# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What Is A Healthy Weight?</td>
<td>2</td>
</tr>
<tr>
<td>BMI Chart</td>
<td>3</td>
</tr>
<tr>
<td>What is Healthy Eating?</td>
<td>4</td>
</tr>
<tr>
<td>The Plate Method</td>
<td>5</td>
</tr>
<tr>
<td>Nutrition Basics</td>
<td>6</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>7</td>
</tr>
<tr>
<td>Protein</td>
<td>8</td>
</tr>
<tr>
<td>Fats</td>
<td>9</td>
</tr>
<tr>
<td>Fluids</td>
<td>10</td>
</tr>
<tr>
<td>Reading Food Labels</td>
<td>11</td>
</tr>
<tr>
<td>Portions</td>
<td>12</td>
</tr>
<tr>
<td>Emotional Eating</td>
<td>13</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>14</td>
</tr>
<tr>
<td>Your Meal Plan</td>
<td>15</td>
</tr>
<tr>
<td>Healthy Food Choices</td>
<td>17</td>
</tr>
<tr>
<td>Grocery Shopping Guide</td>
<td>21</td>
</tr>
<tr>
<td>Dining Out Tips</td>
<td>24</td>
</tr>
<tr>
<td>Supplements</td>
<td>25</td>
</tr>
<tr>
<td>Food Journal Log</td>
<td>29</td>
</tr>
<tr>
<td>Resources</td>
<td>31</td>
</tr>
</tbody>
</table>
What Is A Healthy Weight?

An individual's weight is affected by several different factors including height, gender, genetics, behaviors, and environment. Reaching and maintaining a healthy weight will help prevent and control several chronic diseases and conditions. In addition, it can boost your energy and self-confidence.

**Body Mass Index (BMI)** - number calculated based on an individual's height and weight to determine whether a person is within a normal weight range. It allows us to determine risk factors. Use the list below to determine your risk. Use the chart on the next page to determine your BMI.

<table>
<thead>
<tr>
<th>BMI Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.5-24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25-29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30-34.9</td>
<td>Mild Obesity or Class I</td>
</tr>
<tr>
<td>35-39.9</td>
<td>Moderate Obesity or Class II</td>
</tr>
<tr>
<td>40-49.9</td>
<td>Severe Obesity or Class III</td>
</tr>
<tr>
<td>&gt;50</td>
<td>Class III Obesity</td>
</tr>
</tbody>
</table>

**Waist Circumference** – another tool to assess risk.

**Men’s waist should be <40 inches.**

**Women’s waist should be <35 inches.**

**Surprising Fact!**

Losing only 5-10% of your body weight can significantly lower your risk for several chronic diseases such as heart disease, cancer, stroke, and diabetes.
## BMI Chart

<table>
<thead>
<tr>
<th>BMI</th>
<th>4'10&quot;</th>
<th>4'11&quot;</th>
<th>5'</th>
<th>5'1&quot;</th>
<th>5'2&quot;</th>
<th>5'3&quot;</th>
<th>5'4&quot;</th>
<th>5'5&quot;</th>
<th>5'6&quot;</th>
<th>5'7&quot;</th>
<th>5'8&quot;</th>
<th>5'9&quot;</th>
<th>5'10&quot;</th>
<th>5'11&quot;</th>
<th>6'</th>
<th>6'1&quot;</th>
<th>6'2&quot;</th>
<th>6'3&quot;</th>
<th>6'4&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class I Obesity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class II Obesity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class III Obesity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What is Healthy Eating?

**Eat at regular times—No skipping meals!**
- Skipping meals can actually lead to weight gain. Missing meals can cause excess hunger and lead to poor portion control resulting in overeating.

**Include all food groups in your diet**
- Eat plenty of nutrient rich fruits and vegetables
- Include lean protein sources such as fish, poultry, beans, eggs, and nuts
- Choose healthy fats and limit foods high in saturated or trans fats
- Make at least half your grains whole-grains
- Choose low-fat or fat-free dairy

**Practice mindful eating**
- Deliberately focus on eating
- Be aware of how you feel emotionally and physically
- Acknowledge food as nourishment
- Be aware of hunger and fullness cues
- Eat free of judgment and avoid labeling food as good or bad

**Control portions sizes**
- Follow the plate method
- Utilize nutrition fact labels
- Split meals at most restaurants
- Ask for a to go box before your meal comes

**Limit or avoid “empty” calories**
- Empty calories are foods with added sugars and solid fats
- They make up almost 35% of the average American's diet!
- Avoid empty calories as they have no nutritional benefit
- Biggest offenders:
  - Sodas, sports drinks, fruit drinks
  - Cakes, cookies, donuts
  - Bacon, sausage, hot dogs
  - Fried foods
Use the plate method as a guide to help with weight loss:

- Use a smaller dinner plate, 9 inches is ideal
- Make half your plate vegetables
- Choose lean protein
- Portion control starches
- Limit fruit to 2 servings per day

### Vegetables
- Artichokes
- Asparagus
- Bean sprouts
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Leeks
- Mushrooms
- Okra
- Onions
- Parsnips
- Peppers
- Radishes
- Salad greens (lettuce, romaine, spinach, arugula, watercress, etc.)
- Squash (summer, zucchini, spaghetti)
- Sugar snap peas
- Tomato
- Turnips
- Zucchini

### Starch
- Corn
- Green Peas
- Potato
- Sweet Potato
- Acorn/Butternut squash
- Beans/Peas, cooked
- Cereal (unsweetened)
- Oatmeal, cooked
- Grits, cooked
- Bread
- English Muffin
- Waffle
- Tortilla
- Pasta, cooked
- Rice, cooked
- Crackers

### Lean Protein
- Chicken
- Turkey
- Fish
- Shellfish
- Lean Beef
- Lean Pork
- Eggs
- Greek Yogurt
- Low-fat cheese
- Low-fat cottage cheese
- Tofu

Refer to page 18
Nutrition Basics

Calories

Calories are a unit of energy used to measure the amount of stored energy in food. The calories we consume come from four sources:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Calories per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>4</td>
</tr>
<tr>
<td>Protein</td>
<td>4</td>
</tr>
<tr>
<td>Fat</td>
<td>9</td>
</tr>
<tr>
<td>Alcohol</td>
<td>7</td>
</tr>
</tbody>
</table>

Excess calories are stored as fat in the body no matter their source.

To lose weight, most individuals need to decrease their calorie intake and increase their physical activity to create a calorie deficit.

Eat Less, Move More

1 pound = 3500 calories

By decreasing your daily total calories by 500-1000 calories, you can lose 1-2 pounds per week.

Metabolism

• Simply put—how many calories your body burns in a day.

Metabolism is based on three components:

1. **Resting Metabolic Rate** is based on the following:
   • Weight
   • Height
   • Gender
   • Age
   • Body composition

2. **Activity**
   • 60 minutes at least 5 days a week is recommended for weight loss
   • This can be split up throughout the day

3. **Thermogenic effect of food**
   • Calories burned through digestion of food

Diet Secret!

You can boost your metabolism by increasing muscle mass.
Carbohydrates

Carbohydrates are the sugars, starches, and fiber found in food. They are easily digested and used for energy in the body. They are a crucial energy source for our muscles, brain, and other organs. Unnecessary excess carbohydrates will be stored as fat.

<table>
<thead>
<tr>
<th>Grains</th>
<th>Choose whole grain options the majority of the time.</th>
<th>Whole wheat bread, crackers, and pasta, brown rice, whole-grain cereals</th>
<th>Check the ingredients. If whole wheat isn’t the first ingredient then it is not a whole grain product.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starchy Vegetables</td>
<td>Eat these but watch your portions.</td>
<td>Potatoes, sweet potatoes, corn, beans, peas</td>
<td>Starchy vegetables are full of nutrients but higher in calories than their non-starchy counterpart.</td>
</tr>
<tr>
<td>Non-Starchy Vegetables</td>
<td>Fill up on nutrient rich and low calorie vegetables.</td>
<td>Broccoli, lettuce, onions, peppers, mushrooms, asparagus</td>
<td>Strive to make half of your plate non-starchy vegetables.</td>
</tr>
<tr>
<td>Fruit/Fruit Juice</td>
<td>Choose whole fruits over fruit juices.</td>
<td>Apples, oranges, melons, berries, bananas, grapes, pears</td>
<td>Fruits are high in natural sugar but they are rich in vitamins and minerals.</td>
</tr>
<tr>
<td>Dairy</td>
<td>Choose low-fat and fat-free milk and yogurt.</td>
<td>Skim milk, fat-free/low-fat yogurt, low-fat cheese</td>
<td>Whole milk has 8 grams of saturated fat. That’s more than a tablespoon of butter!</td>
</tr>
<tr>
<td>Sweets, sodas, candy</td>
<td>Limit these. They provide empty calories.</td>
<td>Sodas, candy, cake, brownies, icing</td>
<td>Drinking one 20 oz soda a day adds up to 25 pounds in one year.</td>
</tr>
</tbody>
</table>

Fiber

- The indigestible portion of plants
- Found in fruits, vegetables, whole grains, and beans.

Many benefits:
- Increases your feeling of fullness
- Improves bowel function
- Lowers cholesterol
- Stabilizes blood sugar

**Goal:** 25-30 grams of fiber a day.

***Remember to increase fluid intake when you increase your fiber. This will assist in the prevention of constipation.***
Protein

Proteins are part of every bodily process that keeps us alive, including building muscles, repairing tissues, and forming red blood cells.

Proteins make up hormones and enzymes that are crucial for life! Unnecessary excess protein will be stored as fat.

**Protein and Weight Loss**

*High protein foods are digested slower than carbohydrate rich foods. This helps promote fullness and can prevent overeating.*

**Choose Lean Proteins**

Foods that are good sources of protein may also contain high amounts of fat, a nutrient we often get too much of. Choose low-fat proteins to aid with your weight loss and improve your heart health.

**Animal Sources:**
- Beef/Pork—choose cuts with round and loin in the name and lean/extra lean ground beef
- Chicken/Turkey—white meat is leaner than dark meat
- Fish/Shellfish—full of healthy fats—choose tuna, mackerel, salmon, sardines, and herring
- Deli meat—choose low-fat turkey, chicken, lean ham, or roast beef
- Dairy—choose low-fat or fat-free dairy
- Eggs
- Whey protein shakes/bars

**Plant Proteins:**
- Meat substitutes: tofu, tempeh, Textured Vegetable Protein (TVP)
- Beans and peas—have filling fiber too!
- Whole grains: especially high protein cereals, oatmeal, wheat germ, bulgur, quinoa
- Veggie burger

**LIMIT**

- Pepperoni
- Bacon
- Sausage
- Peanut butter
- Bologna
- Nuts
- Salami
- Seeds
- Hot dogs
- Full-fat dairy
Fats

- Fats are the nutrients that contain the most concentrated form of energy
- Fats are essential for the body to properly function. They
  - Protect organs
  - Insulate the body
  - Regulate hormones
  - Carry/transport fat soluble vitamins: A, D, E, and K
- There are several types of fats. Monounsaturated and polyunsaturated fats are healthy fats, while trans and saturated fats have negative effects on our health.
  - Unsaturated fats (liquid at room temperature)
  - Saturated fats (solid at room temperature)
  - Replacing saturated fats with unsaturated fats will decrease risk for heart disease and stroke.

<table>
<thead>
<tr>
<th>Healthy Fats</th>
<th>Olive, canola, peanut, sunflower, and sesame oils; avocado, nuts and seeds</th>
<th>Lowers bad cholesterol and risk for heart disease. Contains Vitamin E, an antioxidant.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mono-unsaturated</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Omega-3 fatty acids</strong></td>
<td>Fatty fish (tuna, salmon, mackerel, herring, lake trout, and sardines), flaxseed, walnuts</td>
<td>Lowers triglyceride levels and risk for heart disease. Studies suggest it may also help with many other diseases.</td>
</tr>
<tr>
<td><strong>Unhealthy Fats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturated</strong></td>
<td>Animal flesh, butter, shortening, lard, fried foods, egg yolks, dairy, coconut, and palm oil</td>
<td><strong>Limit</strong> these fats. They raise cholesterol and increase risk of heart disease.</td>
</tr>
<tr>
<td><strong>Trans</strong></td>
<td>Partially hydrogenated oil, some fried foods, commercially packaged baked goods, margarine/shortenings</td>
<td><strong>Limit/avoid</strong> these fats. They raise bad cholesterol and lower good cholesterol.</td>
</tr>
</tbody>
</table>
Fluids

Drink at least 64 fluid ounces (8 cups) a day.
- Fluids are needed for digestion, absorption, transportation, and excretion of nutrients
- They also aid in bowel regularity and skin health

Don’t waste your calories on these empty liquid calories!

**Chose drinks that have less than 10 calories per 8 ounces (except for skim milk)**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice, 8 ounces</td>
<td>110</td>
</tr>
<tr>
<td>Grape Juice, 8 ounces</td>
<td>155</td>
</tr>
<tr>
<td>Powerade, 20 ounces</td>
<td>160</td>
</tr>
<tr>
<td>Soda, 12 ounces</td>
<td>150</td>
</tr>
<tr>
<td>20 ounces</td>
<td>250</td>
</tr>
<tr>
<td>Sweet Tea, 8 ounces</td>
<td>100</td>
</tr>
</tbody>
</table>

What could you eat instead?

20 oz soda = 3 oz flank steak + side salad

Alcohol

- Remember alcohol is the only non-nutrient that has calories.
- It provides 7 calories per gram…that’s almost as much as fat!

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer, regular, 12 ounces</td>
<td>140</td>
</tr>
<tr>
<td>Beer, lite, 12 ounces</td>
<td>110</td>
</tr>
<tr>
<td>Wine, 4 ounces</td>
<td>90</td>
</tr>
<tr>
<td>Champagne, 4 ounces</td>
<td>85</td>
</tr>
<tr>
<td>Liquor, 1 ounces</td>
<td>65</td>
</tr>
</tbody>
</table>
Start with the **serving size**. It tells you what amount equals one serving. Every other nutrient value listed on the label is based on this amount.

**Calories** are important to watch for weight management!

Choose foods high in **fiber**! Good sources have at least 5 grams.

**Percent daily values** based on a 2,000 calorie diet. You may or may not need more than these amounts depending on your diet.

**Servings per container** tells you how many individual servings are in the entire package.

**Saturated** and **trans fat** have been linked to heart disease.

High intakes of **sodium** can cause high blood pressure.

A good **protein** source has 8 grams for every 100 calories.
Portions

Often it is the amount of food we eat and not the kind of food we eat that causes us to gain weight. It is important to understand what the appropriate portion sizes are.

**Basic Rules**

1 cup = baseball

1/2 cup = light bulb

1 tsp = 1 playing die

2 Tbsp/1 oz = golf ball

1 Tbsp = poker chip

### Grains

1/2 cup of pasta or rice = light bulb  
1/2 cup cooked cereal = light bulb  
1 cup of cereal = baseball  
1 pancake = CD

### Fruits and Vegetables

2 cups leafy greens = 2 baseballs  
1 cup cooked vegetables = baseball  
1 medium baked potato = computer mouse  
1 medium fruit = baseball  
1/2 cup of grapes = 17 grapes

### Fats

2 Tbsp peanut butter/hummus = golf ball  
1 oz of nuts = closed handful: 6 almonds, 4 walnut halves, 10 peanuts, 4 pecan halves  
2 Tbsp Low-fat dressing = golf ball  
1 tsp of mayonnaise = 1 playing die

### Proteins

3 oz of meat/poultry = deck of cards  
3 oz of fish = check book
Emotional Eating

Sometimes we eat because we are stressed, sad, happy, or bored. Eating because of a feeling and not physical hunger is called emotional eating. To make matters worse, we tend to overeat and choose high-calorie, sweet or fatty foods during these moments. Tough and stressful times are guaranteed to happen throughout our life. Using food to suppress emotions does not work. The feelings always come back, and you may be left with additional feelings of guilt due to poor food choices. Learning to deal with these emotions effectively is crucial to reaching your weight management goals.

Ways To Prevent Emotional Eating:

1. Be aware of your feelings
   - “Check in” emotionally and determine if you are really hungry or just feeding a feeling

2. Journal your food intake and your feelings
   - Research has shown that people who journal their food intake will lose more weight
   - Record your feelings and your degree of hunger in your food journal

3. Limit the temptations
   - Keep trigger foods out of the house if possible
   - Portion the remaining trigger foods into single serving bags to prevent overeating

4. Set a timer for 10 minutes and walk away. If still hungry when the timer goes off, consider a healthy snack

5. Find something else to do…

What To Do Besides Eating?

- Take a walk
- Write a thank you note
- Read a book
- Pack your lunch for tomorrow
- Clean, vacuum, dust
- Call a friend
- Clean out a junk drawer
- Play cards
- Plan a get together with friends
- Brew some tea
- Do laundry/pick up dry cleaning
Physical Activity

Exercise will improve muscle tone and boost metabolism. Research shows it is essential for long term weight maintenance.

This is in addition to all the other benefits of physical activity, including…

- Decreasing your risk of chronic disease
- Increasing energy
- Improving sleep
- Improving your self-esteem

START SLOWLY (even just 1-2 minutes) and progress to **30-60 minutes at least 5 days per week**. Remember, you can accumulate your physical activity throughout the day!

*Our exercise physiologist will develop an exercise plan specific to your needs.*

---

Increase Activity in Your Daily Routine!

Try to incorporate movement of any kind into your daily routine. Making small changes to increase physical activity can improve your health. For example:

- Park further away in the parking lot and walk
- March in place during TV commercials
- Take a flight of stairs instead of the elevator
- Use stationary bicycle pedals at your desk or at home

---

Recommended Activities

- **Walk outside, in a mall, on a treadmill**
- **Biking – recumbent or stationary bikes are excellent choices**
- **Water Aerobics or swimming**
- **Dancing**

---

Vanderbilt Center for Medical Weight Loss
**Definition:** The use of resistance to enhance the strength, endurance, and function of muscles.

**Benefits:**
- Increases metabolism
- Increases muscle strength, power, and endurance
- Helps keep blood sugar under control
- Strengthens bones to prevent osteoporosis
- Improves balance and flexibility to reduce the risk of falls
- Improves cardiovascular risk factors such as high cholesterol, high blood pressure, and high blood sugar

**Frequency:**
Strength training activities should be done two to three times per week initially, or as defined by your exercise specialist.

**Examples of Strength Training:**
- Weight lifting with dumbbells or free weights
- Weight-lifting machines
- Resistance bands or tubing
- Crunches, push-ups, toe raises
- Lunges, squats, and dips

---

You don’t need a gym to start strength training! You can do squats, lunges, push-ups, crunches, dips, and dumbbells at home!

No weights? Try using plastic jugs with handles, soup cans, or water bottles.

---

Go ahead and start today!
YOUR Meal Plan

This is your meal plan. Based on your individual needs, your personal weight management goals, and your life. Your diet will be individualized for you and your goals. Your meal plan is designed to help you achieve and maintain a healthy weight for the rest of your life.

The meal plan is based on a healthy, well-balanced diet that includes all food groups. It focuses on lean protein sources, unlimited non-starchy vegetables, complex starches, healthy fats, and limited empty calories.

Guidelines:

1. Eat three meals a day (no skipping meals)
2. Distribute calories and protein evenly throughout the day
3. Include protein at all snacks

Did you Know?

Recent research shows increasing dietary levels of high quality proteins while reducing carbohydrates appears to be effective for improving changes in body composition during weight loss. The increase in dietary protein increased protein synthesis in skeletal muscle which contributes to a metabolic advantage during weight loss.


Effects of high-protein diets on fat free mass and muscle protein synthesis following weight loss: a randomized controlled trial. The FASEB Journal. September 2013 vol. 27 no. 9 3837-3847

Protein Quantity and Quality at Levels above the RDA Improves Adult Weight Loss. Journal of American College Nutrition. December 2004 vol. 23
Healthy Protein Sources

**Meat/Poultry/Fish:**
- Beef, lean, 3 oz = 21-24 g
- Chicken/Turkey, skinless, 3 oz = 21-24 g
- Deli Meats, 3 oz = 15-21 g
- Fish, 3 oz = 21 g
- Shellfish, 3 oz = 18 g
- Venison, 3 oz = 25 g
- Pork, lean, 3 oz = 21-24 g

**Dairy:**
- Skim milk, 1 cup = 8 g
- Soy milk, 1 cup = 7 g
- Fairlife ® Fat Free milk, 1 cup = 13 g
- CARBmaster ® nonfat milk, 1 cup = 11 g
- Greek yogurt, nonfat, 1 cup = 12-15 g
- Cottage Cheese, ½ cup = 14 g
- Cheese, low fat, 1 oz = 7 g

**Eggs:**
- 1 egg = 6 g
- ¼ cup egg substitutes = 6 g

**Vegetable Sources:**
- Beans, ½ cup = ~7 g
- Peas, ½ cup = 4-8 g
- Edamame, ½ cup = 8 g
- Tofu, ½ cup = 10 g

**Grains:**
- High protein cereals, ¾ cup = 9-13 g
- Whole grain breads, 1 oz = 3-5 g
- Weight smart oatmeal, ½ cup = 7 g

*Remember to include these foods as your starch serving*

Healthy Fat Sources

- Avocado = 1/8 medium or 2 Tbsp
- Ground Flaxseed Meal = 2 Tbsp
- Hummus = 2 Tbsp
- Nuts (Almonds, Walnuts, and Pecans) = 1 Tbsp
- Oils (olive, canola) = 1 tsp
- Olives = 8 large or 2 Tbsp chopped
- Nut Butter/Peanut butter = 1 Tbsp
- Seeds = 1 Tbsp

*Each of these servings contain 40-90 calories*
Starches

½ cup of starch =
About 80 calories, 0-3 grams of protein, 15 grams of carbohydrates

½ cup of starch =

**Bread**
1 slice of bread
2 slices of light bread
¼ of large bagel
½ bun or 1 light
½ English muffin or 1 light
1 small roll
1 tortilla (6 inch)
½ pita (6 inch)

**(Choose whole wheat or whole grain over white)**

**Cereal and Grains (cooked)**
½ cup cereal (dry)
½ cup rice
½ cup pasta
½ cup wheat germ
½ cup grits
½ cup oatmeal
½ cup cream of wheat
½ cup quinoa
½ cup couscous

**Starchy Vegetables**
½ cup corn
½ cup potatoes
½ potato (computer mouse sized)
½ cup sweet potatoes
½ cup acorn/butternut squash
½ cup peas
½ cup beans
½ cup lentils

(1/2 cup of peas, beans, & lentils also provide ~7g protein)

***Remember that green beans are non-starchy vegetables while green peas are still starchy!***

**Other Items**
6 crackers
3 graham crackers (2 ½ inch square)
15 baked chips
3 cups popcorn
2 rice cakes
1 oz pretzels (16 small pretzels)
One Serving of Fruit =

**Fruit:**
- Apple – 1 small
- Banana – 1 small
- Blackberries/Blueberries – ¾ cup
- Cantaloupe/Honeydew – 1 cup cubed
- Cherries – 12 medium
- Dried fruits – 2 Tbsp
- Fruit cocktail – ½ cup
- Grapefruit – ½ large or ¾ cup
- Grapes – 17
- Kiwi – 1 medium
- Orange – 1 small or ¾ cup
- Peach – ½ cup canned or 1 medium
- Pears – ½ cup canned or ½ large
- Pineapple – ½ cup canned or ¾ cup fresh
- Plums – 2 small
- Raspberries – 1 cup
- Strawberries – 1 ¼ cups
- Tangerine/Clementine – 2 small
- Watermelon – 1 ¼ cups cubed

Non-starchy Vegetables

***Serving Size = 1 cup of raw or ½ cup cooked

Eat as much as you want!!!

- Artichoke
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peppers
- Radishes
- Spinach
- Sugar Snap Peas
- Summer Squash
- Turnips
- Tomatoes
- Zucchini
Popular High Protein Breakfast Items

Breakfast sandwich - whole grain English muffin, egg, ham/turkey
High protein or weight smart oatmeal made with low fat milk
Morningstar Farms® Original Sausage Patties
Nonfat Greek yogurt
Egg white omelette
Special K® High Protein Cereal or Kashi Go Lean cereal with low fat milk
Smart Ones ® Breakfast Meals
Eggs
Protein shakes
Protein water
Protein bar
Protein powder added to hot cereal/oatmeal or coffee
Cottage cheese
Turkey bacon/turkey sausage
Nonfat milk
Fairlife ® fat free milk
Kroger CARBmaster ® nonfat milk
Silk ® Protein Nutmilk

Ideas for High Protein Snacks

Low-fat string cheese
Beef jerky, low sodium
Deli meat slices wrapped in lettuce
Nonfat Greek yogurt
Protein Bar
Protein Shake
Protein Water
Edamame
Cottage cheese
Boiled eggs
Nonfat milk
Fairlife ® fat free milk
Kroger CARBmaster ® nonfat milk
Silk ® Protein Nutmilk
General Tips
• Never shop hungry or stressed.
• Make a shopping list and stick to it!

Produce
• Choose a rainbow of colors! The more colors the more vitamins and minerals.
• Pick local produce, when available. By buying local you can save money, get maximum nutrients, and support local business!

Meats, Fish and Poultry
• Choose lean cuts of beef: ≥96% fat free ground beef, round steak, tenderloin, sirloin, flank steak.
• Select skinless poultry and try ground chicken or turkey breast in place of ground beef.
• Choose fish full of omega 3 fatty acids, such as salmon, tuna, mackerel, trout.
• Avoid any fried poultry or fish.

Dairy
• Great source of calcium and vitamin D.
• Choose fat-free or low-fat dairy options.

Bread
• Choose whole grain breads, English muffins, bagels, rolls.
• If the label does not say 100% whole wheat, then read the ingredients. The first ingredient should be whole grain or whole wheat flour.
• Multi-grain and whole grain are not the same thing!

Cereal
• Choose cereals with whole grain, whole wheat, or oats as the first ingredient.
• Choose cereals with at least 3 grams of fiber and less than 5 grams of sugar.
Grocery Shopping List Recommendations

Produce
Fresh fruits: apples, bananas, berries, grapes, oranges, peaches, pears
Fresh vegetables: asparagus, broccoli, onions, mushroom, peppers, squash, tomatoes
Bagged lettuce or Romaine stalks
Bagged salad kits
Fresh salsa

Breads
Thomas’® Light 100% Whole Wheat English Muffin
Nature’s Own® Double Fiber Bread
Ezekiel ® Bread
Dave’s Killer Bread ®
Flat Out® Wraps

Boxed/Canned Items
Barilla® Plus whole wheat pasta
Edamame pasta
Success® Boil in Bag brown rice
Canned beans (Black, Pinto, Kidney)
Orville Redenbacher® Smart Pop popcorn or Skinny Pop ®
Hunt’s® tomato sauce
365 Organic® Classic Pasta Sauce
Powdered nut butter

Breakfast
Quaker® Weight Control Oatmeal
think Thin ® Oatmeal
Special K® High Protein Cereal
Kashi® Go Lean Cereal
Morning Star ® Breakfast Sausage
Jimmy Dean Delights™ Breakfast Sandwich
Van’s™ Power Grains Protein Waffles
Vanderbilt Center for Medical Weight Loss

Grocery Shopping List

**Dairy/Refrigerator**
- Fage®, Chobani® or Oikos® plain Greek yogurt
- Kroger's CARBmaster® yogurt
- Sargento® light string cheese
- Laughing Cow® cheese wedges
- Fat-free, low-fat or 2% cottage cheese
- Skim milk
- Fairlife® milk
- Silk® Light
- Kroger CARBmaster® milk
- Eggs/Egg Whites or Egg Beater®
- Hummus

**Frozen**
- Lean Cuisine®, Healthy Choice®, Smart Ones®, Stouffer's Fit Kitchen®, Eating Well™
- Birds Eye® Protein Blends, frozen vegetables, edamame, riced cauliflower varieties
- Green Giant® veggie spirals, mashed cauliflower, riced veggies
- Morningstar Farms® Original Sausage Patties
- Frozen berries
- Frozen salmon
- Frozen tilapia
- Jenny O’s® Turkey Burger 93% lean
- Butterball® Natural™ Inspirations Turkey Meatballs

**Meat/Deli**
- Skinless Chicken Breast
- 90-96% Fat-Free Ground Beef
- 90-98% Fat-Free Ground Turkey
- Turkey or chicken low sodium deli meat
- Jennie O's® Extra Lean Turkey Bacon

**Baking Needs/Seasonings**
- Red Wine Vinegar and Balsamic Vinegar
- Low-Sodium soy sauce
- Paul Newman’s® light dressings
- Olive oil
- Canola oil
- Non-fat cooking spray
- Seasonings: Cinnamon, Rosemary, Garlic, Mrs. Dash®, Low-Sodium Taco Seasoning, etc.
Dining Out Tips

General Tips
• Ask your server questions about how food is prepared, size of portions, and possible substitutions
• Cut down on size by splitting meals or choosing an appetizer size portion
• Ask for sauces, dressing, butter, and sour cream on the side
• Do your research—look at the menu/nutrition facts beforehand if available
• Ask the server to not bring the bread basket or chips

Reading the Menu
Chose items cooked with lower-calorie and lower-fat methods.
Choose items with the following words:
• Baked, broiled, steamed, roasted, poached

Limit foods that use cooking methods that add additional calories and fat. Avoid fried foods.
Avoid items with the following words:
• Fried, crispy, sautéed, creamed, stir fried, in cream or cheese sauce, au gratin, hollandaise, and casserole

Fast Food
• Always look at the nutrition facts online or in the store
  • All fast food restaurants have some healthy foods on the menu. If you do the research, you might be surprised on the amount of calories in your favorite items.
  • Choose foods off the dollar/value menu since they are usually smaller portions
  • Hold the fries—they are full of fat and calories
  • Watch toppings with extra calories and fat, such as bacon, cheese, and mayo

Shocking Fact!
Arby’s Roast Turkey and Swiss Sandwich has 700 calories and 27 grams of fat.
Supplements

**Multivitamin**– 1 a day
- Provides you with daily vitamin and mineral needs

**Fish oil**– 1,000 mg twice a day
- Contains the omega 3 fatty acids DHA and EPA
- Evidence shows that these fatty acids lower high triglyceride levels and the risk of heart attack and stroke
- May also help with many other conditions such as arthritis, depression, ADHD, asthma, weight loss and kidney disease
- This can be found in the grocery or drug store with other vitamins and over-the-counter medications
- If indigestion occurs, purchase supplement with enteric coating

**Ground flaxseed**– 2 Tbsp a day
- High in omega 3 fatty acids, fiber, and phytochemicals
- Beneficial for digestive health
- Lowers cholesterol levels, especially bad cholesterol
- This can be found in the organic aisle at the grocery store
- Try adding it to your cereal and yogurt or baking it in breads

Full of filling fiber and protein!
Vanderbilt Weight Management Clinic

**Whey Protein Powders**

Most of the brands below are available at grocery stores and pharmacies. Other brands may also be acceptable. Make sure to choose a powder with < 5 g sugar per serving.

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Sugar</th>
<th>Fiber</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unjury®</strong></td>
<td>90-100</td>
<td>21 g</td>
<td>0-4 g</td>
<td>0 g</td>
<td>0 g</td>
<td>0 g</td>
<td>55-85 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0-3 g</td>
<td>0 g</td>
<td>0 g</td>
<td></td>
<td>(chicken soup 770 mg sodium)</td>
</tr>
</tbody>
</table>

| **Bariatric Advantage®**          | 150-160  | 27 g    | 11 g         | 1 g   | 6 g   | 2 g | 100 mg  |
|                                   |          |         | 1 g          | 6 g   |       |     |        |

| **Nectar™**                       | 100      | 24 g    | 0 g          | 0 g   | 0 g   | 0 g | 60 mg  |
|                                   |          |         | 0 g carbohydrate | 0 g   | 0 g   |     |        |

| **BiPro®**                        | 80-100   | 20 g    | 0-2 g        | 0 g   | 0 g   | 0.5 g | 180 mg |
|                                   |          |         | 0-2 g carbohydrate | 0 g   | 0 g   |     |        |

| **True Athlete Natural**          | 120      | 20 g    | 4 g          | 2 g   | 1 g   | 3 g  | 150-160 mg |
| Protein Powder™                   |          |         | 2 g carbohydrate | 1 g   | 0 g   |     |        |

| **EAS 100% Whey®**                | 170      | 30 g    | 6 g          | 2 g   | <1 g  | 2.5 g | 160 mg |
|                                   |          |         | 1 g carbohydrate | <1 g  | 0 g   |     |        |

| **Pure Protein®**                 | 130      | 23 g    | 5-6 g        | 3-5 g | <1 g  | 1.5 g | 55 mg  |
|                                   |          |         | 3 g carbohydrate | <1 g  | 0 g   |     |        |

| **Body Fortress®**                | 190-210  | 30 g    | 7-9 g        | 3-4 g | 0-1 g | 3.5-5 g | 80-110 mg |
| Whey Protein                      |          |         | 3 g carbohydrate | 0-1 g | 0 g   |     |        |

| **Premier Protein® 100% Whey**    | 180      | 30 g    | 8 g          | 3 g   | 2-3 g | 3.5-4 g | 140-150 mg |
|                                   |          |         | 3 g carbohydrate | 2-3 g | 0 g   |     |        |

| **Healthwise Fruit Drink**        | 70       | 15 g    | 1-3 g        | <1 g  | 0 g   | 0 g  | 10-15 mg |
| Variety Pack*                     |          |         | 1 g carbohydrate | <1 g  | 0 g   |     |        |

* sold at VUMC Weight Loss Clinic
Protein Shakes

Most of the brands below are available at grocery stores and pharmacies. Other brands may also be acceptable. Make sure to choose a shake with < 15 g sugar per serving.

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Sugar</th>
<th>Fiber</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure® High Protein</td>
<td>160</td>
<td>16</td>
<td>19</td>
<td>4</td>
<td>&lt;1</td>
<td>2</td>
<td>135-180</td>
</tr>
<tr>
<td>Atkins® Advantage</td>
<td>160</td>
<td>15</td>
<td>2-5</td>
<td>1</td>
<td>1-4</td>
<td>9-10</td>
<td>210-300</td>
</tr>
<tr>
<td>Muscle Milk Light®</td>
<td>100</td>
<td>20</td>
<td>5</td>
<td>0</td>
<td>2-4</td>
<td>1</td>
<td>190-290</td>
</tr>
<tr>
<td>Boost Calorie Smart® or Boost Glucose Control®</td>
<td>180-190</td>
<td>16</td>
<td>15-16</td>
<td>4</td>
<td>3</td>
<td>7</td>
<td>180-220</td>
</tr>
<tr>
<td>Premier Protein® Clear Protein Drink</td>
<td>160</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>200-270</td>
</tr>
<tr>
<td>Glucerna® Hunger Smart®</td>
<td>180</td>
<td>15</td>
<td>16</td>
<td>6</td>
<td>3-5</td>
<td>6</td>
<td>300</td>
</tr>
<tr>
<td>EAS® AdvantEDGE Carb Control</td>
<td>100</td>
<td>17</td>
<td>2</td>
<td>0</td>
<td>2.5</td>
<td>430</td>
<td>430</td>
</tr>
<tr>
<td>Atkins® Lift Protein Drink</td>
<td>90</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40</td>
</tr>
<tr>
<td>GNC Lean Shake™</td>
<td>170</td>
<td>25</td>
<td>6</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>330-390</td>
</tr>
<tr>
<td>EAS® AdvantEDGE</td>
<td>180</td>
<td>15</td>
<td>16</td>
<td>6</td>
<td>3-5</td>
<td>6</td>
<td>300</td>
</tr>
</tbody>
</table>
### Protein Bars

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Sugar</th>
<th>Fiber</th>
<th>Fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oh Yeah! ONE Protein Bar®</strong></td>
<td>210-230</td>
<td>21-22 g</td>
<td>22-25 g</td>
<td>1 g</td>
<td>9-10 g</td>
<td>7-9 g</td>
<td>125-140</td>
</tr>
<tr>
<td><strong>Think Thin Bars®</strong></td>
<td>200-240</td>
<td>20 g</td>
<td>22-26 g</td>
<td>0 g</td>
<td>7-9 g</td>
<td>125-140</td>
<td></td>
</tr>
<tr>
<td><strong>RXBAR ®</strong></td>
<td>220</td>
<td>12 g</td>
<td>22 g</td>
<td>12 g</td>
<td>5 g</td>
<td>10 g</td>
<td>170</td>
</tr>
<tr>
<td><strong>EPIC Bars ®</strong></td>
<td>140</td>
<td>15 g</td>
<td>5 g</td>
<td>3 g</td>
<td>0 g</td>
<td>4 g</td>
<td>400</td>
</tr>
<tr>
<td><strong>Simple Truth Protein Bar™</strong></td>
<td>190-210</td>
<td>20 g</td>
<td>14-16 g</td>
<td>7-8 g</td>
<td>1-3 g</td>
<td>4-8 g</td>
<td>125-250</td>
</tr>
<tr>
<td><strong>Pure Protein Bars ®</strong></td>
<td>180-290</td>
<td>18-33 g</td>
<td>16-26 g</td>
<td>2-4 g</td>
<td>2-16 g</td>
<td>5-8 g</td>
<td>110-200</td>
</tr>
<tr>
<td><strong>Quest Bar™</strong></td>
<td>180-210</td>
<td>20-21 g</td>
<td>20-22 g</td>
<td>1-2 g</td>
<td>14 g</td>
<td>6-10 g</td>
<td>180-210</td>
</tr>
<tr>
<td><strong>no cow®</strong></td>
<td>200</td>
<td>22 g</td>
<td>25 g</td>
<td>1 g</td>
<td>17 g</td>
<td>5 g</td>
<td>220</td>
</tr>
<tr>
<td>**Healthwise Protein Bars ***</td>
<td>150-190</td>
<td>12-15 g</td>
<td>13-18 g</td>
<td>4-8 g</td>
<td>1-3 g</td>
<td>4-7 g</td>
<td>50-160</td>
</tr>
<tr>
<td><strong>Premier Protein Bars®</strong></td>
<td>280-300</td>
<td>30 g</td>
<td>24-26 g</td>
<td>8-10 g</td>
<td>3 g</td>
<td>6-7 g</td>
<td>350-450</td>
</tr>
</tbody>
</table>

* sold at VUMC Weight Loss Clinic
# Food & Drink Log

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food/Drink</th>
<th>Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Activity Log

**WATER**

- [ ] Multivitamin
- [ ] Fish Oil or [ ] Ground Flaxseed (2 Tbsp)

**Supplements**

**Activity Log**
<table>
<thead>
<tr>
<th>Meal</th>
<th>Food/Drink</th>
<th>Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WATER**

**SUPPLEMENTS**

- Multivitamin
- Fish Oil
- Ground Flaxseed (2 Tbsp)

**ACTIVITY LOG**
Resources

My Health At Vanderbilt

- www.myhealthatvanderbilt.com

Online Diet Trackers

- www.myfitnesspal.com
- www.fitday.com
- www.sparkpeople.com
- www.livestrong.com/myplate

Popular Recipe Sites

- mysouthernhealth.com
- myrecipes.com/healthy-diet/
- cookinglight.com
- allrecipes.com
- eatingwell.com
- diabetes.org/mfa-recipes/recipes/

Suggested Reading

- “Say Good Night to Insomnia” by Gregg Jacobs
- “Eating the Moment” by Pavel Somov
- “The Diet Trap Solution” by Judith Beck

About Our Program

- www.VanderbiltMedicalWeightLoss.com
- www.VanderbiltHealth.com

Smart Phone Calorie Apps (Free!)

- My Fitness Pal
- Lose It
- Fit Bit
- MyNetDiary
- Fit Day
- Calorie Tracker by Fat Secret
- Restaurant Nutrition

Smart Phone Exercise Apps (free!)

- Map My Run
- C25K
- Nike Run Club
- Run Meter
- Run Interval
- Map My Ride
- Road Bike
- Sworkit
- Nashvitality
- Streaks
- Polar Beat