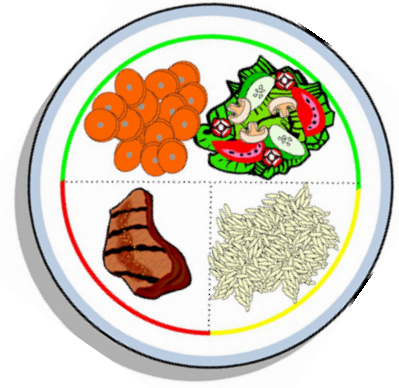


THE BALANCED PLATE NUTRITION PROGRAM



If I told you I had the magic pill that would give you:

- More Energy!
- Less stress, anxiety, and depression
- Sounder sleep
- Smarter and mental alertness
- Enhanced self esteem
- Weight loss - especially fat around the middle
- Prevents or cures many diseases
- Better Life!

What sacrifices would you make to receive all this? How about exercising a minimum of 30-40 minutes a day, adjusting the portions on the foods we eat, making healthier food choices, and getting a little more rest & less stress! Are you worth it? Of course you are! By taking the time and effort now you will save money in the long run and may significantly improve the quality of your life!

The Balanced Plate Method and MyPyramid are designed to help you lose weight and keep it off for life! It shows you exactly what and how much to eat. It even reminds you to get daily exercise. Follow these guidelines for guaranteed success.

Outline:

- List of High Nutrient Foods
- Reading Nutrition Labels
- The Balanced Plate Method
- Your Meal Planner
- 1 Week Sample Menus
- How to Keep a Habit Tracker

Remember, quality nutrition is just as important as sustained rigorous exercise.

Exercise is the spark, nutrition is the fuel, without both, there can be no flame and no results. The National Weight Control Registry reports that weight loss is 2% successful with exercise alone, 8% with nutrition alone, and 89% successful with both nutrition & fitness. They work together for your success!

You are on your way to better health and wellness. Changing your eating habits is challenging but remember ***YOU CAN DO HARD THINGS!!***

MyPyramid - Choosing Well

There are no "good" and "bad" foods, only good and bad eating habits. Let's start by taking a look at MyPyramid. Grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans all have a place in a healthy diet. A diet that is balanced to reflect MyPyramid provides a steady stream of energy, repairs and restores the body, and helps manage stress and prevent mood swings.



What matters most is the total amount and types of food you eat over several days. We all have higher calorie days. You may have a temporary lapse, but it doesn't mean you've "blown it" for the rest of the day or week. MyPyramid shows that we should choose fewer foods that are high in fat or sugar, while selecting more fruits and vegetables, which are packed with important vitamins and minerals. Excess weight gain often comes from eating too many high-fat or high-sugar foods. These foods are also addicting and can be a risk factor for many health conditions.

The Food Label helps us identify what a serving is and how to fit foods into our healthy eating plan. Try to choose foods lower in fat, sodium and sugar and higher in nutrients!

Label Reading

Sample label for Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
	% Daily Value*	
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
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

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High



Comparative List of High Nutrient and Low Nutrient Foods

High Nutrient Food	Low Nutrient Foods
<i>Whole Grains, Breads, and Rice</i>	
<ul style="list-style-type: none"> • Whole grains (wheat, oats, barley) • Whole grain breads, rolls, bagels, crackers and muffins • Whole grain and high-fiber cereals (Kashi cereals ~10 gm fiber) • Whole grain pasta • Brown rice 	<ul style="list-style-type: none"> • Croissants • Fried rice • Doughnuts and pastries • Sweet rolls • Cookies • Cakes • Egg noodles and pasta
<i>Vegetables</i>	
<ul style="list-style-type: none"> • Bean Sprouts, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, corn, cucumbers, green beans, leafy vegetables, mushrooms, potatoes, summer and winter squash, tomatoes, sweet potatoes, yams 	<ul style="list-style-type: none"> • French-fried potatoes, fried vegetables • Vegetables packed in sauce
<i>Fruits</i>	
<ul style="list-style-type: none"> • All fresh fruits, especially apples, oranges, apricots, bananas, berries, cantaloupe, citrus fruits, peaches, pears • Canned or frozen fruits, unsweetened or packed in water or their own juice 	<ul style="list-style-type: none"> • Canned or frozen fruits, sweetened packed in syrup • Fruit rolls • Fruit drinks
<i>Proteins and Protein Substitutes</i>	
<ul style="list-style-type: none"> • Eggs, egg whites, egg beaters, fish, chicken, turkey, round or loin beef, round or loin pork, legumes, tofu, lean luncheon meats, nuts & seeds 	<ul style="list-style-type: none"> • Hot dogs, luncheon meats, sausage, bacon, fried fish, fried poultry, spareribs, prime cuts of meat.
<i>Dairy Products</i>	
<ul style="list-style-type: none"> • Nonfat, skim, and 1% milk • Nonfat products such as buttermilk, cottage cheese, and yogurts • Soy milk • Nonfat ice milks and sherbets • Fat Free or low fat cheeses 	<ul style="list-style-type: none"> • Whole milk • Whole milk products such as cheese, cottage cheese, custard, milk shakes, pudding, and ice cream
<i>Beverages</i>	
<ul style="list-style-type: none"> • Water • Herbal teas • Non caloric beverages 	<ul style="list-style-type: none"> • Sugared soft drinks • Alcoholic beverages • Caloric beverages
<i>Fats</i>	
<ul style="list-style-type: none"> • Vegetable oils (olive oil, canola oil, flaxseed oil, safflower oil) • Fat free sour cream, cream cheese • Nuts and seeds, flaxseed • Avocados, olives, dark chocolate 	<ul style="list-style-type: none"> • Butter, margarine, lard • Cream cheese, sour cream • High fat salad dressings • Cakes, cookies, high fat desserts

The Balanced Plate Method

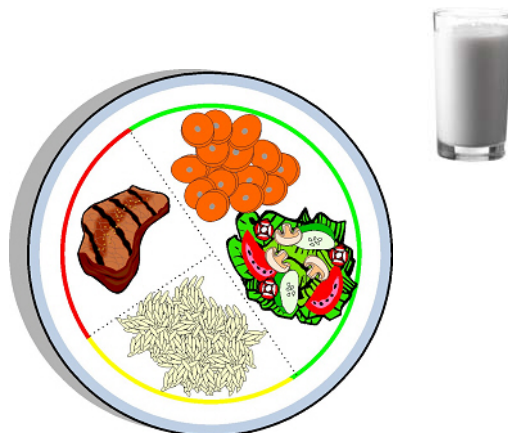
5 Minute Meal Plan

The Balanced Plate Method is an easy way to help plan meals with a busy lifestyle. It can be used for healthy eating, diabetes or weight loss. Diets are short term and often weight loss does not last. Everyone has tried them and often failed. The Balanced Plate Method is a healthy meal planning tool that you can be successful with! At meal times everyone uses a Plate, a Bowl, and a Cup. Simply use the following guidelines:

- 1) Fill $\frac{1}{2}$ of the plate (approximately 1 cup raw, $\frac{1}{2}$ cup cooked) with non-starchy vegetables.
- 2) Fill $\frac{1}{4}$ of the plate with high protein foods.
Choose leaner options from your high nutrient list. This can decrease fat intake & cholesterol levels.
- 3) The bottom fourth of the plate becomes the Breads/ Starches/Grains section. These foods just need to stay on this portion of the plate and equal about a palm worth, $\frac{1}{2}$ cup, or 15 grams of carbohydrate. A small bowl can sit here to hold soups, and cereals. Corn, peas, potatoes, & winter squash belong here.
- 4) Add a serving of dairy (milk or light yogurt).
- 5) For breakfast, you can skip the vegetables or if you desire, add in vegetable juice, veggies to your eggs, or however you want to sneak some in!
- 6) For men or women with additional exercise, add an extra starchy food to your meals. Most men need more calories. (A dietitian or your health coach can fine tune your meal plan).
- 7) For snacks, have a fruit serving combined with about 1 oz of lean protein.
- 8) You can exchange ***starch, fruit, or milk*** for any meals or snack, but try to get in 2 fruits a day, a minimum of 3 whole grains, and 2-3 dairy products.

Add a
Bread/
Starch/or
Grain

**In 5 minutes you have a Healthy Meal Plan (see meal planner on the following page)!
Add Exercise!**



MEAL PLANNER

Choose from High Nutrient Food List

Meal	Food
<u>Breakfast</u> 30-45 gm carb 7-14 gm protein	1-2 oz Protein 1-2 Grain, Cereal, or Bread 1 Low Fat Dairy 1 healthy fat
<u>Snack</u> 15 gm carb 7 gm protein	1 Fruit 1 oz Protein
<u>Lunch</u> 30-45 gm carb 14-21 gm protein	2-3 oz Protein 2 Vegetables 1-2 Grain, Bread or Other starch 1 Low Fat Dairy 1 healthy fat
<u>Snack</u> 15 gm carb 7 gm protein	1 Fruit 1 oz Protein
<u>Dinner</u> 30-45 gm carb 14-21 gm protein	2-3 oz Protein 2 Vegetables 1-2 Grain, Bread, or Other Starch 1 Dairy 1 healthy fat

*Vegetables (except corn, peas, potatoes, and winter squash) are considered free and can be added to any meal or snack.

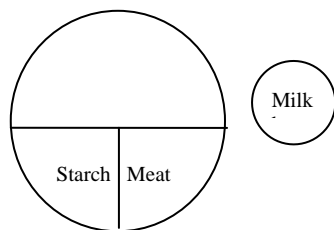
**Try to get 25-30 gms fiber per day

THE BALANCED PLATE METHOD

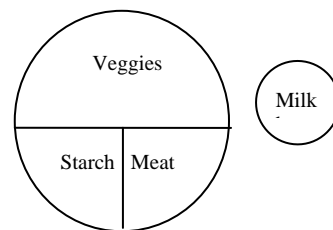
The meal plan is designed to provide approximately 1400 - 1800 calories for the entire day. Each meal has 30-45 grams of carbohydrate (typically 30 for women, 45 for men).

The foods that provide these carbohydrates are starches, fruits, and dairy. **You may interchange a starch = fruit= dairy on any plate.**

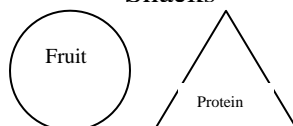
Breakfast



Lunch & Dinner



Snacks



What Counts As A Serving?

Bread, cereal, rice, and pasta (Whole Grains) (3-6 servings per day: 15 gm carb/serv)

- 1 slice bread (100% whole wheat)
- ½ cup cooked brown rice or whole wheat pasta
- ½ cup cooked cereal
- 1 ounce ready-to-eat cereal
- 1 baked potato (size of clinched fist)
- ½ cup cooked corn, peas, potatoes, or winter squash

Fruit (2-4 servings per day: 15 gm carb/serv)

- 1 piece fruit or melon wedge
- ½ cup juice
- ½ cup canned fruit
- ¼ cup dried fruit
- ½ cup chopped fruit

Meat, Poultry, Fish, Eggs, Dry beans, and Nuts (2-3 servings per day/ 1 serving is 3 ounces (21 grams protein: 7 grams protein per ounce)

- 3 oz. cooked lean beef, chicken, pork, poultry, or fish
- ½ cup cooked dry beans, or 1 egg counts as 1 ounce of lean meat.
- 2 Tbsp. peanut butter count as 1 ounce of meat
- 2 Tbsp. chopped nuts or 7-10 nuts counts as 1 ounce of meat
- 1 ounce low fat cheese
- 1/3 cup low fat cottage cheese counts as 1 ounce of meat

Vegetables (3-5 servings per day: 5 gm carb/serving)

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice (low sodium)

Milk and Light Yogurt (2-3 servings/day: 12 gm carb/serving)

- 1 cup low fat milk or light yogurt
- ½ cup sugar free pudding

Fats (use sparingly, 3-5 servings per day: 5 gm fat/serving) :

- 1 Tbsp. low fat salad dressing
- 1 Tbsp low fat sour cream
- 1 tsp oil
- 2 Tbsp seeds or 7-10 nuts
- 10 olives (black or green)
- 1 ounce dark chocolate
- 1/8 avocado
- 1 tsp butter, margarine, or regular dressing (saturated fats – use sparingly)

Try to avoid saturated fats. Choose from healthy fats listed on the high nutrient list. Unsaturated fats in moderate amounts can actually be good for you.

Free Foods: (less than 5 grams carb & less than 20 calories)

- sugar free jello, diet soft drinks, catsup, soy sauce, spices, sugar free syrup, some sugar free candies, sugar free gum, etc.

Fun Foods (less than 100-200 calories per day)

- Cakes, cookies, chips, candy, sodas, pastries, muffins, high fat crackers, etc.

Monday
Sample Meal

Breakfast (2 carb, 2-3 protein)

1/2 cup Kashi cereal w/ 1 Tbsp Ground Flaxseed
1 cup 1% or skim milk
1 hardboiled egg

Vitamin/Mineral

Snack (1 carb, 1-2 protein)

1 apple
8 almonds

Lunch (2 carb, 2-3 protein)

1 slices whole wheat bread
3 ounces tuna made with flax oil, pickles, and Mrs Dash
Tomatoes, cucumbers, lettuce on sandwich
2 cups vegetable salad
12 ounces water

Snack (1 carb, 1-2 protein)

1 orange
1 ounce beef jerky

Dinner (2 carb, 2-3 protein)

Chicken parmesan
3 ounces chicken breast broiled-top with ¼ C spaghetti sauce & sprinkle of parmesan cheese
1 cup steamed broccoli/cauliflower w 1 teaspoon flax oil and Mrs Dash
1/3 C brown rice w/ low sodium soy sauce
1 cup low fat milk
1 ounce dark chocolate

Vitamin/Mineral

Tuesday

Breakfast (2 carb, 2-3 protein)

2 cup Protein Fruit Shake (see recipe)
8 almonds
Vitamin/Mineral

Snack (1 carb, 1-2 protein)

Carrots/celery
Laughing cow cheese or peanut butter in celery

Lunch (2 carb, 2-3 protein)

1 slice whole wheat bread
2 ounces turkey breast sandwich with tomatoes, cucumbers, lettuce
Salad w/ kidney beans, olive oil, and vinegar
12 ounces water

Snack (1 carb, 1-2 protein)

1 cup melons
¼ cup nuts

Dinner (2 carb, 2-3 protein)

3 ounces salmon
1 cup steamed veggies 1 teaspoon flax oil and Mrs Dash
Whole wheat roll dipped in balsamic vinegar and olive oil
1 cup 1% low fat milk
Vitamin/Mineral

Wednesday

Breakfast (2 carb, 2-3 protein)

2 egg omelet with chopped veggies cooked in 1 tsp olive oil
1 cup 1% milk
1 slice whole wheat toast

Vitamin/Mineral

Snack (1 carb, 1-2 protein)

2 Tbsp Pumpkin Seeds
1 apple

Lunch (2 carb, 2-3 protein)

Chicken salad w/ tomatoes, cucumbers, lettuce, kidney beans and chopped cashews
1 cup low fat milk or light yogurt

Snack (1 carb, 1-2 protein)

10 almonds
17 grapes

Dinner (2 carb, 2-3 protein)

3 ounces Halibut
1 cup steamed veggies 1 teaspoon flax oil and Mrs Dash
½ cup Whole Wheat noodles with marina sauce
1 cup 1% milk
Vitamin/Mineral

Thursday

Breakfast (2 carb, 2-3 protein)

1/2 C Kashi cereal sprinkled into 1 Cup Light Yogurt
1 hard boiled egg

Vitamin/Mineral

Snack (1 carb, 1-2 protein)

1/3 cup cottage cheese and fresh sliced peach or pear

Lunch (2 carb, 2-3 protein)

1 slice whole wheat toast topped with Tuna made with flaxseed oil and Mrs Dash
1 cup 1% milk or light yogurt
Veggie plate

Snack (1 carb, 1-2 protein)

1 orange
1 ounce beef jerky

Dinner (2 carb, 2-3 protein)

3 ounces pork loin
2 Cup salad w/ vinegar and oil dressing
1 slice whole wheat roll dipped in balsamic vinegar and olive oil
1 cup 1% milk

Vitamin/Mineral supplement

Friday

Breakfast (2 carb, 2-3 protein)

½ cup cooked oatmeal
1 cup 1% milk
2 egg white omelet with avocado salsa

Vitamin/Mineral

Snack (1 carb, 1-2 protein)

½ cup sliced strawberries
1 ounce jerky

Lunch (2 carb, 2-3 protein)

1 cup turkey chili
1 whole wheat roll
veggie plate with olives
1 cup low fat milk

Snack (1 carb, 1-2 protein)

1/2 Banana
10 dry roasted cashews

Dinner (2 carb, 2-3 protein)

2-3 ounces chicken
2/3 baked sweet potato
Stir Fry veggie mix
1 cup 1% milk

Vitamin/Mineral supplement

Saturday

Breakfast (2 carb, 2-3 protein)

2 cups Heart Healthy Shake
7 almonds

Vitamin/Mineral

Snack (1 carb, 1-2 protein)

1 apple
1 ounce jerky

Lunch (2 carb, 2-3 protein)

Smooth natural peanut butter & sugar free jelly on 1 slice whole wheat bread
veggie plate
1 cup 1% milk

Snack (1 carb, 1-2 protein)

1/3 cup cottage cheese & ½ cup light canned peaches

Dinner (2 carb, 2-3 protein)

2-3 ounces cod with lemon
½ cup baked spaghetti squash topped with spray butter & cinnamon
Green salad with almonds & feta cheese
1/2 cup sugar free chocolate pudding with cool whip

Vitamin/Mineral Supplement

Heart Healthy Shake

2 Tbsp ground flax seed
2 Cups frozen or fresh fruit
1 cup light yogurt
1 cup skim milk
1 cup water
¼ cup low sugar soy protein powder

Mix in blender. Serve immediately

Serving Size: 5 cups

Per serving: 80 calories, 2 gm fat, 6 gm protein, 10 gm
Carbohydrate, 2 gm fiber, 2 mg cholesterol.

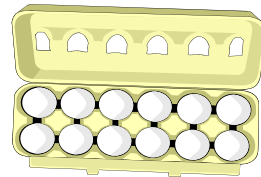
High-Protein Snack Ideas

Do Not Need Refrigeration

- Beef or turkey jerky
- Small cans of tuna
- Tuna, fat-free or reduced-fat mayonnaise, and crackers
- High-protein snack bars
- Nuts or nut butters
- Instant bean, pea, or lentil soups
- Nonfat dry milk – can be added to coffee, tea, sugar-free instant cocoa or cereal
- Low sugar protein powders (Whey or Soy)
- Shelf-stable microwaveable meals – at least 15 grams protein, 30 grams total carbohydrates or less
- Canned low-fat chili, beans, soups, or stews – at least 15 grams protein, 30 grams total carbohydrates or less

Need Refrigeration

- Frozen microwaveable meals - at least 15 grams protein, 30 grams total carbohydrates or less
- No-sugar-added yogurts – plain, sweetened with artificial sweeteners, or labeled “Light” or “Lite”.
- Low-fat or nonfat cheeses or cheese sticks
- Low-fat or nonfat cottage cheese
- Eggs and hard-cooked eggs,
- Lean luncheon meats (turkey, ham, chicken, etc)



Tips for Eating More Vegetables and Legumes

- Add extra fresh, frozen, or canned vegetables to soups, casseroles, and stews
- Add vegetables or beans to scrambled eggs or omelets
- Top your salad with extra vegetables and beans
- Add beans and/or vegetables to rice and pasta dishes
- Use broccoli, other vegetables, and beans as toppings for baked potatoes
- Drink vegetable juices (low sodium preferred)
- Include raw vegetables as a snack or with lunch. (Dip in low-fat or fat free dip if desired.)
- Make a habit of including fruits and vegetables at each meal and snack
- To save time, keep ready-to-eat veggies on hand as well as canned and frozen
- Puree vegetables and add to meatloaf, stews, soups, and other dishes
- Try new seasonings on veggies to add flavor and variety!
- Slice Veggies thin and dry in food dehydrator. Tomatoes especially yummy!

REMEMBER: Choose from a variety of colors! Make a Rainbow!



Fun Foods Ideas

(Choose less than 200 calories per day)

Less Than 100 Calories

- 4 celery sticks with Laughing Cow Cheese
- 1 Fudgsicle Original Fudge Bar
- Hostess 100 Calorie Pack Carrot Cake with Cream Cheese Icing
- 1 Peppermint York Pattie
- 2 Quaker Rice Cakes
- Dole Mixed Fruit in Light Syrup
- 1 Cup Sugar Free Pudding
- 12 Almonds or 8 Cashews
- ¼ Cup soy nuts
- 5 pieces of hard candy
- 2 ounce of licorice
- 3 squares of cinnamon graham crackers
- Sugar Free Jell-O with Cool Whip
- 3 Cup Air popped popcorn with spray butter
- 94% Fat Free Microwave Popcorn
- 2 Gingersnap cookies
- 1 Fiber enriched Keebler Oatmeal Cookie
- 2 Oreo Cookies
- 1 Pouch Fruit Snacks

Less Than 150 Calories

- 8 oz lite yogurt
- 1 ounce Snickers
- 6 chocolate kisses
- 1 slice cinnamon bread
- 1 ounce baked chips
- ½ C Edy's Loaded Cookies 'N Cream (110 cal)
- Kashi TLC Happy Trail Mix Cookies
- 1 ounce pretzels
- 1 ounce corn nuts
- 1 ounce tortilla chips with salsa
- 1 Fiber One Chewy Bars

Less than 200 Calories

- 1 small plain brownie
- 1/12 angel food cake with 3 sliced strawberries and 1 Tbsp cool whip
- 2 Chips Ahoy Chocolate Chip Cookies