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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.

18.5-24.9– Normal

25-29.9— Overweight

30-34.9—Mild Obesity or Class I

35-39.9—Moderate Obesity or Class II

40-49.9—Severe Obesity or Class III

>50—Class III Obesity

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.

Waist Circumference– another tool to assess risk.

Men's waist should be **<40 inches**.

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

Vanderbilt Center for Medical Weight Loss

BMI Chart

| HT | 4'10" | 4'11" | 5' | 5'1" | 5'2" | 5'3" | 5'4" | 5'5" | 5'6" | 5'7" | 5'8" | 5'9" | 5'10" | 5'11" | 6' | 6'1" | 6'2" | 6'3" | 6'4" | |
|-------------------|--------|-------|-----|------|------|------|------|------|------|------|------|------|-------|-------|-----|------|------|------|------|-----|
| BMI | WEIGHT | | | | | | | | | | | | | | | | | | | |
| Normal | 19 | 91 | 94 | 97 | 100 | 104 | 107 | 110 | 114 | 118 | 121 | 125 | 128 | 132 | 136 | 140 | 144 | 148 | 152 | 156 |
| | 20 | 96 | 99 | 102 | 106 | 109 | 113 | 116 | 120 | 124 | 127 | 131 | 135 | 139 | 143 | 147 | 151 | 155 | 160 | 164 |
| | 21 | 100 | 104 | 107 | 111 | 115 | 118 | 122 | 126 | 130 | 134 | 138 | 142 | 146 | 150 | 154 | 159 | 163 | 168 | 172 |
| | 22 | 105 | 109 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 | 144 | 149 | 153 | 157 | 162 | 166 | 171 | 176 | 180 |
| | 23 | 110 | 114 | 118 | 122 | 126 | 130 | 134 | 138 | 142 | 146 | 151 | 155 | 160 | 165 | 169 | 174 | 179 | 184 | 189 |
| Overweight | 24 | 115 | 119 | 123 | 127 | 131 | 135 | 140 | 144 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 182 | 186 | 192 | 197 |
| | 25 | 119 | 124 | 128 | 132 | 136 | 141 | 145 | 150 | 155 | 159 | 164 | 169 | 174 | 179 | 184 | 189 | 194 | 200 | 205 |
| | 26 | 124 | 128 | 133 | 137 | 142 | 146 | 151 | 156 | 161 | 166 | 171 | 176 | 181 | 186 | 191 | 197 | 202 | 208 | 213 |
| | 27 | 129 | 133 | 138 | 143 | 147 | 152 | 157 | 162 | 167 | 172 | 177 | 182 | 188 | 193 | 199 | 204 | 210 | 216 | 221 |
| | 28 | 134 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 184 | 189 | 195 | 200 | 206 | 212 | 218 | 224 | 230 |
| Class I Obesity | 29 | 138 | 143 | 148 | 153 | 158 | 162 | 169 | 174 | 179 | 185 | 190 | 196 | 202 | 208 | 213 | 219 | 225 | 232 | 238 |
| | 30 | 143 | 148 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 192 | 198 | 203 | 209 | 215 | 221 | 227 | 233 | 240 | 246 |
| | 31 | 148 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 192 | 198 | 203 | 209 | 216 | 222 | 228 | 235 | 241 | 248 | 254 |
| | 32 | 153 | 158 | 163 | 169 | 175 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 229 | 235 | 242 | 249 | 256 | 263 |
| | 33 | 158 | 163 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 211 | 216 | 223 | 229 | 236 | 242 | 250 | 256 | 264 | 271 |
| Class II Obesity | 34 | 162 | 168 | 174 | 180 | 186 | 191 | 197 | 204 | 210 | 217 | 223 | 230 | 236 | 243 | 250 | 257 | 264 | 272 | 279 |
| | 35 | 167 | 173 | 179 | 185 | 191 | 197 | 204 | 210 | 216 | 223 | 230 | 236 | 243 | 250 | 258 | 264 | 272 | 279 | 287 |
| | 36 | 172 | 178 | 184 | 190 | 196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 265 | 272 | 280 | 287 | 295 |
| | 37 | 177 | 183 | 189 | 195 | 202 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 280 | 287 | 295 | 304 |
| | 38 | 181 | 188 | 194 | 201 | 207 | 214 | 221 | 228 | 235 | 242 | 249 | 257 | 264 | 272 | 279 | 288 | 295 | 303 | 312 |
| Class III Obesity | 39 | 186 | 193 | 199 | 206 | 213 | 220 | 227 | 234 | 241 | 249 | 256 | 263 | 271 | 279 | 287 | 295 | 303 | 311 | 320 |
| | 40 | 191 | 198 | 204 | 211 | 218 | 225 | 232 | 240 | 247 | 255 | 262 | 270 | 278 | 286 | 294 | 302 | 311 | 319 | 328 |
| | 41 | 196 | 203 | 209 | 217 | 224 | 231 | 238 | 246 | 253 | 261 | 269 | 277 | 285 | 293 | 302 | 310 | 319 | 327 | 336 |
| | 42 | 201 | 208 | 215 | 222 | 229 | 237 | 244 | 252 | 260 | 268 | 276 | 284 | 292 | 301 | 309 | 318 | 326 | 335 | 344 |
| | 43 | 205 | 212 | 220 | 227 | 235 | 242 | 250 | 258 | 266 | 274 | 282 | 291 | 299 | 308 | 316 | 325 | 334 | 343 | 353 |
| Class III Obesity | 44 | 210 | 217 | 225 | 232 | 240 | 248 | 256 | 264 | 272 | 280 | 289 | 297 | 306 | 315 | 324 | 333 | 342 | 351 | 361 |
| | 45 | 215 | 222 | 230 | 238 | 246 | 254 | 262 | 270 | 278 | 287 | 295 | 304 | 313 | 322 | 331 | 340 | 350 | 359 | 369 |
| | 46 | 220 | 227 | 235 | 243 | 251 | 259 | 267 | 276 | 284 | 293 | 302 | 311 | 320 | 329 | 338 | 348 | 358 | 367 | 377 |
| | 47 | 224 | 232 | 240 | 248 | 256 | 265 | 273 | 282 | 291 | 299 | 308 | 318 | 327 | 338 | 346 | 355 | 365 | 375 | 385 |
| | 48 | 229 | 237 | 245 | 254 | 262 | 270 | 279 | 288 | 297 | 306 | 315 | 324 | 334 | 343 | 353 | 363 | 373 | 383 | 394 |
| Class III Obesity | 49 | 234 | 242 | 250 | 259 | 267 | 278 | 285 | 294 | 303 | 312 | 322 | 331 | 341 | 351 | 361 | 371 | 381 | 391 | 402 |
| | 50 | 239 | 247 | 255 | 264 | 273 | 282 | 291 | 300 | 309 | 319 | 328 | 338 | 348 | 358 | 368 | 378 | 389 | 399 | 410 |
| | 51 | 244 | 252 | 261 | 269 | 278 | 287 | 296 | 306 | 315 | 325 | 335 | 345 | 355 | 365 | 375 | 386 | 396 | 407 | 418 |
| | 52 | 248 | 257 | 266 | 275 | 284 | 293 | 302 | 312 | 322 | 331 | 341 | 351 | 362 | 372 | 383 | 393 | 404 | 415 | 426 |
| | 53 | 253 | 262 | 271 | 280 | 289 | 299 | 308 | 318 | 328 | 338 | 348 | 358 | 369 | 379 | 390 | 401 | 412 | 423 | 435 |
| | 54 | 258 | 267 | 276 | 285 | 295 | 304 | 314 | 324 | 334 | 344 | 354 | 365 | 376 | 386 | 397 | 408 | 420 | 431 | 443 |

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

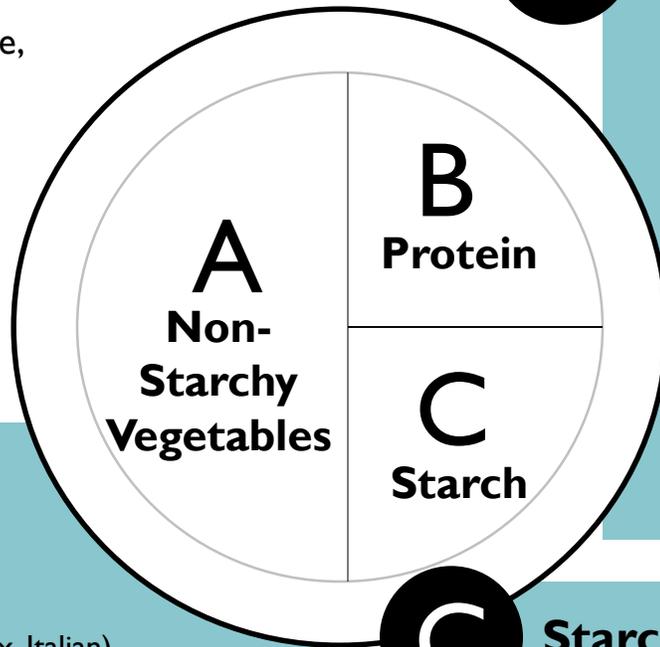
Limit or avoid “empty” calories

- 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

The Plate Method

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



B Lean Protein

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

Refer to page 17

A 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

Refer to page 19

C Starch

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

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:

| | Calories per gram |
|---------------|-------------------|
| Carbohydrates | 4 |
| Protein | 4 |
| Fat | 9 |
| Alcohol | 7 |

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.

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

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
- × Sausage
- × Bologna
- × Salami
- × Hot dogs
- × Bacon
- × Peanut butter
- × Nuts
- × Seeds
- × 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.**

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

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!

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

Orange Juice, 8 ounces—110 calories

Grape Juice, 8 ounces—155 calories

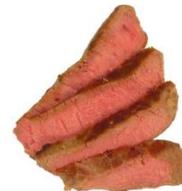
Powerade, 20 ounces—160 calories

Soda, 12 ounces—150 calories

20 ounces—250 calories

Sweet Tea, 8 ounces—100 calories

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!**

Beer, regular, 12 ounces = 140 calories

Beer, lite, 12 ounces = 110 calories

Wine, 4 ounces = 90 calories

Champagne, 4 ounces = 85 calories

Liquor, 1 ounces = 65 calories



Reading Food Labels

Start with the **servicing 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 amount depending on your diet.

| Nutrition Facts | | | |
|---|-----------|-----------------------|---------|
| Serving Size 1 cup (228g) | | | |
| Servings Per Container 2 | | | |
| <hr/> | | | |
| Amount Per Serving | | | |
| Calories 250 | | Calories from Fat 110 | |
| <hr/> | | | |
| | | % Daily Value* | |
| Total Fat | 12g | | 18% |
| Saturated Fat | 3g | | 15% |
| <i>Trans</i> Fat | 1.5g | | |
| Cholesterol | 30mg | | 10% |
| Sodium | 470mg | | 20% |
| Total Carbohydrate | 31g | | 10% |
| Dietary Fiber | 0g | | 0% |
| Sugars | 5g | | |
| Protein | 5g | | |
| <hr/> | | | |
| 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 | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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.

LIMIT

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



2 Tbsp/1 oz = golf ball



1/2 cup = light bulb



1 Tbsp = poker chip



1 tsp = 1 playing die



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

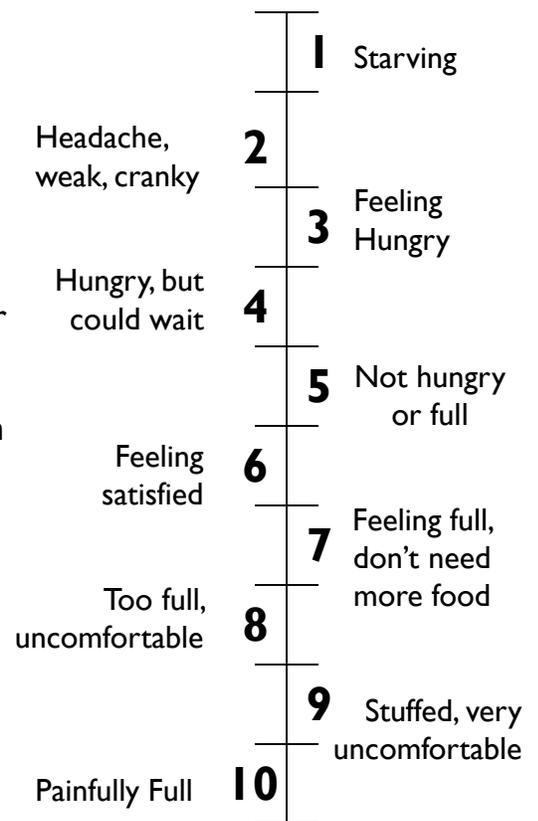


Emotional Eating

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

Strength Training

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

Go ahead and start today!

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.

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.

Dietary protein – its role in satiety, energetics, weight loss and health. *British Journal of Nutrition.* (2012). 108. S105-S112.

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)

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)

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

One Serving of Fruit =

Fruit:

Apple – 1 small

Banana – 1 small

Blackberries/Blueberries – $\frac{3}{4}$ cup

Cantaloupe/Honeydew – 1 cup cubed

Cherries – 12 medium

Dried fruits – 2 Tbsp

Fruit cocktail – $\frac{1}{2}$ cup

Grapefruit – $\frac{1}{2}$ large or $\frac{3}{4}$ cup

Grapes – 17

Kiwi – 1 medium

Orange – 1 small or $\frac{3}{4}$ cup

Peach – $\frac{1}{2}$ cup canned or 1 medium

Pears – $\frac{1}{2}$ cup canned or $\frac{1}{2}$ large

Pineapple – $\frac{1}{2}$ cup canned or $\frac{3}{4}$ cup fresh

Plums – 2 small

Raspberries – 1 cup

Strawberries – 1 $\frac{1}{4}$ cups

Tangerine/Clementine – 2 small

Watermelon – 1 $\frac{1}{4}$ cups cubed

Non-starchy Vegetables

***Serving Size = 1 cup of raw or $\frac{1}{2}$ 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

Grocery Shopping Guide

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: $\geq 96\%$ 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

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

Choose 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

OR

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!



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.



Unjury®*
 90-100 calories
 21 g protein
 0-4 g carbohydrate
 0-3 g sugar, 0 g fiber
 0 g fat
 55-85 mg sodium
 (chicken soup 770 mg sodium)

Bariatric Advantage®*
 150-160 calories
 27 g protein
 11 g carbohydrate
 1 g sugar, 6 g fiber
 2 g fat
 100 mg sodium



Nectar™*
 100 calories
 24 g protein
 0 g carbohydrate
 0 g sugar, 0 g fiber
 0 g fat
 60 mg sodium

BiPro®
 80-100 calories
 20 g protein
 0-2 g carbohydrate
 0 g sugar, 0-1 g fiber
 0.5 g fat
 180 mg sodium



True Athlete Natural Protein Powder™
 120 calories
 20 g protein
 4 g carbohydrate
 2 g sugar, 1 g fiber
 3 g fat
 150-160 mg sodium

EAS 100% Whey®
 170 calories
 30 g protein
 6 g carbohydrate
 2 g sugar, <1 g fiber
 2.5 g fat
 160 mg sodium



Pure Protein®
 130 calories
 23 g protein
 5-6 g carbohydrate
 3-5 g sugar, <1 g fiber
 1.5 g fat
 55 mg sodium

Body Fortress® Whey Protein
 190-210 calories
 30 g protein
 7-9 g carbohydrate
 3-4 g sugar, 0-1 g fiber
 3.5-5 g fat
 80-110 mg sodium



Premier Protein® 100% Whey
 180 calories
 30 g protein
 8 g carbohydrate
 3 g sugar, 2-3 g fiber
 3.5-4 g fat
 140-150 mg sodium

Healthwise Fruit Drink Variety Pack*
 70 calories
 15 g protein
 1-3 g carbohydrate
 <1 g sugar, 0 g fiber
 0 g fat
 10-15 mg sodium



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.



Ensure® High Protein

160 calories
16 g protein
19 g carbohydrate
4 g sugar, <1 g fiber
2 g fat
135-180 mg sodium

Atkins® Advantage

160 calories
15 g protein
2-5 g carbohydrate
1 g sugar, 1-4 g fiber
9-10 g fat
210-300 mg sodium



Premier Protein®

160 calories
30 g protein
4-5 g carbohydrate
1 g sugar, 1-3 g fiber
3 g fat
210-370 mg sodium

Muscle Milk Light®

100 calories
20 g protein
5 g carbohydrate
0 g sugar, 2-4 g fiber
1 g fat
190-290 mg sodium



Premier Protein® Clear Protein Drink

160 calories
40 g protein
0 g carbohydrate
0 g sugar, 0 g fiber
0 g fat
200-270 mg sodium

Boost Calorie Smart® or Boost Glucose Control®

180-190 calories
16 g protein
15-16 g carbohydrate
4 g sugar, 3 g fiber
7 g fat
180-220 mg sodium



GNC Lean Shake™

170 calories
25 g protein
6 g carbohydrate
2 g sugar, 3 g fiber
6 g fat
330-390 mg sodium

Atkins® Lift Protein Drink

90 calories
20 g protein
2 g carbohydrate
0 g sugar, 0 g fiber
0 g fat
40mg sodium



EAS® AdvantEDGE Carb Control

100 calories
17 g protein
2 g carbohydrate
0 g sugar
2.5 g fat
430 mg sodium

Glucerna® Hunger Smart®

180 calories
15 g protein
16 g carbohydrate
6 g sugar, 3-5 g fiber
6 g fat
300 mg sodium



Protein Bars



Oh Yeah! ONE Protein Bar®

210-230 calories
21-22 g protein
22-25 g carbohydrates
1 g sugar, 9-10 g fiber
7-9 g fat
125-140 mg sodium

ThinkThin Bars®

200-240 calories
20 g protein
22-26 g carbohydrate
0 g sugar
7-9 g fat
260 mg sodium



RXBAR®

220 calories
12 g protein
22 g carbohydrates
12 g sugar, 5 g fiber
10 g fat
170 mg sodium

EPIC Bars®

140 calories
15 g protein
5 g carbohydrates
3 g sugar, 0 g fiber
4 g fat
400 mg sodium



Simple Truth Protein Bar™

190-210 calories
20 g protein
14-16 g carbohydrates
7-8 g sugar, 1-3 g fiber
4-8 g fat
125-250 mg sodium

Pure Protein Bars®

180-290 calories
18-33 g protein
16-26 g carbohydrate
2-4 g sugar, 2-16 g fiber
5-8 g fat
110-200 mg sodium



Quest Bar™

180-210 calories
20-21 g protein
20-22 g carbohydrate
1-2 g sugar, 14 g fiber
6-10 g fat
180-210 mg sodium

no cow®

200 calories
22 g protein
25 g carbohydrates
1 g sugar, 17 g fiber
5 g fat
220 mg sodium



Healthwise Protein Bars*

150-190 calories
12-15 g protein
13-18 g carbohydrate
4-8 g of sugar, 1-3 g fiber
4-7 g fat
50-160 mg sodium

Premier Protein Bars®

280-300 calories
30 g protein
24-26 g carbohydrates
8-10 g sugar, 3 g fiber
6-7 g fat
350-450 mg sodium



Vanderbilt Center for Medical Weight Loss

FOOD & DRINK LOG

Date:

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FOOD & DRINK LOG

Date:

S M T W Th F Sa

| Meal | Food/Drink | Feelings |
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| Meal | Food/Drink | Feelings |
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WATER



WATER



SUPPLEMENTS

Multivitamin
 Fish Oil **or** Ground Flaxseed (2 Tbsp)

SUPPLEMENTS

Multivitamin
 Fish Oil **or** Ground Flaxseed (2 Tbsp)

ACTIVITY LOG

ACTIVITY LOG

Vanderbilt Center for Medical Weight Loss

FOOD & DRINK LOG

Date:

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| Meal | Food/Drink | Feelings |
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FOOD & DRINK LOG

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WATER



SUPPLEMENTS

Multivitamin
 Fish Oil **or** Ground Flaxseed (2 Tbsp)

ACTIVITY LOG

WATER



SUPPLEMENTS

Multivitamin
 Fish Oil **or** Ground Flaxseed (2 Tbsp)

ACTIVITY LOG

Resources

My Health At Vanderbilt

- www.myhealthatvanderbilt.com

About Our Program

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

Online Diet Trackers

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

Smart Phone Calorie Apps (Free!)

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

Popular Recipe Sites

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

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

Suggested Reading

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