

as olive, grapeseed, walnut and sunflower very sparingly. Use seeds and nuts in small amounts and replace sugar with natural sweeteners such as honey, or use the smallest amounts of unrefined brown sugar.

Daily

Watch your daily intake of the following:

Milk

- Aim to drink 1 pt./600ml skimmed milk or 3/4 pt./425ml low-fat milk or 1/2 pt./300ml whole milk each day.

Spreads

- Eat no more than 1 oz./25g olive oil spread, or 1/2 oz./15g butter, or up to 2 oz./55g very low-fat spread a day.

Liquids

- Drink at least 1 3/4 pt./1 liter liquids a day, of which at least a third is water.
- Also drink a variety of herbal and fruit teas as these will boost your liquid intake.
- Drink no more than 4 cups of coffee or tea a day, replace sugar with honey.
- Carbonated drinks should be sugar-free.

Snack Attack

You can substitute one meal for one or two of these snacks:

- 1 apple, orange, nectarine, pear, peach, guava
- 1/2 mango or grapefruit
- 2 slices fresh pineapple, 2 kiwis, plums, apricots, figs
- 4 1/2 oz./125g fresh fruit salad, watermelon, honeydew melon, cantaloupe, grapes, strawberries, cherries, raspberries, blueberries
- 4 fl. oz./125ml unsweetened fruit juice
- 4 1/2 oz./125g plain or low-fat fruit yogurt, or low-fat cream cheese
- 8 oz./225g raw carrots, celery, cucumber
- 1 oz. dried fruit: apricots, bananas, apple rings, figs, dates, raisins, pears, mangoes, prunes
- 4 reduced fat Ritz™ crackers, 1 granola bar

AROMA PATCH™ HEALTHY EATING PLAN

Eat small, frequent meals and snacks. A good general recommendation is to eat at least three meals and two to three healthy snacks every day. You should aim to eat three meals a day: breakfast, lunch and dinner.

The Big Breakfast

- Small glass 4 fl. oz./125ml of pure fresh orange juice; 1 boiled, poached or scrambled egg with a grilled tomato and 6 sautéed mushrooms; 1 slice whole grain toast with olive oil spread.
- Fresh melon, orange segments or fresh strawberries; small bowl of whole grain cereal with skim milk.
- Half a fresh grapefruit; 2 slices whole grain toast with a little olive oil spread and 2 level teaspoons whole-fruit jelly or organic honey.
- Fresh fruit salad; 1 oz./25g natural muesli with fresh apple, strawberries or kiwi and 2 tablespoons plain natural yogurt sprinkled with sesame, pumpkin or sunflower seeds.
- Fresh fruit salad; stewed dried fruit with 2 table spoons plain yogurt; 1 slice whole grain toast with a little olive oil spread and 1 teaspoon compote jam or organic honey.

Working Lunches

- Smoked salmon salad sandwich; low-fat yogurt.
- Shrimp salad with 2 slices brown bread; exotic fruit salad.
- Baked potato with cottage cheese or tuna (canned in water) in a low-fat dressing, with salad; low-fat fruit yogurt.
- Mediterranean vegetables and pasta salad; fresh fruit.

Nutritious Dinners

First Courses

- 4 fl. oz./125ml fresh fruit or vegetable juice.
- Bowl of home-made soup or fresh ready-made soup.

Main Courses

- Char-broiled sirloin with equal amounts of thinly sliced peppers and bean sprouts, served with Chinese noodles stir-fried in a little sesame oil.
- Roast breast of chicken with polenta, cooked according to packet instructions, topped with sun-dried tomatoes, spinach and balsamic dressing.
- Roast loin of organic lamb with potatoes braised with shallots and thyme, and salad in balsamic dressing.
- Char-broiled pork loin (marinated first in a little oil with shallots and sage), mashed new potatoes with chopped spring onions and steamed green vegetables.
- Baked fish fillets (dusted with flour, seasoned with cayenne before baking) served with couscous and mixed salad vegetables in balsamic dressing.
- Sea bass baked with mushrooms, tarragon and white wine, served with brown rice and steamed vegetables.
- Grilled fillet of salmon, with lentils cooked in a little stock with chopped onions, dill and a bay leaf.
- Fillet of cod baked with rice wine, a dash of soy sauce and grated ginger, served with bok choy.
- Smoked salmon with baked potato wedges in chili dressing, seasoned with cayenne to taste, with a salad of chopped cucumber and mint in plain yogurt.
- Large shelled shrimp grilled with coriander and chili, served with steamed rice and a mixed green salad.
- Pasta with olive oil, mushrooms, parsley and lemon, and a watercress frisée and fennel salad in balsamic dressing.
- Herb and tomato 2-egg omelet with a mixed salad and 2 small brown bread rolls.
- Baked eggplant with provençale vegetables and a salad of new potatoes, toasted pine nuts and balsamic dressing.
- Baked potato with cottage cheese and an avocado mixed salad with balsamic dressing.

Desserts

- Fresh fruit salad, sliced melon, or mango.
- Fresh berries, fruits, or stewed dried fruits, apples or plums, with a spoonful of low fat creme fraiche or cottage cheese.
- Baked peaches, apples or bananas with a little orange juice, sprinkled with spices before cooking.
- Low-fat yogurt with honey.
- Fresh fruit sorbet.

How to Improve Your Eating Habits

- Make time to sit down and enjoy your meals.
- Eat slowly and chew your food properly.
- Don't eat in front of the TV or when you're reading.
- Use a smaller plate.

- Avoid fried foods.
- Replace butter with low-fat spreads—and use sparingly.
- Keep meat and fish portions small.
- Try beans and lentils in meat casseroles or as protein alternatives—they provide less fat, and more soluble fiber.
- Replace sugar with small amounts of unrefined brown sugar or honey.
- Limit your intake of full-fat cheese.

Shopping Tips

- Plan your menus for the week ahead and prepare your shopping list accordingly.
- Avoid making impulse purchases in the market; never shop when you are hungry.
- Allow enough time to do your shopping and make a conscious effort to try new products.
- Read food labels and find out exactly what you are buying. Try not to concentrate only on fat content; remember that other elements of food, such as vitamins and minerals, are just as important.
- Choose high-fiber foods for both main meals and snacks. Your shopping list should include at least one or a variety of whole-grain bread, whole-wheat pasta, brown or wild rice, whole-grain cereals, beans and lentils.
- Include a variety of vegetables: root, leafy and salad types, and fruits such as melon, mango, kiwi and plums.
- Ready-prepared meals are good if you are busy, but avoid ones that contain mayonnaise or dressing.
- Stock the freezer with a variety of frozen vegetables, such as green beans, broccoli, sweet corn and spinach.
- If you have to resort to ready-cooked/prepared meals, choose the healthy eating options.

Tips for Reducing Calories

- Use lemon juice instead of salt to add flavor to pasta.
- Use cooked potato to thicken sauces and butter beans to thicken soups.
- Heat the pan before adding any oil—you use less this way.
- Use fresh herbs, lemon and lime juice rather than bouillon cubes to season foods.
- Make a basic salad dressing with 4 teaspoons balsamic vinegar, 1 teaspoon olive oil and a pinch of salt and pepper. Flavor with herbs, chopped shallots, or cayenne, to taste.
- For a creamy, low-cal dressing, mix equal quantities of low-fat mayonnaise with cottage cheese.
- Use flavor-filled native cheeses rather than milder varieties when cooking—you don't need to use as much.
- Cook vegetables in a pressure cooker or in a pan with a tight fitting lid, and in minimal amounts of water.
- Remove all excess fat from lean meats. Broil, bake or roast using racks so that fat drips from meat.
- Keep some dried apricots in your pantry—they can be made into delicious sauces, savory and sweet, and are great to nibble as a snack.

A NEW YOU!

Congratulations on taking a sensible and healthy step to establishing good eating habits.

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