Nutrition Crash Course

Your Quick and Easy Guide to Nutrition

COMPLETELY FIT

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Revised 2013

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Introduction

Congratulations! You've made the decision to get serious about losing weight – now you want to see RESULTS and see them *fast!*

Making the best food choices is your secret weapon in the quest to get your best body ever. Eating supportively will help you boost your metabolism, burn more fat and increase your energy dramatically.

An effective exercise program is crucial but the foods you eat will make or break your efforts. You could be following the best designed workouts in the world, and you won't lose fat if you fail to eat supportively.

The best and only way to accelerate your results is to change your eating habits. Nutrition is about **75%** responsible for how your body looks, feels and performs. After today, you will not only find the answers to your questions, but **solutions that guarantee your results** – all by making a few small changes to the way you eat.

Yes…Nutrition is that powerful! Now don't expect to start eating perfectly tomorrow, just like setting your fitness goals, you must be realistic.

Instead, begin by slowly building up to making choices that are a little bit better and more supportive than the day before. Initially aim for 2-3 improvements each week. Making these small nutritional changes will quickly add up to *amazing results* as you gain control over your metabolism.

When it comes to changing your diet you are going to have some off days and some setbacks. Don't get caught up by these setbacks, rather; find the courage to dig deeper and continue moving forward with your goals.

Let's begin with the Fundamentals to Fat Loss. If your goal is to create a positive physical change, you must understand how food affects your body.

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Nutrition is Essential to Metabolism

Everyone is familiar with the word "metabolism", but not a lot of people know what it means. You probably know someone who can eat anything they want and not gain weight. Well if you believe some people are just born with robust metabolism….it's a myth! You are about to discover that you are **not** the victim of your metabolism, you are the ***creator*** of your metabolism.

Metabolism, by definition, very simply means the speed with which your body processes food. In other words, how fast your body burns calories. The faster your metabolism, the more food you can eat without gaining weight.

Food is energy. Your body requires energy. Food in the forms of protein, carbohydrate and fat are your main sources of energy (calories). Take in more energy than you need from any of these and your body will store it as fat. Fat loss is all about calorie, "energy" balance. Your results are determined by a caloric deficit; when you eat fewer calories than you burn. In order to create a deficit, you must understand the law of thermodynamics - energy balance.

Calories In vs. Calories Out

If you eat the SAME amount of Calories your body burns, what will happen to your weight? Maintain

If you eat MORE calories than your body burns, what will happen to your weight? Gain Weight

If you eat slightly LESS calories than your body burns off, what will happen to your weight? Lose Weight

Sounds simple, but many people who seek to lose weight run into the issue of not eating enough – yes, you heard that right…in order to release more fat, you ***do*** need to **eat**. There are 2 main reasons why your metabolism slows down.

1. Lack of muscle – from ineffective exercises
2. Lack of muscle – from restricted calorie diets

Yes, Muscle *is* your metabolism.

Muscle is your Metabolism

It's time to eat smart, not less. When you restrict calories below the minimal amount of energy required to feed your system, your body thinks it is starving. When this happens, not only does your body burn muscle for fuel, but while doing so, your body is actually slowing down your metabolism.

You must break the old mindset of "eat less, weigh less"….Restricting your calories will guarantee a slower metabolism. While the act of eating - asking your body to process the

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supportive foods frequently, guarantees a faster metabolism. A faster metabolism means your body becomes a fat burning machine.

IMPORANT: Never eat less than 1200 calories per day! Less than 1200 calories is usually not enough to support your basal metabolism which fuels vital bodily functions and thus will slow your metabolism. *Use your online menu planner to estimate calorie needs.*

10 Rules to Live By

Accelerate your Metabolism: 10 Rules to Live By

1. Eat a supportive meal every 3 to 3 ½ hours. This routine has the tremendous power to rev up your metabolism. The more often you eat supportive foods throughout the day the easier it will be to burn fat. **Why?** Every time you eat your metabolism goes up! Supportive foods require more energy to be digested. This is called the "thermic effect" of food (calories used to digest food) and is part of the reason why, when you begin to eat supportively you are going to feel like you are eating what appears to be a tremendous amount of food. That's because you're taking out so many of those empty calorie foods and replacing them with high quality proteins and complex, nutrient rich carbohydrates.

To truly grasp the metabolism concept – picture your metabolism as a fire. The food you eat will fuel this fire. The stronger your fire burns, the more calories and fat your body will burn. But if you don't replenish the fuel often enough, the fire will die down which means your body is burning less calories (energy). So, if you don't eat often enough, your metabolism slows down and you don't burn through calories very quickly. Worse yet, your body will begin storing almost everything that you do eat as fat! In essence, every time you starve yourself in your honest effort to "lose weight", you are actually slowing down your metabolism as well as making your body more efficient at storing fat.

Bonus: By eating frequently you will also have more control over your blood sugar levels. Controlling your blood sugar is the key to suppressing your appetite and preventing fatigue.

2. Eat Supportive Foods. The types of foods that you eat along with how big of a caloric deficit you create will be the main factors in determining if you are going to lose fat only or both fat and muscle. To build your fat burning muscle without packing on body fat, you've got to eat the right kind of calories. High quality fuel "supportive foods"– are your quality proteins, complex carbohydrates, fruits and vegetables that must be eaten frequently throughout the day. Specific examples are provided in the **Menu Design Planner**.

Each meal you eat should be a balanced combination of these supportive foods. Everything you eat is basically made of carbohydrates, fats and protein. Despite what some fad diets preach, you do need all three for they are a vital source of vitamins, minerals and many other elements your body needs to protect your health and rev up your metabolism. Supportive food choices are low in calories and loaded with the building blocks needed to achieve a healthy and lean body. For rapid results, strive to eat at least 1 serving of protein and 1 serving of fruits and veggies with every meal you create.

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Carbohydrates: The majority of your calories will come from carbohydrates, for this is your body's first source of fuel – especially when you are exercising. If you do not have the right amount in your body, when you do exercise, your body will turn to its next source of fuel – the protein in your muscles. Your body will begin to break down the very muscle you are trying to build.

Proteins: Beside water, protein is the most plentiful substance in the body. They are the "building blocks" of the body. They help build and repair tissues, provide energy and are involved in preservation of the immune system. However, eating too much protein does have its draw backs. Consuming more than 30% of your total caloric intake forces the kidneys to over work, depletes calcium levels of the body and contributes to dehydration.

Fat: Fats are a major source of energy, especially for aerobic activity. Fat helps protect the body and helps keep organs in place. It is the major insulator of the body. It helps transport vitamins A, D, E, and K.

3. Portion Sizes. When planning your meals, it is extremely important to measure out the foods you are eating. This is not a guessing game. If you have no idea how many calories you are consuming, you may never be able to achieve fat loss. You must initially be accurate in measuring your food intake in order to be successful and see results. Pay attention to what method of measurement is being used as well (ex. tbs. verses tsp.).

4. Supplement your Efforts FACT: Nothing burns fat better than healthy muscles. The surest way to maintain and even build lean muscle is to ensure all of your nutrient needs are being met. If you're going to cut back your calories at all, you have to make sure that you are not depriving your body of vital nutrients. In fact, now that you'll be exercising more (or more intensely), your nutrient requirements are going to increase so your body can recover from your workouts.

Add the fact that you lead a busy lifestyle. There are some days when you just don't have the time or opportunity to eat often enough or even choose the best foods. The holes left in your nutrition plan must be filled with nutrients in some manner. IF NOT…..your body will take them from your muscles – which will ultimately lead to a slower metabolism.

The best solution to this is adding calorie-free, whole food nutrients into your nutritional plan. I recommend that you start with very high quality vitamin to ensure that you have the nutrients your body needs to maintain and even add lean muscle. Your body will be more prepared to fight illnesses and have the raw materials necessary to achieve a lean, fit physique.

5. Breakfast. Always eat breakfast! This is the most important meal of the day. Skipping breakfast will only send the message to your body that you're starving because you haven't had food in over 8+ hours. Plan your meals so that you eat within an hour of waking. Eating a supportive breakfast will give you a boost of energy and prevent your from craving high sugar/high fat foods later in the day.

6. Spread calories evenly throughout the day. It's important to change your perception of what a meal consists of. It is quite common to think of breakfast as a small quick meal (or worse yet,

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a meal that can be skipped – see the consequences below) and dinner as a large sit-down meal. However, if food is the fuel that will accelerate results, it only makes sense that every time we fuel the body we want to give it the right types ***and*** the right amounts.

Your task now is to get into the practice of balancing each meal out by creating meals that are equal in size. For Example: If your calorie needs are 1600 for the day, and you are eating 5 meals, then each meal you consume should be around 300 to 350 calories. Use an Online Menu Planner to help create balanced meals.

7. Refuel for Quick Results. Want results ***fast?***….Recovery is the key! While you will only be in the gym engaging in intense resistance exercise for less than one hour, it is what you eat in the 60 minutes before and the 30-45 minutes after that workout that can determine how effective all your hard work will be at moving you towards your goals.

Do you exercise on an empty stomach? What is your body using for fuel? Give up? Your body is using muscle protein for fuel because it doesn't have enough carbohydrates to burn. If you start your workout well-fueled, your body will burn a combination of the carbohydrates stored in your muscles and the fat stored in your fat cells. Eat within two hours of working out, to keep your metabolism burning strong and to spare your muscle.

During resistance training, your muscle is forced to work harder than usual and the muscle cells become damaged. In an attempt to prevent future damage and soreness, your body will not only repair the damage, it will also build your muscles back just a little bit stronger than they were before.

This is what causes the actual gains in muscle size, strength, and efficiency, which ultimately lead to a faster metabolism helping you get the results you're after.

The best way to **speed** the recovery process, as well as the results you want to see, is to follow each workout with a proper POST-WORKOUT Meal. You need to quickly and efficiently refuel the muscles and then provide them with the raw materials they need to rebuild themselves to be bigger and stronger. A liquid source, such as a Meal Replacement Shake is ideal because it can be digested and utilized faster which increases your chances for a quick recovery and faster results. Look for something that contains both a protein and a carbohydrate.

8. Eliminate Sugar. There are foods with nutrients that can interrupt the process of boosting your metabolism. The nutrients to avoid are….simple sugars and refined carbohydrates – "Processed Foods" (soda, fast food, chips, white bread, white pasta, white rice or meals in a box/bag). These foods are high in calories and have little to no nutritional value. Eating foods from this category means you are not filling your body with supportive foods. Processed carbohydrates rapidly increase and decrease your blood sugar levels, resulting in hunger and fatigue which causes your body to go into fat storage mode and will slow your metabolism down.

9. Drink Water. Over 70% of your bodily functions take place in water – a lack of water causes all your systems to slow down - including your metabolism. Consume at least 8-12 eight ounce glasses of water throughout the day. Water is the most important nutrient in the human body and has many benefits involving fat loss. Proper hydration will increase the amount of oxygen in the bloodstream which in return will increase your body's fat burning ability.

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Bonus: When a craving hits, down a glass of water and wait about 10 minutes. Chances are, you were just thirsty. Drinking plenty of water keeps you satisfied, energetic, young and on track!

10. Follow the 90/10 Rule. Eating supportively should not leave you feeling deprived. The 90/10 Rule is the prefect method for eating those not-so-supportive foods without blowing your ability to achieve results. The general rule on cheating is this: make sure that no more than 10% of your meals are missed or cheat meals. So if you're eating five meals a day, seven days a week (for a total of 35 meals per week), then no more than 3 of those meals should be misses or cheats. If you can achieve 90% adherence - and anyone can - you can get the results you want.

Are you Ready?

It's time to improve your nutrition and begin to eat supportively. I have some good news for you. Once you incorporate and live by the 10 Rules listed above, you can expect to begin losing at the very least 1 pound of fat per week….simply from the above nutritional changes. Add in your metabolism boosting exercises and you'll experience your transformation twice as fast!

And You *can* do it!

All you really have to do is think about the foods you are about to eat. Are they going to bring you closer to your goal? Or will they make you feel bad and take you farther away from the body that you want? Yes it's going to take effort and at times it will be tedious. You want to get your body back and look great, right? Well nothing tastes as good as lean and fit feels. Eating supportively is simply a matter of making health and fitness a priority in your life and taking daily actions to achieve your best body.

Menu Design Planner

You will not find a set menu or diet within this crash course. I have found over time that they do not lend to long term success. Learning to follow a formula or nutrition blueprint tends to be more successful for lifestyle change. The Menu Design Planner allows you to construct meals that are visually balanced. This is a list of nutrient rich foods grouped into three categories. The idea is to choose one food item from each of the three categories as you plan each meal. Create snacks with the same idea and choose from 2 of the 3 groups. Vary your snacks and do not always pick from the same 2 groups. More often then not when choosing snacks you should try to always pick 1 item from the fruits and vegetables group and rotate picking from the quality proteins and starchy carbs. Those of you looking to really pack on the muscle, particularly men may need to choose a food item from all 3 groups for all 5-6 snacks/meals.

Quality Proteins

(Serving size for meat 3 oz.)

Canned Tuna, salmon, or sardines (packed in water)
Chicken, turkey, or hen (without the skin)
Eggs or egg whites (2-3 egg whites)
Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
Lean veal
Low fat cottage cheese (1 serving)
Low fat cheese (1 serving)
Low fat soy cheese (1 serving)

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Low fat soy yogurt (1 serving)
Low fat yogurt (1 serving
Nuts (1 serving)
Red meat, such as beef, pork, lamb (once or twice a week, if you choose)
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, muscles, etc.)
Skim milk, (1 serving)
Soy or rice milk, 1-percent fat or nonfat (2 cups)
Tofu, firm or soft (1 serving)
Veggie or garden burger (low-or nonfat) (1 serving)
Protein Shakes such as Isopure (1/2 a serving size)
Edamame

Starchy or Complex Carbs

(Follow serving size on package) WW= Whole Wheat

Sweet potato/Yam
Corn
Lima Beans
Potato
Green Peas
Oatmeal (avoid instant)
Brown Rice and Wild Rice
Barley
WW Bread
WW Bagels
WW Crackers
WW Tortillas
WW Pasta
WW Pita
Couscous
Hummus
Chickpeas
Bran
Flaxseed
Fibrous Cereals (5g of Fiber or more) Try to limit sugar 5g or less.
Lentils, Beans and Legumes

Avoid processed or enriched items!

Fibrous Carbohydrates (Fruits & Vegetables)

Aim for at least 5 servings a day

Vegetables: Broccoli, Cauliflower, Carrots, Green Yellow and Red Peppers, Mushrooms, Onions, Spinach/Romaine, All Types of Salad Greens, Squash/Zucchini, String Beans, Cucumbers, Sprouts, Collard Greens/Kale, Brussels Sprouts,

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Fruits: Bananas, Oranges, Apples, Berries, Grapes, Pineapple, Pears, Peaches, Melons, Cherries, Plums, Apricots, Grapefruit, Dried Fruit (no sugar added)

Other Category

Healthy Fats: Olive oil, avocado, flax seed, fish oil (omega-3's), almonds, walnuts

Beverages: WATER! Green tea (brewed), Low-sodium V-8 juice, Crystal Light or similar (choose **aspartame free** products).

Flavor Enhancers: balsamic vinegar, salsa, lemon juice, bell peppers, onions, garlic, Tabasco, mustard, yogurt, horseradish, red pepper flakes, parmesan cheese, fresh ginger, low-sodium broth/bullion.

Herbs—oregano, basil, cilantro, thyme, parsley, sage, or rosemary
Spices—cinnamon, nutmeg, cracked pepper, or paprika

Use the Quick and Easy Meal Planning Cheat Sheet on the next page to help get you started.

*****For more serious weight loss stay away from the packaged processed carbohydrates like the breads and crackers.

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Quick and Easy Meal/Snack Planning Cheat Sheet

Quality Protein	Complex Carb	Veggie & Fruits
Hard-cooked egg white or tuna	mix into whole grain macaroni	Add fresh/ frozen vegetables
Black, kidney, or navy beans Grated low-fat cheese	**put in a whole wheat tortilla**	**serve with salsa and side of sliced fruit**
Add tofu or grilled chicken	to whole wheat noodles in low sodium chicken broth	stir in cooked frozen vegetables
2-3 Scrambled egg whites to one whole egg	**on whole wheat toast, bagel, English muffin or wrap**	**top with spinach and salsa and side of fresh fruit**
Canned Tuna or Wild Salmon	on whole wheat bread, bagel, pita or wrap	Top with salsa and fresh tomatoes and a side of fresh fruit
Mix an egg white into lean ground beef or turkey, form into burgers, grill	**and serve on a whole wheat bun or bread**	**add lettuce, tomato and fresh vegetables and a side of fresh fruit**
1-2 TBSP Natural Peanut butter	on whole wheat toast or crackers	Top with fresh sliced fruit
Brown lean ground beef or turkey	**add to cooked whole wheat pasta**	**add frozen vegetables and tomato sauce**
Stir fry sliced beef, chicken or tofu with a light oriental sauce	serve with cooked brown rice or whole wheat noodles	add fresh or frozen veggies to meat while cooking
Grilled chicken breast, tofu or salmon	**serve with cooked brown rice**	**add cooked frozen vegetables**
Scramble 3 egg whites to one whole eggs, top with low-fat cheese	serve with whole wheat toast, bread, bagel or wrap	add vegetables to eggs and cook together
Grilled chicken breast, tofu or salmon	**Sweet potato**	**Side spinach salad, loaded with fresh vegetables, top with balsamic vinegar**
Grilled Chicken or tofu	Couscous	Bell peppers, onions, tomatoes and curry
3 egg whites and 1 whole egg	**Oatmeal**	**Grapefruit**

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Easy Snack Ideas		
Peanut Butter		**Apple**
Cheese		**Celery**
	WW Crackers	**Veggies**
Cheese Stick		**Fruit**
Nuts		**Fruit**
Peanut Butter		**Banana**
Plain Yogurt		**Blueberries**
Cottage Cheese		**Pineapple**

Simplify Your Nutrition Plan

You can have a great body AND eat great food! The key lies in your ability to **pre-plan** and **prepare**. You MUST reorganize the way you eat in order to gain control of your body and see and feel amazing results.

You need to eat supportively and *frequently*. This means it's time to get into the **HABIT** of taking action and planning!

BENEFITS of Planning Ahead

- Avoid skipping meals
- Avoid energy swings
- Avoid unsupportive food choices.
- Gain control of your body
- Achieve Results Quickly

HOWEVER ….. Being in control does not come magically. Having a plan is essential if you are truly serious about creating a positive physical change. Obviously it takes a good amount of

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planning, preparation, and persistence to get into the habit of eating this supportively and this frequently.

How To Do It: If you are accustomed to the three-meal-a-day routine, 5-6 meals a day will undoubtedly seem a daunting task. (Keep in mind when you are feeling overwhelmed about eating 5-6 times a day that we usually snack 2-3 times a day and can easily turn that into healthy meals/snacks instead of junk food). Cook six times a day? Hey, if you can do it, go for it. Most cannot. The key is having everything ready to go and not giving yourself an easy excuse to grab the nutritionally dead junk and fast food.

You must prepare/plan your food well ahead of time. No, it's certainly not "easy" - but once you get into the habit of planning and preparing your meals in advance and eating tasty, energizing foods every 3 hours, you'll see and feel some amazing changes.

Tips to Simplify your Nutrition Plan:

- **Make it a priority**. Our busy lifestyles have made it difficult to prepare a nutrition plan for a week, much less a day. But there are many busy people who have achieved a lean, fit body, and there secret? They made a change in their priorities. We are all living reflections of our priorities. Very simply, when health is a priority, we eat supportively and make time to exercise. What do your choices say about your priorities?
- **Plan ahead.** Plan your meals a few days in advance when your schedule is less stressful. Some have the ability to plan the night before. If you think you have enough time in the morning to get all 5-6 meals together….think again. Use the Menu Design Planner to help plan out your week and write out your shopping list at the same time. When making your list be sure to include snacks that are easy to grab, go and eat during your busy day.
- **Cook ahead of time.** Many supportive foods lend themselves to being cooked in large quantities then portioned out and refrigerated for quick and good eating. Chicken breast, eggs, brown rice, oatmeal are just a few examples. Measure out your servings, place in ziplocks, store in the fridge or freezer.
- **The Sunday Ritual**: Set aside time every “Sunday” (any day of the week will do but Sunday is easiest for most) to plan your meals, write a grocery list for the week, shop for the week, and prepare your meals for the week if you prepare ahead of time.

First, review your menus and create a grocery list for the week. Add up exactly how much of each food you’ll need over the next 7 days and go to the grocery store with this list.

Once you have all those groceries home, it’s time to start cooking for the week. Some people choose to prepare all their meals for the week on Sundays by cooking in bulk. Others prefer to figure out which meals will be easy to cook just prior to meal time and save them for later, preparing only the meals that will need to be eaten during work hours or during busy times of the day when food prep becomes difficult.

Breakfast, lunch, 2-3 daytime snacks and pre/post workout snacks usually present a problem for the unprepared so they should be made in advance or at least planned out for the week. Have your meals ready and set aside so that you can grab them in the morning and go, regardless of what your day has in store for you.

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- **Eat every 3 hours – no matter what!** If you're serious about attaining results, etch these words into your brain: Never get hungry! Waiting too long or skipping meals will only sabotage your ability to make supportive food choices. Keep your furnace burning!

Lack of proper meal timing will cause you to become so hungry **that you will eat anything** just to satisfy your hunger! Eating five to six meals a day will provide your body with the energy it needs to contend with daily activities and stress.

~ BONUS: Digesting supportive food requires energy,"THERMIC EFFECT" which REVS up your metabolism. So the more frequently you eat, the more calories you burn!

- **Give your Kitchen a Make Over:** Your environment supports your habits, make it a supportive one! If a food is in your possession or located in your residence, you *will* eventually eat it. If you wish to be healthy and lean, you must remove all foods not conducive to those goals from said residence and replace them with a variety of better, healthier choices. You must stock your house with all the ammo you need to fight the battle of the bulge. Achieve and maintain a level of leanness by removing all temptation from your home/office, where you spend most of your time.

KNOWING is only half the battle. Even if you know what's good and expect to eat supportively – IF the foods aren't around when it's time to eat – YOU ARE DOOMED PLANNING, PREPARATION and CONSISTENT application is the OTHER half of the battle.

You ***can*** do this! All it takes is a little planning and a dedicated day once a week to get your plan on track. Cooking and preparing foods shouldn't be a time-consuming hassle. By planning your week and preparing your foods ahead of time, you won't have to rely on takeout food or make unhealthy choices at the end of your busy day.

You already eat every day, so it's not all that difficult to add a little structure to the routine, especially when the results are noticeable!

The trick lies in choosing 2 to 3 meals you really enjoy and cook them in bulk. You save time, money and calories! No matter what meal you decide to prepare, make it a rule to always include a protein and lots of fresh vegetables.

Smart Shopper Guide

You want Results….It's time to Re-organize the WAY you EAT
Go to any grocery store, and you can find out for yourself. Watch people as they make their food purchases. Well over 95% of them are choosing unconsciously. Smart grocery shopping is one of the simplest habits you can get into that will help you transform your body. Make no mistake about it, if you buy it, you are much more likely to eat it than if you do not buy it. So, unconsciousness in nutrition begins and almost ends, with the purchasing process.

Use this guide to help you shop for supportive, nutritious foods to help you achieve your fitness goals. You will notice I have gone over some of this but I feel it is worth mentioning one more time.

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Step 1. Take Inventory:
Your environment supports your habits, make it a supportive one! If a food is in your possession or located in your residence, you *will* eventually eat it. If you wish to be healthy and lean, you must remove all foods not conducive to those goals from said residence and replace them with a variety of better, healthier choices. You must stock your house with all the ammo you need to fight the battle of the bulge.

Step 2. Create your Menus:
Take the time to plan when, where and what you will eat. Begin by creating an outline, based on your lifestyle, showing when you will eat each day (approximate times) and how you will fit a supportive meal into every 3–3½ hours. I know this seems tedious but you have to change your current habits if you are not currently able to eat 5-6 meals a day because of time constraints.

Step 3. Make an Organized List:
Grocery stores are very tempting places. They are carefully designed by experts to persuade you to buy. So unless you know what you are looking for, you can easily end up buying a ton of items you didn't plan for. Before stepping foot in the grocery store, plan out what types and amounts of foods you will eat throughout the week by making a shopping list. This will help you to comply with your nutrition plan. If it is not on the list do not buy it.

Step 4. Become a Food Label Detective:
Learning how to read a Nutrition Facts food label will help you save time in the store and fill your kitchen with more nutritious foods. You will learn how to read labels as you shop.

Pay attention to the serving size and the servings per container. All labels list total calories and fat in a serving size of the product. Compare the total calories in the product you choose with others like it; choose the one that is lowest in calories and fat. Below is a label that identifies important information.

To achieve your fitness goals, you may need to eat much less than this reference amount (generally 2000). For example, if you eat 1,600 calories per day, your total daily fat limit should be 53 grams (30 percent calories from fat) and 18 grams of saturated fat (10 percent calories from fat).

Food labels may help you make healthy food choices….but they can be confusing. Here are some quick tips for reading food labels:

Check Serving and Calories: All the information on a food label is based on the serving size. Be careful—one serving may be much smaller than you think. If you double the servings you eat, you double the calories.

Fat: Rather than focusing on the total amount of fat, it's more important to pay attention to the TYPE of fat in the food. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Saturated fat is not healthy for your heart. Trans fat is the newest killer fat. You need to avoid this fat all together. Trans fat used to be the hidden fat but now a label must show their amount on the facts label. You will also find them in the list of ingredients as the words hydrogenated or partially hydrogenated oils.

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Cholesterol: Too much cholesterol is not healthy for your heart. All animal products contain cholesterol. Aim for 300 milligrams (mg) or less per day.

Sodium (Salt): Salt contains sodium. Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. FYI: 75% of the salt in our diet comes from processed foods. Look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

Total Carbohydrates, Dietary Fiber, and Sugar
Total carbohydrates include ALL carbohydrates in the food: complex carbohydrates (starches and fibers) and simple carbohydrates (sugars and sugar alcohols). It's more important to focus on the TYPE of carbohydrates in foods rather than the total amount. **Fiber:** Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables. You need 25 to 30 grams of fiber per day. **Sugar:** The typical American eats 150 pounds of sugar each year! Since sugar contributes a lot of calories with few, if any, nutrients, it is an anti-fat loss nutrient. Keep added sugar to less than 10 percent of your total daily calories. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose. For the best results, choose products with more dietary fiber (5 grams or more) and less added sugars (5 grams or less).

Calcium: Choose foods that are high in calcium – (Milk, cheese, yogurt, cottage cheese, soy products – even salmon and broccoli). Foods that are high in calcium have at least 20-percent DV. You need to get at least 1200mg a day.

Percent DV: Feel like you're drowning in numbers? Let the Daily Value be your Quick Guide, it will work even if you aren't on a 2000 calorie diet. This tells you whether a food is high or low in nutrients. Foods that have more than 20-percent DV of a nutrient are high. Foods that have 5-percent DV or less are low.

To use this Percent DV as a tool take the 3 items you want to be low in your diet, fat (specifically saturated fat), cholesterol and sodium. When you look of the Percent DV for those nutrients they should be well under 20%. Nutrients we should increase in our diet through food are fiber, vitamin C, Calcium and Iron. When you look at the Percent DV for those nutrients you want it above 5%.

Sometimes a quick glance at the DV's will give you a good indicator that, that is not a very nutrient dense food and you should stay away from it. Even if the calorie content and serving sizes look good stay away from foods that are not nutrient dense.

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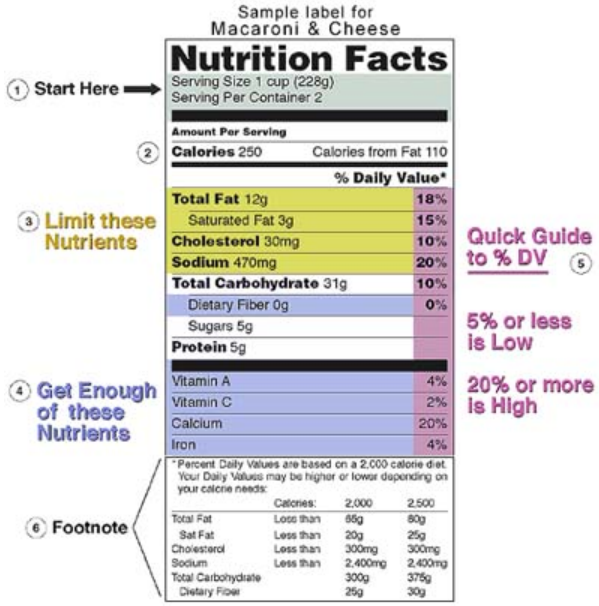

Step 5. Time to Go Shopping! Tips before you begin

- **Never** shop for groceries on an empty stomach. Hunger increases temptation. If you are hungry when you shop for food, you will be led astray. (If you have children – best to leave them at home).

- Shop the outside aisles. Grocery stores are designed with the four basic whole food groups on and around the perimeter. If you stick to the outside aisles you will find the most natural, unprocessed food. Avoid going up and down the aisles where processed "convenience" foods dwell to tempt you away from healthy foods.

- Explore the "Health Food Aisle" for new interesting, powerfully nutritious foods.

- Go for variety, eating a variety of foods is the secret of happy weight management. Those who've had difficulty adopting a nutrition plan ate the same foods week in and week out. Don't make the same mistake! Before you sit down to make out your grocery list, plan to buy at least one new food each week.

Aisle By Aisle

As you visit each aisle, follow these tips for finding the most supportive foods.

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Fruits & Vegetables

The produce section is generally the first stop in your grocery store. Many people do not consume enough fresh fruits and vegetables. In fact, only 10% eat even 5 daily servings of fruits and vegetables a day. Remember, you need at least 7 to 10 servings of fruits and veggies a day! Fresh produce is packed with health-promoting vitamins, minerals, fiber, and phytonutrients. Get the most out of the produce you purchase by following these simple guidelines:

- Buy only what you will use in a week.
- Avoid foods with bruises, blemishes, or bad spots.
- Buy pre-cut, portioned and washed vegetables for easy use.
- Buy produce that is in season or on sale.
- Go for Color and buy a variety of fruits and veggies – remember you need to get at least 5-9 servings a day (that's only about 2½ - 5 cups of cooked or raw vegetables or fruits in a day)
- Fresh is always better but buy what you will eat.

Quick Serving Size Guide

One Serving of Fruits and Veggies equals:	
1 medium	Fruit
1 cup	Chopped Fruit
1 cup	Salad Greens or Raw Vegetables
½ cup	Cooked, Canned or frozen Vegetables or Fruit
½ cup juice	V8, cranberry, orange
¼ cup dried fruit	Small box of raisins

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Health Foods

Check out this unique aisle for super healthy options. You will find items like…
Tofu
Soy Milk
Edamame
Kashi Cereals
Variety of Nuts and Seeds
Whole Oat products
Flax Seed

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Bread and Bakery Products

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You have to be careful here! Avoid anything enriched….white breads, croissants, cakes, cookies, and donuts because these are high in fat, sugar and EMPTY calories (but low in fiber and nutrients). Instead, choose low fat "100% whole grain" products with more fiber (3g or more) and nutrients.
Look for the words "100% whole wheat or grain" listed first in the ingredients list.

Good choices include 100% Whole Grain, Whole Oat:
Breads
Pita
Bagels
Tortillas
English Muffins

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Deli & Prepared Foods

The deli section of the store often has some healthy convenience foods such as hummus, salsas, pre-cut cheese, roasted chicken (remove the skin before eating) and deli meats. Choose deli meats that are lower in fat such as turkey, chicken and lean roast beef. Buy in small quantities because freshly cut meats will spoil within a few days after purchasing. Prepared items (salads, coleslaws, tuna and other seafood mixtures) are **not** low in fat. When items are labeled low calorie or low fat, look for the Nutrition Facts panel or ask to see the nutrition information for the product.

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Meat, Poultry, & Fish

The freshest cuts of meat are found in the meat case. Chicken and turkey are both very economical and lean protein sources. They come prepared in a variety of ways depending on your need. Fish is also another excellent addition to any meal as it is low in saturated fat and high in healthful omega-3 fatty acids.

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Beans and Soups

Although the items in this aisle may not contribute a great deal of calories to your daily food intake, they are often substantial contributors of sodium. Look at the Nutrition Facts panel and choose the product with the least amount of sodium.

- Store-brand soups and beans are often cheaper than name brands.
- Make your own soups and beans in large batches and freeze for later use.
- Avoid cream based soups, choose broth based soups, they are lower in fat and calories
- Beans are a low fat way to add protein to any meal. Rinse before serving to reduce sodium

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Canned Goods

Limit the amount of canned fruits and veggies you buy for they tend to be filled with excess sodium and sugar AND they have less than HALF the nutrients the fresh/frozen items contain. Choose low-sodium veggies and no sugar added fruits. Rinse your vegetables before heating will help reduce some of the sodium. As I said early fresh is best but use what you will eat. A canned vegetable or fruit is better then a box of cookies any day.

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Dressings, Sauces and Condiments

The goal here is to flavor your meals without adding fat, sugar or calories.

- Salad dressings – low cal, low fat
- Mustards (Dijon, horseradish, honey…)
- Barbecue sauce
- Balsamic Vinegar
- Low Cal Marinades
- Extra Virgin Olive Oil
- Salsa or Picante sauce
- Canned green chilies
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- Sugar Free Jam or jelly

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Whole Grain Products – Cereals, Crackers, Pastas, Rice

It's hard to go wrong with grains, cereals and pastas.
Pasta, Rice, & Grains: Choose whole wheat pasta, brown or wild rice, bulgar wheat, whole wheat couscous. *Crackers:* Nabisco Triscuits, Ry Krisp, Wasa Fiber Rye, 100% Whole Wheat Stone Ground, 100% Whole Wheat Matzos, Whole Foods Woven Wheats.

Cereals: Choose brands that have at least 5g of fiber (preferably more), and no more than 5g of total sugar.

- Kashi Good Friends, Go Lean and Go Lean Crunch
- Kellogg's All-Bran, Complete Wheat Bran Flakes, and Nutri-Grain Golden Wheat or Almond Raisin
- Post Shredded Wheat, Raisin Bran, Grape Nuts, and Fruit & Fiber,
- General Mill's Wheat or Multi Bran Chex, Cheerios, Wheaties, and Whole Grain Total
- Quaker Oat Bran, Crunchy Corn Bran, Toasted Oatmeal Squares, and Regular Oatmeal (hot)

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Snack Foods and Healthy Cheats

Hectic schedules and the increasing availability of food have made snacking a common occurrence. While frequent snacking on high-calorie chips (crisps), cookies (biscuits), crackers, and sweets can be detrimental to your health, snacking on high-fiber, low-fat foods can provide energy between meals and prevent overeating during mealtimes. Choose the following snacks and you'll be snacking wisely!

- Almonds
- Popcorn (fat free or air popped)
- High Fiber Cereal
- Beef Jerky
- Nuts - Almonds
- Olives
- Dry Roasted Edamame
- Pickles
- Whole Wheat Pretzels
- Dried Fruit
- V8 Juice

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Dairy Products & Eggs

The Dairy section, "Calcium Central" is where all milk, yogurt, cottage cheese, cheese and soy products are contained. Dairy products come from animals, so they naturally contain a high amount of saturated fat, which clogs our arteries! Select the 1% low-fat or (fat free milk) varieties. Soy milk can be a great alternative to cow's milk and has less saturated fat and cholesterol. Avoid yogurts that have a lot of *added* sugar, in addition to the naturally occurring sugar in milk and fruit. This *added sugar* can add a lot of unwanted "empty calories."

Eggs provide an economical, convenient, and easy to prepare source of high quality protein. The American Heart Association suggests limiting our consumption of egg yolks to four per week because of their cholesterol content. Keep the protein and limit the cholesterol by preparing your eggs with 3 egg whites to one whole egg or try egg substitutes.

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Butter, Margarine, & Spreads

Butter and stick margarine are high in heart-damaging saturated and trans fat, so avoid these for everyday use. Instead, choose spreads that do not contain hydrogenated or partially hydrogenated oils. NOTE: Instead of butter or margarine, use heart healthy Extra Virgin Olive Oil.

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Frozen Aisle

A variety of frozen meals, side dishes and snacks are available today, many of which can be part of a healthy diet. It's important to read food labels to compare calories, fat, and sodium among products. Pre-made frozen meals/dinners are loaded with sodium, fat and calories. Avoid these and instead get the fresh ingredients to create your own meals.

Fruits and Veggies: Buy frozen vegetables packaged **without** a sauce or butter to save fat and calories.

Meats: Frozen fish usually costs less than fresh fish. But remember to buy the plain fillets. Watch for sales on bulk packs of chicken breasts or lean meats. Refreeze them in portions that you'll use.

Breads: Look for low-fat, whole wheat frozen waffles that you can top with yogurt and fresh or frozen fruit for a quick, healthy breakfast or snack.

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Your Guide to Eating Out

Did you know….we are spending HALF of our food dollars on meals purchased outside of the home? Those who eat fast food twice or more a week have a 50% greater risk of obesity? Tempting menus, extra large portions and festive atmospheres make it easy to overlook supportive eating. Sure eating out saves time BUT it is loaded with things we need to limit and a ton of calories. Splurging once in awhile is okay, but you'll begin to pack on pounds if you make it a habit.

While fast food restaurants may not offer the healthiest options, most people find themselves eating fast food from time to time so the question is, how can you make the most of your fast food meal? For that matter, how can you make the most of any restaurant meal?

The art of eating out has become a necessary **survival skill** in order for you to stay within your calorie guidelines and continue to see results. It is possible to enjoy yourself and still make supportive choices. Following a few simple rules when eating out can make it possible to maintain your nutrition plan.

Fast Food Challenge Just like food labels, beware of advertising that declares healthy alternatives. Fast food, by its very nature is not healthy. Check nutritional charts either at the store or offered online. Be aware of what is in the food being eaten, 'healthy' can be deceiving.

You can, however, make better fast-food choices. How? Know exactly what you are ordering and plan ahead. Your best line of defense is to look up the nutritional information of your favorite fast food meals online. Visit each restaurant's site or try dietfacts.com or calorieking.com. You will be very surprised at what you find.

Keep the 10 rules of supportive nutrition in mind. Eat a variety of foods in moderate amounts, limit the amount of fat you eat, and watch the amount of salt in food.

May I take your order, please?
What you order is the key. It's very easy to eat an entire day's worth of fat, salt, and calories in just one fast food meal. But it's also possible to make wise choices and eat a fairly healthy meal.

Tips to help you choose well:

- Know that an average fast-food meal can run as high as 1800 calories or more.
- Avoid jumbo, giant, deluxe, biggie-sized or super-sized. Larger portions mean more calories, fat, cholesterol, sugar and salt.
- Know the nutritional value of the foods you order. Sometimes "good choices", are higher in the nutrients or calories. Fat-free or Low-Fat items may have plenty of sugar or salt and calories!
- Know how your food is cooked. Chicken and fish can be good choices - but not if they are breaded and deep fried.
- Choose grilled or broiled sandwiches with meats such as lean roast beef, turkey or chicken breast, or lean ham.

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- Go for the salad, but watch out for high-fat toppings like dressings, bacon bits, cheeses, and croutons. A typical salad dressing packet contains 150 to 250 calories. When you consider that many salads already have around 400 calories *without* any dressing, you can see how fast the calorie count can mount.

- Order items plain, without toppings, rich sauces, or mayonnaise Add flavor with mustard, and crunch with lettuce, tomato, and onion.

Condiments often contain significant calories, sugar, sodium and fat. As an example Newman's Own Ranch dressing (offered at McDonald's) contains 170 calories and 15 grams of fat per serving. Unsupportive condiments include:

Most 'special' sauces Mayonnaise Cheese sauce	Creamy salad dressings Tartar sauce Ketchup

- Be on the lookout for traps. Fat-free muffins for breakfast may have plenty of sugar. Skinless fried chicken can have almost as much fat as the regular kind. Chinese food may seem like a healthy choice, but many dishes are deep fried or high in fat and sodium, especially in the sauces.

TIP 1: If you're having fast-food for one meal, make all the other meals that day contain the right portion of quality protein, complex carb, fruits and veggies.

TIP 2: Don't hesitate to make special requests to modify your favorite fast foods. If your favorite burrito comes with sour cream, guacamole and cheese, request to have it prepared with chicken, black beans, lettuce and salsa with cheese on the side and an order of fresh tomatoes and pico de gallo. As always, Use Good Judgment. Scan the menu for the most enticing, yet supportive options.

Check this out….

Taco Bell **Fiesta Taco Salad** 860 calories 1950mg sodium (81%) 46g Fat(70%), 14g saturated fat (72%) 11g sugar	***Arby's*** **Market Fresh Chicken Salad on Wheat** 770 calories 1240mg sodium 39g Fat 17g sugar Want Curly Fries with that? Add on another 400 calories	***McDonald's*** **Asian Grilled Chicken Salad** 380 calories 1570mg sodium 12g Fat 6g sugar DRESSING? Newman's Own Low-Fat Sesame is another 90 calories and 600mg sodium	***CHICK-FIL-A*** **Grilled Chicken Sandwich** 270 calories 940mg sodium 7g fat 4g sugar (NOT including dressing)

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Eating out can be one of life's great pleasures. Make the right choices, ask for what you need, and balance your meals out with supportive meals at home. You can enjoy yourself and continue to make progress towards your fitness goals.

Do's and Don'ts of Dining Out

You can dine out on occasion while remaining true to your goals. Keep in mind that portions are 3 to 5 times more than you need. The key is to plan ahead, choose wisely and you'll find foods that fit into your meal plan.

1. **Order food to go** – Studies show that people tend to consume more food when they are not eating at their own kitchen tables. Take home and have the option of providing a healthier side dish such as fruit or vegetables.
2. **KNOW** where you will go and what you will eat ahead of time. Use the internet.
3. **EAT before you GO** - have your regularly scheduled snack. When you avoid feeling famished you will eat less.
4. **Avoid buffets** – They are invitations to OVEREATING
5. **CHOOSE Wisely** - use the guidelines of the Menu Design Planner
6. **Avoid the BREAD Basket** - simply ask your server not to bring it
7. **ASK how food is prepared** – ask for grilled, broiled, roasted, poached or steamed
8. **Don't be afraid to special order** – Ask for your vegetables and main dishes to be served without the sauces.
9. **Watch portion size** – Servings can be 3-5 times more than what you need. Reduce the temptation to overeat by ordering a half-portion of your favorite dish OR ask for a box to be delivered with your meal and put half of each item in the box to be eaten later.
10. **Share** –Split an entrée and sample what you want while avoiding the temptation to overindulge.
11. **WATER** - Drink at least one full-glass of water before eating and throughout dinner. You'll feel full sooner, and you will eat less.
12. **Order an appetizer** and a salad as your meal.
13. **Front Load** your meal with a nutritious salad or bowl of soup (broth-based) to take the edge off your appetite
14. **Just Salad? Think Twice!** Just because it's a salad doesn't mean it's low in calories. O'Charley's Salmon Caesar Salad is a cool 775 calories!
15. **Order sauce and dressing on the side** – Control calories and still enjoy the taste
16. **Order first**. You're less likely to be influenced by the choices of your companions
17. **Take the time to enjoy your meal**. Savor the flavors and textures of your food, and enjoy the company you're with. When you eat slowly, you give your body's internal clock the time it needs to know when you've had enough. When you're full, stop eating.
18. **Save dessert for later –** A great trick to play is instead of ordering dessert at a restaurant, go somewhere else. By the time you get there, you will not be as hungry and will end up eating half or even skipping dessert entirely.

Eating Right When Eating on the Run

Whether you're traveling or on the go at home, you don't need to give up your mission of eating supportively. In fact, supportive eating is more important than ever when you're trying to keep up with a hectic schedule.

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Eating supportively helps your body withstand stress better. But as you're hustling to catch a flight or make a meeting on time, you're probably not thinking about making your next meal a healthy one. The following ideas can help you eat well when you are eating on the run.

Make your own healthy snacks portable and easy for on-the-go eating. Prepared ahead of time, they can be popped into a lunch bag or purse. You'll also be thankful that you've saved yourself the cash that normally goes to vending machines or convenient stores. Your body will be grateful as well.

- Meal Replacement Shakes
- Apple and almonds
- Celery sticks with peanut butter and raisins
- Pita with peanut butter
- Lettuce wrap with deli meat
- Low-fat cheese cubes and grapes
- Hardboiled eggs
- Trail mix (high fiber cereal, flax seeds, almonds, dried fruit)
- Vegetable sticks with hummus
- Yogurt and grape nuts
- Beef jerky
- Whole-wheat triscuits and low-fat string cheese
- Cottage cheese in mini-containers with a piece of fruit

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Nutrition Journal

Date:

My goal today:

Supportive Nutrition: Factor 1	Protein	Starchy Carb	Veggie/ Fruit	Calories
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

Resistance Training: Factor 2	Lbs/Reps	Lbs/Reps	Lbs/Reps
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
Moderate Cardio: Factor 3	NOTES:		
Type:			
Minutes:			

Factor 4: My attitude today was:

Things I did today to be healthier:

Today, I Rewarded myself by:

I am most grateful for:

My biggest accomplishment today was:

My biggest setback today was:

On a scale of 1 to 10, I would rate today as a: 1 2 3 4 5 6 7 8 9 10

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