cup	180
Premium Reduced-Fat Ice Cream ½ cup	190	Regular Ice Cream ½ cup	180
Fat-Free Caramel Topping, 2 tablespoons	130	Butterscotch Caramel Topping, 2 tablespoons	130
Reduced-Fat Granola Cereal, ¼ cup	110	Granola Cereal, ¼ cup	130
Reduced-Fat Croissant Roll, 1 roll	110	Regular Croissant Roll, 1 roll	130
Baked Tortilla Chips, 1 ounce	110	Regular Tortilla Chips, 1 ounce	130
Reduced-Fat Breakfast Bar, 1 bar	140	Breakfast Bar, 1 bar	130

### VI. A.1.d. Good Sources of Calcium

Calcium is not just for growing children. It is an important mineral that adults also need to keep their bones and teeth strong and their muscles functioning. Many people do not eat enough

calcium everyday. The following is a list of good sources of calcium and tips on how to include more calcium in your diet everyday.

Source	Calcium (milligrams)
<b>Milk</b> (1 cup)	
Whole	300
2% reduced-fat	300
1%* low-fat	300
Fat free*	300
<b>Yogurt*</b> (1 cup)	
Plain, low-fat	415
Flavored, low-fat	315
Plain, fat free	315
<b>Cheese</b> (1 ounce)	
Reduced-fat Cheddar*	120
American	175
Swiss Cheese	270
Mozzarella, part-skim	185
<b>Cottage Cheese</b> (½ cup)	
2% reduced-fat	75
Calcium fortified cottage cheese	300
<b>Ice Cream</b>	
Regular, ½ cup	90
Low-fat, ½ cup	100
<b>Frozen Yogurt</b>	
Low-fat, ½ cup	100
<b>Beans</b> , dried cooked, 1 cup	90
<b>Salmon</b> , with bones, 3 ounces	205
<b>Tofu</b> , processed with calcium sulfate, ½ cup	435
<b>Spinach</b> , fresh cooked	244
<b>Turnip Greens</b> , fresh cooked, 1 cup	100
<b>Kale</b> , fresh cooked	94
<b>Broccoli</b> , fresh cooked	75
<b>Waffle</b> , 7" diameter	180
<b>Pancakes</b> , (2) 4" diameter	115
<b>Pizza</b> , with vegetables, ¼ 12" pie	180

\* Low-fat and nonfat varieties of foods are still good sources of calcium.

CALCIUM REQUIREMENTS		
Age	Women	Men
19-24	1,200 mg	1,200 mg
25-50	1,000 mg	800 mg

*Tips for Fitting in Calcium*

- Eat cereal with fat-free milk. Try adding fresh fruit.
- Drink an extra glass of milk every day; try calcium-fortified milk.
- Spread calcium-fortified cottage cheese\* on crackers or bagel. Add fresh fruit.
- Drink calcium-fortified orange juice.\*
- Blend a yogurt smoothie with low-fat or fat-free yogurt and milk, and fresh or frozen fruit.
- Make instant pudding with low-fat or fat-free milk.
- Choose frozen yogurt for dessert instead of cake or cookies.
- Add a slice of low-fat or fat-free cheese to sandwiches.
- Substitute calcium fortified tofu in stir-fries for chicken, shrimp, or beef.
- Sauté greens (kale, bok choy, collard greens) in cooking spray and lemon juice and herbs.

\*Read food labels for products with added calcium

## VI. A.2. Food Preparation—What to Do

### *Low-Calorie, Low-Fat Cooking/ Serving Methods*

Cooking low-calorie, low-fat dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how certain ingredients can add unwanted calories and fat to low-fat dishes—making them no longer lower in calories and lower in fat! The following list provides examples of lower fat-cooking methods and tips on how to serve your low-fat dishes.

### *Low-Fat Cooking Methods*

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast—for vegetables and/or chicken without skin
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken or vegetables

### *How To Save Calories and Fat*

Look at the following examples for how to save calories and fat when preparing and serving foods. You might be surprised at how easy it is!

- Two tablespoons of butter on a baked potato can add an *extra* 200 calories and 22 grams of fat! However,  $\frac{1}{4}$  cup salsa only adds 18 calories and no fat!
- Two tablespoons of regular clear Italian salad dressing will add an *extra* 136 calories and 14 grams of fat. Reduced fat Italian dressing only adds 30 calories and 2 grams of fat!

### *Try These Low-Fat Flavorings—added during preparation or at the table*

- Herbs—oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- Spices—cinnamon, nutmeg, pepper, or paprika
- Reduced-fat or fat-free salad dressing
- Mustard
- Catsup
- Fat-free or reduced-fat mayonnaise
- Fat-free or reduced-fat sour cream
- Fat-free or reduced-fat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh ginger
- Sprinkle of butter flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Sodium-free salt substitute
- Jelly or fruit preserves on toast or bagels

## VI. A.3. Dining Out—How to Choose

### VI. A.3.a. General Tips for Healthy Dining Out

Whether or not you're trying to lose weight, you can eat healthy when dining out or bringing in food, if you know how. The following tips will help you move toward healthier eating as you limit your calories, as well as fat, saturated fat, cholesterol, and sodium when eating out.

#### *You Are the Customer -*

- Ask for what you want! Most restaurants will honor your requests.
- Ask questions! Don't be intimidated by the menu - your server will be able to tell you how foods are prepared or suggest substitutions on the menu.
- If you wish to reduce portion sizes - try ordering appetizers as your main meal.

General Tips: Limiting your calories and fat can be easy as long as you know what to order. Try asking these questions when you call ahead or before you order. Ask the restaurant "Do you or would you on request...":

- Serve margarine (rather than butter) with the meal?
- Serve fat-free (skim) milk rather than whole milk or cream?
- Use less oil when cooking?
- Trim visible fat off poultry or meat?
- Leave all butter, gravy, or sauces off a side dish or entree?
- Serve salad dressing on the side?
- Accommodate special requests if made in advance by telephone or in person?
- Above all else, don't get discouraged. There are usually several healthy choices to choose from at most restaurants.

#### *Reading the Menu -*

- Choose lower-calorie, low-fat cooking methods. Look for terms like steamed, in its own juice (au jus), garden fresh, broiled, baked, roasted, poached, tomato juice, dry boiled (in wine or lemon juice), and lightly sautéed or stir-fried.
- Be aware of foods high in calories, fat, and saturated fat. Watch out for terms like butter sauce, fried, crispy, creamed, in cream or cheese sauce, au gratin, au fromage, escalloped, parmesan, hollandaise, bernaise, marinated (in oil), stewed, basted, sautéed, stir-fried, casserole, hash, prime, pot pie and pastry crust.

#### *Specific Tips for Healthy Choices*

##### *Breakfast*

- Fresh fruit or small glass of citrus juice
- Whole grain bread, bagel or English muffin with jelly or honey
- Whole grain cereal with low-fat (1%) or fat-free milk
- Oatmeal with fat-free milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes without butter on top
- Nonfat yogurt (try adding cereal or fresh fruit)

##### *Beverages*

- Water with lemon
- Flavored sparkling water (noncaloric)
- Juice spritzer (half fruit juice and half sparkling water)
- Iced tea
- Tomato juice (reduced sodium)

### *Bread*

Most bread and breadsticks are low in calories and low in fat. The calories add up when you add butter, margarine, or olive oil to the bread. Also, eating a lot of bread in addition to your meal will fill you up with extra unwanted calories and not leave enough room for fruits and vegetables.

### *Appetizers*

- Steamed seafood
- Shrimp\* cocktail (limit cocktail sauce - it's high in sodium)
- Melons or fresh fruit
- Bean soups
- Salad with reduced fat dressing (or add lemon juice or vinegar)

\*If you are on a cholesterol-lowering diet, eat shrimp and other shellfish in moderation.

### *Entree*

- Poultry, fish, shellfish and vegetable dishes are healthy choices
- Pasta with red sauce or with vegetables (primavera)
- Look for terms like baked, broiled, steamed, poached, lightly sautéed or stir-fried
- Ask for sauces and dressings on the side
- Limit the amount of butter, margarine, and salt you use at the table

### *Salads/Salad Bars*

- Fresh greens, lettuce and spinach
- Fresh vegetables - tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli
- Beans, chick peas and kidney beans
- Skip the nonvegetable choices: deli meats, bacon, egg, cheese, croutons
- Choose lower-calorie, reduced-fat or fat-free dressing, lemon juice, or vinegar

### *Side Dish*

- Plain vegetables and starches (rice, potato, noodles) make good additions to meals and can also be combined for a lower-calorie alternative to higher-calorie entrees
- Ask for side dishes without butter or margarine
- Ask for mustard, salsa or low-fat yogurt instead of sour cream or butter

### *Dessert/Coffee*

- Fresh fruit
- Nonfat frozen yogurt
- Sherbet or fruit sorbet (these are usually fat free, but check the calorie content)
- Try sharing a dessert
- Ask for low-fat milk for your coffee (instead of cream or half-'n-half)

## *VI. A.3.b. Tips for Healthy Multicultural Dining Out*

If you're dining out or bringing in, it is easy to find healthy foods. Knowing about American food terms, as well as other ethnic cuisines can help make your dining experience healthy and enjoyable! The following list includes healthy food choices (lower in calories and fat) and terms to look for when making your selection.

### *Chinese*

#### *Choose More Often...*

- Steamed
- Jum (poached)
- Chu (boiled)
- Kow (roasted)
- Shu (barbecued)
- Hoison sauce with assorted Chinese vegetables: broccoli, mushroom, onion, cabbage, snow peas, scallions, bamboo shoots, water chestnuts, asparagus



- Oyster sauce (made from seafood)
- Lightly stir-fried in mild sauce
- Cooked in light wine sauce
- Hot and spicy tomato sauce
- Sweet and sour sauce
- Hot mustard sauce
- Reduced sodium soy sauce
- Dishes without MSG added
- Garnished with spinach or broccoli
- Fresh fish filets, shrimp, scallops
- Chicken, without skin
- Lean beef
- Bean curd (tofu)
- Moo Shu vegetable, chicken or shrimp
- Steamed rice
- Lychee fruit

#### *French*

##### *Choose More Often...*

- Dinner salad with vinegar or lemon juice dressing (or other reduced fat dressing)
- Crusty bread without butter
- Fresh fish, shrimp, scallops, steamed mussels (without sauces)
- Chicken breast, without skin
- Rice and noodles without cream or added butter or other fat
- Fresh fruit for dessert

#### *Italian*

##### *Choose More Often...*

- Lightly sautéed with onions
- Shallots
- Peppers and mushrooms

- Artichoke hearts
- Sun-dried tomatoes
- Red sauces - spicy marinara sauce (arrabiata), marinara sauce or cacciatore
- Light red sauce or light red or white wine sauce
- Light mushroom sauce
- Red clam sauce
- Primavera (no cream sauce)
- Lemon sauce
- Capers
- Herbs and spices - garlic and oregano
- Crushed tomatoes and spices
- Florentine (spinach)
- Grilled (often fish or vegetables)
- Piccata (lemon)
- Manzanne (eggplant)

#### *Middle Eastern*

##### *Choose More Often ...*

- Lemon dressing, lemon juice
- Blended or seasoned with Middle Eastern spices
- Herbs and spices
- Mashed chickpeas
- Fava beans
- Smoked eggplant
- With tomatoes, onions, green peppers and cucumbers
- Spiced ground meat
- Special garlic sauce
- Basted with tomato sauce
- Garlic

- Chopped parsley and/or onion
- Couscous (grain)
- Rice or bulgur (cracked wheat)
- Stuffed with rice and imported spices
- Grilled on a skewer
- Marinated and barbecued
- Baked
- Charbroiled or charcoal broiled
- Fresh fruit

#### *Japanese*

##### *Choose More Often...*

- House salad with fresh ginger and cellophane (clear rice) noodles
- Rice
- Nabemono
- Chicken, fish or shrimp teriyaki, broiled in sauce
- Menrui or soba noodles, often used in soups
- Yakimono (broiled)
- Tofu or bean curd
- Grilled vegetables

#### *Indian*

##### *Choose More Often...*

- Tikka (pan roasted)
- Cooked with or marinated in yogurt
- Cooked with green vegetables, onions, tomatoes, peppers, and mushrooms
- With spinach (saag)
- Baked leavened bread
- Masala
- Tandoori
- Paneer

- Cooked with curry, marinated in spices
- Lentils, chick beans, garbanzo beans, beans
- Garnished with dried fruits
- Chickpeas (garbanzo) and potatoes
- Basmati rice (pullao)
- Matta (peas)
- Chicken or shrimp kebab

#### *Mexican*

##### *Choose More Often...*

- Shredded spicy chicken
- Rice and black beans
- Rice
- Ceviche (fish marinated in lime juice and mixed with spices)
- Served with salsa (hot red tomato sauce)
- Served with salsa verde (green chili sauce)
- Covered with enchilada sauce
- Topped with shredded lettuce, diced tomatoes and onions
- Served with or wrapped in a corn or wheat flour (soft) tortilla
- Grilled
- Marinated
- Picante sauce
- Simmered with chili vegetarian tomato sauce

#### *Thai*

##### *Choose More Often...*

- Barbecued, sautéed, broiled, boiled, or steamed, braised, marinated
- Charbroiled
- Basil sauce, basil or sweet basil leaves
- Lime sauce or lime juice
- Chili sauce or crushed dried chili flakes

- Thai spices
- Served in hollowed-out pineapple
- Fish sauce
- Hot sauce
- Napa, bamboo shoots, black mushrooms, ginger, garlic
- Bed of mixed vegetables
- Scallions, onions

#### *Steakhouses*

##### *Choose More Often...*

- Lean broiled beef (no more than 6 ounces) - London broil, filet mignon, round and flank steaks
- Baked potato without added butter, margarine or sour cream. Try low-fat yogurt or mustard.
- Green salad with reduced fat dressing
- Steamed vegetables without added butter or margarine. Try lemon juice and herbs.
- Seafood dishes (usually indicated as “surf” on menus)

#### *Fast Food*

- Grilled chicken breast sandwich without mayonnaise
- Single hamburger without cheese
- Grilled chicken salad with reduced-fat dressing
- Garden salad with reduced-fat dressing
- Low-fat or nonfat yogurt
- Fat-free muffin
- Cereal with low-fat milk

#### *Deli/Sandwich Shop*

##### *Choose More Often...*

- Fresh sliced vegetables in pita bread with low-fat dressing, yogurt or mustard
- Cup of bean soup (lentil, minestrone)
- Turkey breast sandwich with mustard, lettuce, tomato
- Fresh fruit

## SAMPLE REDUCED-CALORIE MENUS

	Calories	Total CHO % kcal	Total Fat % kcal	Sodium (mg)	SFA % kcal	Cholesterol (mg)	Protein % kcal
Traditional Cuisine							
1,600	1,613	55	29	1,341	8	142	19
1,200	1,247	58	26	1,043	7	96	19
Asian-American Cuisine							
1,600	1,609	56	27	1,296	8	148	20
1,200	1,220	55	27	1,043	8	117	21
Southern Cuisine							
1,600	1,653	53	28	1,231	8	172	20
1,200	1,225	50	31	867	9	142	21
Mexican-American Cuisine							
1,600	1,638	56	27	1,616	9	143	20
1,200	1,239	58	26	1,364	8	91	19
Lacta-Ovo Vegetarian Cuisine							
1,600	1,650	56	27	1,829	8	82	19
1,200	1,205	60	25	1,335	7	44	18

TABLE VI.A.4.a:

SAMPLE MENU: TRADITIONAL AMERICAN CUISINE, REDUCED CALORIE				
	1,600 Calories		1,200 Calories	
<b>Breakfast</b>				
Whole Wheat Bread	1 slice		1 slice	
Jelly, regular	2 tsp		2 tsp	
Cereal, Shredded Wheat	1 cup		½ cup	
Milk, 1% low-fat	1 cup		1 cup	
Orange Juice	¾ cup		¾ cup	
Coffee, Regular	1 cup		1 cup	
Milk, 1% low-fat	1 oz		—	
<b>Lunch</b>				
Roast Beef Sandwich				
Whole Wheat Bread	2 slices		2 slices	
Lean Roast Beef, unseasoned	2 oz		2 oz	
American Cheese, low-fat, low-sodium	1 slice (¾ oz)		—	
Lettuce	1 leaf		1 leaf	
Tomato	3 slices		3 slices	
Mayonnaise, low-calorie	2 tsp		1 tsp	
Apple	1 medium		1 medium	
Water	1 cup		1 cup	
<b>Dinner</b>				
Salmon	3 oz		2 oz	
Vegetable Oil	1½ tsp		1½ tsp	
Baked Potato	¾ medium		¾ medium	
Margarine	1 tsp		1 tsp	
Carrots seasoned with margarine	½ cup ½ tsp		½ cup —	
Green Beans seasoned with margarine	½ cup ½ tsp		½ cup ½ tsp	
White Dinner Roll	1 medium		1 small	
Ice Milk	½ cup		—	
Iced Tea, unsweetened	1 cup		1 cup	
Water	2 cups		2 cups	
<b>Snack</b>				
Popcorn, air popped	2½ cups		2½ cups	
Margarine	1½ tsp		¾ tsp	
	Calories:	1,613	Calories:	1,247
	Total Carb, % kcals:	55	Total Carb, % kcals:	58
	Total Fat, % kcals:	29	Total Fat, % kcals:	26
	*Sodium, mg:	1,341	*Sodium, mg:	1,043
	SFA, % kcals:	8	SFA, % kcals:	7
	Cholesterol, mg:	142	Cholesterol, mg:	96
	Protein, % kcals:	19	Protein, % kcals:	19

1,600: 100% RDA met for all nutrients except: Vit E 99%, Iron 73%, Zinc 91%

1,200: 100% RDA met for all nutrients except: Vit E 80%, Vit B<sub>2</sub> 96%, Vit B<sub>6</sub> 94%, Calcium 68%, Iron 63%, Zinc 73%

\* No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.

TABLE VI.A.4.b:

## SAMPLE MENU: ASIAN-AMERICAN CUISINE, REDUCED CALORIE

	1,600 Calories	1,200 Calories
<b>Breakfast</b>		
Banana	1 small	1 small
Whole Wheat Bread	2 slices	1 slice
Margarine	1 tsp	1 tsp
Orange Juice	¾ cup	¾ cup
Milk, 1% low-fat	¾ cup	¾ cup
<b>Lunch</b>		
Beef Noodle Soup, canned, low-sodium	½ cup	½ cup
Chinese Noodle and Beef Salad		
Beef Roast	3 oz	2 oz
Peanut Oil	1½ tsp	1 tsp
Soy Sauce, low-sodium	1 tsp	1 tsp
Carrots	½ cup	½ cup
Zucchini	½ cup	½ cup
Onion	¼ cup	¼ cup
Chinese Noodles, soft-type	¼ cup	¼ cup
Apple	1 medium	1 medium
Tea, unsweetened	1 cup	1 cup
<b>Dinner</b>		
Pork Stir-fry with Vegetables		
Pork Cutlet	2 oz	2 oz
Peanut Oil	1 tsp	1 tsp
Soy Sauce, low-sodium	1 tsp	1 tsp
Broccoli	½ cup	½ cup
Carrots	1 cup	½ cup
Mushrooms	¼ cup	½ cup
Steamed White Rice	1 cup	½ cup
Tea, unsweetened	1 cup	1 cup
<b>Snack</b>		
Almond Cookies	2 cookies	—
Milk, 1% low-fat	¾ cup	¾ cup
	Calories: 1,609	Calories: 1,220
	Total Carb, % kcals: 56	Total Carb, % kcals: 55
	Total Fat, % kcals: 27	Total Fat, % kcals: 27
	*Sodium, mg: 1,296	*Sodium, mg: 1,043
	SFA, % kcals: 8	SFA, % kcals: 8
	Cholesterol, mg: 148	Cholesterol, mg: 117
	Protein, % kcals: 20	Protein, % kcals: 21

1,600: 100% RDA met for all nutrients except: Zinc 95%, Iron 87%, Calcium 93%

1,200: 100% RDA met for all nutrients except: Vit E 75%, Calcium 84%, Magnesium 98%, Iron 66%, Zinc 77%

\* No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.

TABLE VI.A.4.c:

SAMPLE MENU: SOUTHERN CUISINE, REDUCED CALORIE				
	1,600 Calories		1,200 Calories	
<b>Breakfast</b>				
Oatmeal, prepared with 1% low-fat milk	½ cup		½ cup	
Milk, 1% low-fat	½ cup		½ cup	
English Muffin	1 medium		—	
Cream Cheese, light, 18% fat	1 T		—	
Orange Juice	¾ cup		½ cup	
Coffee	1 cup		1 cup	
Milk, 1% low-fat	1 oz		1 oz	
<b>Lunch</b>				
Baked Chicken, without skin	2 oz		2 oz	
Vegetable Oil	1 tsp		½ tsp	
<b>Salad</b>				
Lettuce	½ cup		½ cup	
Tomato	½ cup		½ cup	
Cucumber	½ cup		½ cup	
Oil and Vinegar Dressing	2 tsp		1 tsp	
White Rice, seasoned with margarine, diet	½ cup		¼ cup	
	½ tsp		½ tsp	
Baking Powder Biscuit, prepared with vegetable oil	1 small		½ small	
Margarine	1 tsp		1 tsp	
Water	1 cup		1 cup	
<b>Dinner</b>				
Lean Roast Beef	3 oz		2 oz	
Onion	¼ cup		¼ cup	
Beef Gravy, water-based	1 T		1 T	
Turnip Greens, seasoned with margarine, diet	½ cup		½ cup	
	½ tsp		½ tsp	
Sweet Potato, baked	1 small		1 small	
Margarine, diet	½ tsp		¼ tsp	
Ground Cinnamon	1 tsp		1 tsp	
Brown Sugar	1 tsp		1 tsp	
Cornbread prepared with margarine, diet	½ medium slice		½ medium slice	
Honeydew Melon	¼ medium		½ medium	
Iced Tea, sweetened with sugar	1 cup		1 cup	
<b>Snack</b>				
Saltine Crackers, unsalted tops	4 crackers		4 crackers	
Mozzarella Cheese, part-skim, low-sodium	1 oz		1 oz	
Calories:	1,653		Calories:	1,225
Total Carb, % kcals:	53		Total Carb, % kcals:	50
Total Fat, % kcals:	28		Total Fat, % kcals:	31
*Sodium, mg:	1,231		*Sodium, mg:	867
SFA, % kcals:	8		SFA, % kcals:	9
Cholesterol, mg:	172		Cholesterol, mg:	142
Protein, % kcals:	20		Protein, % kcals:	21

1,600: 100% RDA met for all nutrients except: Vit E 97%, Magnesium 98%, Iron 78%, Zinc 90%

1,200: 100% RDA met for all nutrients except: Vit E 82%, Vit B<sub>1</sub> & B<sub>2</sub> 95%, Vit B<sub>3</sub> 99%, Vit B<sub>6</sub> 88%, Magnesium 83%, Iron 56%, Zinc 70%

\* No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.

TABLE VI.A.4.d:

## SAMPLE MENU: MEXICAN-AMERICAN CUISINE, REDUCED CALORIE

	1,600 Calories	1,200 Calories
<b>Breakfast</b>		
Cantaloupe	1 cup	½ cup
Farina, prepared with 1% low-fat milk	½ cup	½ cup
White Bread	1 slice	1 slice
Margarine	1 tsp	1 tsp
Jelly	1 tsp	1 tsp
Orange Juice	1½ cup	¾ cup
Milk, 1% low-fat	½ cup	½ cup
<b>Lunch</b>		
Beef Enchilada		
Tortilla, corn	2 tortillas	2 tortillas
Lean Roast Beef	2 ½ oz	2 oz
Vegetable Oil	⅔ tsp	⅔ tsp
Onion	1 T	1 T
Tomato	4 T	4 T
Lettuce	½ cup	½ cup
Chili Peppers	2 tsp	2 tsp
Refried Beans, prepared with vegetable oil	¼ cup	¼ cup
Carrots	5 sticks	5 sticks
Celery	6 sticks	6 sticks
Milk, 1% low-fat	½ cup	—
<b>Dinner</b>		
Chicken Taco		
Tortilla, corn	1 tortilla	1 tortilla
Chicken Breast, without skin	2 oz	1 oz
Vegetable Oil	⅔ tsp	⅔ tsp
Cheddar Cheese, low-fat, low-sodium	1 oz	½ oz
Guacamole	2 T	1 T
Salsa	1 T	1 T
Corn, seasoned with margarine	½ cup ½ tsp	½ cup —
Spanish Rice without meat, seasoned without margarine	½ cup	½ cup
Banana	1 large	½ large
Coffee	1 cup	1 cup
Milk 1%	1 oz	1 oz
	Calories: 1,638	Calories: 1,239
	Total Carb, % kcals: 56	Total Carb, % kcals: 58
	Total Fat, % kcals: 27	Total Fat, % kcals: 26
	*Sodium, mg: 1,616	*Sodium, mg: 1,364
	SFA, % kcals: 9	SFA, % kcals: 8
	Cholesterol, mg: 143	Cholesterol, mg: 91
	Protein, % kcals: 20	Protein, % kcals: 19

1,600: 100% RDA met for all nutrients except: Vit E 97%, Zinc 84%

1,200: 100% RDA met for all nutrients except: Vit E 71%, Vit B<sub>1</sub> & B<sub>3</sub> 91%, Vit B<sub>2</sub> & Iron 90%,

Calcium 92%, Magnesium 95%, Zinc 64%

\* No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.



TABLE VI.A.4.e:

SAMPLE MENU: LACTO-OVO VEGETARIAN CUISINE, REDUCED CALORIE			
	1,600 Calories	1,200 Calories	
<b>Breakfast</b>			
Orange	1 medium	1 medium	
Pancakes, made with 1% low-fat milk, egg whites	3 4" circles	2 4" circles	
Pancake Syrup	2 T	1 T	
Margarine, diet	1½ tsp	1½ tsp	
Milk, 1% low-fat	1 cup	½ cup	
Coffee	1 cup	1 cup	
Milk, 1% low-fat	1 oz	1 oz	
<b>Lunch</b>			
Vegetable Soup, canned, low-sodium	1 cup	½ cup	
Bagel	1 medium	½ medium	
Processed American Cheese, low-fat and low sodium	¾ oz	—	
<b>Spinach Salad</b>			
Spinach	1 cup	1 cup	
Mushrooms	½ cup	½ cup	
Salad Dressing, regular calorie	2 tsp	2 tsp	
Apple	1 medium	1 medium	
Iced Tea, unsweetened	1 cup	1 cup	
<b>Dinner</b>			
<b>Omelette</b>			
Egg Whites	4 large eggs	4 large eggs	
Green Pepper	2 T	2 T	
Onion	2 T	2T	
Mozzarella Cheese, made from part-skim milk, low-sodium	1½ oz	1 oz	
Vegetable Oil	1 T	½ T	
Brown Rice, seasoned with margarine, diet	½ cup ½ tsp	½ cup ½ tsp	
Carrots, seasoned with margarine, diet	½ cup ½ tsp	½ cup ½ tsp	
Whole Wheat Bread	1 slice	1 slice	
Margarine, diet	1 tsp	1 tsp	
Fig Bar Cookie	1 bar	1 bar	
Tea	1 cup	1 cup	
Honey	1 tsp	1 tsp	
<b>Snack</b>			
Milk, 1% low-fat	¾ cup	¾ cup	
	Calories: 1,650	Calories: 1,205	
	Total Carb, % kcals: 56	Total Carb, % kcals: 60	
	Total Fat, % kcals: 27	Total Fat, % kcals: 25	
	*Sodium, mg: 1,829	*Sodium, mg: 1,335	
	SFA, % kcals: 8	SFA, % kcals: 7	
	Cholesterol, mg: 82	Cholesterol, mg: 44	
	Protein, % kcals: 19	Protein, % kcals: 18	

1,600: 100% RDA met for all nutrients except: Vit E 92%, Vit B<sub>3</sub> 97%, Vit B<sub>6</sub> 67%, Magnesium 98%, Iron 73%, Zinc 68%

1,200: 100% RDA met for all nutrients except: Vit E 75%, Vit B<sub>1</sub> 92%, Vit B<sub>3</sub> 69%, Vit B<sub>6</sub> 59%, Iron 54%, Zinc 46%

\* No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.

## **7 APPENDIX VII. RESOURCE LIST**

For additional information on overweight and obesity, and related conditions or diseases, you may wish to contact the professional organizations listed below.

The Federal consumer health information gateway, healthfinder, ([www.healthfinder.gov](http://www.healthfinder.gov)) offers convenient access to these and many other resources.

American Dietetic Association  
216 West Jackson Boulevard  
Chicago, IL 60606-6995  
(800) 877-1600  
FAX: (312) 899-1979  
<http://www.eatright.org>

- Eat Right America program
- List of nutrition resources
- Find a dietitian, 1-800-366-1655

American College of Sports Medicine  
P.O. Box 1440  
Indianapolis, IN 46206-1440  
(317) 637-9200  
FAX: (317) 634-7817  
<http://www.acsm.org>

- Health and Fitness Summit and Exposition
- National Coalition for Promoting Physical Activity
- Public information

National Heart, Lung, and Blood Institute  
Education Programs Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
(301) 251-1222  
FAX: (301) 251-1223  
<http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm> (general NHLBI site)

- Online publications on blood pressure, overweight, cholesterol, heart disease, sleep disorders, and asthma

National Institute of Diabetes and Digestive and Kidney Diseases  
31 Center Drive, MSC-2560  
Building 31, Room 9A-04  
Bethesda, MD 20892-2560  
(301) 496-3583  
FAX: (301) 496-7422  
<http://www.niddk.nih.gov>

- Many online patient information publications on diabetes
- Many online publications on nutrition and obesity
- WIN — the Weight-Control Information Network 1-800-WIN-8098

The Weight-Control Information Network  
National Institute of Diabetes and Digestive and Kidney Diseases  
1 WIN WAY  
Bethesda, MD 20892-3665  
(301) 570-2177  
FAX: (301) 570-2186  
1-800-WIN-8098

National Digestive Diseases Information Clearinghouse (NIDDK)  
2 Information Way  
Bethesda, MD 20892-3570  
(301) 654-3810  
FAX: (301) 907-8906

National Kidney and Urologic Diseases Information Clearinghouse (NIDDK)  
3 Information Way  
Bethesda, MD 20892-3580  
(301) 654-4415  
FAX: (301) 907-8906

National Diabetes Information Clearinghouse (NIDDK)  
1 Information Way  
Bethesda, MD 20892-3560  
(301) 654-3327  
FAX: (301) 907-8906

American Diabetes Association

1660 Duke Street

Alexandria, VA 22314

1-800 DIABETES

<http://www.diabetes.org>

- List of publications

American Cancer Society

Atlanta, GA

1-800-ACS-2345

<http://www.cancer.org>

- Dietary guidelines online

- List of publications

National Cancer Institute

Office of Cancer Communications

9000 Rockville Pike

Building 31, Room 10A-24

Bethesda, MD 20892

(800) 4-CANCER (800-422-6237)

<http://www.nci.nih.gov>

- Many publications online, including those on nutrition and cancer

National Eating Disorders Organization

6655 South Yale Avenue

Tulsa, OK 74136

(918) 481-4044

FAX: (918) 481-4076

<http://www.laureate.com/aboutned.html>

- Publications list

- Online descriptive information

Eating Disorders Awareness and Prevention, Inc.

603 Stewart Street, Suite 803

Seattle, WA 98101

(206) 382-3587

<http://members.aol.com/edapinc/home.html>

- Online descriptive information

- Publications list

American Anorexia/Bulimia Association, Inc.

165 West 46th Street #1108

New York, NY 10036

(212) 575-6200

<http://members.aol.com/amanbu/index.html>

- Online descriptive information

National Association of Anorexia Nervosa and Associated Disorders

P.O.Box 7

Highland Park, IL 60035

(847) 831-3438

FAX: (847) 433-4632

<http://www.medpatients.com/Health%20Resources/NAANAD.htm>

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231-4596

(214) 706-1220

FAX: (214) 706-1341

1-800-AHA-USA1 (800-242-8721)

<http://www.americanheart.org>

- Publications list

- Online information

- Stroke Connection 1-800-553-6321

Hypertension Network, Inc.

<http://www.bloodpressure.com>

- Online information

- Weekly research updates

National Institute of Neurological Disorders and Stroke

P.O. Box 5801

Bethesda, MD 20824

(301) 496-5751

<http://www.ninds.nih.gov>

- Online publications on stroke

- Publications list

National Center on Sleep Disorders Research

National Heart, Lung, and Blood Institute

Two Rockledge Centre, Suite 7024

6701 Rockledge Drive, MSC 7920

Bethesda, MD 20892-7920

(301) 435-0199

FAX: (301) 480-3451

American Sleep Disorders Association

1610 14th Street NW, Suite 300

Rochester, MN 55901

(507) 287-6006

Fax: (507) 287-6008

<http://www.asda.org>

- List of member centers
- Online descriptive information

The Sleep Medicine Home Page

<http://www.users.cloud9.net/~thorpy>

- List of internet resources
- List of centers
- Online descriptive information

National Mental Health Association

1201 Prince Street

Alexandria, VA 22314-2971

(703) 684-7722

Fax: (703) 684-5968

800/969-NMHA Information Center

<http://www.nmha.org>

North American Association for the Study of  
Obesity (NAASO)

8630 Fenton Street

Suite 412

Silver Spring, MD 20910

(301) 563-6526

Fax: (301) 587-2365

<http://www.naaso.org>