

Managing Weight with the Exchange System

To lose weight sensibly, it is recommended to drop daily intake by 500 calories. For example, if a 200 pound person is consuming 2,000 calories a day to maintain weight and consumes 1,500 calories daily, a weight loss of about one pound may be expected after seven days (one pound fat = 3,500 calories). The following table demonstrates one way to balance meals using all of the exchange groups for a 1,500 calorie diet. Remember to never consume fewer than 1,200 calories per day.

Breakfast		Dinner	
Exchanges	Sample Menu	Exchanges	Sample Menu
1 milk 1 starch 1 fruit free food*	1 cup skim milk 2/3 cup oatmeal 1 orange coffee	2 starch 3 lean meat 1 fruit 2 vegetable 1 fat free food*	1 medium baked potato 3 oz. chicken (white meat, no skin) 1/2 cup applesauce 1 cup cooked asparagus 2 T. sour cream 1/4 cup salsa
Lunch		Snack	
Exchanges	Sample Menu	Exchanges	Sample Menu
2 starch 2 lean meat Free food * 2 fruit 2 vegetable free food*	2 slices whole grain bread 2 ounces turkey Spicy brown mustard 1 medium banana 2 cups salad with mixed raw veggies 1 T. low fat salad dressing	1 starch 1 fat 1 milk 1 fruit Free food*	1 chocolate chip granola bar (includes 1 starch and 1 fat) 1 cup plain, nonfat yogurt 17 grapes 1 candy, hard, sugar-free

Sample menu serves only as a guide and the information presented should not substitute the advice of a physician or other qualified health provider. * A free food exchange has less than 20 calories per serving.

A complete 28-Day Plan using the Exchange System is available in TOPS' membership guide, *The Choice is Mine*, and online at TOPS' website, www.tops.org (click on "Tools").



TAKE OFF POUNDS SENSIBLY

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1-800-932-8677
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