

The Omni Diet

Serving size:

Food	Examples of one serving
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Grains and grain products	1 slice of bread 1/2 cup dry cereal 1/2 cup cooked rice, pasta, cereal
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An order of spaghetti at a typical Italian restaurant is about 3 cups – or SIX of the 1/2 cup servings suggested by the heart-healthy Omni diet. A typical bagel from a bakery is about FOUR servings.

Vegetables	1 cup raw leafy vegetables 1/2 cup raw non-leafy vegetables 1/2 cup cooked vegetables 3/4 cup vegetable juice
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An Omni diet serving is 1 cup of lettuce and about 1/2 cup of most other vegetables. A typical restaurant Caesar salad is about 2 cups (TWO servings) of lettuce.

Fruits	1/2 cup fruit juice 1 medium fruit 1/2 cup fresh, froz., canned fruit
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Low-fat or fat-free Dairy foods 1 ½ oz. low-fat or light cheese
1 cup fat-free or 1% milk
1 cup low-fat yogurt

Meats, poultry, fish 1 oz. broiled or roasted lean
meat, skinless poultry or
seafood

Most restaurants serve 6 – 9 oz. of chicken in a serving and 7 – 16 oz. of beef/steak. The Omni diet suggests that people eat only 4 – 5 servings a day... each serving being only ONE ounce of meat.

Nuts, seeds and beans ½ cup cooked beans
1/3 cup nuts
2 Tbs. sunflower seeds

Added fats, oils and salad dressings 1 tsp. oil or soft margarine
1 tsp. regular mayonnaise
1 Tbs. low-fat mayonnaise
1 Tbs. regular salad dressing
2 Tbs. light salad dressing

Most food labels list a serving size as 1 TABLESPOON but the Omni diet lists a serving of oil, butter or mayo as just one TEASPOON (if the item is full fat).

Snacks and sweets

1 tsp. maple syrup, sugar, jelly,
honey or jam

1 gingersnap

1 vanilla wafer

A serving of sweets is so very small that most people who need to revise their diets should either save up the calories for a once or twice a week splurge or get their calories elsewhere. The fact is, this is the one category we don't need to eat at all for a healthy diet.