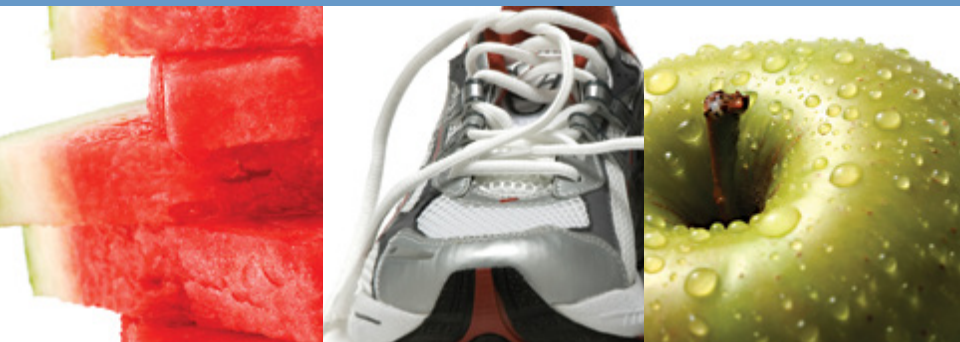


Patient Nutrition Guide



TEVA

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Patient Nutrition Guide

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Please discuss any changes to your diet and exercise routine with your healthcare professional.

YOUR DAILY MEAL PLAN

☐ 1000 Calories

Carbohydrates: 133 g
Protein: 56 g
Fat: 30 g

Breakfast

1 Fruit (List 4)
1 Starch/Bread (List 1)
½ Milk (List 5)
* Free Foods (List 7)

Lunch

2 oz. Meat (List 2)
1 Starch/Bread (List 1)
1 Fruit (List 4)
1 Fat (List 6)
1 Vegetable (List 3)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)

Dinner

2 oz. Meats (List 2)
1 Starch/Bread (List 1)
1 Vegetable (List 3)
* Free Foods (List 7)

Evening Snack

1 Starch/Bread (List 1)
1 Milk (List 5)

☐ 1200 Calories

Carbohydrates: 154 g
Protein: 63 g
Fat: 36 g

Breakfast

1 Fruit (List 4)
2 Starch/Bread (List 1)
1 Milk (List 5)
* Free Foods (List 7)

Lunch

2 oz. Meat (List 2)
1 Starch/Bread (List 1)
1 Fruit (List 4)
1 Fat (List 6)
1 Vegetable (List 3)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)

Dinner

2 oz. Meats (List 2)
1 Starch/Bread (List 1)
1 Vegetable (List 3)
1 Fat (List 6)
* Free Foods (List 7)

Evening Snack

1 Starch/Bread (List 1)
1 Milk (List 5)

☐ 1500 Calories

Carbohydrates: 189 g
Protein: 78 g
Fat: 46 g

Breakfast

1 Fruit (List 4)
2 Starch/Bread (List 1)
1 Fat (List 6)
1 Milk (List 5)
* Free Foods (List 7)

Lunch

2 oz. Meat (List 2)
2 Starch/Bread (List 1)
1 Vegetable (List 3)
1 Fruit (List 4)
1 Fat (List 6)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)

Dinner

3 oz. Meats (List 2)
2 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Fat (List 6)
* Free Foods (List 7)

Evening Snack

1 Starch/Bread (List 1)
1 Milk (List 5)

YOUR DAILY MEAL PLAN

☐ 1800 Calories

Carbohydrates: 234 g
Protein: 91 g
Fat: 56 g

Breakfast

1 Fruit (List 4)
2 Starch/Bread (List 1)
1 Fat (List 6)
1 Milk (List 5)
* Free Foods (List 7)

Lunch

2 oz. Meat (List 2)
2 Starch/Bread (List 1)
1 Vegetable (List 3)
1 Fruit (List 4)
1 Fat (List 6)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)

Dinner

4 oz. Meats (List 2)
3 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Fruit (List 4)
2 Fat (List 6)
* Free Foods (List 7)

Evening Snack

2 Starch/Bread (List 1)
1 Milk (List 5)

☐ 2000 Calories

Carbohydrates: 254 g
Protein: 103 g
Fat: 61 g

Breakfast

1 Fruit (List 4)
3 Starch/Bread (List 1)
1 Fat (List 6)
1 Milk (List 5)
* Free Foods (List 7)

Lunch

3 oz. Meat (List 2)
2 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Fruit (List 4)
1 Fat (List 6)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)
1 Starch/Bread (List 1)

Dinner

4 oz. Meats (List 2)
3 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Fruit (List 4)
2 Fat (List 6)
* Free Foods (List 7)

Evening Snack

2 Starch/Bread (List 1)
1 Milk (List 5)

☐ 2500 Calories

Carbohydrates: 311 g
Protein: 122 g
Fat: 79 g

Breakfast

2 Fruit (List 4)
3 Starch/Bread (List 1)
2 Fat (List 6)
1 Milk (List 5)
* Free Foods (List 7)

Lunch

4 oz. Meat (List 2)
3 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Fruit (List 4)
2 Fat (List 6)
* Free Foods (List 7)

Afternoon Snack

1 Fruit (List 4)
1 Starch/Bread (List 1)

Dinner

4 oz. Meats (List 2)
3 Starch/Bread (List 1)
2 Vegetable (List 3)
1 Milk (List 5)
2 Fat (List 6)
* Free Foods (List 7)

Evening Snack

2 Starch/Bread (List 1)
1 Milk (List 5)
1 Fruit (List 4)

DAILY MEAL PLAN SELECTIONS

1. Starches & Breads

One portion of each food in this list contains about 15 g of carbohydrate, 3 g protein, a trace of fat, and 80 calories. To choose a similar portion of a starch or bread not listed, follow these general rules:

- Cereal, grain, pasta ½ cup
- Bread product 1 oz.

Breads

Portions

- Bagel (deli size) ¼ (1 oz.)
- Bun (hamburger, hot dog) ½ (1 oz.)
- English muffin ½
- Pita (6" across) ½
- Tortilla, flour or corn (6" across) 1
- Whole wheat, rye, white, pumpernickel, raisin (no icing) 1 slice (1 oz.)

Cereals/Grains/Pasta

- Bran Cereal, concentrated such as
 Bran Buds®, All-Bran® ⅓ cup
- Bran Cereal, flaked ½ cup
- Cooked Cereal, grits, bulgur ½ cup
- Macaroni, noodles, spaghetti (cooked) ⅓ cup
- Puffed cereal 1 ½ cups
- Ready-to-eat unsweetened cereal ¾ cup
- Rice, white or brown ⅓ cup
- Shredded wheat ½ cup
- Wheat germ 3 tbsp.

Crackers/Snacks

• Graham cracker (2 ½" square)	3
• Matzo	¾ oz.
• Melba Toast	4 slices
• Oyster crackers	20
• Popcorn, popped, no fat added	3 cups
• Pretzels	¾ oz.
• Rice cake (4" across)	2
• Rye crisp (2" x 3 ½")	4
• Saltine crackers	6

Starchy Vegetables

• Beans, baked	⅓ cup
• Corn	½ cup or 6" cob
• Lentils, beans, or peas (dried), such as kidney, white, split, black-eyed	½ cup
• Lima beans (frozen)	2 oz.
• Peas, green (canned or frozen)	½ cup
• Potato, baked	1 small (3 oz.)
• Potato, mashed	½ cup
• Winter squash (acorn, butternut)	1 cup
• Yam or sweet potato, plain	⅓ cup

Starch Foods Prepared with Fat

(Count as 1 starch/bread exchange and 1 fat exchange)

• Biscuit (2 ½" across)	1
• Chow mein noodles	½ cup
• Corn bread (2" cube)	1 (2 oz.)
• Cracker, round butter type	6
• French fried potatoes (2–3½" long)	1 cup (2 oz.)
• Muffin (small cupcake size, plain)	1
• Snack chips, fat-free or baked	15–20 (¾ oz.)
• Stuffing, prepared	⅓ cup
• Taco shell (6" across)	2

2. Meats & Meat Substitutes

One portion of each food in this list contains about 7 g protein. Lean meats and meat substitutes have about 55 calories per serving; other meat items have 78 to 100 calories per serving. To follow a diet low in cholesterol and saturated fat, choose the lean meats, fish, and other items that appear in bold type. Portions are weighed after cooking and with skin, bones, and fat removed.

Beef

- Lean cuts, such as USDA Good/Choice round, sirloin, or flanked steak, tenderloin, chipped beef 1 oz.
- All other cuts 1 oz.

Cheese

- Cottage or ricotta ¼ cup
- Diet (less than 55 calories per oz.) 1 oz.
- Parmesan, grated 2 tsp.
- Other cheese (except cream cheese) 1 oz.

Eggs

- Egg substitute
(less than 55 calories per ¼ cup) ¼ cup
- Egg white 2
- Egg, whole 1

Fish & Seafood

- All fresh or frozen fish 1 oz.
- Clams, crab, lobster, shrimp, scallops 1 oz.
- Herring, smoked 1 oz.
- Oysters 6 medium
- Sardines (canned) 2 medium
- Tuna (water-packed) 1 oz.
- Salmon (canned) 1 oz.

Miscellaneous

- Hot dog (10 per lb.)* 1
- Lamb (all cuts) 1 oz.
- Liver, heart, kidney, sweetbreads 1 oz.
- Luncheon meats—95% fat free; all others 1 oz.

- Peanut butter* 1 tbsp.
- Sausages, such as Polish, Italian, smoked* 1 oz.

*Count as 1 oz. protein and 1 fat.

Pork

- Lean cuts, such as Canadian bacon; fresh ham; canned, cured, boiled ham; tenderloin 1 oz.
- Other cuts 1 oz.

Poultry

- Chicken, turkey, Cornish hen (skin removed) 1 oz.

Veal

- Lean chops and roasts 1 oz.
- Cutlets 1 oz.

3. Vegetables

One portion of each vegetable in this list contains about 5 g carbohydrate, 2 g protein, and 25 calories. If no portion size is listed, the following measurements should be used:

- Cooked vegetables or juice ½ cup
- Raw vegetables 1 cup

Check Free Foods (List 7) and Starches/Breads (List 1) for vegetables not listed here.

- | | | |
|-------------------------------|-----------------------------------|-----------------------------|
| • Asparagus | • Cucumber | • Spinach (cooked) |
| • Beans (green, wax, Italian) | • Eggplant | • Summer squash (crookneck) |
| • Bean sprouts | • Greens (collard, mustard, etc.) | • Tomato (1 large) |
| • Beets | • Mushrooms (cooked) | • Tomato or vegetable juice |
| • Broccoli | • Okra | • Turnip |
| • Brussels sprouts | • Onion | • Water chestnuts |
| • Cabbage (cooked) | • Pea pods (snow peas) | • Zucchini (cooked) |
| • Carrots | • Peppers (green) | |
| • Cauliflower | • Radishes | |
| • Celery | • Sauerkraut | |

4. Fruits

One portion of each fruit in this list contains about 15 g carbohydrate and 60 calories.
To choose a similar portion of a fruit not listed, follow these general rules:

- Fresh, canned, or frozen fruit, no sugar added ½ cup
- Dried fruit ¼ cup

Dried Fruits

- Apple, 4 oz 1 small
- Apricot 3
- Date (medium) 2
- Fig (small) 2
- Prune (medium) 3
- Raisins 2 tbsp.

Fruit Juices

- Apple juice or cider ½ cup
- Cranberry juice cocktail ⅓ cup
- Grape juice ⅓ cup
- Prune juice ⅓ cup
- Other, such as orange, pineapple, etc. ½ cup

Fruit

- Apple, fresh (2" across), 4 oz 1
- Applesauce, no sugar added ½ cup
- Apricot, fresh (medium) 4
- Banana (9" long) ½
- Blackberries or blueberries, raw ¾ cup
- Cantaloupe or honeydew melon 1 cup
- Cherries fresh, 3 oz. 12
- Fig, fresh (2" across) 2
- Fruit cocktail, canned ½ cup
- Grapefruit (medium) ½
- Grapefruit segments ¾ cup
- Grapes (small) 15
- Kiwi (large) 1
- Mandarin orange ¾ cup

- Nectarine (2 ½" across) 1
- Orange (2 ½" across) 1
- Papaya (½" across) 1 cup, cubed
- Peach (medium), 4 oz. 1 whole (¾ cup)
- Pear ½ large/1 small
- Persimmon (native, medium) 2
- Pineapple, fresh ¾ cup
- Pineapple, canned ½ cup
- Plum, fresh (2" across) 2
- Raspberries, fresh 1 cup
- Strawberries, fresh (whole) 1 ¼ cups
- Tangerine (2 ½" across) 2
- Watermelon 1 ¼ cups



5. Milk & Milk Products

One portion of each milk or milk product in this list contains about 12 g carbohydrate and 8 g protein. These foods also contain 1 to 8 g fat and 90 to 150 calories per serving, depending on their butterfat content. Choose foods from the skim and low-fat milk groups as often as possible, because they contain less butterfat than do whole milk products.

Skim & Very Low Fat Milk

- Skim, ½% or 1% milk 1 cup
- Buttermilk, low fat 1 cup
- Evaporated skim milk 4 fl. oz.
- Nonfat dry milk ½ cup dry
- Nonfat yogurt, plain 6 oz.

Low Fat Milk

Count as 1 milk exchange and 1 fat exchange

- 2% milk 1 cup
- Low fat yogurt, plain
(with added nonfat milk solids) 6 oz.

Whole Milk

Count as 1 milk exchange and 2 fat exchanges

- Whole milk 1 cup
- Evaporated whole milk ½ cup
- Whole yogurt, plain 8 oz.



6. Fats

One portion of each food in this list contains about 5 g fat and 45 calories. Choose unsaturated fats instead of saturated fats as often as possible.

Monounsaturated Fats

- Almonds, dry roasted 6 whole
- Avocado (medium) 1 oz.
- Margarine, diet 1 tbsp.
- Oil (olive, peanut, canola) 1 tsp.
- Pecans or walnuts 2 whole

Polyunsaturated Fats

- Margarine, diet 1 tbsp.
- Mayonnaise (regular) 2 tsp.
- Mayonnaise (reduced fat/diet) 1 tbsp.
- Oil (corn, cottonseed, soybean, safflower, sunflower) 1 tsp.
- Salad dressing, mayonnaise-type (reduced fat) 2 tbsp.
- Salad dressing, other varieties 1 tbsp.
- Sunflower seeds 1 tbsp.

Saturated Fats

- Bacon 1 slice
- Butter 1 tsp.
- Coconut, shredded 2 tbsp.
- Coffee creamer, liquid 2 tbsp.
- Coffee creamer, powdered 4 tsp.
- Cream, half and half 2 tbsp.
- Cream (heavy, whipping) $\frac{3}{4}$ tbsp.
- Cream cheese 1 tbsp.

7. Free Foods

Each free food or drink in this list contains fewer than 20 calories per serving. You may eat as much as you want of free foods that have no portion size given; you may eat two or three servings per day of free foods that have portions listed. Be sure to spread your servings throughout the day.

Drinks

- Bouillon or broth, no fat, low sodium
- Cocoa powder, unsweetened baking type (1 tbsp.)
- Coffee or tea
- Soft drinks, calorie-free, including carbonated drinks

Condiments

- Coffee whitener, liquid (1 tbsp.)
- Coffee whitener, powdered (2 tsp.)
- Dill pickles, unsweetened
- Horseradish
- Hot sauce
- Ketchup (1 tbsp.)
- Mustard
- Salad dressing, low-calorie, including mayonnaise-type (1 tbsp.)
- Salsa (¼ cup)
- Taco sauce (1 tbsp.)
- Vinegar

Sweet Substitutes

- Gelatin, sugar-free
- Jam or jelly, sugar-free (2 tsp.)
- Whipped topping (2 tbsp.)

Seasonings

Can be used as desired. If you are following a low sodium diet, be sure to read the labels and choose seasonings that do not contain sodium or salt.

- Flavoring extracts (vanilla, almond, butter, etc.)
- Garlic or garlic powder
- Herbs, fresh or dried
- Lemon or lemon juice spices
- Onion powder
- Paprika
- Pepper
- Pimento
- Soy sauce
- Spices
- Worcestershire sauce

Fruit

- Cranberries or rhubarb, no sugar (½ cup)

Vegetables (raw, not to exceed 1 cup)

- Cabbage
- Celery
- Cucumber
- Green onion
- Hot peppers
- Mushrooms
- Radishes
- Salad greens (as desired)
 - Lettuce
 - Romaine
 - Spinach (raw)
- Zucchini



CONTROLLING DIETARY FAT

Facts

- Health authorities recommend decreasing total diet fat content to 30%: 7–10% saturated, 10% polyunsaturated, and 10–15% monounsaturated.
- Decreasing total fat intake means choosing lower-fat foods and cooking with low-fat methods.
- Substitute poly- or monounsaturated fats for saturated fats whenever possible.



NUTRITION FACTS FOR COMMONLY USED FATS (serving size = 1 tbsp.)

Vegetable Oils & Shortening	Polyunsaturated Fatty Acids	Monounsaturated Fatty Acids	Saturated Fatty Acids
Canola Oil	3.5g	8.4g	1g
Safflower Oil	10.1g	2g	0.8g
Sunflower Oil	3.9g	7.8g	1.2g
Corn Oil	7.4g	3.7g	1.7g
Olive Oil	1.4g	9.8g	1.8g
Sesame Oil	5.7g	5.4g	1.9g
Soybean Oil	7.8g	3.1g	2.1g
Peanut Oil	4.3g	6.2g	2.3g
Cottonseed Oil	7.1g	2.4g	3.5g
Rice Bran Oil	4.8g	5.3g	2.7g
Lard	1.4g	5.8g	5.0g
Palm Oil	1.3g	5.0g	6.7g
Butter	0.4g	3g	7g
Stick Margarine	3.4g	5.4g	2.1g
Soft Tub Margarine	3.8g	5.2g	2g
Household Vegetable Shortening	3.6g	5.3g	3.2g
Coconut Oil	0.2g	0.8g	11.8g

EXERCISE

How Much is Right for You?

Facts

- Exercise is a key part of weight loss—combined with a sensible diet, it helps burn more fat and less lean body tissue.
- Regular exercise keeps your metabolic rate high for up to 30 minutes after you finish—that’s why it’s especially important for weight maintenance.
- Different forms of exercise burn calories at different rates—whatever type of exercise you select, the important thing is to keep moving and exercise regularly.
- Substitute poly- or monounsaturated fats for saturated fats whenever possible.

Warm Up and Cool Down

- Be sure to incorporate 5–10 minutes of low-level exercise before and after your exercise session, such as:
 - Walking
 - Walking in place
 - Slow jogging
- Then, follow with slow, smooth stretching. Hold each stretch for 10–20 seconds.
- The warm-up gets your muscles ready for exercise and helps prevent soreness and injury.
- The cool-down helps prevent soreness and helps in getting blood back to the heart so you don’t feel dizzy or light-headed.



How Much Exercise is Enough?

1. Calculate your maximum pulse rate capacity. Do this by subtracting your age from 220.

Then, multiply that rate by 70 percent to determine a target pulse rate for a moderate activity level.

FOR EXAMPLE, IF YOUR AGE IS 40:		
$220 - 40 = 180$	$180 \times 0.70 = 126$	Target Pulse Rate for Moderate Exercise = 126

2. Learn how to count your actual pulse rate:
 - Put two fingers high up on one side of your neck, just under the jawbone, where you can feel the carotid artery pulsing.
 - Count the heartbeats you feel for 10 seconds, then multiply by 6 to get your pulse rate count per minute.
3. Continue to exercise regularly and challenge yourself to increase your fitness level along with your target pulse rate from this starting point.

IMPORTANT: Before beginning any exercise program, consult your physician—especially if you are over 35 or have not been exercising regularly.

Exercise required to burn off a given number of calories (based on a person weighing 150 lbs.):

- Walking—5.0 calories per minute (297 calories per hour).
- Swimming—10.0 calories per minute (603 calories per hour).
- Bike Riding—7.4 calories per minute (441 calories per hour).
- Running—11.2 calories per minute (675 calories per hour).

CALORIES EXPENDED

Food	Calories	Minutes of Activity*			
		WALKING	SWIMMING	BIKE RIDING	RUNNING
Apple, large	110	30	9	17	13
Bacon, 2 strips	92	25	8	14	10
Banana, small	90	25	7	14	10
Beer, 1 glass	86	24	7	13	10
Cake, 2-layer, 1/8	260	72	21	39	30
Carbonated beverage, 8 oz.	97	27	8	15	11
Carrot, raw, large	30	8	2	5	3
Cereal, dry, 1 cup	100	28	8	15	11
Chicken, fried, 3 oz.	218	60	18	33	25
Cookie, oatmeal	81	22	7	12	9
Egg, fried	90	25	7	14	10
Ham (3 oz.)	125	34	10	19	14
Ice cream, 1 scoop	151	42	12	23	17
Malted milkshake (medium)	506	139	42	77	58
Milk, whole, 8 oz.	147	41	12	22	17
Milk, skim, 8 oz.	91	25	7	14	10
Orange juice, 8 oz.	112	31	9	17	13
Pancake, no butter or syrup	120	33	10	18	14
Peach, medium	38	10	3	6	4
Pie, apple, 1/6	277	76	23	42	32
Pizza, cheese, 1/8	272	75	22	41	31
Pork chop, loin	197	54	16	30	22
Club sandwich	510	141	42	77	58
Hamburger sandwich	250	69	21	38	28
Shrimp, fried	73	20	6	11	8
Spaghetti, 1 cup	224	62	19	34	25
Steak, T-bone (4 oz.)	200	55	17	30	23
Strawberry shortcake, 1 slice	218	60	18	33	25

*Based on a 35 year old, 5.74 ft. tall female, weighing 144 lbs.

What Exercise Can Do For You

- Exercise burns calories.
- Aerobic exercise burns fat.
- Exercise can increase muscle mass.
- Moderate exercise helps control your appetite.
- Exercise helps cope with stress and helps counter depression—common triggers of overeating.

Exercise & Your Health

- Regular exercise:
 - Helps reduce high blood pressure
 - Helps control diabetes
 - Helps control cholesterol levels
 - Strengthens the heart and bones
 - Helps reduce high lipid levels in blood
 - Helps you to sleep better

EXERCISE RECOMMENDATIONS FOR WEIGHT CONTROL

Frequency	Five times per week
Time	30–60 minutes of aerobic activity per session
Type	Continuous aerobic activity, such as walking, stationary cycling, swimming, rowing, cross-country skiing, or jogging

Caloric Activity Chart*

	BODY WEIGHT (POUNDS)			
	125	150	175	200
LOCOMOTION (15 MINUTES)	CALORIES BURNED			
Walking Downstairs	29	34	40	46
Walking Upstairs	100	119	139	159
Walking—2 mph	21	26	30	34
Walking—4 mph	57	68	80	91
Cycling—5.5 mph	43	51	60	68
HOUSEWORK (15 MINUTES)	CALORIES BURNED			
Sweeping/Vacuuuming	36	43	50	57
Making Beds	14	17	20	23
Washing Windows	29	34	40	46
Dusting	21	26	30	34
Preparing a Meal	21	26	30	34
Light Gardening	43	51	60	68
Mowing Grass (power)	64	77	89	102
House Painting (inside)	29	34	40	46
RECREATION (15 MINUTES)	CALORIES BURNED			
Badminton	50	60	70	80
Bowling	29	34	40	46
Canoeing—4 mph	86	102	119	137
Dancing (moderate)	50	60	70	80
Golfing (cart)	36	43	50	57
Ping-Pong	43	51	60	68
Swimming (Backstroke)	86	102	119	137
Swimming (Crawl, 50 yd/min., moderate)	100	119	139	159

*Determining how many calories you burn is not an exact science. These numbers should be used as estimates only.



