

Structured Eating

Nutritious food consumed in appropriate portions three times a day is structured eating.

Program nutritionists have created menus to guide you in choosing foods that are low in calories, fat, sodium and cholesterol. The Structure House diet includes a variety of fresh vegetables, whole grains, and lean cuts of meat. You'll find the meals tasteful, nutritious, balanced and surprisingly filling given the level of calories. You select meals from Standard, Vegetarian or Kosher menus. Specialized consultation and menu alternatives are available to those who have food restrictions or allergies.

Structure House offers a **medically sound approach to healthy eating** encouraged by the American Heart Association, the American Medical Association, the American Diabetes Association and other health organizations. Daily calorie consumption — usually between 1,000 to 2,000 calories — is determined on the basis of an individual's sex, height, weight, medical condition and age. This approach provides for the recommended gradual, but steady, weight loss.

Sample Menu

Breakfast: 320 calories:

Cheese omelet, english muffin or whole wheat bagel, orange and strawberries

Lunch: 395 calories:

Turkey veggie wrap, black bean soup, broccoli and pineapple

Dinner: 545 calories:

Filet mignon, mushroom sauce, brown rice or sweet potato, green beans, tossed salad w/dressing