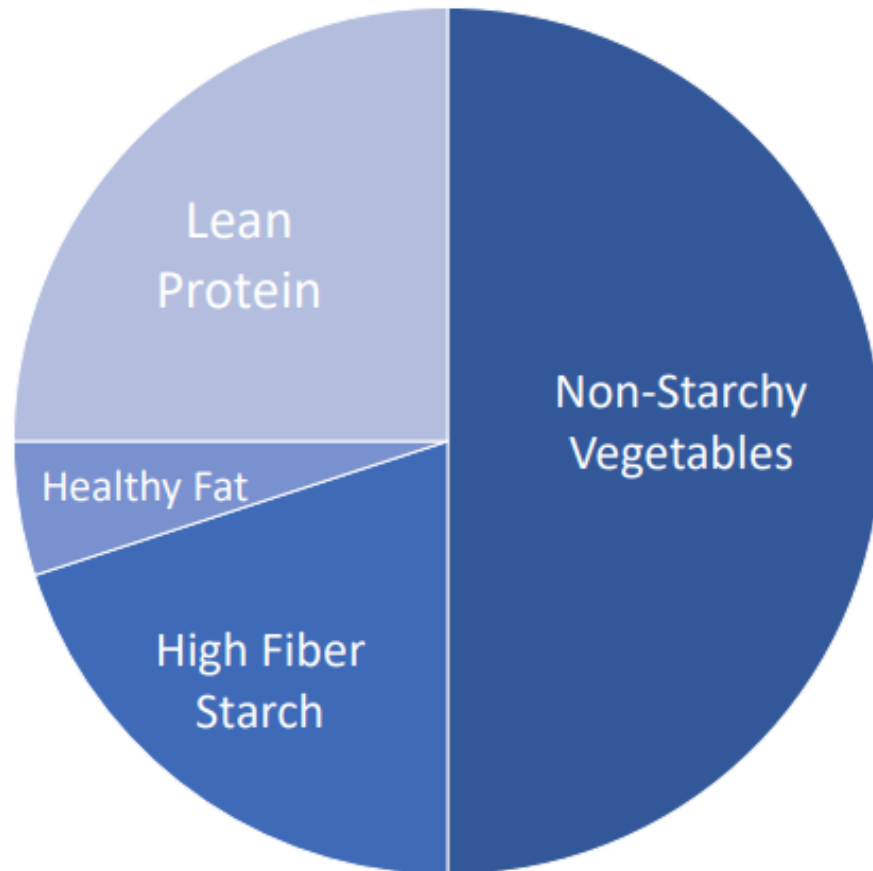


The Weight Loss Plate



**Nutrition:
Back to Basics**



Volumize your Vegetables (1/2 the plate)

- They provide key vitamins and minerals & fiber and water, all necessary for weight loss!
- They increase the volume of meals to help you feel full

Pick your Protein (1/4 the plate)

- The serving size of protein is 4-6 oz, which is about equal to the size of your hand
- A 1 lb package of protein (i.e. ground turkey) = 16 oz (or 4 x 4oz servings)

Select your Starch (1/4 the plate or less)

- Make starches a side dish vs. the star of the show (~1/2 cup) and choose high fiber options
- You may want to omit the starch at some meals for better calorie/blood sugar control

Find your Fats (portion control is key!)

- Most plates already have a fat (oils used in cooking, dressing/sauces/condiments, fat in protein or starch, cheese, etc.). Choose a healthy fat and use portion control. These calories add up quick!

WHAT IS A PROTEIN?

- Proteins are made up of *amino acids*. There are 20 main amino acids, and 9 of them are essential (meaning that we cannot make them ourselves, so we must eat them).
- A complete protein is one that contains all 9 of the essential amino acids. An incomplete protein is a protein source that does not contain all 9 of the essential amino acids.
- Proteins help to boost metabolism, keep you fuller for longer, balance blood sugars, maintain muscle mass, and support hair, skin, and nails

LEANEST CHOICES

- **Best Choice: Very lean, complete proteins**
 - Dairy: Fat free Greek yogurt, Low fat cottage cheese
 - Fish (white): haddock, sole, flounder, cod, shrimp, lobster, clams, mussels, scallops
 - Fish (dark): salmon, swordfish, halibut, tuna
 - Poultry: boneless skinless chicken and turkey
 - Beef: 95%+ lean beef
 - Egg whites
 - Protein powder
 - Vegetarian: tofu, soy, edamame
- **Good choice: lean complete protein sources**
 - 85% lean ground beef, turkey, or chicken
 - Chicken sausage
 - Whole eggs
 - Pork: well-trimmed tenderloin, ham, pork
 - *Vegetarian: lentils, beans, nuts, seeds
*not complete sources of protein

MORE INFO

- Proteins contain 4 calories per gram. In general, 1 oz of protein contains 7 grams of protein
- Strive to have a protein source with every meal and snack

LEAN PROTEINS

- Lean proteins have less than 10grams of total fat per 3.5 oz serving, and are especially low in saturated fat and cholesterol
- These are important for weight loss because they are also lower in calories

PROTEINS TO LIMIT

- **Suboptimal: High fat proteins**
 - Beef: lamb, prime rib, rib eye
 - Poultry with skin on
 - Fried fish, fried chicken, other fried proteins
- **Limit: Very high fat proteins**
 - Bacon, sausage, hot dogs, bologna, salami, pepperoni, spare ribs, short ribs, kielbasa

WHAT IS A CARB?

- Carbohydrates are the sugars, starches, and fibers found in fruits, vegetables, grains, and dairy.
- They break down into glucose, which is a fuel source for muscles and organs, especially the brain
- Carbs have 4 calories per gram.

HIGH FIBER CHOICES

- **STARCHY VEGETABLES (1/2 cup)**
 - Beans (kidney, pinto, black, navy, cannellini, etc.)
 - Winter squash (butternut, delicata)
 - Chickpeas
 - Corn
 - Lentils
 - Parsnips
 - Peas
 - Potatoes/Sweet potatoes/Yams
- **FRUITS (1/2 cup)**
 - 1/2 cup serving at a time or 1 small piece
 - Be mindful of fruit sizes:
 - Medium apple, 1/2 banana, 1/2 grapefruit
 - Avoid dried fruits
- **OTHER HIGH FIBER STARCHES (1/2 cup)**
 - Oats
 - Whole grain breads
 - Wild rice
 - Quinoa
 - High fiber cereal
 - Whole grain crackers
 - Grains: barley, buckwheat, millet, faro

SIMPLE CARBS

- Simple carbs are higher in sugar and/or lower in fiber. They are absorbed very quickly into the blood stream and have the most effect on blood sugar levels.
- Added sugars, which we can now see on the labels, should be limited

COMPLEX CARBS

- Complex carbs supply longer lasting energy – they are high in fiber which is necessary for heart health, digestive health, and weight loss. Therefore, they are absorbed more slowly
- Strive for a carb:fiber ratio of 7 or less (carb divided by fiber should = 7 or less)

SIMPLE CARBS TO LIMIT

- Sugar of any kind (table sugar, brown sugar, coconut sugar, etc.)
- Juice/other sweetened beverages
- Sweetened/flavored coffee and tea drinks
- Refined carbs (white bread, white rice, white pasta)
- Sweeteners: honey, maple syrup, agave
- Pretzels, chips, cheez its, gold fish
- Refined crackers such as Ritz

WHY ARE VEGGIES IMPORTANT?

- Vegetables provide us with vitamins, minerals and antioxidants as well as fiber and water
- Diets rich in vegetables can lower risk for: cancer, diabetes, heart disease, and more

- Asparagus
- Artichokes
- Asparagus
- Beets
- Bok choy
- Brussels sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower/cauliflower rice
- Celery
- Cucumber
- Eggplant
- Green Beans
- Hearts of palm
- Jicama
- Leafy greens/lettuce/kale/arugula
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Summer squash
- Swiss chard
- Tomato
- Turnips
- Zucchini/zucchini noodles

NON-STARCHY VEGGIES

- 1 serving = ½ cup cooked or 1 cup raw
- They are extremely important for weight loss because they allow us to eat a large volume at meals without packing a big calorie punch
- As opposed to starchy vegetables (see carbohydrate section), non-starchy vegetables generally provide 0-30 calories and only 5-6 grams of carbs
- Strive to make ½ of your plate non-starchy vegetables with meals
- Aim for 4-8 servings of non-starchy vegetables/day

HOW TO INCREASE VEGGIES

- Blend into a smoothie, add into scrambled eggs, sneak into sauces
- Have a large salad as a meal or side dish
- Always make ½ the plate vegetables at dinner
- Use as snacks with yummy dips!
- Use zucchini noodles/cauliflower rice in place of starches for a veggie boost

WHAT IS A FAT?

- Fats are essential to human function. Healthy fats can support hormone production, brain health, heart health, skin health, and more! It also helps the body to absorb certain vitamins (A, D, E and K).
- Fats have 9 calories per gram, so portion control is crucial. A little bit goes a long way!

HEALTHY FAT CHOICES

- **RECOMMENDED OILS (1 Tbsp = 120 calories)**
 - Olive oil
 - Avocado oil
 - Coconut oil for baking
 - Flaxseed oil
 - Hemp oil
 - Try spray oils or purchase a Misto!
- **NUTS & SEEDS (175 calories per serving)**
 - ¼ cup almonds, cashews, pecan halves, walnut halves, sunflower seeds
 - 3 Tbsp chia/ground flax/ hemp seeds
 - 10 macadamias
 - ½ cup pumpkin seeds, peanuts
 - 2 Tbsp almond butter, peanut butter
- **OTHER HEALTHY FATS & PORTIONS**
 - 2 Tbsp olives
 - 1 oz of cheese
 - 2 Tbsp dressing
 - ¼ cup sliced avocado

HEALTHY FATS

- Healthy fats are unsaturated fats found in nuts, seeds, avocado, olive oil, fish
- Omega-3 fatty acids are anti-inflammatory. It is common for individuals in America to consume less than adequate amounts of omega-3 fats

UNHEALTHY FATS

- Unhealthy fats are saturated fats found in cream, ice cream, baked goods, certain oils, fast food, butter/margarine, high fat proteins, and more.
- Saturated fats are generally solid at room temperature
- High intake of saturated fat is linked to high cholesterol and an increased risk of cardiovascular disease

FATS TO LIMIT

- Soybean oil
- Canola oil
- Vegetable oil
- Butter/margarine
- Mayonnaise
- Whole milk
- Cream
- High fat proteins (see "protein" section)