

A few general tips:

- ✓ **TTUFO: Take The Unhealthy Fat Out of your diet**
 - It's easier than you think. We are habitual, so it's just a matter of creating the habit.
- ✓ **Don't go for the salt.**
 - Salt makes your body retain water. Season with pepper or other spices instead.
- ✓ **Eat at least 5 mini meals during the day instead of 3 large ones**
 - In other words, go ahead and SNACK! The constant food intake will help keep your metabolism up.
 - You prevent yourself from getting too hungry with smaller meals therefore your chances of overeating decline.
- ✓ **Keep your portions small.**
 - This will permit you to maintain a well-balanced and varied diet
- ✓ **GB: Go Bright**
 - It's important to have colorful vegetables at every meal.
 - Red, yellow, orange, purple, and of course green.
- ✓ **Drink lots of water every day.**
 - At least 8 cups
- ✓ **Be active**
 - Exercise is the most important compliment to a healthy way of eating.
- ✓ **Discipline, self control, and will power.**
 - A healthy way of eating requires it.

Breakfast: Definitely the most important meal of the day

- ✓ If you like cereal, try a healthy cereal like Special K, Total, or Complete
 - **TTUFO:** Replace the whole milk you usually use with either reduced fat or soy milk
 - Add some raisins as a natural sweetener.
- ✓ If you like omelets, (who doesn't), ask the cook to make it an egg white omelet
 - **TTUFO:** Ask the cook to hold-off on greasing the griddle.
 - You can still keep all your favorite ingredients to fill the omelet
 - **GB:** Try adding some fresh spinach. This will add flavor and important vitamins and minerals such as Vitamin A and potassium.
- ✓ Grapefruits: One of the best foods out there to help keep you healthy
 - Suggested portion size: ½ grapefruit every morning. Don't add any sugar. This will let you actually taste the grapefruit.

- ✓ **GB:** Try snacking on a few slices of fresh cucumbers or tomatoes. Season with pepper.
- ✓ Have oatmeal at least once during the week.
 - **TTUFO:** Do not add salt, butter, and whole milk.
 - Add honey and raisins or prunes instead.
 - Replace the whole milk with either reduced fat or soy milk
 - Suggested portion size: ½ cup. (approximately 2 serving spoons-full)
- ✓ Have at least one portion of fresh fruit
- ✓ For those of you like me, who love bacon....
 - Limit yourself to only having it once, twice maximum during the week
 - Make sure that it is extra crispy and dry, ensuring that most of the fat is rendered out.
 - Suggested portion size: 2 slices
- ✓ For those of you like me, who love croissants.....
 - **TTUFO:** Ask the chef to point out the low-fat danishes
 - Limit yourself to having it only once or twice a week
 - Suggested portion size: 1 piece of: croissant, chocolate croissant, or raisin Danish
- ✓ Think about having a whole fruit instead of juice to get the full fiber content, but if you really need your OJ:
 - The suggested portion size is: 4oz (1/2 glass)
 - Ask your wait staff to bring you one.

Mid-morning snack ideas

- ✓ Take a box of low-fat granola with you to the beach or pool
- ✓ Take an apple, pear, or other whole fruit with you to the beach or pool
- ✓ Have a low-fat yogurt at Liquid's Continental Late Breakfast

General Tips for Lunch and Dinner

- ✓ **Your plate should be divided up as follows:**
 - ½ fruits and vegetables or fiber
 - ¼ carbohydrates
 - ¼ protein
- ✓ **Carbs to look for**
 - Check the daily pasta specials at the Italian Corner
 - Suggested portion size: ½ of a large plate
 - Have the roasted potatoes instead of mashed potatoes as the mashed potatoes might contain butter
 - Suggested portion size: ¼ of your plate
 - Boiled Rice or Rice Pilaf
 - Suggested portion size: ¼ of your plate

- ✓ **GB: Have a large garden salad**
 - Suggested serving size: a full plate
 - Be sure to include shredded carrots, tomatoes, and beets
 - **TTUFO:** Season with olive oil and keep it to no more than one tablespoon. Only use balsamic vinegar or a fresh squeezed lemon.
 - Use pepper and other spices to season instead of salt

- ✓ Keep it simple, stay away from sauces
 - Have a piece of simple grilled fish or meat
 - **TTUFO:** Ask the cook to hold off on greasing the griddle or grill. The protein will most likely already be marinated and therefore not need any extra fat.
 - Accompany your protein by steamed vegetables, preferably green ones
 - **TTUFO:** If you're having the rotisserie chicken, ask the chef to remove the skin
 - Try a tablespoon of Dijon to replace a sauce to add some flavor to your chicken

- ✓ If you love bread and must have it, keep your portion size to just 2 pieces
 - Take advantage of lunch to eat bread higher in carbs.
 - Or choose the following:
 - Whole wheat or Multi-grain
 - Rye
 - Look for specialty breads such as seaweed bread

- ✓ Have at least two portions of fresh fruits

Lunch: The easiest meal to keep it healthy yet at the same time the best meal of the day to indulge. Your chances of burning off extra calories consumed at lunch are better than the extra ones you will consume at dinner.

- ✓ This is the meal to stock up on or get the majority of your carbs

- ✓ Have as much crudite as you like.
 - **TTUFO:** It's OK to dip. All our dips are made from a low or non-fat yogurt base.

- ✓ Check out the daily Wok specials
 - Our specials are made with a low-sodium soy sauce and great fresh ingredients such as ginger and bok choy

- ✓ Our daily mixed salads have been designed with a health conscious attitude
 - **TTUFO:** Some salads targeted for a "well-being" or a low-fat diet you might look for are:

- Watermelon and feta salad
 - Spinach salad with ricotta and oranges
 - Arugula salad with grapefruit and avocado
 - Some salads that are targeted for a “sportive” or high energy diet you might look for are:
 - Asian barley salad
 - 3 bean salad
 - Fava bean salad
 - Taboule
 - Ask the Executive Chef or garde mange chef for assistance
- ❖ **Chef’s note:** Try this. Season your salad with ½ teaspoon of cumin and the juice of one freshly squeezed orange.
- ✓ Here’s your chance to indulge a little: Limit your indulgences to 2-3 times during the week
- Limiting them, you will appreciate them that much more when you do have them
 - The calories consumed by these fattier foods are more likely to get burned off during the day than if you ate them at dinner as physical activity is typically less after dinner
 - Have one small piece of pate
 - Have one individual size pastry

Mid-afternoon snack ideas

- ✓ Take a plate of carrot and/or celery sticks with you to the beach or pool
 - ✓ Take an apple, pear, or other whole fruit with you to the beach or pool
 - ✓ Have a low-fat yogurt at Bar Azul
 - ✓ Have ½ portion of conch salad at Bar Azul
 - ✓ If you’re really hungry
 - Look for some other protein sources at Bar Azul such as the grilled chicken kebabs
- ❖ **Chef’s note:** Throw on your Ipod or just listen to the waves and the wind and go for a walk to the end of the beach. Not only will it help you physically as the walk takes about 45 minutes, but it will also help you mentally. A daily afternoon walk has been a solace of mine from the stress of running large kitchens for years, it’s sure to help with your peace of mind. It’s a great way to reflect or just enjoy the view.

Dinner: Look for certain terms, such as roasted, baked, or BBQ’d, in the way items have been prepared.

- ✓ If you like soups
 - Choose the broth based soup
 - **TTFO:** Ask the chef if the soup is thickened with roux, if not it will have less fat content

- ✓ Ask the chef for more assistance and what the specials are that evening
 - Look for a dish that you might normally overlook such as
 - Salmon baked in a salt crust
 - Sauteed shrimp with either Ricard or Rum

- ✓ Want to indulge?
 - Permit yourself the treat of dipping fresh fruits into the chocolate fountain
 - Moderation, no food should be forbidden
 - If something is forbidden, you will over indulge and eat too much when you do decide to eat it.

A few Words about Fat: What is Fat?

- is a nutrient that's important for normal body function
- is a source of energy
- adds taste and texture to foods
- makes us feel full longer
- helps absorb some vitamins
- fats which are solid at room temperature such as
 - butter and margarine (bad or unhealthy fats)
- oil which are liquid at room temperature such as
 - olive and sunflower oils (good or healthy fats)
- has the highest Caloric density of all the energy nutrients
- recommended that approximately 25-30% of total Calories comes from fat