

Dietitian's Cleanse

Want an alternative to unhealthful, unbalanced cleanses? The Dietitian's Cleanse is your answer. This approach to healthful eating is based on MyPlate and was developed by Lenore Shamah, MS, RD. Follow it and you will improve your diet and health -- for real (unlike with those fad cleanses).

Beginning the Cleanse:

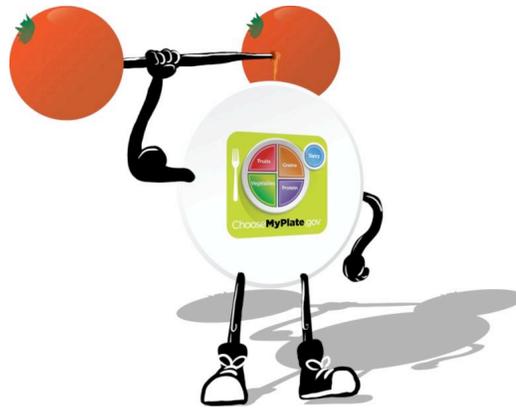
For the first 3 days of your cleanse, follow the meal schedule on this page exactly. After that, you can slowly replace some foods with similar options from the same food group.

Substitution Note:

Replacing a baked potato with roasted red potatoes or a baked sweet potato is a reasonable substitution. You can also use smashed potatoes with the skin. Simply boil them and then smash them in their skins with a little skim milk and garlic powder. Instant mashed potatoes are not reasonable substitutes.

By the same token, you can replace the chicken breast with turkey breast or baked fish, but you can't replace it with fatty sausage or a burger.

Stick closely to the outlined foods, replicating their key aspects in any replacements that you might make. Talk with your dietitian about foods that might be good substitutions. This menu has 1,231 daily calories and it should be fine-tuned by a dietitian to fit your needs.



Dietitian's Cleanse: Breakfast

Start with a bowl of oatmeal.

If you're still hungry or want more to eat, make a few egg whites to go with it.

Dietitian's Cleanse: Morning Snack

For your morning snack, eat a serving of plain 0% Greek yogurt and a banana.

Dietitian's Cleanse: Lunch

Fill a small plate with a lightly dressed salad. Add a baked potato (with skin) on the side.

Dietitian's Cleanse: Dinner

Fill half your plate with fruits and non-starchy vegetables. A quarter of the plate should feature brown rice, while the other quarter should

include a type of lean protein. Stick to the proportions of MyPlate.

A dinner that fits this model could include brown rice, a lean piece of chicken, some non-starchy vegetables like broccoli, bell peppers, or carrots, and a serving or two of fruit.

Dietitian's Cleanse: Dessert

Have a serving of fat-free dairy food and an apple for dessert. Greek yogurt or a skim milk smoothie are great choices.

For the nutrition analysis of this cleanse, visit <http://foodandhealth.com/recipes.php?id=1182>