

## OA-HOW Basic Food Plan and Food Choices & Portions

This is a suggested food plan that has been developed by compulsive overeaters over the years. The food plan is weighed and measured to provide a healthy, nutritious balance. Discuss with your sponsor regarding substitutions and variations. It is a guide in achieving physical recovery from compulsive overeating. It is offered as a recommendation in working the First Step, "...admitted we were powerless over food...", on a daily basis.

It is recommended that you work this food plan with a qualified Sponsor, and that you obtain the approval of a health care professional's before beginning your abstinence using the HOW food plan. Any recommendations your health care professional makes will be accepted. Upon discussion and approval from your qualified sponsor, use it daily as you work the 12 Steps of Recovery.

<b>WOMEN</b>  <b><u>Breakfast</u></b> 1 selection from Protein choices 1 selection from Fruit choices 1 selection from the Fat choices 1 selection from the Grain choices after the first 30 days  <b><u>Lunch</u></b> 1 selection from Protein choices 2 selections from Vegetable choices 1 selection from the Fat choices  <b><u>Dinner</u></b> 1 selection from Protein choices 3 selections from Vegetable choices 1 selection from the Fat choices 1 selection from Grain choices after first 30 days for lunch or dinner or split between	<b>MEN</b>  <b><u>Breakfast</u></b> 1 ½ selections from Protein choices 1 selection from Fruit choices 1 selection from the Fat choices 1 selection from the Grain choices after the first 30 days  <b><u>Lunch</u></b> 1 ½ selections from Protein choices 2 selections from Vegetable choices 1 selection from the Fat choices  <b><u>Dinner</u></b> 1 ½ selections from Protein choices 3 selections from Vegetable choices 1 selection from the Fat choices 2 selections from Grain choices after first 30 days for lunch or dinner or split between
<b>YOUTH</b>  <b><u>Breakfast</u></b> 1 selection from Protein choices 1 selection from Fruit choices 1 selection from the Fat choices 8 oz. lowfat or skim milk 1 slice whole grain bread or 1oz cereal  <b><u>Lunch</u></b> 1 selection from Protein choices 1 selection from Vegetable or Fruit choices 1 selection from the Fat choices Finger salad (3 pieces of raw vegetables) 8 oz. lowfat or skim milk 2 slices whole grain bread	<b><u>Dinner</u></b> 1 to 1&1/2 selections from Protein choices 1 selection from Vegetable choices 1 selection from the Fat choices 2 cups salad w/ 1 tablespoon dressing 1 selection from Fruit choices 8oz lowfat or skim milk  <b><u>Midday Snack</u></b> Up to 8 oz. lowfat/skim milk and/or any fruit not consumed at a meal may be used as a snack

<p><b>PROTEIN</b> (Proportionate amounts of different proteins may be combined to create one serving)</p> <p><b>4oz of:</b>  Beef  Poultry  Fish  Shellfish  Hot Dogs  Cold Cuts  Sausage  Pork  Lamb  Veal  Cottage Cheese (1/2 cup)  Ricotta Cheese (1/2 cup)  Tempeh</p>	<p><b>8oz of:</b>  Yogurt  Tofu</p> <p><b>16oz of:</b>  Milk  Buttermilk</p> <p>2 Eggs  4 slices Bacon  2oz Hard Cheese  1 cup Legumes, including Black-eyed Peas, Pinto Beans, Black Beans, Edamame, Lima Beans, Field Peas, Chickpeas (not green peas)</p>
<p><b>FRUIT</b></p> <p>Apple – 1  Apricots – 3 med</p> <p>Berries:</p> <ul style="list-style-type: none"> <li>• Blackberries – ½ cup</li> <li>• Boysenberries – ½ cup</li> <li>• Blueberries – ½ cup</li> <li>• Gooseberries – 1 cup</li> <li>• Raspberries – ½ cup</li> <li>• Strawberries – 1 cup</li> </ul> <p>Figs – 2  Grapefruit – ½  Guava – 1  Kiwi – 1  Lemons – 2  Limes – 2  Mango – 1/2</p>	<p>Melons:</p> <ul style="list-style-type: none"> <li>• Cantaloupe – ½</li> <li>• Casaba – 1 cup</li> <li>• Crenshaw – 1 cup</li> <li>• Honeydew – 1 cup</li> <li>• Watermelon – 1 cup</li> </ul> <p>Orange – 1  Papaya – ½ med / 1 cup  Peach – 1  Pineapple- ½ cup fresh or unsweetened canned  Plum – 1  Rhubarb – 1 cup  Tangerine – 2  Unsweetened juice –  ½ cup</p>

<p><b>VEGETABLES</b> (Proportionate amounts of different vegetables may be combined to create one serving)</p> <p>Serving: (1 cup)</p> <p>Alfalfa sprouts Artichokes Asparagus Bamboo shoots Bean sprouts Beets Bok-choy Broccoli Brussels sprouts Cabbage, all types Carrots Cauliflower Celery</p>	<p>Chard Chilies (red or green) Cucumbers Eggplant Green Beans Greens (mustard, collard, beet, turnip, etc.) Jerusalem artichoke Jicama Kale Kohlrabi Leeks Lettuce Mushrooms Okra Onions Parsley Parsnips</p>	<p>Pea pods (snow, snap, etc.) Peppers (all types) Pickles (dill only) Pumpkin, fresh or unsweetened canned Radishes Rutabaga Sauerkraut Squash (all types) String beans Tomatoes Tomatillos Turnips Water chestnuts Zucchini</p>
<p><b>FATS</b> (For best nutrition, it is recommended that fat servings be spread out among all three meals. However, fat servings may be combined into two meals upon discussion with your sponsor.)</p> <p>1 tsp. butter or margarine 1 tsp oil 1 T. mayonnaise 2 T oil-based salad dressing, *see note below 1 oz. avocado</p> <p>*Salad dressing ingredients vary a great deal. If a salad dressing has NO oil (including mayonnaise) and assuming NO sugar, it is NOT a fat, it is a condiment. For all salad dressings with oil, use 2 tablespoons as one serving of fat unless decided otherwise with your sponsor.</p>		
<p><b>CONDIMENTS</b> (Sugar 5th or lower on label ingredient list) Use in moderation and discuss with your sponsor</p> <p>* Be sure to read “Sugar by any other name” before using the starred items</p> <p>Herbs &amp; spices Soy sauce Worcestershire sauce Onion soup mix *Diet or sugar-free catsup* *Sugar-free syrup*</p>	<p>*Sugar &amp; oil-free salad Dressing*</p> <p>Mustard Vinegar Salsa ½ cup nonfat broth ½ cup tomato sauce Lemon juice</p>	

## **GRAINS**

These selections must always be whole grain – “unbleached flour”, “wheat flour”, or “enriched flour” means it is not whole grain. All grain choices must have sugar (honey, etc.), white or enriched flour, etc., listed 5<sup>th</sup> or lower on the ingredient list.

1/8 cup wheat germ

1oz whole grain bread (incl. pita, tortilla, sprouted grain bread)

½ cup cooked: amaranth, barley, brown rice, bulgur wheat, faro, kasha (buckwheat), millet, oat groats, quinoa, rye, teff, kasha, whole grain cereal or pasta

1oz whole grain dry cereal, whole grain crackers, or whole grain rice cakes

\*Please note that couscous is made with white flour and is not an approved grain.

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Please note that couscous is made with white flour and is essentially a pasta. Therefore, it is NOT a approved grain