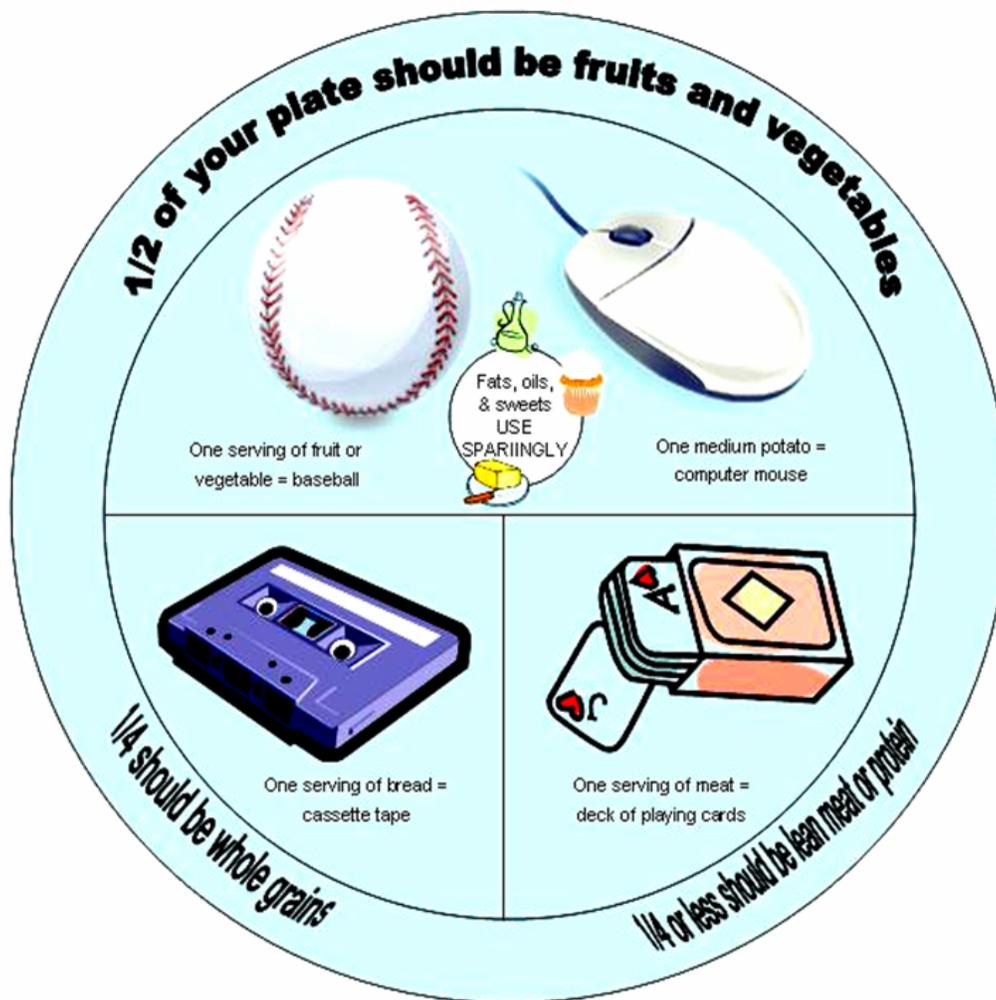


Get Into Fitness Today

Week 3

PORTION CONTROL





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Food Portion Awareness

Food portions have grown over recent years. Larger portion sizes are one cause of the obesity epidemic. Restaurant portions are very large. Usually, a restaurant meal portion is equal to 2 or more regular meals. Larger portions have led to about 8 pounds of weight gain per person since the 1980's. Take-home bags are free! So enjoy your meal and plan to take 1/2 or more home or consider splitting a meal. You'll be saving money and calories!

Today's fast food kids meals are the adult-sized portions of 50 years ago. Car cup-holders are larger. Today's large fry is the super-size of only a few years ago. Here are a few really clear examples of how portion sizes have changed - a restaurant baked potato is usually 12 ounces, while a normal portion size of potato is 3 ounces! A steak may be 12 ounces, but that is equal to the amount of meat servings in 1 1/2 days!

Even plates have grown in size. Today's dinner plate is the same size as a platter from 30 years ago. If you have your grandparent's dishes, use them! Or use salad plates in place of dinner plates. It may help you adjust your serving sizes.

Everyday items can be a great guide to understanding what a portion of food should look like. For example, a 3 ounce serving of meat should be about the size of a deck of cards or the palm of your hand.

See if you can match the 9 servings of food below with the everyday items that best reflect the appropriate serving size for that food.

- | | | | |
|----------|---------------------------|---|--------------------------|
| 1. _____ | 3 oz Meat | | a. Index & middle finger |
| 2. _____ | 1½ oz Cheese | | b. Deck of cards |
| 3. _____ | 1Tbsp Peanut Butter |  | c. Thumb |
| 4. _____ | 1 oz Nuts | | d. Small handful |
| 5. _____ | 1 cup Vegetable | | e. Light bulb |
| 6. _____ | 1 piece Cornbread | | f. Quarter in diameter |
| 7. _____ | 1 tsp oil |  | g. Bar of soap |
| 8. _____ | 3 oz Potato | | h. Tennis ball |
| 9. _____ | 1 medium size fresh fruit | | i. Computer mouse |



Pay extra attention to portion sizes this coming week and be sure to measure your food!

Remember that restaurants entice you to eat more with lighting, music, buffets, variety, and even descriptive names, for example, not just roasted chicken, but “pan-roasted chicken with glaze”.



TAKE THE PORTION DISTORTION QUIZ!

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/portion-quiz.pdf>

9.
8.
7.
6.
5.
4.
3.
2.
1.



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Nutrition Facts Label

NUTRITION FACTS	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% of Daily Value *
Total Fat 12 g	18%
Saturated Fat 10g	15%
<i>Trans</i> Fat 3 g	3%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31 g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5 g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9 ● Carbohydrates 4 ● Protein 4	

Look at this 1st
 Serving Size & Servings Per Container

Keep the % low on total and saturated fat and avoid Trans Fat

Try to get more Fiber

Try to get more Vitamin A (in food), Vitamin C, Calcium, and Iron

To figure Calcium

Drop the % and add a 0. This would then tell you that 1 cup of this item has 200mg of calcium.

Getting vitamins from food is preferable to taking supplements.



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Label Reading

Labels can be confusing. The most important thing on the label is the serving size. The nutrition information is based on the serving size listed. It is not for the entire package, bottle, box, etc.

The percentages (%) listed on the label are based on a 2000 calorie diet. There are some nutrients without % Daily Value. These don't have a national guideline of what is a "normal" requirement:

- Trans fats
- Protein
- Sugar

The nutrition sections listed *first* are the ones which we tend to eat too much:

- Calories
- Total fat
- Saturated fat
- Trans fat (if contained in the food, it would be listed here)
- Cholesterol
- Sodium
- Carbohydrate

The areas under the second dark bar are the ones which we typically don't eat often enough:

- Calcium
- Vitamin A (Best from food—avoid supplements of this vitamin)
- Vitamin C
- Iron

Most important items on the label:

- Serving size
- Servings per container
- Saturated fat - limit to 10-15 gm a day
- Sodium - keep to under 2,400 mg a day
- Fiber- aim for 20 to 35 gm a day
- Calcium - aim for 1200 to 1500 mg daily
- If you have diabetes, pay close attention to carbohydrates and get at least 45 to 75 grams per meal

Calcium Requirements:

Children (4-8 years).....	800 mg
Teenagers (9-18 years)	1300 mg
Pregnant or nursing women	1200 mg
Adults (19-50)	1000 mg
Postmenopausal women	1200-1500 mg
Adults (51 or older)	1200 mg



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Food Labeling Definitions

Good choices require good information. Having accurate, reliable information increases the odds that decision-making will result in good outcomes. Today's marketing techniques can often give the illusion of having made a healthy choice about a food product. Knowing the terminology and what those terms mean will help you make accurate and educated decisions when you shop for food.

As part of the 1990 Nutrition Labeling and Education Act (NLEA), the Food and Drug Administration gave quantitative definitions to words used to describe the nutrient composition of foods and food products. The following are just some of the more commonly seen terms included in this legislation.

LOW CALORIE	40 calories or less/serving
FAT FREE, NO, WITHOUT, or ZERO	Less than 0.5 g (grams) of fat/serving AND does not contain added ingredients that are fats
LOW FAT	3 g or less of fat/serving. Main dish/meal product: 3 g or less fat/100 g AND not more than 30% of calories from fat
REDUCED FAT	Contains 25% less fat than food it is being compared to
LIGHT/LITE	50% less fat or 1/3 fewer calories than the regular product
TRANS FAT FREE	Less than 0.5 g of trans fat/serving
LOW SATURATED FAT	1 g or less AND 15% or less calories from saturated fat
CHOLESTEROL FREE	Less than 2 milligrams (mg) cholesterol AND 2 g or less of saturated fat/serving
LOW CHOLESTEROL	20 mg or less/serving AND 2 g or less saturated fat/serving
LEAN	Less than 10 g of fat, 4.5 g of saturated fat, AND 95 mg of cholesterol/100 g of meat, poultry, or seafood
EXTRA LEAN	Less than 5 g of fat, 2 g of saturated fat, AND 95 mg of cholesterol/serving and per 100 g of meat, poultry, or seafood
SALT FREE/SODIUM FREE	Less than 5 mg of sodium/serving AND does not contain sodium chloride (table salt)
VERY LOW SODIUM	35 mg or less sodium/serving. Main dish/meal product: 35 mg or less/100 g
LOW SODIUM	140 mg or less sodium/serving. Main dish/meal product: 140 mg or less sodium/100g
"Good source of..." or "Contains..." or "Rich in..."	10-19% Daily Recommended intake of a nutrient. Example: A good source of iron contains between 1.8 and 3.4 mg iron/serving
"Excellent source of..." or "High in..."	20% or more Daily Recommended intake of a nutrient. Example: An excellent source of fiber contains 5 gm or more of fiber/serving.

You can see how terms can be misleading. Be a label reader and understand what the labels mean! It can help you make good decisions about food products, which will help you achieve your weight loss goals.

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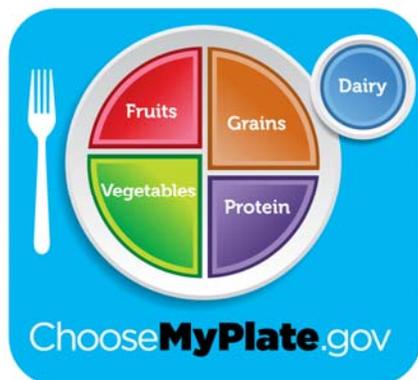
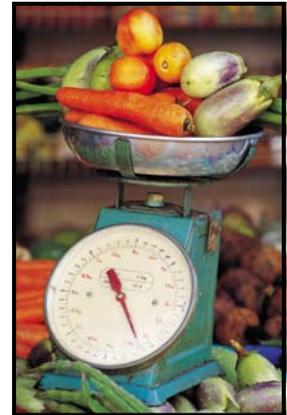
FRUITS AND VEGGIES MORE REALLY DOES MATTER!

National guidelines say we should eat 2 to 4 cups or more of fruit and vegetables daily. A serving is ½ cup cooked or 1 cup raw or ¼ cup dried, such as raisins.

Benefits of eating 2 or more cups of fruit and vegetables daily:

- More energy
- Weight control or weight loss
- Helps control blood sugar, cholesterol, and blood pressure
- Helps prevent or fight cancer

Everyone should try to eat at least 2 cups of vegetables and 1 cup of fruit daily. A better goal is making at least 1 vegetable that is bright orange or dark green everyday, like carrots, pumpkin, sweet potatoes, turnip, collard or mustard greens, broccoli, spinach, red leaf, romaine, or endive lettuces.



www.choosemyplate.gov offers tips & advice on servings sizes, measuring, and much more.

- Try new fruit and veggies often. Tastes change and (kids, particularly) it often takes time to decide if you like something.
- Use fruit and veggies as snacks.
- Keep raisins or dried cranberries for snacks.
- If you convenience shop for snacks, buy fresh fruit and water. Most convenience stores now carry bananas and apples.
- Start small if you are not a fruit or veggie eater. Try at least one fruit or veggie at every meal.
- Become a gardener! Growing food at home is fun and adults and children are more likely to eat what they grow!
- If you have friends or family, get them involved in helping prepare food. Again, people are more likely to try what they helped prepare.

A One-day Healthy-life Menu

Breakfast	Lunch	Dinner
1 cup bran flakes 1 cup berries 1 cup fat free milk	1 whole wheat wrap 1 slice turkey tomato, spinach, onion 1/8 avocado small baked sweet potato	1 cup black beans 1 cup brown rice 1 onion chopped 1 cup broccoli baked apple

Snack Ideas

- | | |
|------------------------------|-------------------------|
| Apple with peanut butter | Unsweetened applesauce |
| Dried fruit or trail mix | Frozen banana or grapes |
| Sliced tomatoes | Fruit cocktail |
| Baked potato or sweet potato | Quartered orange |
| Mandarin oranges | |



Get Into Fitness Today

Tasty Ways to Eat More Fruit and Vegetables

Breakfast

- Add blueberries to pancake, waffle, or muffin batter, or add fruit to cereal
- Add raisins, diced apple, or dried apricots to oatmeal
- Add peppers, onion, spinach, broccoli, or shredded carrot to omelets
- Make a smoothie with fruit, low-fat yogurt, and ice
- Add peppers and onion to hash browns
- Top waffles with warmed, no-sugar-added applesauce

Lunch and Dinner

- Top pizza with mushrooms, peppers, onion, or pineapple
- Add a slice of avocado to sandwiches
- Add mushrooms, peppers, onions, carrots, or asparagus to spaghetti sauce
- Add a few slices of tomato to grilled cheese sandwiches
- Add mixed vegetables to soups
- Add celery, onions, carrots, or peppers to meatloaf
- Replace jelly/jam on peanut butter sandwiches with sliced bananas
- Add apples, grapes, pineapple, or raisins to chicken salad
- Spread cranberry sauce on turkey sandwiches
- Top pork chops with apples, pears, or raisins
- Roast fish under a layer of lemon, orange, or lime slices
- Add layers of frozen spinach or eggplant to lasagna
- Add lettuce, tomato, onion, or sprouts to sandwiches
- Make a bean dish instead of meat

Sides and Snacks

- Top a baked potato with salsa
- Use no-sugar-added applesauce to replace half of the oil in any recipe
- Slice a sweet potato and toss with a little olive oil. Season and bake to make chips
- Add mandarin oranges or diced pears when making gelatin salads
- Mix dried fruit with almonds and a few M&Ms® to create "trail mix"
- Add broccoli or diced peppers to macaroni and cheese
- Blend cooked cauliflower into mashed potatoes

Dessert

- Choose fruit sorbet instead of ice cream
- Bake apples with raisins and top with a drizzle of caramel sauce
- Dip strawberries in chocolate syrup and top with low-fat whipped cream
- Roast pears with honey and sprinkle with ginger



Get Into Fitness Today

MyPlate Food Intake Patterns

You'll use MyPlate Food Intake to determine how many calories you need daily to start losing weight. Review the information below carefully.

The suggested amounts of food to consume from the basic food groups, subgroups, and oils are to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

1. **Calorie Levels** are set across a wide range to accommodate the needs of different individuals. The attached table "Estimated Daily Calorie Needs" can be used to help assign individuals to the food intake pattern at a particular calorie level.
2. **Fruit Group** includes all fresh, frozen, canned, and dried fruit and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.
3. **Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
4. **Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.
5. **Meat & Beans Group** in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.
6. **Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
7. **Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine. (1 tsp oil, 1/2 oz nuts, 2 olives, 1/8 avocado, 1Tbsp low-fat mayo/dressings/margarine/sour cream)
8. **Discretionary Calorie Allowance** is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.



Get Into Fitness Today

MyPlate Food Intake Patterns

Daily Amount of Food From Each Group (“eqv” = “or equivalent”)

Calorie level	1,200	1,400	1,600	1,800	2,000	2,200
Fruits	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups
Vegetables	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups
Grains	4 oz – eqv	5 oz—eqv	5 oz—eqv	6 oz—eqv	6 oz—eqv	7 oz—eqv
Meat/Beans	3 oz—eqv	4 oz—eqv	5 oz—eqv	5 oz—eqv	5.5 oz—eqv	6 oz—eqv
Milk	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups
Oils	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp
Discretionary Calories	171	161	132	195	267	290

Vegetable Subgroup Amounts are Per Week

Calorie level	1,200	1,400	1,600	1,800	2,000	2,200
Dark green	1.5 c/wk	1.5 c/wk	2 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange	1 c/wk	1 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk
Beans	1 c/wk	1 c/wk	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk
Starchy	2.5 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk
Other veg.	4.5 c/wk	4.5 c/wk	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk

Estimated Daily Calorie Needs

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.

- **Sedentary** - Means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
- **Active** - Means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.



Caloric Range

Children	Sedentary	Active	Children	Sedentary	Active
2-3 yrs	1,000	1,400	2-3 yrs	1,000	1,400
Females			Males		
4-8	1,200	1,800	4-8	1,400	2,000
9-13	1,600	2,200	9-13	1,800	2,600
14-18	1,800	2,400	14-18	2,200	3,200
19-30	2,000	2,400	19-30	2,400	3,000
31-50	1,800	2,200	31-50	2,200	3,000
51+	1,600	2,200	51+	2,000	2,800

Get Into Fitness Today

MyPlate Food Intake Patterns

DON'T KNOW WHAT CALORIE AT WHICH TO START?

To help you determine the best calorie level to adopt that will get you to your goal weight safely in a way that you will be able to maintain, use the supertracker at:

www.choosemyplate.gov/supertracker-tools.html.

To check calorie content of foods:

www.supertracker.usda.gov/foodapedia.aspx



For a simple paper tracker you can print and carry, see “TRACKER” under the “LESSONS” tab.

VERY IMPORTANT - Choosing a calorie level dramatically below your current intake level will not produce faster results! You'll be hungry and your metabolism will slow down - both will discourage you.

Small changes will allow your body to adjust to less calories. You can adjust your calories downward as you continue to lose and adapt to eating a little less. REMEMBER, this is a lifelong change. It needs to be something you can live with, which requires building a solid habit you can keep!

DON'T FORGET:

1. Target 10 (pounds)
2. Small, gradual steps
3. Be realistic!

Small, gradual steps and staying realistic will increase the chances that you can develop a healthy lifestyle that lasts a lifetime!

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How Much Is "A Serving?"

Whole Grains



1 slice of whole-grain bread



about 4 whole-wheat crackers



1/2 cup of pasta



1 cup of ready-to-eat cereal

Fruits



1 medium apple



1 handful of strawberries



1 small banana



1/4 cup of dried fruit

Vegetables



1 cup of raw leafy vegetables



3 broccoli florets



1 medium sweet potato



6 baby carrots

Lean Meat or Beans or Nuts



2 - 3 ounces of cooked meat



1 egg



1/2 cup of cooked beans



1/3 cup of nuts

Dairy



4 cubes of cheese (dice size)



1 cup of low-fat yogurt (8 oz.)



1 cup of low-fat/skim milk (8 oz.)



1/2 cup of cottage cheese

"A serving" should fit in the palm of your hand. The palm of your hand is an easy way to think about serving sizes when you don't have measuring cups or scales to guide you.

Eating the **right portions** from the **five basic food groups** is a very important part of a **nutritious lunch**.

This portion guide can help you gauge the right serving size from each food group.

Aim for at least one serving from each food group at lunch every day.

* This portion chart is based on a 2,000-calorie a day eating plan. Based on your individual calorie needs each day, these amounts may need to be adjusted. To find the portions that are right for you, go to ChooseMyPlate.gov. This chart also assumes that you are following the Dietary Guidelines for your other meals and snacks for the day. If you use oils and other fats in your foods such as mayonnaise, try substituting with healthier options like: 1 tablespoon of low-fat mayo, 2 tablespoons of light salad dressing, or 1 teaspoon of vegetable oil.



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JUMP START

Sometimes losing weight begins very slowly because your body needs time to adjust to a different lifestyle! Slow weight loss is the best kind, but we don't want you to get discouraged!

While this meal plan is not recommended for all GIFT participants, those who are not experiencing progress with the regular meal plans may find this will "jump start" their weight loss. **Use this menu for a few days only or alternate days for a week or so, returning to the regular meal plans.**

This lower-carbohydrate meal plan should not be followed long-term. It is difficult to maintain. The regular meal plans recommended in this program are healthy for life and will help you maintain your

Breakfast	Lunch	Dinner
2 eggs or 2 oz ham or 1 oz low-fat cheese 1 slice whole wheat toast or ½ whole wheat English Muffin 2 spritz no-fat butter spray ½ grapefruit or 1 pear	7 whole wheat crackers such as Triscuits ½ cup tuna fish or 2 oz lean turkey Large tossed salad made with mixed greens, tomato, cucumbers, peppers 1-2 Tbsp low sugar dressing or balsamic vinegar	6 oz baked fish or chicken breast or lean beef ✧ Vegetables—any from list below or any type of lettuce, including mesclun. NO corn, peas, lentils, dry beans, potatoes, beets, or sweet potatoes
Snack	Snack	Snack
4 oz sugar-free non-fat vanilla yogurt or ½ cup low-fat cottage cheese	1 cup berries or 1 peach and 1 tsp peanut butter or 12 almonds or 9 cashews	1 low-fat cheese stick or 2 oz lean ham or 1 cup non-fat milk or 4 oz sugar-free non-fat vanilla yogurt

Daily guidelines:

- 8-10 glasses of water per day
- Unlimited amounts of:
 - Low-sodium broth
 - Sugar-free gelatin
 - Diet soda
- Tea/coffee with sugar substitutes (If you must have creamer, use fat-free non-dairy creamers or a small amount of skim milk)
- Choose daily any one or two from the list below in desired amount:
 - Vegetables - **(steamed, seasoned with salt-substitute, pepper, non-fat butter spray)**
 - Beans - wax or green, bok choy, broccoli, cabbage, carrots, cauliflower, celery, eggplant, greens - collard/mustard/turnip, kale, mushrooms, okra, onions, peppers - "bell" or hot, snow peas, spinach

Get Into Fitness Today

One Day's Sample Meal Plan ("~" means approximately)

Meal	1200 calories	1400 calories	1600 calories	2000 calories
Breakfast	<p>¾ cup high fiber cold cereal (bran flakes, wheat chex, shredded wheat) 1 cup fat free milk 1 large banana</p>	<p>½ cup cooked oatmeal 1 cup fat free milk 1 cup berries</p>	<p>2 pieces whole wheat toast 1 tsp margarine 1 cup mango or papaya 1 cup fat free yogurt</p>	<p>1 whole wheat English Muffin 1 Tbsp peanut butter 1 cup fat free milk 1 large banana</p>
Lunch	<p>6 oz. sweet potato** 1 tsp margarine sugar substitute (Equal, Splenda or Sweet n Low) 1 peach or pear 1 cup fat free yogurt ½ avocado</p>	<p>½ pita lettuce, tomato, onion, sprouts, mustard 2 oz turkey Apple carrots/celery 1 cup fat free yogurt</p>	<p>2 cup spinach or romaine tomato, onions, sprouts ½ cup mandarin oranges ½ cup garbanzo beans ½ oz nuts* 1 oz fat free cheese 1 tablespoon light dressing **3 oz baked potato with salsa</p>	<p>2 slices whole wheat bread lettuce, tomato, onion, mustard 1 Tbsp fat free mayo ¼ cup tuna 3 oz baked potato 1 apple carrot, celery, bell pepper strips *1/2 oz nuts</p>
Dinner	<p>~ 3 oz baked chicken or fish ½ cup brown rice 1 cup steamed broccoli</p>	<p>1 cup black beans ½ cup brown rice 1 cup collard, turnip or mustard greens</p>	<p>1 cup whole wheat noodles spaghetti sauce, mix in peppers, onions, tomatoes ~2 oz lean ground beef spinach, broccoli, zucchini</p>	<p>2 oz baked chicken 2 6" wheat tortillas, salsa, tomato, onion ⅛ avocado ½ cup beans</p>
Snacks	<p>1 cup fat free milk 1 cup melon or berries</p>	<p>1 slice cheese 1 peach, pear or apple ½ oz nuts*</p>	<p>1 cup fat free milk ½ cup mango or papaya</p>	<p>3 cups popped light popcorn</p>
	<p>~3 oz meat = deck of cards</p>	<p>* ½ oz nuts = 10 peanuts, 6 almonds, cashews, walnuts, pecans, macadamia</p>	<p>**3 oz potato = size of computer mouse</p>	

Get Into Fitness Today

One Day's Sample Meal Plan - Asian and Spanish

Meal	1200 calories Asian	1600 calories Asian	1200 calories Spanish	1600 calories Spanish
Breakfast	<p>1 small banana 1 slice whole wheat bread 1 tsp light margarine ¾ cup orange juice ¾ cup fat free milk</p>	<p>1 small banana 2 slices whole wheat bread 1 tsp light margarine ¾ cup orange juice ¾ cup fat free milk</p>	<p>½ cup cantaloupe ½ cup farina made with fat-free milk 1 slice bread 1 tsp margarine or 1 tsp jelly ¾ cup orange juice ½ cup fat free milk</p>	<p>1 cup cantaloupe ½ cup farina made with fat-free milk 1 slice bread 1 tsp margarine or 1 tsp jelly 1 ½ cup orange juice ½ cup fat free milk</p>
Lunch	<p>Chinese Noodle & Beef Salad 2 oz lean beef 1 tsp peanut oil 1 tsp soy sauce, low sodium ½ cup carrots & ½ cup zucchini ¼ cup onion ½ cup low salt beef noodle soup 1 medium apple 1 cup unsweetened tea</p>	<p>Chinese Noodle & Beef Salad 3 oz lean beef 1 ½ tsp peanut oil 1 tsp soy sauce, low sodium ½ cup carrots & ½ cup zucchini ¼ cup onion 1 medium apple 1 cup unsweetened tea ½ cup low salt beef noodle soup</p>	<p>Beef Enchilada 2 oz corn tortilla 2 ½ oz lean roast beef ⅔ tsp canola oil 1 Tbsp onion ¼ cup tomato 2 tsp chili peppers ¼ cup refried beans 5 carrot sticks 6 celery sticks</p>	<p>Beef Enchilada 2 ½ oz corn tortilla 2 ½ oz lean roast beef 2/3 tsp canola oil 1 Tbsp onion ¼ cup tomato 2 tsp chili peppers ¼ cup refried beans 5 carrot sticks & 6 celery sticks ½ cup fat free milk</p>
Dinner	<p>Pork Stir-Fry with Vegetables 2 oz pork loin 1 tsp peanut oil 1 tsp soy sauce, low sodium ½ cup broccoli ½ cup carrots ¼ cup mushrooms ½ cup steamed rice 1 cup unsweetened tea ¾ cup fat free milk 2 almond cookies</p>	<p>Pork Stir-Fry with Vegetables 2 oz pork loin 1 tsp peanut oil 1 tsp soy sauce, low sodium ½ cup broccoli 1 cup carrots ½ cup mushrooms ½ cup steamed rice 1 cup unsweetened tea ¾ cup fat free milk</p>	<p>Chicken Taco 1 corn tortilla 1 oz chicken breast ⅔ tsp canola oil ½ oz low fat cheese 1 Tbsp salsa & guacamole ½ cup corn ½ cup Spanish Rice 1 small banana 1 cup coffee with 1 oz milk</p>	<p>Chicken Taco 1 corn tortilla 2 oz chicken breast ⅔ tsp canola oil 1 oz low fat cheese 1 Tbsp salsa & guacamole ½ cup corn ½ cup Spanish Rice 1 large banana 1 cup coffee with 1 oz milk</p>



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Liquid Calories

Research shows that when you drink your calories, your body does not register it as fuel. This may be one of the reasons the liquid diets never work.

The only exception is soup. Barbara Rolls, PhD, author of Volumetrics which is a very reliable and science-based book, provides research results that confirm when people start a meal with a broth-based soup, they tend to eat less. Keep this in mind to help you control overeating at meals.

How liquid calories can impact your weight:

- Drinking 1 can of regular soda daily adds 1.5 lbs a month.
- 2 teaspoons of sugar in your coffee or tea: twice a day adds 1/2 lb in 1 month (All sugar substitutes have been approved as safe. Use them.)
- Protein shakes? They add extra calories. Just drink milk. Most of us do not need extra protein.
- Smoothies can be a meal replacement; however, some can have as much as 700 to 1000 calories with 0 fiber. *Without fiber, you may feel hungry again within just a few hours.*
- Drink water with meals. It helps fill you up and helps prevent overeating.
- Alcohol should be an infrequent treat
 - Wine has 120 calories per 4 oz
 - Beer has 120 to 200 calories per 12 oz
 - Mixed drinks are 110 calories per 1 oz of liquor (This does not count added mixers)

Beware of simple habits that can add calories:

- Adding sugar to cereal
- Eating grocery store samples at displays
- Taste-testing while cooking
- Taking several bites to finish what your child/spouse did not eat on their plate
- Eating the last few bites so you don't have to save and store a small amount
- Using "regular" instead of "light", "fat-free", etc.: 60 calories daily = 1/2 pound a month!
- Having a piece of candy from a coworker's desk

BEVERAGES CAN BE YOUR WORST ENEMY!

**Beverages can contain a whole lot of calories which you may forget about because you aren't required to chew!
Over time, beverages can add many calories!**