

Making the OK Diet Even Better



Serve fruit sorbet instead of ice cream.

BREAKFAST

OK	Better	Best	Why
Large flavored bagel with regular cream cheese	Large egg bagel with fruit spread or low-fat cream cheese	Small whole-wheat bagel with peanut butter	A whole-wheat bagel has more fiber than either a flavored or an egg bagel, and peanut butter contains some protein and fat to keep you full longer.
Apple juice	Orange juice	Fresh orange	Apple juice is pretty much devoid of vitamins. Orange juice has more vitamins than apple juice, but a fresh orange contains fiber that the juice doesn't.
Sugary cold breakfast cereal with 2% milk	Instant oatmeal packet with skim milk	Old-fashioned rolled oats, cooked with raisins and diced apple, with a splash of calcium-fortified soy milk	The rolled oats contain more fiber than either the cold cereal or the instant oatmeal. The fruit and soy milk add a nutritional punch to the dish.
Pop-Tart®	Cereal bar with fruit filling	Nutritional/protein bar containing less than 200 calories and 5 grams fat	The nutritional/protein bar contains less sugar, more protein, and more vitamins and minerals than either of the other choices.
Danish	Blueberry muffin	Oat bran muffin	The Danish and blueberry muffin both have more sugar and fat than the oat-bran muffin and also contain less fiber.

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LUNCH AND DINNER

OK	Better	Best	Why
Frozen French fries	Baked potato topped with margarine or light sour cream	Baked sweet potato fries	The frozen French fries are full of preservatives, sodium, and fat. Baked sweet potato fries have more vitamin A than the baked potato.
Cheeseburger with mayonnaise on bun	Lean turkey burger with mayonnaise and tomato on bun	Veggie burger with lettuce, tomato, onion, and mustard on whole-wheat bun	The veggie burger has more fiber, vitamins, antioxidants, and fiber than the other choices.
Italian hoagie	Ham and cheddar on white bread	Turkey breast and mozzarella on whole-grain bread	The Italian hoagie has the most fat and sodium. The turkey breast sandwich has the least fat and the most fiber.
Cream of potato soup	Chicken noodle soup	Minestrone	Any cream-based soup is high in fat and cholesterol. Minestrone has more protein, fiber, and vitamins than chicken noodle soup.
Pepperoni pizza with cheese-stuffed crust	Plain cheese pizza on regular crust	Pizza with olives, onions, and peppers on thin crust	The pepperoni pizza with cheese-stuffed crust is high in fat, especially saturated fat and sodium. The plain cheese pizza would be a better choice. However, choosing a thin crust slashes the caloric and fat content of the slice, and the vegetables add vitamins, antioxidants, minerals, and a little fiber.
SpaghettiOs®	Pasta and sauce	Whole-wheat pasta tossed with fresh vegetables and marinara sauce	SpaghettiOs are full of preservatives and sodium. The whole-wheat pasta dish contains more fiber, vitamins, minerals, and antioxidants than plain pasta with sauce.

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SNACKS

OK	Better	Best	Why
Fruit snacks	Fruit leather	Dried fruit	Dried fruit contains less sugar than either of the other choices.
Chocolate-chip cookie	Reduced-fat devil's food cookie	Square of dark chocolate	While a square of dark chocolate does contain more fat than the devil's food cookie, it also boasts an impressive antioxidant level and will likely satiate your hunger better than either cookie.
Ice cream	Frozen yogurt	Fruit sorbet	Fruit sorbet contains less fat than either ice cream or frozen yogurt, and contains more vitamins and antioxidants because it is made from real fruit.
Potato chips	Pretzels	Baked tortilla chips with salsa	The pretzels and baked chips are both lower in fat than the potato chips, but the salsa can be counted toward your daily quota of fruits and vegetables.
Apple dumpling with vanilla ice cream and caramel sauce	Apple crumble	Baked apple stuffed with raisins and cinnamon	The apple dumpling contains much more fat than either of the other choices, and the baked apple contains much less sugar than the dumpling or the crumble.
Snack crackers with spinach or artichoke-and-cheese dip	Snack crackers with low-fat ranch dip	Whole-grain crackers with hummus	Spinach or artichoke dips do contain vegetables, but are also generally very high in fat, especially saturated fat. The whole-grain crackers with hummus contain a healthier kind of fat, more fiber, more protein, and more vitamins and minerals than either of the other two choices.