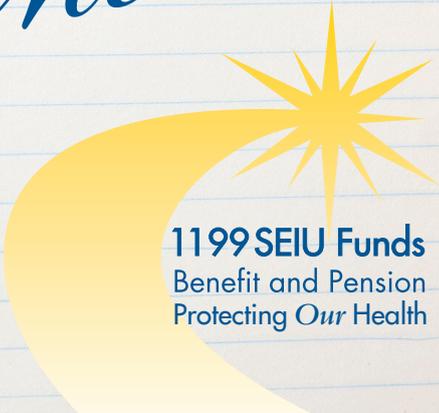


# Healthy Menus



1199SEIU Funds  
Benefit and Pension  
Protecting *Our* Health



# Introduction

## *How to Use This Guide*

You can use this guide whether you wish to lose weight, stay at your current weight, or even gain weight. First, find your Body Mass Index (BMI) from the chart on page 2 to see whether you are normal weight, overweight, or obese. To do this, find your height in inches (without shoes) at the far left; move across to the right until you find the number closest to your weight; then look at the number at the very top of that column for your BMI. Note which weight range you fall into.

If you are overweight or obese, you can estimate your calorie level for weight loss on page 3. Just add up your points and match the total to the calorie level listed next to your total points.

Making regular exercise part of your lifestyle is the most important predictor of success for long-term weight loss. Obtain your doctor's approval before beginning.

If you are overweight, but wish to use the menus simply to eat healthy meals or to keep from gaining weight, fill out page 3 and note the instructions at the bottom of the page. They explain how to adjust your calorie level and refer you to **MyPyramid.gov**. If you wish to gain weight, add about 500 to 800 calories to the level you obtained and find the menus closest to this number. If you need more than 2,000 calories, slightly increase portion sizes.

After the first week, you may wish to add variety by making some substitutions. Feel free to make up some menus of your own. Choose foods that are similar in calories. You may adjust portion size to help with this (see the nutrition label on page 5). For example, at supper on Tuesday you may decide to substitute  $\frac{1}{2}$  cup baked potato (80 calories) for the  $\frac{1}{3}$  cup rice listed. Although most foods have nutrition labels showing calories per portion, fresh produce may not. Purchasing a small calorie guide is helpful for these foods, as well as foods you eat when away from home.

# Body Mass Index (BMI)\*

Body Mass Index (BMI) does not consider gender. The following chart is for both adult men and women. To use the chart, find your height at the left and move right to find your weight. The number at the top of the column is your BMI. A BMI of 19 to 24 is normal weight; 25 to 29 is overweight; 30 and above is the obese range.

	NORMAL WEIGHT						OVERWEIGHT					OBESE										
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
HEIGHT	WEIGHT (LBS.)																					
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	235	243	250	257	264	271	278
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	275	287	295	304	312	320	328

\* Adapted from National Heart, Lung, and Blood Institute Body Mass Index Charts.

## To Estimate Your Calorie Level for Weight Loss

*To Lose Approximately ½ to 1 Pound Per Week*

Record your points to the right & add up your total:						Points
<b>Sex:</b>	Female = 1	Male = 3				_____
<b>Age:</b>	18-29 = 4	30-49 = 3	50-65 = 2	66-75 = 1	76+ = 0	_____
<b>Height:</b>						_____
<b>Women:</b>	Under 60" = 0	60-62" = 1	63-67" = 2	68-71" = 3	72+ = 4	_____
<b>Men:</b>	63" = 1	63-67" = 2	68-71" = 3	72-75" = 4	76"+ = 5	_____
<b>Body Mass Index (BMI):</b>	Under 25 = 0	25-29 = 1	30+ = 2			_____
<b>Planned Exercise Level:</b>	0-2¼ hrs./wk. = 0	2½-4 hrs./wk. = 1	4+ hrs./wk. = 2			_____
	(Subtract 1 point if exercise is low intensity; add 1 point if it is high intensity.)					_____
<b>Total:</b>						_____

Converting Points to Approximate Calorie Level for Weight Loss*	
If Your Total Is:	Calorie Level:
3	1100
4	1200
5	1300
6	1350
7	1400
8	1450
9	1500
10	1600
11	1650
12	1700
13	1800
14	1850
15	1900
16	2000
17	2100

\* If you are not trying to lose weight, add 250-500 calories per day to the calorie level you obtain. Because the week of menus is available in only calorie levels, add or subtract calories, as needed, to fit your calorie level. When subtracting calories, try to maintain the amounts of food recommended in each group by MyPyramid.gov.

# Using the Nutrition Label

## For Calories

In this example, there are 190 calories per serving. Serving (or portion) size is listed as  $\frac{2}{3}$  cup (at the top). If you eat 1 cup, your calories would be for  $1\frac{1}{3}$  portions, or  $190 + 63$  calories (253 calories total).

Always check the portion size when adding up your calories, and adjust your portion, if needed, to the number of calories you need to stay within your calorie level.

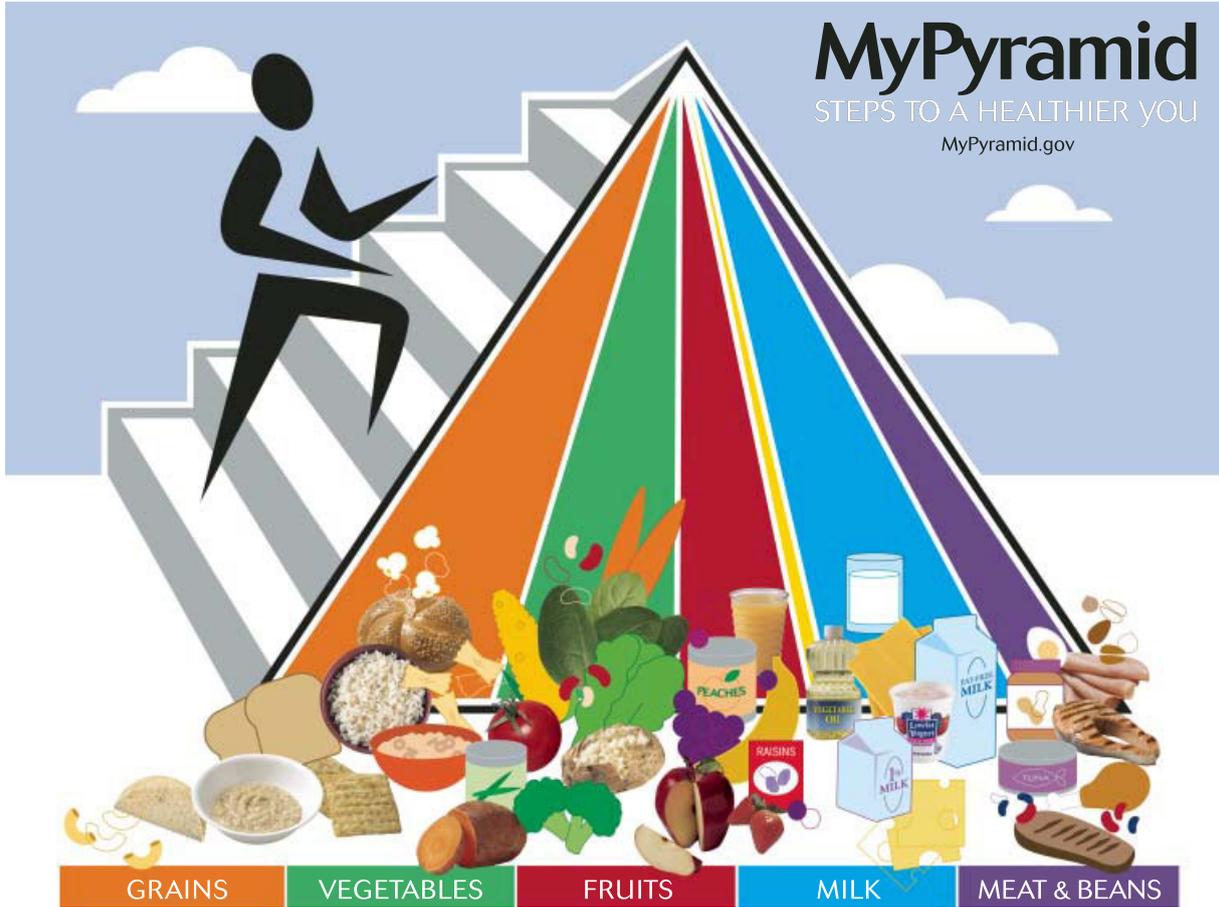
## For Other Health Factors

To keep fat in check, try to choose foods having less than  $\frac{1}{3}$  of the calories from fat (listed to the right of calories on the label). Oils and soft margarines may be used in moderation. Saturated fat should make up no more than  $\frac{1}{3}$  of your total fat grams daily. The less, the better. Limit trans fat to no more than 2 grams per day.

Try to choose foods that have enough dietary fiber to get at least 25 grams of fiber daily for regularity, colon health, lower cholesterol levels and to feel full longer.

Note that sodium should be about 1800 mg. per day, which is about 600 mg. per meal. Pay special attention to this if you have a condition that requires you to limit sodium.





<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
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### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture  
 Center for Nutrition Policy and Promotion  
 April 2005  
 CNPP-15

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## 1199SEIU Benefit and Pension Funds Protecting *Our* Health

### Week of Healthy Menus – 1400 Calories

This week of healthy menus helps you to eat balanced light meals that are generally heart-healthy. They are not designed for people who have diabetes or who may have special needs. People with special needs should check with their doctor or dietitian before beginning a new meal plan. Some tools are included to help you determine your weight, calorie and nutrition needs.

Parts of this document have been adapted from:





# 1400-Calorie Meal Plans: Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
¾ c. oatmeal, cooked 1 c. FF milk Cinnamon to taste 2 T raisins 1 sm. banana (or ½ lg.) Coffee or tea <sup>1</sup>	2 slices WW bread 1 T. peanut, sesame or cashew butter 1 c. blueberries 1 c. FF milk Coffee or tea	6 oz. LF or FF plain yogurt w/ ½ cup strawberries, ¼ c. granola (preferably with nuts) Coffee or tea	½ c. bran cereal 1 c. papaya 1 hard-boiled egg 8 oz. FF milk Coffee or tea	2 eggs 1 c. grits ¾ c. pineapple 1 tsp. butter 8 oz. FF milk Coffee or tea	2 oz. Canadian bacon 1 med. orange 1 sm. biscuit ¼ c. white gravy (made with LF milk, or buy RF gravy) 8 oz. FF milk Coffee or tea	1 med. egg, poached 1 WW English muffin 1 pat butter 2 slices turkey bacon 1 med. kiwi 8 oz. FF milk Coffee or tea
<b>LUNCH</b>						
1 c. Zucchini Soup <sup>2</sup> 8 Wheat Thins crackers (RF) 1 cheese stick 1 sm. apple Water	Chef's salad: 1 c. mixed greens 1 oz. LF, LS ham 1 oz. turkey 1 oz. LF cheese 1 c. zucchini, sliced 1 tomato, diced 1 T LF ranch salad dressing <sup>3</sup> 1 sm. WW roll 1 sm. peach Water	1½ c. lean beef chili 1 oz. baked corn chips 1 c. cantaloupe Water	1 6-in. tortilla 3 oz. beef tenderloin 1 c. summer squash 2 tsp. canola oil Chili sauce Water or diet soda	2 oz. turkey, leg, skinless 3 T cranberry sauce ½ c. beets 1 c. cauliflower 1 celery stalk 2 T nonfat ranch dressing (to dip celery) Water	2 cups LS chicken broth with: ½ c. corn or rice ⅓ c. cooked pinto beans, and 3 oz. chicken 1 c. lettuce 1 tomato, sliced 1 c. jicama Lemon juice and 1 clove garlic (for jicama) ½ tsp. canola oil	2 c. Greek Salad <sup>2</sup> 3 oz. grilled chicken breast or grilled shrimp ½ WW pita bread Water

(for jicama)

Water

### DINNER

3 oz. Cod Fish Boljo <sup>1</sup> ½ c. yellow squash ½ c. spinach, sautéed with 1 T olive oil 1 sm. sweet potato ½ c. LF frozen yogurt or ice cream Water	3 oz. Cajun Grilled Chicken (marinate in 3 T Mrs. Dash spicy seasoning blend, 2 T lemon juice, 2 T paprika, and 1 T brown sugar, then grill) ½ c. brown rice 1 c. broccoli 1 T olive oil (for sautéing) 2 sm. oatmeal cookies 1 c. skim milk Water	⅔ c. penne w/ ½ c. marinara sauce 3 oz. turkey meatballs 2 c. tossed green salad, w/spinach, tomatoes, cucumbers, peppers (the more color, the better) 2 T LF salad dressing 1 c. watermelon Water	3 oz. Marinated Flank Steak <sup>2</sup> ½ c. mashed plantains w/1 tsp. butter 1 c. green beans w/lemon juice ½ mango Water	4 oz. Salmon with Ginger Salsa <sup>2</sup> ½ c. wild rice (made w/chicken broth) 1 c. sautéed kale 1 tsp. olive oil to sauté with garlic 1 c. mixed fruit salad Water	3 oz. beef fajitas (marinate 1 lb. beef in 1 T olive oil, cumin, lime juice, cilantro, oregano, salt and pepper, then grill) 1 c. grilled peppers, mushrooms and onions 1 med. flour tortilla 1 c. cantaloupe Water	3 oz. pork tenderloin 1 c. sautéed, non-starchy, mixed vegetables 1 tsp. olive oil and 1 clove garlic (for sauté) ½ c. rice and beans 1 c. raspberries 2 fig bars 1 c. FF milk Water
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<sup>1 2 3 4 5</sup> Refer to page 28

Abbreviations: **LF** – Low-fat; **RF** – Reduced fat; **FF** – Fat free; **LS** – Low-sodium; **WW** – Whole wheat; **C.** – cup; **T** – Tablespoon; **Tsp.** – Teaspoon; **Sm.** – Small; **Med.** – Medium

## 1400-Calorie Meal Plans: Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
½ WW bagel 1 T natural peanut butter 8 oz. FF milk 1 sm. tangerine Coffee or tea <sup>1</sup>	1 c. FF vanilla yogurt ½ c. strawberries 1 tsp. flax seeds Coffee or flax seeds	1 6-in. tortilla ⅓ c. black beans Chili sauce for beans 1 egg, scrambled 1 oz. LF cheese ½ tsp. butter (to cook egg) 1 c. papaya	¾ c. Cheerios and ¼ c. All-Bran, mixed 1 c. FF milk 1 sm. banana Coffee or tea	⅔ c. seasoned beans 1 tomato, chopped 1/8 avocado Chili sauce 1 6-in. tortilla Coffee or tea	Omelet with: 3 egg whites ½ c. spinach 1 oz. LF cheese (for omelet) 8 oz. FF milk ¾ c. berries Coffee or tea	Fruit Smoothie (1 c. FF vanilla yogurt, 1 c. frozen blueberries, 1 tsp. flax seeds) Blend until smooth. Coffee or tea
<b>LUNCH</b>						
1 Sautéed Chicken Breast with Roasted Garlic Sauce <sup>4</sup> ½ c. WW couscous 15 red grapes Water	1 sm. baked sweet potato, stuffed w/ ½ c. steamed broccoli 2 oz. LF cheese 1 c. tossed green salad 1 T RF salad dressing <sup>3</sup> Water	2 c. mixed dark green salad 3 oz. grilled turkey breast or lean beef 1 T vinaigrette 1 slice WW baguette Water	3 oz. roasted turkey or chicken in 1 sm. WW pita with tomato, spinach leaves and 1 tsp. mustard or LF mayonnaise 1 sliced kiwi Water	10 French fries 3 oz. hamburger 1 bun 2 celery stalks 5 baby carrots 2 T RF ranch dressing (for dipping) 1 med. apple Water or diet soda	1 c. Pasta Fagioli <sup>2</sup> 1 c. mixed cucumber and tomato salad 1 T RF dressing Water	1 c. lentil soup 1 sm. WW roll 2 oz. LF cheese Water

## DINNER

1 c. pasta with 1 c. sautéed broccoli, red pepper and mushrooms 1 tsp. olive oil 1 clove garlic 1 T grated Parmesan cheese 1 c. tossed salad 1 T vinaigrette 1 c. peach sorbet	3 oz. Baked Fish Steaks <sup>2</sup> ½ c. sautéed collard greens (prepared with 1 tsp. olive oil and garlic) ½ c. rice and beans 1 c. mixed mandarin orange and pineapple Water	½ c. mashed plantain 1 tsp. butter (for plantain) ½ c. green beans 4 oz. tilapia 2 tsp. canola oil (to sauté tilapia) Lemon juice Chili sauce ½ mango Water	⅔ c. brown rice 1 tsp. canola oil (to cook rice) 3 oz. sirloin steak 1 c. peppers ½ c. onions 1 tsp. canola oil (to cook steak/peppers) ½ c. broccoli w/ fresh lemon juice ½ c. LF ice cream Water	1 square of Eggplant Parmesan <sup>2</sup> 1 c. mixed green salad w/1 T vinaigrette 1 c. watermelon chunks Water	4 oz. broiled lamb, loin, fat trimmed 1 c. roasted Brussels sprouts 1 c. mixed corn, lima beans and peas 2 tsp. butter 1 med. pear Water	4 oz. Grilled Salmon with Sesame Teriyaki Glaze <sup>5</sup> 1 c. steamed escarole with fresh lemon juice ½ c. herbed wild rice 1 med. baked apple with cinnamon and 1 T walnuts Water
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<sup>1 2 3 4 5</sup> Refer to page 28

Abbreviations: **LF** – Low-fat; **RF** – Reduced fat; **FF** – Fat free; **LS** – Low-sodium; **WW** – Whole wheat; **C.** – cup; **T** – Tablespoon; **Tsp.** – Teaspoon; **Sm.** – Small; **Med.** – Medium



## 1199SEIU Benefit and Pension Funds Protecting *Our* Health

### Week of Healthy Menus – 1700 Calories

This week of healthy menus helps you to eat balanced light meals that are generally heart-healthy. They are not designed for people who have diabetes or who may have special needs. People with special needs should check with their doctor or dietitian before beginning a new meal plan. Some tools are included to help you determine your weight, calorie and nutrition needs.

Parts of this document have been adapted from:





## 1700-Calorie Meal Plans: Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
½ WW bagel or 1 WW English muffin 1 tsp. cream cheese or butter, or 1 T peanut butter ¼ cantaloupe 1 c. LF milk Coffee or tea <sup>1</sup>	4 4" pancakes 4 T maple syrup 1 T. chopped walnuts ¼ c. LF cottage cheese ½ mango Coffee or tea	Omelet with: 3 egg whites ½ c. spinach 2 oz. LF cheese 1 tsp. canola oil (for cooking omelet) 8 oz. FF milk 1 c. berries Coffee or tea	1 c. oatmeal, cooked 1 c. FF milk Cinnamon to taste 2 T raisins 1 sm. banana (or ½ lg.) Coffee or tea	1 6-in. tortilla ⅓ c. black beans Chili sauce for beans 1 egg, scrambled 1 oz. LF cheese ½ tsp. butter (to cook egg) 1 c. papaya Coffee or tea	1 c. FF vanilla yogurt ¼ c. LF granola ½ c. strawberries 1 tsp. flax seeds Coffee or tea	⅔ c. seasoned beans 1 tomato, chopped ¼ avocado Chili sauce 1 6-in. tortilla Coffee or tea
<b>SNACK</b>						
1 piece fresh fruit and 15 almonds, or 2 sm. fig bars Water	3 c. air-popped popcorn Water	3 gingersnaps and 1 sm. piece fruit Water	1 oz. baked tortilla chips (about 20) 2 T salsa	7 RF Triscuits 1 LF cheese stick Water	1 piece fresh fruit	1 sl. roasted turkey 2 oz. cheddar cheese Water
<b>LUNCH</b>						
1 c. turkey chili ¼ c. shredded LF cheese 2 oz. baked corn chips 1 c. raspberries	1 c. vegetable or minestrone soup (no pasta or noodles) 1 sm. WW roll or 15 RF WW crackers 2 oz. cheese	2 c. mixed dark green salad 3 oz. grilled turkey breast or lean beef 2 T chopped walnuts 1 T vinaigrette	10 French fries 3 oz. hamburger 1 bun 2 celery stalks 5 baby carrots 2 T RF ranch	2 c. Greek Salad <sup>2</sup> 3 oz. grilled chicken breast or grilled shrimp ½ WW pita bread Water	2 sl. WW bread 3 oz. lean ham 2 tsp. hummus (chickpea dip) Lettuce and tomato 1 c. mixed vegetable	1 c. Zucchini Soup <sup>2</sup> ½ tuna sandwich on WW bread 1 sm. apple Water

Water	1 med. orange Water	1 slice WW baguette Water	dressing (for dipping) 1 med. apple Water or diet soda		crudités 2 T RF ranch dressing Water	
<b>DINNER</b>						
Pork stir-fry with vegetables: 3 oz. pork cutlet 1 tsp. peanut oil 1 tsp. LS soy sauce ½ c. broccoli ½ c. carrots ¼ c. mushrooms ½ c. brown rice Water	Chicken Taco: 2 corn tortillas 3 oz. chicken breast ½ tsp. olive oil 1 oz. cheddar cheese 2 T guacamole 1 c. zucchini, sautéed w/ ½ tsp. olive oil ½ c. Spanish rice Water	3 oz. Baked Fish Steaks <sup>2</sup> ½ c. sautéed collard greens (prepared with 1 tsp. olive oil and garlic) ½ c. rice and beans 1 c. mixed mandarin orange and pineapple Water	⅔ c. brown rice 1 tsp. canola oil (to cook rice) 3 oz. sirloin steak 1 c. peppers ½ c. onions 1 tsp. canola oil (to cook steak/peppers) ½ c. broccoli w/ fresh lemon juice 1 sm. portion fruit cobbler Water	1 c. penne w/ ½ c. marinara sauce 3 oz. turkey meatballs 2 c. tossed green salad, made w/ spinach, tomatoes, cucumbers, peppers (the more color, the better) 2 T LF salad dressing <sup>3</sup> 1 c. watermelon Water	4 oz. Grilled Salmon with Sesame Teriyaki Glaze <sup>4</sup> 1 c. steamed escarole with fresh lemon ½ c. herbed wild rice 1 med. baked apple with cinnamon and 1 T walnuts Water	3 oz. beef fajitas (marinate 1 lb. beef in 1 T olive oil, cumin, lime juice, cilantro, oregano, salt and pepper, then grill) 1 c. grilled peppers, mushrooms and onions 1 med. flour tortilla 1 c. cantaloupe ½ c. LF ice cream or frozen yogurt Water

<sup>1 2 3 4 5</sup> Refer to page 28

Abbreviations: **LF** – Low-fat; **RF** – Reduced fat; **FF** – Fat free; **LS** – Low-sodium; **WW** – Whole wheat; **C.** – cup; **T** – Tablespoon; **Tsp.** – Teaspoon; **Sm.** – Small; **Med.** – Medium

## 1700-Calorie Meal Plans: Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
2-egg omelet with: ½ tomato, diced  ¼ cup onion, chopped  1 slice of bacon  1 orange  1 c. LF milk  Coffee or tea <sup>1</sup>	¾ c. Cheerios and ¼ c. All-Bran, mixed  1 c. FF milk  1 c. blueberries  Coffee or tea	2 oz. Canadian bacon  1 c. melon  1 sm. biscuit  ¼ c. white gravy (made with 1% milk, or buy RF gravy)  8 oz. 1% milk  Coffee or tea	1 c. oatmeal, cooked  1 c. FF milk  Cinnamon to taste  2 T raisins  1 sm. banana (or ½ lg.)  Coffee or tea	2 sl. WW French toast  1 lg. egg (for French toast)  Cinnamon to taste  2 tsp. butter  2 T maple syrup  1 apple, sliced  Coffee or tea	Fruit smoothie (made with 1 c. FF vanilla yogurt, 1 c. frozen blueberries, 1 tsp. flax seeds) Blend until smooth.  Coffee or tea	2 scrambled eggs  1 tsp. butter (to scramble eggs)  1 WW English muffin  1 oz. shredded cheese  ½ grapefruit  Coffee or tea
<b>SNACK</b>						
1 piece fresh fruit	1 LF or FF yogurt, any flavor (6 oz.)	½ c. LF cottage cheese  ½ c. strawberries	6 walnut halves  1 sm. pear	1 slice LS ham  1 LF cheese stick	3 c. air-popped popcorn	1 c. FF milk  2 fig bars
<b>LUNCH</b>						
1 c. Pasta Fagioli <sup>2</sup>  1 c. mixed cucumber and tomato salad  1 T RF dressing  Water	1 6-in. tortilla  3 oz. beef tenderloin  1 c. sautéed peppers  2 tsp. canola oil  Chili sauce  Water or diet soda	3 oz. roasted turkey or chicken in 1 sm. WW pita with tomato, spinach leaves and 1 tsp. mustard or LF mayonnaise  1 sliced kiwi  Water	2 oz. turkey, leg, skinless  3 T cranberry sauce  ½ c. beets  1 c. cauliflower  1 celery stalk  2 T nonfat ranch dressing (to dip celery)	1 sm. (or ½ lg.) baked sweet potato, stuffed with:  ½ c. lean beef chili  1 c. tossed green salad  1 T RF salad dressing  Water	1½ c. lentil soup  1 sm. WW roll  2 oz. LF cheese  Water	2 oz. LF, LS ham  ½ c. broccoli, steamed  1 c. WW elbow macaroni  2 cloves garlic  1 tsp. olive oil  (to sauté garlic and toss with ham, broccoli and macaroni)

			Water			1 c. mixed berries Water
DINNER						
4 oz. tuna 2 T lemon juice 2 T chopped onion 1 tsp. olive oil (to sauté onions and tuna) ½ med. sweet potato 1 T sour cream 1 c. mustard greens Chicken bouillon (to cook greens) 2 cloves garlic ½ tsp olive oil (to sauté garlic and mix with greens) 2 sm. oatmeal cookies Water	4 oz. BBQ chicken, no skin 1 T BBQ sauce ⅔ c. brown rice, or rice and beans 1 c. asparagus 1 c. tossed salad 1 T vinaigrette Water	1 c. brown rice 6 oz. shrimp 2 cloves garlic 2 tsp. canola oil (to sauté garlic and shrimp) Lemon juice 1 c. summer squash, steamed 1 2"x2" sq. of coffee cake Water	1½ c. Pasta w/ Broccoli <sup>2</sup> Fresh Tomato Salad <sup>2</sup> w/2 slices mozzarella cheese ½ c. LF ice cream Water	4 oz. broiled lamb, loin, fat trimmed 1 c. roasted Brussels sprouts 1 c. mixed corn, lima beans, and peas 2 tsp. butter 1 med. peach Water	3 oz. Marinated Flank Steak <sup>2</sup> ½ c. mashed plantains w/ 1 tsp. butter 1 c. green beans w/lemon juice ½ mango 1 sm. brownie Water	1 square of Eggplant Parmesan <sup>2</sup> 1 c. mixed green salad w/1 T vinaigrette 1 c. watermelon chunks Water

<sup>1 2 3 4 5</sup> Refer to page 28

Abbreviations: **LF** – Low-fat; **RF** – Reduced fat; **FF** – Fat free; **LS** – Low-sodium; **WW** – Whole wheat; **C.** – cup; **T** – Tablespoon; **Tsp.** – Teaspoon; **Sm.** – Small; **Med.** – Medium



## 1199SEIU Benefit and Pension Funds Protecting *Our* Health

### Week of Healthy Menus – 2000 Calories

This week of healthy menus helps you to eat balanced light meals that are generally heart-healthy. They are not designed for people who have diabetes or who may have special needs. People with special needs should check with their doctor or dietitian before beginning a new meal plan. Some tools are included to help you determine your weight, calorie and nutrition needs.

Parts of this document have been adapted from:





## 2000-Calorie Meal Plans: Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
1 c. oatmeal, cooked 1 c. LF milk Cinnamon to taste 2 T raisins 1 sm. banana (or ½ lg.) Coffee or tea <sup>1</sup>	3-egg omelet with: ½ c. spinach 2 oz. LF cheese 1 tsp. canola oil (for cooking omelet) 1 sl. WW toast 8 oz. FF milk 1 c. berries Coffee or tea	1 c. LF vanilla yogurt ¼ c. LF granola 5 walnuts, chopped ¾ c. strawberries 1 tsp. flax seeds Coffee or tea	1 c. bran cereal 1 c. papaya 1 hard-boiled egg 8 oz. LF milk Coffee or tea	1 6-in. tortilla ½ c. black beans Chili sauce for beans 1 egg, scrambled ½ tsp. butter (to cook egg) 1 oz. LF cheese 1 c. pineapple Coffee or tea	4 4" pancakes 4 T maple syrup 1 T chopped walnuts ½ c. LF cottage cheese ½ mango Coffee or tea	½ WW bagel 1 T natural peanut butter 8 oz. FF milk 1 sm. tangerine Coffee or tea
<b>SNACK</b>						
7 RF Triscuits 1 LF cheese stick Water	1 piece fresh fruit	3 c. air-popped popcorn	½ c. LF cottage cheese ½ c. strawberries	1 c. FF milk 2 fig bars	1 LF or FF yogurt, any flavor (6 oz.)	½ avocado w/ 1 T salsa
<b>LUNCH</b>						
10 French fries 5-oz. hamburger or turkey burger 2 T ketchup 1 bun 2 celery stalks	2 c. lentil soup 1 sm. WW roll 2 oz. LF cheese Water	3 oz. turkey, leg, skinless 3 T cranberry sauce ½ c. beets 1 c. cauliflower 1 celery stalk	1 Sautéed Chicken Breast with Roasted Garlic Sauce <sup>4</sup> 1 c. WW quinoa or rice and beans 1 c. tossed salad 2 T vinaigrette	2 c. Greek Salad <sup>2</sup> 3 oz. grilled chicken breast or grilled shrimp ½ WW pita bread Water	1 6-in. tortilla 4 oz. beef tenderloin 1 cup sautéed peppers 2 tsp. canola oil Chili sauce	3 oz. LF, LS ham 1 c. broccoli, steamed 1 c. WW elbow macaroni 2 cloves garlic

5 baby carrots 2 T RF ranch dressing (for dipping) 1 med. apple Water or diet soda		2 T LF ranch dressing (to dip celery) Water	15 red grapes Water		Water or diet soda	1 tsp. olive oil (to sauté garlic and toss with ham, broccoli and macaroni) 1 c. mixed berries Water
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## DINNER

1 c. brown rice 8 oz. shrimp 2 cloves garlic 2 tsp. canola oil (to sauté garlic and shrimp) Lemon juice 1 c. summer squash, steamed 1 2"x2" sq. of coffee cake Water	Pork Stir-fry with vegetables: 4 oz. pork cutlet 1 tsp. peanut oil 1 tsp. LS soy sauce ½ c. broccoli ½ c. carrots ¼ c. mushrooms 1 c. brown rice Water	4 oz. Marinated Flank Steak <sup>2</sup> ½ c. mashed plantains w/1 tsp. butter 1 c. mustard greens w/lemon juice 1 tsp. olive oil, 1 clove garlic (to sauté greens) ½ mango 1 sm. brownie Water	4 oz. Cod Fish Boljo <sup>2</sup> ½ c. yellow squash ½ c. spinach sautéed with 1 T olive oil 1 sm. sweet potato 1 T butter or sour cream (for potato) ½ c. LF frozen yogurt or ice cream Water	1½ c. penne w/ ¾ c. marinara sauce 3 oz. turkey meatballs 2 c. tossed green salad, made w/ spinach, tomatoes, cucumbers, peppers (the more color, the better) 2 T LF salad dressing <sup>3</sup> 1 c. watermelon Water	4 oz. Grilled Salmon with Sesame Teriyaki Glaze <sup>5</sup> 1 c. steamed escarole with fresh lemon ¾ c. herbed wild rice 1 med. baked apple with cinnamon and 1 T walnuts Water	3 oz. beef fajitas (marinate 1 lb. beef in 1 T olive oil, cumin, lime juice, cilantro, oregano, salt and pepper, then grill) 1 c. grilled peppers, mushrooms and onions 1 med. flour tortilla 1 c. cantaloupe ½ c. LF ice cream or frozen yogurt
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<sup>1 2 3 4 5</sup> Refer to page 28

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## 2000-Calorie Meal Plans: Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
Fruit smoothie (1 c. FF vanilla yogurt, 1 c. frozen blueberries, 1 tsp. flax seeds) Blend until smooth. Coffee or tea <sup>1</sup>	2/3 c. seasoned beans 1 tomato, chopped 1/2 avocado Chili sauce 1 6-in. tortilla Coffee or tea	3 oz. Canadian bacon 1 c. melon 1 sm. biscuit 1/4 c. white gravy (made w/LF milk, or buy RF gravy) 8 oz. LF milk Coffee or tea	1 c. Cheerios and 1/4 c. All -Bran, mixed 1 c. FF milk 1 sm. banana Coffee or tea	2 med. eggs, poached 1 WW English muffin 1 pat butter 2 slices turkey bacon 1 med. kiwi 8 oz. FF milk Coffee or tea	2 sl. WW French toast 1 large egg (for French toast) Cinnamon to taste 2 tsp. butter 2 T maple syrup 1 apple, sliced Coffee or tea	3-egg omelet with: 1/2 tomato, diced 1/4 cup onion, chopped 1 LF turkey sausage link 1 orange 1 c. LF milk Coffee or tea
<b>SNACK</b>						
1 slice LS ham 1 LF cheese stick	1 slice roasted turkey 2 oz. cheddar cheese Water	6 walnut halves 1 sm. orange	Vegetable crudité's w/2 T hummus or 2 T LF salad dressing	1 piece fresh fruit	1 piece fresh fruit and 15 almonds, or 2 sm. fig bars Water	1 LF or FF yogurt, any flavor (6 oz.)
<b>LUNCH</b>						
1 c. Zucchini Soup <sup>2</sup> 1 tuna sandwich on WW bread 1 sm. apple Water	2 sl. WW bread 4 oz. lean ham 2 tsp. hummus (chickpea dip) Lettuce and tomato 1 c. vegetable crudité's	1 1/2 c. turkey chili 1/4 c. shredded LF cheese 2 oz. baked corn chips 1 c. raspberries Water	1 slice regular pizza 1 c. mixed green salad 2 T vinaigrette 1 sm. apple Water	1 1/2 c. Pasta Fagioli <sup>2</sup> 1 c. mixed cucumber and tomato salad 1 T RF dressing Water	1 c. Chinese pepper steak 1/2 c. brown rice 1 c. mixed berries Water	2 c. mixed dark green salad 3 oz. grilled turkey breast or lean beef 2 T chopped walnuts 1 T vinaigrette

	2 T RF ranch dressing 1 peach Water					1 slice WW baguette Water
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## DINNER

4 oz. broiled lamb, loin, fat trimmed 1 c. roasted Brussels sprouts 1 c. mixed corn, lima beans and peas 2 tsp. butter 1 Poached Pear <sup>2</sup> w/ ½ c. LF vanilla ice cream Water	1½ squares of Eggplant Parmesan <sup>2</sup> 1 c. mixed green salad w/1 T vinaigrette 1 c. watermelon chunks Water	4 oz. tuna 2 T lemon juice 2 T chopped onion 1 tsp. olive oil (to sauté onions and tuna) ½ med. sweet potato 1 T sour cream 1 c. collard greens Chicken bouillon (to cook greens) 2 cloves garlic ½ tsp. olive oil (to sauté garlic and mix with greens) 2 sm. oatmeal cookies Water	4 oz. Cajun grilled flank steak (marinate steak in 3 T Mrs. Dash spicy seasoning blend, 2 T lemon juice, 2 T paprika and 1 T brown sugar, then grill) ½ c. brown rice or rice and beans 1 c. broccoli 1 T olive oil (for sautéing) 2 sm. chocolate chip cookies 1 c. FF milk Water	2 pieces BBQ chicken, no skin 2 T BBQ sauce ½ c. pasta salad 1 c. asparagus 1 c. tossed salad 1 T vinaigrette ½ c. sorbet Water	Chicken Tacos: 3 corn tortillas 3 oz. chicken breast, marinated in LS seasoning ½ tsp. olive oil 1 oz. cheddar cheese 2 T guacamole Shredded tomato and lettuce 1 c. zucchini, sautéed w/½ tsp. olive oil Water	1½ c. Pasta w/ Broccoli <sup>2</sup> Fresh Tomato Salad <sup>2</sup> w/2 slices mozzarella cheese 1 c. honeydew melon ½ c. LF ice cream Water
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<sup>1 2 3 4 5</sup> Refer to page 28

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# Food Group Exchanges

## VEGETABLES

(1 serving = 35-50 calories/2-5g fiber/~10g cholesterol)

Artichoke, 1 small	Chinese snow peas, 1 cup	Peppers, 1½ cups raw or ¾ cup cooked
Asparagus, 1 cup cooked	Collard greens, ½ cup	Radishes, 2 cups
Bamboo shoots, 1 cup	Cucumber, 1 medium*	Salad greens, raw – 3 cups*
Bean sprouts, 1 cup	Eggplant, ½ cup cooked	Spinach, raw - 3 cups; cooked - 1 cup
Bok choy, 1½ cups cooked	Green beans, ½ cup cooked	Summer squash, 1½ cups
Broccoli, 1 cup cooked	Green peas, ⅓ cup cooked	Swiss chard, 3 cups
Brussels sprouts, 1 cup cooked	Kale, 1 cup cooked	Tomatoes, 2 medium
Cabbage, 1 cup	Mushrooms, 1½ cup raw or 1 cup cooked	Turnips, 1 cup
Carrots, 1 raw or ½ cup cooked	Okra, 1 cup	Water chestnut/watercress, ½ cup cooked
Cauliflower, 1 cup cooked	Olives, black, 5 extra-large (5g unsat. fat)	Wax beans, ½ cup cooked
Celery, 1½ cups raw*	Olives, green, 10 large (5g unsat. fat)	Zucchini, 2 cups

\*<5g cholesterol, < 20 calories

## STARCHY VEGETABLES

(1 serving = 80 calories/2-4g fiber/15g cholesterol, 1g fat)

Corn, ½ cup cooked	Plantains, ⅓ cup	Yam (preferred) w/ skin, 1 small
Dry beans or lentils, cooked, ⅓ cup** (ceci, black, pigeon, kidney, white, etc.)	Sweet potato (preferred) w/skin, 1 small	Yucca or cassava, ⅔ cup
	White potato w/skin, 1 small	
Green bananas, ⅓ cup, cooked	Winter squash (acorn/butternut), ¾ cup	

\*\*5g fiber/serving

## FRUIT

(1 serving = ~60 calories/2-5g fiber/15g cholesterol)

Apple, 1 small	Grapefruit, 1 med.	Pear, ½ large
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## GRAINS/WHOLE GRAINS

(1 serving = ~80 calories/15g cholesterol/1g fat/1-4g fiber)

Barley, ½ cup cooked (7g fiber)
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Apricots, 4 small	Grapes, ½ cup	Pineapple, ¾ cup	Bread, 100% whole wheat/grain, 1 slice
Avocado, ½ medium	Guava, 1 med.	Pomegranate, 1 sm.	Cereal, whole grain, ⅓ -1 cup**
Banana, ½ med.	Kiwi, 1 med.	Prunes, 4	Cereal, whole grain, cooked, ½ cup
Blueberries/blackberries, ¾ cup	Mango, ½ sm.	Raspberries, 1 cup	Couscous, regular/whole wheat*, ½ cup
Chayote, raw, 2 cups	Melon (all types), 1 cup	Rhubarb, 5 stalks	Pasta, whole wheat, ½ cup cooked
Cherries, 10	Nectarines, 2 sm. or 1 med.	Strawberries, 1 cup	Pita, whole wheat, 1 oz. mini
Clementines, 2 small	Orange, 1 med.	Tangerine, 2 sm.	Rice, brown*/regular, ½ cup cooked
Cranberries, 1½ cups	Papaya, 1 cup		Triscuits, 4
Figs, 2 small	Peaches, 2 sm. or 1 med.		
			*2g fiber , **look for 4g+ fiber/serving

<b>DAIRY</b> (1 serving = 90-100 calories/200-350mg calcium/12g cholesterol/1-3g fat)	<b>MEAT, POULTRY, DRY BEANS, NUTS, EGGS, MEAT ALTERNATIVES</b> (1 serving = 165-300 calories/3-15g fat)	<b>WHAT ABOUT YOUR TREATS?</b> (Each serving contains ~100 calories)
Buttermilk, LF, 1 cup	Eggs, 3 large (~250 cal/~10-15g fat)	Beer, light, 1
Cheese, 1½ oz. (LF preferred)	“Fatty fish” (salmon, sardines, bluefish, eel, herring), 3 oz. (~300 cal)*	Cake, 1-inch slice
Cottage cheese, LF, ½ cup (105 mg)		Chocolate graham crackers 6 (1½ sheets)
Frozen yogurt or ice cream, LF or FF, ½ cup	Fish, 3 oz. cooked	Hershey’s Kisses, 4
Milk, 1% or FF, 1 cup	Meat, lean, 3 oz. cooked (very lean beef, pork loin, poultry breast meat) (~165-200cal/<3g fat)	Ice cream sandwich, ½
Yogurt, flavored, sugar-free*, LF or FF, 1 cup		Oreo cookies, 2
Yogurt, plain, LF or FF, 1 cup	Meat, medium-fat, 3 oz. cooked (~300cal/15g fat)	Roasted almonds, 13
	Natural peanut or other nut butter, 2 T*	Wine, red or white, 4 oz.
	Soy beans (edamame), 1 cup*	
	Sunflower or sesame seeds, 1 oz.	
	Tofu or tempeh, 6 oz. (~150 calories)*	
*<5g cholesterol	*High in fat BUT mostly heart-healthy unsaturated fats!	

## Tips, Tricks and Substitutions

<sup>1</sup> For **coffee and tea**, you can add ¼ cup lowfat milk or use milk offered at meal, and 1 teaspoon sugar or artificial sweetener to taste.

<sup>2</sup> Recipe from *What's Cooking*, the 1199SEIU Benefit Funds' healthy-eating cookbook

<sup>3</sup> Make your own fresh **salad dressing**: whisk extra virgin olive oil and any type of vinegar (or try lemon juice instead of vinegar for a wonderful citrus flavor), then add a pinch of salt and fresh-ground pepper. If you prefer bottled dressing, choose a reduced fat creamy dressing or vinaigrette with no artificial flavors or preservatives.

<sup>4</sup> **Sautéed Chicken with Roasted Garlic**: Marinate 4 chicken breasts in ¼ cup olive oil, 1 minced garlic clove and 2 tablespoons minced fresh rosemary overnight or at least two hours. Roast one large head of garlic in 350°F oven until soft and golden brown. When cool, squeeze out garlic pulp, mash and set aside. Sauté chicken a couple of minutes on each side, then put in oven for about 15 minutes. Boil ½ cup dry white wine, 1 sprig fresh rosemary, mashed garlic and ¼ cup fat-free chicken stock until thickened. Add salt and pepper to taste. Remove rosemary and blend until sauce is smooth. Serve sauce over chicken.

<sup>5</sup> **Grilled Salmon with Sesame Teriyaki Glaze**: In a small bowl, combine ⅓ cup soy sauce, ⅓ cup mirin (Japanese rice wine), 1 tablespoon sesame oil, 1 tablespoon brown sugar, 1 tablespoon minced garlic, 1 tablespoon minced ginger, ¼ teaspoon red pepper flakes and whisk together. Place salmon in shallow glass dish or large, resealable plastic bag and pour half of marinade over fish. Marinate for at least 30 minutes in refrigerator. Grill salmon about 5 to 6 minutes on each side. Boil remaining marinade in small saucepan until slightly thickened, about 2 to 3 minutes. Pour warm sauce over grilled salmon and sprinkle with 1 tablespoon of toasted sesame seeds.

Source: *30 Secrets of the World's Healthiest Cuisines*, by Steven Jonas, MD, and Sandra Gordon

**Water** Water is listed as the preferred beverage with each meal, but you may substitute seltzer, decaf or herbal iced teas, or a limited amount of decaf diet soda if you prefer. Adding fresh lemon or lime juice to water or plain seltzer is a great way to add flavor. If you drink juice, make sure it is 100% fruit juice and dilute it to reduce the amount of concentrated sugars.

**Oils and Fats** Feel free to substitute *equal* amounts of most fats in many of these meal plans. For example, for added flavor 1 teaspoon of sesame oil can replace 1 teaspoon of canola oil, or 1 tablespoon of butter can replace 1 tablespoon of olive oil. Keep in mind that canola and olive oils are the preferred fats since they are highest in monounsaturated fat and lowest in saturated fat.

**Vegetables** Any non-starchy vegetable can be substituted in any of the meal plans. For example, if you don't like escarole, substitute the same amount of mustard or collard greens. Remember, the more variety and generally the darker the color, the better the vegetable. Frozen vegetables (without added salt or fats) are acceptable alternatives when fresh vegetables are not available. Starchy vegetables include corn, potatoes, winter squash, parsnips, turnips and plantains.

**Fruits** Any equal amount of similar fruit can replace what is listed in the meal plans. For example, replace an orange with tangerines, grapefruit or mandarin oranges. For blackberries, substitute any type of berry instead. If fresh fruit is not available, frozen fruit (without added sugar) is a good alternative.

**Meat and Fish Substitutions** If you don't like some of meats, fish or seafood listed, you can substitute any equivalent meat or fish. Halibut steak can be substituted for tuna steak; lamb can be substituted for beef; turkey (or lean pork) can be substituted for chicken; crawfish or clams can be substituted for shrimp, etc. Try to stay in the same "family" of protein.

**Menu Alternatives** The calorie amounts for each day within the meal plans are approximately the same, so if you don't like one of the meals, you can replace it with one from another day, as long as the portion sizes are the same. Repeating meals every so often is also fine.

**Snacks** If a snack is listed in the meal plan, you can eat it whenever you want: some people need a mid-morning snack while others want one between lunch and dinner. In general, snacks should be 200 calories or less. In these meal plans, most snacks are between 100 to 200 calories. If you do not want your snack for the day, you can either shift those calories into one of your meals for that day or just consume fewer calories that day and be that much closer to your weight loss goal. For example, if you didn't eat a snack during the day, you could have a *slightly* larger serving of one food at dinner (say, 4 oz. of meat instead of 3 oz., or an extra ½ cup of pasta).

**Fast Food** Some fast foods can be included in your meal plan; just choose wisely and limit fast food to once a week. Good choices include salads (dressing on the side) or sandwiches made with grilled chicken (not breaded or fried), soups (non-cream-based), one slice of regular pizza (veggie toppings are great), small hamburger or cheeseburger with small French fries (think Happy Meal size). And by eating the smallest serving size, you'll limit the "damage" of eating fast food.

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