

HOW Maintenance Plan

Transition Instructions

To make the transition, follow these six phases IN ANY ORDER. In each phase, a serving of fruit, protein, grain, or fat is added to the allotments for one meal in the Basic Food Plan. Each phase terminates as the body accepts the additional food without a weight gain for a two-week period. If there is a weight loss, go immediately into the next phase. It is highly recommended that before moving from one phase to another, you discuss it with your health care professional and/or your sponsor. Continue to add food to your food plan using these transition instructions until you reach a stable period at your goal weight (within a 3 pound range). The recommended maximum amounts of food for each food plan for individuals, categorized according to their height and sex, are listed below. It is strongly recommended that you consult with your physician if you determine you need more food in your food plan than these maximums. NOTE: As metabolism rates vary over time and amount of activity, some members may need to make additional changes in their food plan from time to time.

PHASE 1: Add a serving of fruit to one meal.

PHASE 2: Add a serving of protein to one meal.

PHASE 3: Add a serving of fat to one meal.

PHASE 4: Add an additional fruit.

PHASE 5: Add a serving of grain to one meal.

PHASE 6: Add an additional serving of one of previous phases up to the maximum for your category.

Women

4'10"-5'2"	Use Category A	{}
5'3"-5'6"	Use Category B	{}
5'7"-6'0"	Use Category C	{}

Men

5'0"-5'5"	Use Category D
5'6"-5'10"	Use Category E
5'11"-6'3"	Use Category F

CATEGORY	A	B	C	D	E	F
Max Fruit Servings/Day:	2	3	3	3	4	4
Max Grain Servings/Day:	5	5	5	5	5	5
Max Protein Servings/Day:	3	3-1/2	4-1/4	4	4-1/2	4-1/2
Max Fat Servings/Day:	6	6	6	7	7	8

Maintenance Food Plan

PROTEIN (Proportionate amounts of different proteins may be combined to create one serving)

4 oz of:

Beef .
Poultry.
Pork
Lamb
Veal
Rabbit
Sausage
Venison
Fish
Shellfish
Variety meats . (i.e., liver, kidneys)
Tempeh

8 oz of:

Yogurt (plain only)
Tofu
Evaporated, skim unsweetened milk

Bacon – 4 slices
Legumes – 1 cup cooked beans
Soft cheeses – ½ cup (i.e., cottage, ricotta, farmer's cheese)
Hard cheeses – 2 oz.
Milk – 16 oz. (Incl. goat milk, buttermilk, soy milk)
Eggs – 2 large

GRAINS

1 slice whole grain bread (incl. pita, tortilla, sprouted grain bread)
Whole grain cereals – single serving per package instructions
½ c. cooked whole grain pasta or rice, kasha, bulgur wheat, quinoa or other whole grains
1 oz. whole grain rice cakes
Rye crackers – 2 (3 ½"x2")
Popcorn – 1 ½ c. air-popped or microwaved
Potato – 4 oz. up to 3 times per week
Corn – ½ c. or ½ ear
Wheat Germ (1/8 cup = 1 vegetable)

Remember: Couscous is made with white flour and it NOT whole grain)

VEGETABLES (1 cup)

Alfalfa sprouts
Artichokes (1 medium)
Asparagus
Bean sprouts
Beets
Bok Choy
Broccoli
Brussel sprouts
Cabbage (all types, incl. Chinese)
Carrots
Cauliflower
Celery
Chard
Chicory
Cucumbers
Eggplant
Endive
Escarole
Green beans
Green Peas
Greens (Mustard, spinach, beet, turnip, collard, etc.)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsley
Parsnips
Peppers (all types, incl. chilies & bell peppers)
Pea pod (snow, snap, etc.)
Pickles (Dill only) – 2 medium
Pumpkin (fresh or unsweetened canned)
Radishes
Rutabagas
Salsify (oyster plant)
Sauerkraut
Scallions
Squash (all kinds)
Snow peas
Sorrel (sour grass)
Soybean sprouts
Tomatoes and tomatillos
Water chestnuts
Watercress
Wheat germ (1/8 cup)
Wheat germ (1/8 cup = 1 vegetable)

FRUITS

Apples – 1
Apricots – 3 medium
Applesauce (sugar-free) – ½ cup
Banana – 1 small
Berries:
 Blackberries – ½ cup
 Blueberries – ½ cup
 Boysenberries – 1 cup
 Gooseberries – 1 cup
 Huckleberries – ½ cup
 Raspberries – ½ cup
 Strawberries – 1 cup
Cherries – ¾ cup
Figs – 2 medium
Grapefruit – ½
Grapes – ½ cup
Guava – 1
Kiwi – 2
Lemons & limes – 2
Mango – ½
Melons:
 Cantaloupe – ½ melon
 Casaba – ¼ melon
 Crenshaw – ¼ melon
 Honeydew – ¼ melon
 Watermelon- 1&1/2 cup
Nectarine – 1
Oranges – 1
Papaya – ½ medium or 1 cup
Peach – 1
Pear – 1
Persimmon – 1
Pineapple- 1 cup unsweetened canned, or ¼ fresh
Plum- 2
Pomegranate- 1 medium
Rhubarb- 1 cup
Unsweetened juice- 1 cup

FATS & OILS

1 tsp. butter or margarine (1 pat)
2 T. light cream
1 T. heavy cream
1 T. sour cream
1 T. cream cheese
1 T. mayonnaise
1 tsp. oil or hard fat
2 T. salad dressing (check for sugar)
1/8 avocado
1 slice crisp bacon
6 small olives (green or black)
1 T. raw or dry-roasted nuts

CONDIMENTS (Sugar 5th or lower on label ingredient list)

All herbs and spices, salsa, soy sauce, onion soup mix, Worcestershire sauce, spaghetti sauce, tomato sauce, vinegar, mustard, sugar-free catsup, lemon juice, ½ cup sugar-free gelatin per meal, sugar & oil-free dressing, sugar-free syrup.