



The Simplified HMR Calorie SystemSM

		Weight Loss Weight Gain											
		1	2	3	4	5	6	7	8	9	10		
	<i>Meat, Poultry, Fish, Dairy</i>		Low-fat dairy	White fish Shell fish		Poultry Dark fish Veggie burger Cottage cheese		Lean red meat Hamburger Lean ham		Fried fish Fried chicken Red meat Cheese			
	<i>Grains & Baked Goods</i>				Whole grain bread Oatmeal	White bread Pasta Rice	Cereal		Muffins Crackers	Cakes Cookies Pastries Candy	Chips Nuts		
	<i>Beverages</i>	Noncaloric beverages							Juice, Soda, Beer, Wine	Cream, Liquor, Liqueurs			
	<i>Condiments</i>	Ketchup, Mustard		Low-calorie sour cream Low-calorie salad dressing			Sour cream Jelly	Cream cheese Cream sauce Gravy	Salad dressing	Mayonnaise, Butter Peanut butter, Oil			
	<i>Prepared Foods & Misc.</i>	Water-based soups		Pasta w/low-fat sauces Tomato-based soups			Baked beans	Tuna salad Chicken salad	Pasta w/high-fat sauces Fast food, Fried food Pizza Ice cream				
	<i>More Is Better™</i>	<i>Fruits</i>	Fruits										
	<i>Vegetables</i>	Vegetables											
	<i>HMR Weight-loss foods</i>	HMR Shakes, Entrees, and Benefit® Bars											
		1	2	3	4	5	6	7	8	9	10		
		Weight Loss Weight Gain											
		(Lower calorie, lower fat, higher water content) HIGHER NUTRITION									(Higher calorie, higher fat, lower water content) LOWER NUTRITION		

Important Points for Managing Your Weight

Foods on The Simplified HMR Calorie System are listed on a scale of 1–10. The higher the number, the higher the calories.

- ◆ Two-thirds of Americans are overweight or obese because the American diet is comprised mostly of 7s, 8s, 9s and 10s—this is a weight gain diet.
- ◆ To lose weight, you have to eat more 1s, 2s and 3s to bring your average daily calories down.
- ◆ To maintain your weight loss, you still have to eat enough 1s, 2s and 3s to keep your average daily calories lower.
- ◆ Because of today's larger food portions, 4s, 5s and 6s may also contribute to weight gain—along with the 7s, 8s, 9s and 10s.
- ◆ On a positive note, the portion sizes of the 1s, 2s and 3s almost don't matter. In fact, the more of them you eat, the more you'll lose because they take the place of higher calorie foods.
 - Therefore, you can "fill up" on the 1s, 2s and 3s for far fewer calories.
 - Conversely, it only takes a few 7s, 8s, 9s and 10s to gain weight.
- ◆ 4s, 5s and 6s are most effective for weight management when combined with 1s, 2s and 3s.
- ◆ Research shows that the weight or volume of food (i.e., how much one eats) is a determining factor as to when people stop eating.
 - Therefore, you can "fill up" on the 1s, 2s and 3s for far fewer calories.
 - Conversely, it only takes a few 7s, 8s, 9s and 10s to gain weight.
- ◆ Not only are the lower numbers the only way to lose weight and keep it off, they represent the healthiest and most nutritious foods. Research is clear, many of today's health problems could be prevented or "cured" by simply changing to a healthier diet, i.e., lower calorie numbers.

