



For Immediate Release

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**Brigham and Women's Hospital and Harvard School of Public Health
Sample Meals: Higher Unsaturated-fat, Lower-carb Diet**

Try these moderate-fat meals modified from the Harvard weight-loss study to help curb your hunger and lose weight.

Breakfast

2 multi-grain waffles
3/4 cup red raspberries
1 tablespoon peanut butter
2 teaspoons maple syrup
1/2 cup nonfat milk

Lunch

2 ounces lean ham
1/2 ounce low-fat Swiss cheese
2 teaspoons mustard
2 leaves lettuce
2 slices fresh tomato, 1/4-inch thick
2 slices 100% whole-wheat bread
1 fresh kiwi fruit, medium

Snack

1 ounce peanuts

Dinner

3 ounces broiled haddock
1/2 cup wild rice, cooked
1 cup green beans
1 cup spinach salad
2 teaspoons olive oil
2 teaspoons vinegar

Breakfast

3/4 cup oatmeal
1/2 cup nonfat milk
1 apple, medium
1 tablespoon peanut butter

Lunch

2 ounces tuna
1/4 cup celery, chopped
2 slices rye bread
2 teaspoons fat-free mayonnaise
2 slices fresh tomato, 1/4 Inch thick
2 leaves lettuce
1 fresh orange, medium

Snack

1 ounce peanuts

Dinner

3 ounces pork tenderloin, broiled
1 small sweet potato
1/2 cup beets, canned, sliced
1 cup zucchini, steamed
1 cup tossed green salad
2 teaspoons olive oil
2 teaspoons balsamic vinegar

	Average of 2 Days
Calories	1200
Total Fat	47 (35%)
Saturated Fat	9 (6.7%)
Trans Fat	0.4 (0.3%)
Monounsaturated Fat	23 (16.7%)
Polyunsaturated Fat	11 (7.9%)
Carbohydrates	133 (42%)
Fiber	25
Protein	72 (23%)

(Analyzed using Food Processor SQL Software, ESHA Research, January 2004.)

The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles. Learn more about peanuts and health at <http://www.peanut-institute.org>

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