

# Food, Nutrition, And Diet

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# Weight Loss Guidelines

- Allow plenty of time for slow, steady weight loss (about 1-2 lbs each week)
- Weight loss needs to be done before competitive season begins so it does not affect performance
- Exercise with moderate intensity should be performed in conjunction with decreasing calories
- While calories need to be decreased, do not fall below 2,000 calories per day. If you do your body may actually go into starvation mode and you could gain weight.

# Lifestyle Modification Strategies: Things to help you eat less

- Leave the dinner table as soon as you are done eating what is on your plate
- Do not eat while watching television
- Do not put large bowls of food on the table where you are eating
- Limit yourself to one roll out of the bread basket at restaurants
- Stock your house with healthy food choices
- Keep food in cupboards or pantry where it cannot be immediately seen
- Shop for groceries after you have eaten a full meal
- Negotiate with the whole family to eat healthier foods: if you have support you have a better chance of succeeding
- Snack on fresh fruit and vegetables
- Eat slowly and really taste each bite of food
- Postpone a desired snack for 10 minutes
- Serve food on a smaller plate
- Divide portions in half and save the second half for if you are hungry later.

# Easy Math For Weight Loss

- If you are on a 2,000 calorie per day diet the easiest way to space out your calories is:

500 calories for breakfast

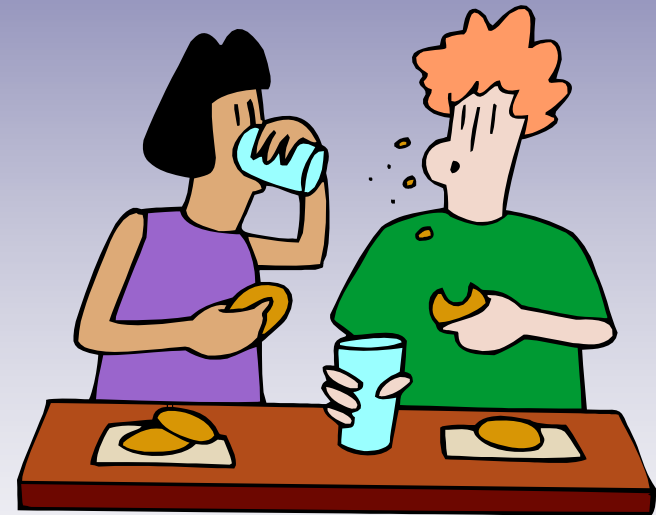
250 calories for 1<sup>st</sup> snack

500 calories for lunch

250 calories for 2<sup>nd</sup> snack

500 calories for dinner

=2,000 calories



\*spacing out your calories will keep you feeling full throughout the day\*

# Tactics for Making You Feel Full Longer

- Eat food high in fiber: apples, bananas, raspberries, whole wheat bread and pasta, almonds, pecans, broccoli, and raw carrots.
- Eat 5 small meals a day: breakfast, lunch, dinner, and 2 snacks.
- Drink Lots of Water, you can drink as much as a gallon of water throughout the day
- Don't eat "empty calories." In other words calories that do not have any nutritional value. (for example: chips, sweets, cokes, etc.)

# Example Breakfast for those on 2,000 cal/Day Diet

- Example 1: 1 package instant oatmeal,  $\frac{3}{4}$  cup of egg beaters, 1 slice rye toast, 4 teaspoons peanut butter,  $\frac{1}{2}$  a cantalope, 10 oz glass of skim milk
- Example 2: 1  $\frac{1}{4}$  cup of cheerios,  $\frac{1}{2}$  cup of egg beaters, 1 slice rye toast, 4 teaspoons of peanut butter, 1 can of fat free yogurt, 4 oz orange juice, 8oz skim milk
- Example 3: 2 Eggo waffles, 3oz. Bacon, 2 oz. maple Syrup,  $\frac{1}{2}$  of a grapefruit, 12 oz. skim milk
- Example 4: 2 pancakes, 1 slice of bacon, 1 cup of egg beaters,  $\frac{3}{4}$  cup of grits, 1oz. Maple syrup, 2 teaspoons of butter, 12 oz. skim milk, 4 oz. of orange juice

# Examples of Lunch for Those on 2,000 cal/Day Diet

- Example 1: 3oz turkey breast or chicken, 2 slices rye bread, 2 leaves lettuce, ½ a raw tomato, 2 tablespoons light mayo, 1 cup applesauce, 10 oz. skim milk
- Example 2: 4 slices rye bread, 5 oz chunk light tuna, 2 tablespoons light mayo, 10 oz. apple juice
- Example 3: 1 McDonald's quarter pounder with NO CHEESE, McDonald's vanilla milk shake
- Example 3: 1 healthy choice frozen dinner, ½ cup applesauce, 1 slice rye bread, 1 teaspoon light margarine, 12 oz skim milk

# Examples of Dinner for Those on 2,000 cal/Day Diet

- Example 1: 1 ½ cup kidney beans, 4 oz. 98% fat free ham, 2 slices rye bread, 12 oz. diet soda or water
- Example 2: 1 baked potato, 5 oz. lean filet mignon, 1 cup frozen green beans, ½ cup frozen carrots, ½ cup applesauce, 2 teaspoons margarine, 12 oz diet soda or water
- Example 3: 8 oz. spaghetti, ½ cup sauce with meat, 5 oz. cod or other white fish, ½ cup frozen green beans, 2 slices italian bread, 1 tablespoons light margarine, 12 oz. diet soda or water
- Example 4: 1 cup white rice, 1 piece chicken breast with bone and skin, ½ cup frozen green peas, 1 slice rye bread, 1 apple, 1 tablespoon light margarine, 12 oz. skim milk, 12 oz. diet soda or water

# Weight Gain Guidelines

- Combine increased energy intake with a strength training program
- A realistic goal is ½ to 1 pound gained per week
- The increased calories that you take in should consist mainly of protein, DO NOT add a bunch of fat and sugar just to get calories as this will only increase the amount of FAT you add on

# Weight Gain Strategies: Things to help you eat more the right way

- Add snacks like protein shakes or low fat peanut butter on a apple to bump up your calorie count
- Gradually increase the amount of calories you take in-if you all of a sudden add 500 calories to what you are already eating you could cause indigestion or gastric discomfort
- Still try to take in plenty of water- you need it to keep your electrolyte levels in balance

# Easy Math For Weight Gain

- If you are on a 3,000 calorie per day diet the easiest way to space out your calories is:

750 calories for breakfast

375 calories for 1<sup>st</sup> snack

750 calories for lunch

375 calories for 2<sup>nd</sup> snack

750 calories for dinner

=3,000 calories



\*It will take some time to get used to taking in this many calories but stay with it!\*

# Example Breakfast for Those on 3,000 cal/Day Diet

- Example 1: 1 package instant oatmeal, 1 cup egg beaters, 2 slices rye toast, 5 teaspoons peanut butter,  $\frac{1}{2}$  a cantalope, 10 Oz. Skim milk
- Example 2: 2 cups cheerios,  $\frac{3}{4}$  cup egg beaters, 1 slice rye toast, 5 teaspoons peanut butter, 1 can fat free yogurt, 4 oz. orange juice, 16 oz. skim milk
- Example 3: 3 Eggo waffles, 3 oz. bacon, 2 oz. maple syrup,  $\frac{1}{2}$  a grapefruit, 16 oz. skim milk
- Example 4: 2 pancakes, 2 slices bacon, 1 cup egg beaters,  $\frac{3}{4}$  cup grits, 1 oz. maple syrup, 2 teaspoons butter, 16 oz. skim milk, 6 oz. orange juice

# Example Lunch for Those on 3,000 cal/Day Diet

- Example 1: 2 slices rye bread, 3 oz. turkey breast or chicken, 2 leaves lettuce, 5 teaspoons tomatoes raw, 2 tablespoons light mayo, 1 cup applesauce, 16 oz. skim milk
- Example 2: 4 slices rye bread, 6 oz. chunk light tuna, 2 tablespoons light mayo, 16 oz. apple juice
- Example 3: 1 McDonald's quarter Example 1: 2 slices rye bread, 3 oz. turkey breast pounder with NO CHEESE, 1 McDonald's side salad, 1 oz. light vinaigrette dressing, 1 vanilla milk shake, 8 oz. 2% lowfat milk
- Example 4: 1 healthy choice frozen dinner, ½ cup applesauce, 2 slices rye bread, 2 teaspoons light margarine, 12 oz. skim milk

# Example Dinners for Those on 3,000 cal/Day Diet

- Example 1: 1 ½ cup kidney beans, 5 oz. 97% fat free ham, 2 slices rye bread, 1 orange, 12 oz. diet soda or water
- Example 2: 1 baked potato, 5 oz. filet mignon, 1 cup frozen green beans, ½ cup frozen carrots, ½ cup applesauce, 2 teaspoons margarine, 12 oz diet soda or water, 1 slice rye bread
- Example 3: 8 oz. spaghetti, ½ cup sauce with meat, 5 oz. cod or other white fish, ½ cup frozen green peas, 1 slice rye bread, 1 apple, 1 tablespoon light margarine, 12 oz. skim milk, 12 oz. diet soda or water

# Fast Food

- For healthy weight gain or weight loss I never recommend eating fast food. There are too many “pit falls” that can get your diet in trouble, i.e. “supersizing.” However, I will concede that there are some times when you just cannot do anything but eat fast food, and in those RARE cases a list of healthier choices at local food restaurants follows on the next couple of pages.

# McDonald's

<u>Food</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Trans Fat (g)</u>	<u>Fiber</u>	<u>Sodium (mg)</u>
Hamburger	250	9	0.5	2	520
Small French Fries	230	11	0	3	160
* Premium Grilled Chicken Classic	420	10	0	0	1130
Barbecue Sauce (1 packet)	50	0	0	0	260
Sweet N Sour Sauce (1 packet)	50	0	0	0	150
Tangy Honey Mustard Sauce (1 packet)	60	2	0	1	210
* Premium Southwest Salad (with grilled chicken)	320	9	0	6	960
* Premium Bacon Ranch Salad (with grilled chicken)	260	9	0	3	1010
* Premium Caesar Salad (with grilled chicken)	220	6	0	3	890
* Snack Size Fruit and Walnut Salad	210	8	0	2	60
Newman's Southwest Dressing (1 packet)	100	6	0	0	340
English Muffin	160	3	0	2	280
Hotcakes (without syrup or butter)	350	9	0	3	590
Scrambled Eggs (2)	170	11	0	0	180
Hash Brown	150	9	0	2	310
Grape Jam	35	0	0	0	0
Strawberry Preserves	35	0	0	0	0

\* Indicates the healthiest options

# Chick-Fil-A

<u>Food</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Trans Fat (g)</u>	<u>Fiber</u>	<u>Sodium (mg)</u>
Chick-n-strips: 1 count kids meal	120	6	0	0	410
* Chargrilled Chicken Sandwich	280	7			
* Chargrilled Chicken Club Sandwich	360	13			
* Hearty Breast of Chicken Soup	100	1.5			
* Chargrilled Chicken Garden Salad	180	6	0	4	650
* Chargrilled and Fruit Salad	230	6	0	4	650
Spicy Chicken Cool Wrap	390	7			
Chargrilled Chicken Cool Wrap	390	7			
* Harvest Nut Granola	60	2	0	2	10
* Fruit Cup-Large	100	0	0	3	0
* Fruit Cup-Medium	70	0	0	2	0
* Fruit Cup-Small	50	0	0	1	0
*Side Salad	70	4.5	0	2	110
Barbecue Sauce (1 packet)	45	0	0	0	180
Fat Free Honey Mustard Dressing (1 packet)	60	0	0	1	210
Honey Mustard Sauce (1 packet)	45	0	0	0	150

\* Indicates the healthiest options

# Lenny's Sub Shop

<u>Food</u>	<u>Calories</u>	<u>Fat Grams</u>
Mile High Turkey Sandwich	429	14.1
* Regular Club On Wheat	397	19
Chicken Philly Salad	605	40
* Veggie Sub	546	23
* Ham and Swiss Deli Sandwich	332	9.75
Roast Beef-Regular	618	37
Tuna Salad	575	33.5
Original Sub	564	22
Chicken Salad Salad	547	42
* Grilled Chicken Philly Salad (no cheese)	328	25.1
French Dip Sub	500	17
* Turkey Sub (no oil mayo or cheese)	486	5.2
* Chef Salad	503	24.5
Baked Original Potato Thin Crisps	140	2.5
Baked Potato Thins-Barbecue	140	3.5
Challah Egg Bread	140	2.25
Hot Pepper Relish	0	0
Swiss or American Cheese (2 slices)	100	8

\* Indicates healthiest options

# Taco Bell

<u>Food</u>	<u>Calories</u>	<u>Fat Grams</u>
* Crunchy Taco Fresco Style	150	7
* Beef Soft Taco Fresco Style	190	8
* Ranchero Chicken Soft Taco Fresco Style	170	4.5
* Grilled Steak Soft Taco Fresco Style	170	5
* Beef Baja Gordita Gordita Fresco Style	250	9
* Chicken Baja Gordita Fresco Style	230	5
* Steak Baja Gordita Fresco Style	230	7
* Bean Burrito Fresco Style	350	8
* Chicken Burrito Supreme Fresco Style	350	8
* Steak Burrito Supreme Fresco Style	350	9
* Chicken Fiesta Burrito Fresco Style	350	9
Tostada	200	6
Beef Enchirito	270	9
Chicken Enchirito	250	5
Steak Enchirito	250	7
Double Decker Taco	340	14
* Crunchy Taco	170	10
Taco Supreme	220	14

\* Indicates healthiest options

# Taco Bell Continued

<u>Food</u>	<u>Calories</u>	<u>Fat Grams</u>
* Beef Soft Taco	210	10
Beef Soft Taco Supreme	260	14
Chicken Soft Taco Supreme	230	10
Chicken Gordita Supreme	290	12
Steak Gordita Supreme	290	13
Chicken Gordita Baja	320	15
Beef Gordita Nacho Cheese	300	13
Chicken Gordita Nacho Cheese	270	10
Steak Gordita Nacho Cheese	270	11
Bean Burrito	370	10
Chicken Fiesta Burrito	370	12
Steak Fiesta Burrito	370	13
* Pintos and Cheese	180	7

\* Indicates healthiest options