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No-nonsense nutrition

"I don't believe in dieting," says Ireland. "It wreaks havoc on your system, and it's much healthier to enjoy good food in smaller portions." Shown at right is Ireland's meal plan for a typical day while she's nursing her daughter. According to New York City-based nutrition consultant Lisa Drayer, women who are not breast-feeding require less protein and fewer calories. Drayer says the average woman should consume daily:

5 servings fruit or vegetables
(around 2½ cups fresh fruit or cooked veggies)

6 to 8 oz chicken or fish, for protein

3 servings dairy (good choices: 1½ oz cheese, 1 cup skim milk or 1 cup low-fat yogurt)

7 servings grains (good choices: ½ cup pasta, ½ cup cereal or 1 slice bread)

FOOD STILLS, PHOTOGRAPHED BY SUSAN GOLDMAN; FOOD STYLIST, ROSCOE BETSILL; PROP STYLIST, IRENE HARRISON

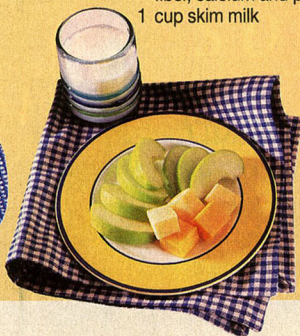
Breakfast 3 scrambled eggs
2 slices wheat toast
2 Tbsp jam
1½ cups mixed fruit
1 cup skim milk



Lunch 1 3-oz veggie burger (with lettuce, tomato and ketchup or 1 Tbsp salad dressing on wheat bun)
1 cup carrots
1 cup skim milk



Snack 1 apple and 1 oz low-fat cheese (great sources of fiber, calcium and protein)
1 cup skim milk



Dinner 1 6-oz grilled chicken breast
2 cups steamed vegetables
1 large baked potato with ½ cup cottage cheese
1 cup skim milk

