

Some and Times

Calories	1200	1500	1800	2000	2200	2400	2600	2800
Bread	5	8	10	11	13	14	16	18
Meat	4	5	7	8	8	9	10	11
Veggie	2	3	3	4	4	5	5	6
Fruit	3	3	3	3	3	3	4	4
Milk	2	2	2	2	2	2	3	3
Fat	2	3	3	4	5	6	7	8

I am unsure about 2400 to 2800

3500 calories = 1 pound

Never eat less than 1000 calories a day  
(and that's the last I will say about calories)

This is what I eat - its delicious

Times	1000	1400	1800	2200	Total
Bread	2	2	2	2	8
Meat	2	2	2	2	8
Veggie	1	1	1	1	4
Fruit		1	1	1	3
Milk			1	1	2
Fat	1		1	1	3

I am short on Breads and Fats

I generally eat Some peanuts and cherios as a snack after Tensies, I should eat more



What is 1

Bread

One slice of bread, yes the heal and the third slice in are both one  
1/2 cup of potatoes or starchy vegetables like corn  
1/2 of a baked potato or cob of corn  
1/3 cup of noodles or rice

Meat

1 ounce of flesh in eatable form, lunchmeat, cooked or smoked  
1 egg

Veggie

1/2 cup in eatable form, yes cooked starts as as more

Fruit

1 piece about the size of a cat's head  
1/2 of a grapefruit or a large banana

Milk

1 cup of milk  
1 ounce of cheese

Fat

1 knife of butter  
1 splash and drib of oil or dressing



I like beans (legumes); red, pinto, black

1/2 cup of beans is 1 Meat and 1 Bread, I balance the protein with cheese

I have four meals a day and the base is 2-2-1

2 Bread, 2 Meat, 1 Veggie; I add the other exchanges to get my daily intake

I have two measuring cups and a postal scale

one cup has a large diameter so I can measure sliced vegetables for sandwiches; you must maintain structural integrity

the other cup is fine for measuring chopped raw vegetables, noodles, Chinese stir fry, casserole portions, rice or anything else that needs to be heaped on a plate or in a bowl to eat

I weighed the sliced turkey and roast beef lunch meat we buy and found 1 slice weighs 1 ounce.

some things I always measure

Chris and I evaluated our recipes in terms of exchanges

It took a month to learn and incorporate the system

Its O.K. to call this a diet

I am going to include some exchange lists below

#### Bread

- 1/2 of a 3-inch bagel
- 1 slice bread (4-inch square)
- 1/2 cup cooked cereal
- 1/2 cup corn or 1 medium corn on the cob
- 6 saltine crackers or three 2-1/2-inch square graham crackers
- 1 small (2-inch square) dinner roll
- 1/2 cup cooked dried beans (such as kidney, pinto, lentils, chick peas, white, or navy)
- 1/2 of an English muffin
- 1/2 cup cooked green peas
- 1/2 of a hamburger or hot dog bun
- 1/2 cup cooked lima beans
- 1/2 cup cooked pasta
- 1/2 of a 6-inch piece of pita bread
- 1/2 cup mashed potatoes or a 3-inch baked potato
- 1/3 cup cooked rice
- 2 rice cakes
- One 6-inch round tortilla
- 1/2 cup cooked winter squash

some things I periodically measure so my Some stay the right size

We made some adjustments, I eat the right amounts (Some) at the same Times throughout the day

It takes almost no extra time to maintain the behaviors

Everyone has a diet - it is what they eat

I do not eat special food  
Its only food  
I eat Some at Times

O.K. you got me I do not eat that white granulated sweet crystals nor alcoholic beverages, pop or juice  
I do not eat sugar free or sugar substituted cookies, cakes, pies or candies  
I do not buy into the concept of "free foods" because I want to maintain control of my behaviors to maintain a healthy diet of nutritional food  
Well I confess I do not count lettuce on a sandwich, so I do consider that a "free food"

O.K. I like "Breath Savers" mints which are sugar free, but I still have an "Altoid" on occasion because they are curiously strong

We follow the the simplified version cited above so I leave it to you as an exercise to resolve any discrepancies you find below

Note also that I could not find the really good book of food lists that I was given when I was in DKA

Use your judgment to add foods you like into the proper categories

#### Meat

- 1/4 cup canned tuna or salmon
- 1 ounce chicken without skin
- 1 large egg or 1/4 cup egg substitute (no more than 3 each week)
- 1 ounce fish (not breaded or fried)
- 1 ounce lean beef or pork
- One 1-inch cube or 1 ounce low-fat solid cheese
- 1/2 cup tofu
- 1 ounce turkey without skin

## Veggie

- Asparagus
- Green or wax beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Kale
- Mixed vegetables (without corn or peas)
- Mushrooms
- Mustard greens
- Onions (all kinds)
- Pea pods
- Peppers (all kinds)
- Radishes
- Salad greens (lettuce, romaine, spinach)
- Summer squash
- Tomatoes (fresh or canned)
- Turnip greens
- Turnips
- Zucchini squash

## Fruit

- 1 medium (3-inch) apple
- 1 small (5-inch) banana or 1/2 of a 9-inch banana
- 17 small or 12 large grapes (any kind)
- 1 kiwi fruit
- 1 cup cubed melon (cantaloupe, honeydew, or others)
- 1 small (3-inch) orange
- 1 medium (3-inch) peach
- 1/2 of a large (4 1/2-inch) pear
- 1/2 cup canned pineapple
- 2 small plums
- 3 dried prunes
- 2 Tbs. raisins (any kind)
- 1-1/4 cup whole strawberries
- 1-1/4 cup cubed watermelon

## Milk

- 1 cup skim, 1-percent, or 2-percent milk
- 1 cup nonfat plain or sugar-free yogurt
- 1/3 cup dry nonfat milk
- 1 cup skim or low-fat buttermilk
- 1/4 cup low-fat cottage cheese
- 1 oz. cheese

## Fat

- 1/8 of a medium avocado
- 1 Tbs. regular cream cheese or 2 Tbs. low-fat cream cheese
- 1 tsp. regular margarine or 2 tsp. low-fat margarine
- 1 tsp. regular mayonnaise or 1 Tbs. low-fat mayonnaise
- 6 almond or cashew nuts, 10 peanuts, or 4 pecan halves
- 1 tsp. oil, such as safflower, canola, corn, or olive
- 2 tsp. peanut butter
- 1 Tbs. regular salad dressing or 2 Tbs. low-fat salad dressing