

24-HOUR FOOD DIARY & NUTRITION PLAN

The word “**DIET**” comes from the Greek word, “**diaita,**” which means “**a manner of living.**”

Types of **ESSENTIAL NUTRIENTS** in your diet:

PROTEINS: Growth & repair of body tissue

CARBOHYDRATES: Fuel for active lifestyles & fiber sources

FATS: Fat doesn't make you fat, too many calories makes you fat. Essential fats (twice as much energy) vs. Fats That Kill (trans fats). Essential fats (omega-3 & omega-6) give you radiant skin, beautiful hair/strong nails, strong heart b/c keeps your cholesterol & blood pressure in check.

MINERALS: Calcium, phosphorus, iron, sodium, potassium

VITAMINS: growth & maintenance of the body; aid in absorption

WATER: Essential for the normal functioning of the body

FIBER: Blocks calorie absorption by keeping the intestines from breaking down the calorie-filled parts of food. It also keeps you full and helps you decrease the total amount of calories that you consume every day. Foods high in fiber always will be the best way to eat yourself slim.

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Choose most from these NUTRIENT DENSE FOODS:

1. WHOLE GRAIN CARBOHYDRATES (vs. refined/processed carbs) -

WHAT: whole wheat breads, pastas, crackers, cereals, bagels; brown rice; multi-grains; low-sugar cereals; rye and pumpernickel breads; english muffins; pancakes; granola; whole wheat pizza crust;

WHY: Gives you slow energy to last throughout the entire day; provides sustained energy; good source of FIBER, vitamins, minerals; the “White” versions are processed and bleached (like eating a big bag of sugar).

2. VEGETABLES (carbohydrates) -

WHAT: broccoli, onions, carrots, asparagus, spinach, celery, potatoes, cauliflower, radishes, lettuce, tomatoes

WHY: Gives you varieties of colors which mean different vitamins and minerals; contain ANTIOXIDANTS which are warriors that protect cells from damage by free-radicals (smog, exhaust, UVA rays, smoke, alcohol); prevents diseases; builds immune system; FIBER-rich; natural sugar provides good energy.

3. FRUITS (carbohydrates) -

WHAT: bananas, apples, oranges, grapes, grapefruit, star fruit, kiwis, raspberries, blueberries, mangos, strawberries, pears, pineapple

4. DAIRY (proteins, fat, & calcium)

WHAT: milk, cheese, yogurt, ice cream, beef, beans, tofu, nut butters, fish, venison,

WHY: Builds muscles; builds bones; strong teeth; rebuilds broken down muscle; gives you strong nails and hair; beautiful/radiant complexion/skin; calcium - not only a bone/teeth strengthener, but also keeps heart beating, blood working correctly, & nerves/muscles in good shape. DHA/EPA (Omega-3 Fats) strengthen the heart and blood vessels.

5. PROTEIN/ GOOD FATS

WHAT: steak, chicken, eggs, cheese, nuts, cottage cheese, sour cream, olive and canola oils

WARNING: Choose the least from these empty calories:

6. JUNK FOOD - use sparingly! (empty calories, refined/processed carbs, & trans fats)

WHAT: White bread, candy, potato chips, donuts, processed cakes and cookies, pastries, deep-fried foods, partially-hydrogenated soybean oil, POP/SUGARY DRINKS

WHY: Makes you feel tired; clogs arteries; short sugar rush then you crash; rots teeth; builds fatty deposits throughout body; contains high and empty calories; too many calories consumed leads to fatness

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Here are 14 “*SUPERFOODS*” and the superpowers they bestow:

1.) BEANS

They **lower cholesterol**, fight **heart disease**, stabilize blood sugar, reduce obesity, lessen cancer risk, and relieve hypertension. Eat four 1/2-cup servings a week. Don't like beans? Substitute green beans, sugar snap peas, green peas, or chick peas instead.

2.) BLUEBERRIES

They lower the risk of **heart disease** and cancer and help maintain youthful, healthy skin. Eat 1 to 2 cups a day. When they aren't in season, eat cranberries, raspberries, strawberries, cherries, currants, and purple grapes.

3.) BROCCOLI

It boosts your immune system, reduces the incidence of cataracts, builds bones, and fights birth defects and **heart disease**. Eat 1/2 to 1 cup a day. Can't stand broccoli? Eat brussels sprouts, red and green cabbage, cauliflower, bok choy, and kale.

4.) OATS

Oats **lower cholesterol**, reduce the risk of **heart disease** and **diabetes**, and are high in fiber and protein. Eat five to seven servings a week. Don't want it that often? Try wheat germ, brown rice, barley, wheat, buckwheat, rye, millet, and quinoa.

5.) ORANGES

They support heart health while preventing cancer, stroke, **diabetes**, and other chronic ailments. Eat one a day. Want more variety? Try lemons, grapefruit, kumquats, tangerines, or limes.

6.) PUMPKIN

It's not just for pie. Pumpkin lowers the risk of various cancers, while it promotes youthful, healthy skin. Eat 1/2 cup a day. Want an alternative? Try carrots, carrots, butternut squash, sweet potatoes, and orange bell peppers.

7.) SOY

It prevents **heart disease**, cancer, and **osteoporosis**, as well as relieves menopausal and menstrual symptoms. Eat at least 15 grams daily. Don't like soy? Try tofu, soymilk, soy nuts, edamame, or miso.

8.) SPINACH

Popeye was on to something! Spinach lowers the risk of cardiovascular diseases, a variety of cancers, age-related macular degeneration, and cataracts. Eat 1 cup of steamed spinach or 2 cups of raw spinach a day. Don't like it? Then eat kale, collards, Swiss chard, bok choy, romaine lettuce, mustard, or turnip greens.

9.) TEA (BLACK OR GREEN)

Besides soothing the soul, tea boosts the immune system, helps prevent cancer and **osteoporosis**, lowers stroke risk, and promotes cardiovascular health. Drink at least one cup a day.

10.) TOMATOES

They lower cancer risk, increase your skin's sun-protection factor, and play a role in preventing cataracts and age-related macular degeneration. Eat one tomato a day. Don't like them? Try watermelon, persimmons, or pink grapefruit instead.

11.) TURKEY (SKINLESS BREAST)

It's not just for Thanksgiving. Turkey is not only the perfect healthy low-fat protein, but also builds a strong immune system. Eat three or four 3-ounce servings a week. Want something else? Skinless chicken breast is a great alternative.

12.) WALNUTS

How nutty is this? Walnuts reduce the risk of **heart disease**, **diabetes**, and cancer. Eat 1 ounce five times a week. Other options include almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, and cashews.

13.) WILD SALMON

It lowers risk of **heart disease** and cancer. Eat it two to four times a week. Don't like salmon? Go for Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, or clams.

14.) YOGURT A great source of protein and calcium, yogurt promotes strong bones and a healthy heart.

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Boosting Metabolism: 10 Tips That Work

Metabolism. Simply put, it's the process by which the body makes and uses energy (calories) for everything from the cellular absorption of nutrients to running a marathon.

Sounds like pretty boring science on paper. Except that knowing how to efficiently metabolize calories could translate into a healthier body.

Whether you're trying to lose extra pounds or preparing for the inevitable metabolic slowing that comes with age, here are some surefire ways to boost your metabolism to keep your energy pulsating and your body in shape.

1. **Build lean body mass.** As mentioned above, metabolism slows as we age – by as much as two percent a year! But there is something you can do to counterbalance nature. “Muscle is the single most important predictor of how well you metabolize your food, how well you burn calories and burn body fat,” insists Shari Lieberman, author of *Dare to Lose*. Strength training with dumbbells or resistance bands at least twice a week is essential to boosting your metabolism. Repeat – essential. And here's the really good news: Your metabolism stays pumped for many hours after you finish your workout.
2. **Get moving.** You know the drill, but here's a reminder. At least 30 to 60 minutes of walking, jogging, cycling, swimming or some other form of aerobic exercise a minimum of three times a week is the other half of the exercise equation. “People don't like to hear it but you have got to exercise,” says Lieberman.
3. **Eat.** It may sound crazy to those trying to lose weight by severely restricting their daily caloric intake, but the problem with this old school of thought, explains Michigan dietician Julie Beyer, is that it actually slows metabolism. “Every cell of the body is like a flashlight bulb,” she explains. “When our bodies don't get enough food, or fuel, every cell burns less brightly.” Recent studies show that eating smaller meals every three to four hours aids metabolism and weight loss.
4. **Ditch the sugar.** Of course, you still have to make good choices about what you eat. “When you eat sugar you throw your metabolic switch into fat storage mode,” says Lieberman, who suggests a predominately low glycemic index diet, meaning foods that, unlike sugars, are broken down gradually to help maintain an even blood-sugar level.
5. **Don't skip breakfast.** It's a fact that people who eat a healthy breakfast are skinnier than people who don't. And try to think outside the box. A breakfast bowl of vegetables and brown rice is a great way to kick-start your metabolism for the day.
6. **Include hot foods.** If Mexican and Thai are favorites, you're in luck. “Spicy food that has hot peppers in it appears to boost metabolism,” Lieberman says.
7. **Drink green tea.** “There are unhealthy things that can boost your metabolism, like a really strong cup of coffee, or nicotine, but I would never say go have a cigarette!” says Michelle Streif, a personal trainer in Nebraska. Nor overdo it on caffeine, which also has undesirable side effects. Instead, go for green tea, says Lieberman, which is known to stimulate metabolism longer and more effectively than coffee.
8. **Don't forget #20.** Staying well hydrated is essential to flushing the body of toxic byproducts that are released when fat is burned. Cold water may also give your metabolism at least a small boost because energy is required to heat the body.
9. **Avoid stress.** At all costs. “Stress can actually cause weight gain, particularly around the tummy,” says Lieberman. Why? Because physical and emotional stress activates the release of cortisol, a steroid that slows metabolism.
10. **Sleep.** Research shows that people who don't sleep for seven to eight hours a night are more prone to weight gain. Additionally, we now know that lean muscle is regenerated in the final couple of hours of sleep each night, says Beyer. Which takes you right back to tip number one!