

Dr. Nowzaradan Diet Plan Broken Down



| | Food Group | Servings for Men | Servings for Women | Types of Servings | Sources |
|--|---------------------|------------------|--------------------|---|---|
|  | Grains | 6-7 oz | 5-6 oz | bread, cup of breakfast cereal, half cup of pasta, cooked rice, or cooked cereal | brown rice, whole grain bread and pasta, buckwheat, oatmeal, wild rice, quinoa, amaranth, and spelt products |
|  | Dairy | 3 Cups | 3 Cups | cup of milk, cup of yogurt, 1 1/2 ounces of cheese | milk, yogurt, cheese, and sour cream from cows, goats, or sheep |
|  | Meat | 6-8 oz | 4-6 oz | 1/2 to 1 oz at a time | meats, poultry, fish, seafood, dry beans, nuts, and seeds |
|  | Fruits & Vegetables | 5-9 | 5-9 | 1/2 cup of starchy vegies, or 2 cups of green low starch vegies, or one small fruit or 1/2 cup of berries | dark green and brightly colored vegetables, potatoes, sweet potatoes, beans, peas, carrots, apples, oranges, peaches, bananas |
| | Nutrient | Servings for Men | Servings for Women | Types of Servings | Sources |
|  | Fats & Oils | 9 tsp | 7 tsp | 1 tsp from the sources | fish, flax, seeds, nuts, vegetable oil, olive oil, peanut oil, and safflower oil |
|  | Fiber | 25-35 gm | 20-25 gm | Depends on source | whole grains, whole fruits, and vegetables |
|  | Salt | <2300 mg | <2300 Mg | a dash of salt | 155 mg of sodium |
|  | Sugar | None | None | Stay Away | soft drinks, candy, pastries, all sugars, syrups, honey, and molasses |

Dr Brennans Diet Menu

M Walker



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