Portions for Life
A Better Way to a Healthier Life…..One Portion at a Time!

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Welcome to “Portions for Life”!

Attaining and maintaining a healthy weight and adhering to a healthy dietary plan are often easier said than done. The Atkins Diet, The South Beach Diet, The Grapefruit Diet, Nutri-System, Jenny Craig, and a multitude of other diet options bombard the airwaves and confound the issues. There is no wonder people feel that their weight management is out of control!

“Portions for Life” will help you identify the things that sabotage your ability to lose and maintain a comfortable weight. We will guide you through the process to establish healthy, life-long habits that will make ‘weight-worry’ a thing of the past.

Everyone agrees that the ‘diet’ that works most effectively is one that you can live with for the rest of your life. Looking for a quick-fix is only temporary. Depriving yourself of the things you love to eat is a short-term fix to the problem. But learning to manage portions and control how much you eat is the key to long-term weight control.

Eating the foods you love will actually help you lose and maintain your weight! Creamy soups, pasta smothered in cheese and sauce, and crusty buttered rolls are all part of ‘Portions for Life’ when consumed occasionally in proper portions. Eating foods you enjoy is the best way to eat well and maintain a comfortable, healthy weight.

This guide will walk you through myths and misconceptions about food, show you how food has changed over the past 20 years, explain the value of organic or natural food choices, and help you understand the benefits of eating smart.

Meal planning ideas and strategies for portion control will support you in your journey to better nutrition. You’ll learn to eat well rather than continue on the yo-yo dieting roller-coaster. Click into a new world of eating pleasure and learn how to manage your weight while indulging your senses! We hope you enjoy your journey to better health!

Your Friends at DietandWeightLossWisdom.com
Dieting History and Myths

Fad Diets and ‘One Hit Wonders’

Many fad diets quickly gain a massive following of supporters because of the rapid weight-loss experience they claim. For example, there was The Grapefruit Diet of years ago that touted the spectacular results from eating grapefruit before every meal. Advertising the health benefits and fat-burning potential of grapefruit had dieters scrambling for the produce section! This was truly a ‘one hit wonder’ to the over-weight individual.

The Grapefruit Diet

The grapefruit diet is a 12-day diet plan that restricts caloric intake and requires eating a grapefruit prior to every meal. Although it talks about the weight-losing properties of grapefruit, the real weight loss comes from the restriction of calories - which is unhealthy. Its proponents say that you can lose 10 pounds in 12 days. Sound good? Sure it does, but imagine what happens once you go off the diet! Rapid weight loss is not a long-term solution.

The Atkins Diet

The Atkins Diet has weathered the diet storms for years and gained popularity in the late 90’s. Then in 2001, the “New” Atkins Diet surfaced and promoted low-carb bars and food products from Atkins Nutritionals, Inc. Unfortunately, the diet still restricts the intake of fruits, vegetables, whole grains, and low-fat dairy foods. Carbohydrates are on the taboo list of The Atkins Diet.

This diet defies everything we've learned from nutritionists and scientists over the years about the importance of a healthy diet, including grain products, vegetables, fruit, dairy, and meat. No single food category provides everything the body needs and the Atkins Diet is no exception.
**South Beach Diet**
The South Beach Diet bans fruit, bread, potatoes, pasta, and baked goods during the first phase. You can supposedly lose 13-15 pounds in the first two weeks as you ‘detoxify’ your body. You then add “good carbs” back to your diet and weight loss slows down but continues. And finally, during the last phase of the South Beach Diet, you can eat anything in moderation.

As you can see from the strategy, the first two weeks are really a teaser to get you motivated to diet, but that period of rapid weight loss is unhealthy and can cause serious health issues. The real success comes when you re-incorporate all food groups back into your dietary plan and exercise portion control.

*Did we say portion control again? There must be something to it!* 

**The Zone**
This is a very complex diet plan that requires weighing, measuring, and calculating percentages of food groups consumed each day. It is time consuming to manage and becomes frustrating and difficult to maintain. Although the recommended proportions of food groups consumed are healthy, the process is difficult to maintain. You could basically do the same thing with, yes, you guessed it – portion control!

*Research clearly shows that dieting in an attempt to control weight is associated with weight gain. It's even worse. People who diet gain more weight than those who never restrict. Healthy weight management means following a healthy meal plan, not a restrictive one.*

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1 *Pediatrics*, 2003; 112:900
Carbohydrates and Protein: Good or Bad?

There were the high-carbohydrate diets of the 1970’s that encouraged the increased consumption of carbohydrates and decreased the amount of meat and protein in a diet. Potatoes flew off the shelves and bread-lovers dove head-first into the crusty, white loaves. Whole-wheat was not even on the radar screen at the time!

But the focus on carbohydrates and reduction of protein was not a long-term answer either. Before the craze ended, it was clear that a diet heavy with carbohydrates was not the answer for sustained weight loss, and the focus moved to meats and protein.

And then, who knew! The low-carbohydrate diets rocked the dieting world again by putting the brakes on carbs! They literally reversed the fads of yester-year’s high-carbohydrate diets by saying that bread and pasta and anything white were bad for you and should be eliminated. Once again, the public was jumping aboard a new diet fad and losing the critical nutritional value of many carbohydrate foods.

The Atkins Diet glamorized the high-fat, high-protein diet and “ketosis” became a household word as millions of people jumped on the dieting roller coaster again! According to Wikepedia, ketosis is “a stage in metabolism occurring when the liver converts fat into fatty acids and ketone bodies which can be used by the body for energy.” Unfortunately, many medical resources consider this a physiological state that is associated with chronic starvation!2 Scientists and physicians scratched their heads with concern about how this diet would impact the heart’s health in years to come.

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2Source: http://en.wikipedia.org/wiki/Ketosis
Historical Focus on Losing Weight

There are many ways to lose weight but the key to success is being able to keep it off and maintain a healthy weight. Limiting food types, minimizing calories, and eliminating food groups can help you lose weight quickly. But when you resume your old eating habits, you’ll regain the weight. Even when you’re just introducing healthy foods back into your meal plans!

That’s why you should not deprive yourself of foods you enjoy – you need to learn to manage ‘portion control’ and know more about what your body needs to stay healthy. It’s clear from history that fad diets are exactly that – FADS!

Diets are short-term fixes to a lifelong problem and they often have hazardous health effects in the long-term. We now know that healthy proportions of carbohydrates, fats, and oils are needed in the diet for healthy weight management. Understanding the value and importance of all types of food groups, vitamins, and nutrients is essential to better managing your health and your weight.

Don’t think about ‘dieting’ – think about eating healthy portions from all food groups, listening to your hunger signals, and enjoying your food!

According to Steven Hawks, a professor of health science at Brigham Young University, “Fad diets may offer short-term weight loss, but at one level or another they are not in harmony with what your body is telling you, which means you have to work against biological urgings and ultimately you're going to fail. It's not sustainable because it's not natural.”

WHAT YOUR BODY NEEDS

Understanding what your body needs is important to achieving and maintaining a healthy weight. There are four (4) main food groups that supply essential vitamins, minerals, and nutrients for your body:

1. Grain and Wheat
2. Dairy and Cheese
3. Vegetables and Fruit
4. Meat, Fish, and Alternatives

Many diets restrict food groups and minimize the inclusion of nutrients, such as fats and protein, in the dietary plan. But your body requires a variety of essential nutrients, including carbohydrates, proteins, fats, sugars, and water. In addition, vitamins and minerals are essential and can be found in all four major food groups through the foods we consume. Knowing how much your body needs and where to find these nutrients will help you to manage your food choices and consumption successfully.

Carbohydrates.

These essential nutrients play a major role in energy supply to the body. The important thing to know about carbohydrates is that there are good and bad carbs. Highly processed carbohydrates typically raise blood sugar levels and result in overloading the body, eventually leading to that “crashing” feeling you experience once they are processed through the body. Complex and unrefined carbohydrates pack the most nutritional value and promote appetite suppression. Brown rice and whole wheat flour are examples of good carbs and they will stave off your hunger longer.
Proteins.

Proteins are found primarily in meats, poultry, dairy products, and fish. Protein is an essential nutrient for the body. Beans and legumes also provide a source of protein and aid in digestion. Protein is used by the body to create muscle mass, to support healthy cell creation and function, and to strengthen the immune system. Lean meats and fish are healthy sources of protein when eaten in proper portions.

Fats.

Many diet plans restrict or eliminate fats in the diet. Fats are important to your diet and your body’s function, although they should be restricted to between 20 to 35% of your daily intake – targeting less than 30%. There are healthy fats and not-so-healthy fats so it’s important to know the difference. Fat can be obtained from meats, dairy, nuts, and oils and knowing where to find the healthiest fats is important.

Transfats.

Transfats are dietary culprits that are basically healthy fats that have been hydrogenated to increase their shelf life and flavor. Processors take healthy vegetable oil and add hydrogen, which results in solid fats such as shortening and margarine, and they are found in high percentages of cakes, cookies, and snack foods. Think of it as turning liquid into solid to better understand how transfats are developed. Transfats are known to raise LDL levels, which are the unhealthy components of cholesterol in the body. High LDL levels can lead to serious heart disease. Transfats should be avoided in every dietary plan.
Healthy Fats.

Your body needs healthy fats. Olive oil is a sensible and healthy choice for fats since it contains monounsaturated fat, which reduces the LDL levels in your body and, in turn, lowers your risk for heart disease. And the Food and Drug Administration (FDA) actually says that two tablespoons of olive oil a day MAY reduce your risk of heart disease. Olive oil is a healthier choice for fats, especially the lighter extra-virgin olive oil choices.

In addition to olive oil, you should also consider canola, peanut, sunflower, and soybean oils. Many of these oils are now used in products such as mayonnaise to make them healthier for you. Label reading is helpful when trying to decide on the healthiest choices. We'll talk about label reading later in this book.

Also, keep in mind that we get some fats through foods we eat and these are referred to as Omega-6 and Omega-3 fats. The only way to get these fats is through foods we eat. The key is to significantly reduce the amount of saturated fats you add to your diet and manage the saturated fats that you consume from meat and dairy through the use of low-fat or fat-free choices.

Fiber.

Fiber is an important part of every diet and it helps keep the body functioning smoothly. It also helps stave off hunger longer and makes you feel full sooner, thereby helping you to eat less. Fiber is derived from whole grain products, brown rice, whole grain cereals, beans, fruits, and raw or cooked vegetables.
Sugars and artificial sweeteners.

There is actually no concrete evidence that artificial sweeteners actually support short or long-term weight loss. However, they can be a useful strategy for reducing the amount of sugar in your diet, which does lead to better weight control. The important thing to understand is that the use of real sugar in your diet is not necessarily a bad thing when you practice portion control – unless you are diabetic or have some other illness that prohibits the consumption of sugar.

Sugar is natural and sweeteners are exactly what their name says – artificial. Using natural sugars may be more satisfying and either source should be used in moderation.

Whether you choose sugar or sweeteners, consider that many sugar-free drinks and foods contain empty calories and do not suppress hunger for any reasonable period of time – they may even cause the opposite affect, which results in you eating more empty calories.

Continually depriving yourself of a delicious sweet treat or cup of carbonated soda will only lead to a binge later.

So…..we’re back to portion control!

Water

There is absolutely no substitute for water. Soft drinks, tea, coffee, and other beverages may be part of a daily nutritional plan, but clear, cold water is also critical to that plan. Other beverages do not take the place of fresh water. All diet plans will agree on this one important fact!
No human being can survive more than a few days without water. It is a major component of the cell make-up. In addition to drinking water, you also receive water through soups, fruits, and vegetables. Most nutritionists recommend 8-10 glasses of water daily.

Managing your food choices wisely, balancing foods from the four major food groups, and managing portions will help you to reduce the number of calories you consume daily. When you reduce caloric consumption, you support your weight loss goals and can better maintain a healthy weight.

Combined with physical activity, it’s a winning combination!

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.\(^4\)

HOW DO EUROPEANS DO IT?

Have you ever wondered how European men and women maintain and control their weight better than Americans? France is well-known for pastries dripping with sweetness and croissants and rolls lathered with hot buttery goodness. And who hasn’t salivated over European desserts rich in sugary coatings, or marveled at the French consumption of red wine?

But they are also known for their well-maintained weight. How do they do it?

**European Secrets**

It’s all about portion control. The portion sizes in France and other European countries are very different from the United States. A ham sandwich in France consists of a couple of thinly sliced pieces of ham, fresh tomatoes, and spicy mustard on a baguette. Compare that to the sandwich from your local deli, which has thick, heavy layers of ham, piles of cheese, mayonnaise or special sauces, and thick, hearty hoagie bread! The American version also comes with a heaping pile of potato chips or french fried potatoes!

No wonder Americans are leading the world in obesity!

Europeans know how to say “no” to large portions and large meals. Although they do indulge in decadent desserts and rich food occasionally, they eat smaller portions of everything. Rather than inhale a buttered croissant in one sitting, they’ll have half a croissant or a small, petite portion of a rich dessert. They practice self-control and manage their portions of food responsibly.

Successful self-control leads to successful portion control.
Europeans seldom indulge in fast-food as frequently as Americans do. Until recently, a fast food hamburger, french fries, and milkshakes were non-existent in Europe. As America’s fast-food giants expanded into new markets and spread across the world, the waist-lines of Europeans began to spread too. The influence of the ‘western world’ has had negative effects on the health of our European brothers and sisters!

**Savor Smell and Tastes**

Another secret to weight control for Europeans is their ability to savor and enjoy their food. Eating in European countries is an enjoyable and leisurely experience. Rather than grab a fat and calorie laden meal at the drive-through and eat on the road, they take time to find pleasure in eating. They make it a priority to relax at meal times and enjoy the smell, texture, and taste of food. Meals are lighter and leisurely eaten, which aids in feeling full, giving the brain time to signal to the body that it has had enough food.

Meal-time is a time to enjoy fellowship with friends and family. It is not a hectic, hurried experience, but a time to slow down and truly enjoy the tastes of food. Savoring your food is a much more satisfying experience in Europe as they experience the true flavors and combinations of food.

Americans can learn a lot from the European people, who exercise self-control and manage food portions as a part of their everyday lives. Whether they are eating a leisurely meal with friends and family, enjoying a fast food meal, or preparing delicious home-cooked meals, they are always aware of what they eat.

<table>
<thead>
<tr>
<th>European Secrets</th>
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<tbody>
<tr>
<td>Eat smaller portions</td>
</tr>
<tr>
<td>Indulge periodically</td>
</tr>
<tr>
<td>Savor the taste of food</td>
</tr>
<tr>
<td>Enjoy meal-times</td>
</tr>
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</table>
‘THEN’ AND ‘NOW’

Question:

Hamburgers, french fries, fried chicken, pizza, and cheesecake have been around for a long time - so why are they so much worse for us now?

Answer:

Obesity in the United States has just become a national epidemic in the past 20 years. And children are not exempt from this catastrophic obesity epidemic in our country - childhood obesity continues to escalate in all socio-economic populations.

According to Lisa Young, Ph.D., R.D., who is an MSNBC reporting contributor, “When McDonald’s first opened, a soda was 7 ounces. Today, the child size is 12 ounces, a small is 16 ounces, and the large 32 ounces.”

A comparison of food portions 20 years ago compared to today’s mega supersized servings helps to give some perspective and clues to the obesity epidemic in our country. Take a look at the change in caloric intake in foods today compared to 20 years ago on the following page. You’ll be amazed at how different they are!
### Based on Portions Today Compared to 20 Years Ago

**Source of Information:** The National Heart, Lung, and Blood Institute (NHLBI)

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<thead>
<tr>
<th>Food Item</th>
<th>Calories 20 Years Ago</th>
<th>Calories Today</th>
<th>Increased Calories</th>
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</thead>
<tbody>
<tr>
<td>Cheeseburger</td>
<td>333</td>
<td>590</td>
<td>257</td>
</tr>
<tr>
<td>French Fries</td>
<td>210</td>
<td>610</td>
<td>400</td>
</tr>
<tr>
<td>Soda</td>
<td>85</td>
<td>250</td>
<td>165</td>
</tr>
<tr>
<td>Spaghetti and meatballs</td>
<td>500</td>
<td>1,025</td>
<td>525</td>
</tr>
<tr>
<td>Turkey sandwich</td>
<td>320</td>
<td>820</td>
<td>500</td>
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<tr>
<td>Bagel</td>
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<td>210</td>
</tr>
<tr>
<td>Pizza</td>
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<td>380</td>
</tr>
<tr>
<td>Cookie</td>
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<td>275</td>
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</table>
Common Sense Eating

Portions out-of-control! The fast-food industry was one of the first to mega-size a meal. And the trend has escalated over the years.

“Would you like to super-size that order for just 39 cents?”

The fastest way to create a plan you can actually stick with for life is to use a common sense approach. Everyone knows that sugary desserts and candies, fried meats covered in heavy sauces, and vegetables laced with high-fat cheese are not the best nutritional choices. But we also know they are delicious and we want them from time to time!

Common sense requires that you think before you eat. Become aware of what you eat. Allow yourself to indulge in foods you enjoy periodically but don’t make it a habit to indulge daily. And when you do indulge, manage the portions you eat and you won’t sabotage your weight control plan or your overall health. Awareness of what you are preparing to eat increases your ability to manage portion sizes.

Common sense requires knowing your own hunger signals, eating nutritious foods from all four major food groups, and not depriving yourself of sweets and treats occasionally. Your common sense will tell you which foods are the healthiest for you – without a lot of research, label reading, and nutritional training!
Ask yourself if you are really hungry or is it something else? Are you stressed? Depressed? Bored? Anxious?

You may find that taking a walk, reading a good book, calling a special friend, or some other activity satisfies your needs just as well, or better, than food! Your hunger signals and common sense will tell you whether or not you're really hungry - if you stop long enough to listen. Looking beyond the kitchen pantry or the nearest drive-through when stress or loneliness attack will give you greater satisfaction – all because you are listening to your common sense and making better choices.

When you do drive up to that fast-food restaurant, don't just think about the food you'll eat, but think about the size or portion of the food you'll consume. Consider a child sized meal or order a salad and fruit with your burger instead of high-fat fries. A small hamburger and fries go a long way toward satisfying hunger. Mega-size, super-size, and extra-large portions lead to unnecessary over-eating and feeling tired and miserable. It also causes blood sugar levels to rise quickly and fall sharply, leaving you tired and zapping your energy shortly after you eat. Your common sense tells you to think about the size of your meal! Listen to yourself and you'll make better choices!

Common sense is a vital tool for helping you manage your weight and your life. It's akin to self-control and the two are partners in how healthy or how poorly you eat. When you pair common sense and self-control, you have the power to overcome unhealthy eating habits and enjoy the foods you eat too. It's all about thinking about what you should eat, how much you should eat, and realizing and stopping when you are full, or nearly full.

And remember that it takes about 20 minutes after you eat to realize exactly how full you are!
Steven Hawks explains that he had an epiphany when he visited a McDonald’s in Thailand. "The portion size was about a third to what you get in the United States," he said. "My first reaction was 'What a rip off,' but then I started to see, 'Well, that was enough to be satisfied.' "

It’s important not to feel guilty about what you eat, but to manage the portions so you stay within your nutritional plan. The occasional hot fudge sundae or chicken cordon bleu is not what made you overweight to begin with. It’s the culmination of years of over-eating and indulging that created the problem. Those years of ignoring your common sense finally caught up with you in a big way.

But you can regain control of your eating habits. Armed with some basic information on the nutritional value of foods, understanding the importance of successful portion control, exercising self-control, and stepping into tomorrow with a healthy, positive attitude will make all of the difference!

You’ll look, feel, and act better when you’re more in control of the decisions you make about what you eat and when you eat. Common sense will guide you so you only eat when you’re hungry. You’ll begin to ask yourself, “does it make sense for me to have a doughnut just because I’m stressed?” Or, “do I really need to eat six chocolate chip cookies to be satisfied?”

5 http://www.cnn.com/2006/HEALTH/01/11/profile.hawks
Healthier choices will prevail when you use your common sense to make good choices – whether the choices are about food, exercise, or anything else. And remember – this is not a diet. This is a lifelong way of eating and it all centers around a common sense approach to portion control!

**Health Benefits**

There are obvious health benefits resulting from lifelong weight management and common sense eating. It impacts your overall health and well-being in several ways.

Just losing 10% of your current weight can make a difference in the way you feel and reduce your risks for certain diseases. Other ways that losing weight will benefit your health include.\(^6\)

- Increased energy level
- Lower cholesterol levels
- Reduced blood pressure
- Reduced aches and pains
- Improved mobility
- Improved breathing
- Improved sleeping and wake more rested
- Prevent angina; chest pain caused by decreased oxygen to the heart
- Decreased risk of sudden death from heart disease or stroke
- Prevention of Type 2 diabetes
- Improved blood sugar levels

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\(^6\) [http://weightloss.about.com/library/blhealthbenefits.htm](http://weightloss.about.com/library/blhealthbenefits.htm)
“HEALTHY FOOD” BENEFITS

There is conflicting information and opinions about what types of food are best for your body and the environment. With the introduction of organic foods, natural foods, and non-processed foods, there are even more choices today than in past years. There are pros and cons for most everything, and food is no different. When practicing portion control, you still have to make choices about the foods you choose to eat and how they are grown and processed.

*Organic Foods*

There's one thing that has not changed over the years. Food still comes from the earth and farmers have control over how food is grown, handled, and sometimes processed. Organic foods were introduced to the market as an answer to concerns about not only food, but the environment. They have quickly gained recognition in the food industry!
The introductions of pesticides, fertilizers, bioengineering, and the inclusion of other synthetic ingredients used to enhance crop and animal growth have resulted in deterioration of the quality and safety of many farm products. In their efforts to increase crop yields and optimize product size, farmers have liberally engaged in a new way of farming.

That’s why organic food is a smart choice for consumers. Organic food is produced by farmers who are actively engaged in the preservation of renewable resources and the conservation of soil and water to enhance environmental quality of life today - and in the future. Organic meat, poultry, eggs, and dairy products are more readily available today than in most recent years, thanks to farmers who refuse to use growth hormones and antibiotics.

The government is involved in this movement towards more responsible farming by creating a government-approved certification for organic farmers. To be labeled organic, the farmer is required to follow strict USDA organic standards and inspectors closely monitor the growth, handling, and processing of foods.

Organic food provides more wholesome, chemical-free fruits, vegetables, and meats than conventional farming methods and ensures you are giving your children and your family the best possible nutrition. And organic food also causes fewer allergic reactions. Before you make your next stop to the grocery store or market, take time to learn more about the value of organic foods. They might cost a little more today, but they will be worth it tomorrow.

Evaluate the options and the choice is yours.
Natural Foods

There is often confusion about the differences in organic foods and natural foods. "Organic" does not mean "natural foods." There is no legal definition as to what constitutes a "natural food." However, the food industry uses the term "natural foods" to indicate that a food has been minimally processed and is preservative-free, which makes it slightly different from just using the term "natural" to describe any food. "Natural food" is genuine, unprocessed food (or slightly processed), even though it is not organic. It is important to look for the words “100% Natural" on packaging of foods.

Some natural foods can include organic foods, but not all natural foods are organic. Natural food is fresh and considered safer than conventional foods because it contains no artificial ingredients and is minimally processed, if at all.

Natural foods are typically more nutritious than refined foods since they do not include ingredients such as refined sugars, refined flours, hydrogenated oils, artificial sweeteners, and artificial flavorings. Natural food proponents suggest that natural foods reduce the risk of obesity, diabetes, cancer, and heart disease since they do not include refined ingredients.

Processed vs. Non-Processed Foods

Processing foods today is a way to increase the shelf life of foods, enhance flavor, and make them more convenient. Processing foods breaks down natural fibers, reducing or eliminating their nutritional value. Fiber is necessary to aid in digestion and helps rid the body of waste materials. For this reason, many people believe that processed foods are unhealthy.

Processed foods also contain additives, chemicals, added salt, refined sugars, artificial flavorings, and preservatives. Many processed foods also contain
unhealthy fats. Not only do these ingredients increase the shelf life of foods, they also make the food appear more attractive and taste fresher, but they add no nutritional value.

Processing removes much of the nutritional value from foods. It is advisable to eat fresh fruits, vegetables, and meats whenever possible. Avoiding foods that have been processed will significantly decrease your salt intake. Frozen foods typically undergo less processing than canned foods and are a better alternative if natural or organic foods are not available.
BASIC ECONOMICS

We all have to make choices and decisions about how and where we spend our money. Fiscal responsibility is an important part of our everyday lives. And that is no different when it comes to decisions about the foods we choose to consume for our bodies.

Return on ‘Investment’

The cost of organic and natural foods can sometimes be higher than conventional or processed foods - which causes some people to steer away from the healthier choices. However, it is important to weigh the health and environmental benefits of healthier choices. It is also important to note that as organic and natural foods increase in popularity, they are more accessible and costs are becoming more economical.

Another consideration is the feeling of fullness from fresh fruits and vegetables vs. processed foods. Flavorings, additives, refined sugars, and other ingredients in conventional food processing may offer delicious flavor, but the feelings of hunger return much quicker than when fresh foods are consumed. Fresh, organic, and natural foods may be more satisfying than processed foods.

Processed meats contain much more salt and other preservatives than natural meats. Notice the high percentage of solutions or unfamiliar ingredients when reviewing contents of products. Unnatural additives and ingredients also may lead to gastro-intestinal and digestion issues.

Fast food restaurants cater to children and it is easy and inexpensive to run through the drive through and pick up a bag of burgers and fries for dinner. It’s tempting to patronize the fast food restaurants rather than put forth the effort to prepare a healthy meal at home or purchase healthy prepared foods from the
grocery store. One of the teasers for fast food restaurants is their low pricing, combo-packaging, and biggie sizes!

More for your money? But more what?

Before deciding that cost is the most important factor when stocking your pantry or dining out, think again about the health and environmental benefits of your choices. And make an investment that counts!

Invest in yourself and you’ll get a great return on your investment!

“It never ceases to amaze me the way people will go to great lengths buying the absolute best dog or cat food they can afford for their pets while they stock their own fridges and pantries with processed foods that are 50% corn syrup and 50% of gawd knows what!” -- Michael Golliver
IT’S ALL ABOUT PORTION CONTROL

We’ve talked about fats, carbs, fiber, and sugars. We’ve talked about organic foods, natural foods, and conventional foods. And we’ve talked about fad diets and how they are short term solutions to a lifelong issue.

But most importantly, we’ve talked about ‘portion control’! That’s what really makes a difference in the long-term. The concept is sensible – if you consume less, you reduce your intake of calories. If you reduce your caloric intake, you lose weight and/or better control your weight and improve your health.

And with portion control, you don’t spend needless time weighing foods, counting calories, fats, and sugars, and managing complex components of determining your food intake. It’s all about ‘eating smart’ and making sensible choices about when you eat and what foods you choose to consume. Most people know the basics of nutrition and which foods they should avoid. Now, combining that knowledge with how much of each food to eat creates a successful weight control strategy.

The fact that losing as little as 5% to 10% of body weight, if you are overweight, can reduce your risk of developing Type 2 diabetes and high blood pressure, is an important reason to eat smart. Exercising smart food choices and portion control is part of a weight management plan that works.

Ensuring you eat a balanced diet, consume nutritious foods daily, and eat reasonable portions will help you attain and maintain a healthy weight. And, by eating smaller portions of foods that you love, some of which are high in sugar or fat content, makes it possible to keep them in your life! And all without dieting!

7 http://www.medicinenet.com
The most important step to successful portion control is to determine what a recommended and reasonable portion looks like. This requires retraining your mind to think about how the food looks on your plate. Think about what you are eating and increase your awareness of the size and types of foods on your plate and you'll soon be eating healthier than ever!

“Americans spend 6 billion dollars a year on weight-loss products, in search of the magic bullet. Yet health authorities, including the American Dietetic Association, the American Heart Association, the American Medical Association, and the U.S. Department of Agriculture, agree that the best approach to weight loss is a balanced diet.”

Four Major Food Groups – Divide Your Plate

It's important to eat a variety of healthful foods daily from all four major food groups. One way to help you plan your meals and the portion size is based on the American Diabetes Association’s (ADA) “Rate Your Plate.” You don’t have to be diabetic to benefit from this valuable information and strategy for dividing your plate into healthy proportions.
According to the ADA:

- When you sit down for a meal, draw an imaginary line through the center of your plate. Draw a line to divide one section into two. About one-fourth of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn, or peas.
- Another fourth should be protein -- foods like meat, fish, poultry, or tofu.
- For the last half of your plate, you can fill it with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes, and cauliflower.
- Then, add a glass of non-fat milk and a small roll or piece of fruit and you are ready to eat!8

8 http://www.diabetes.org/nutrition-and-recipes/nutrition/eatingoutguide.jspe soda
**Sensible Choices**

Sensible choices are exactly that – choices that make sense for you. This is about both the foods you choose to eat and the portions of the foods you consume. Whether you are eating organic foods that are high in fiber, or foods that are not so healthy, such as a bowl of high-fat ice cream, portion control is just as important. It is not something that applies only to unhealthy foods!

What is a portion anyway?

Portions are the amount of food you CHOOSE to eat. It’s not necessarily a serving because serving sizes vary whether you’re eating at home, dining out, or eating packaged foods. It’s important to remember the differences and focus on portion sizes as you make choices.

*Make choices that count.*

Staying within a healthy weight range is possible when you manage the amount of food you eat. But you still have to think about what you are eating. Whether it’s food that is good for you or food that is 'not so good for you,' you still need to manage the amount you eat. Whenever possible, you should consider foods that are low-sugar, low fat, and high in fiber, nutrients, and vitamins.

Some people like to eat three meals a day and others prefer 4-5 smaller meals. Depending on your preference, you’ll need to make sensible decisions about portions you consume. If you prefer to eat more meals per day, then portions will
be smaller. That’s why it’s important to choose foods that will stave off your hunger so you don’t overeat, just because food is available.

Look at what you are eating and use your visual perception to make sensible choices. There are a few tips and tricks to help you better understand, manage, and budget portions. The following table is a good reference resource when judging portion sizes.
VISUAL CUES FOR PORTION SIZES

<table>
<thead>
<tr>
<th>Grain Products</th>
<th>What One Serving Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of cereal flakes</td>
<td>The size of a fist</td>
</tr>
<tr>
<td>1 pancake</td>
<td>A compact disc</td>
</tr>
<tr>
<td>½ cup of cooked rice, pasta, or potato</td>
<td>½ of a baseball</td>
</tr>
<tr>
<td>1 slice of bread</td>
<td>A cassette tape</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits and Veggies</th>
<th>What One Serving Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of salad greens</td>
<td>A baseball</td>
</tr>
<tr>
<td>1 medium fruit</td>
<td>A baseball</td>
</tr>
<tr>
<td>½ cup of raisins</td>
<td>A large egg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy and Cheese</th>
<th>What One Serving Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ oz. cheese</td>
<td>4 stacked dice</td>
</tr>
<tr>
<td>½ cup of ice cream</td>
<td>½ baseball</td>
</tr>
<tr>
<td>1 cup serving of milk, yogurt, or fresh greens</td>
<td>The size of a fist</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meats and Alternatives</th>
<th>What One Serving Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. meat, fish, and poultry</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>3 oz. grilled/baked fish</td>
<td>Checkbook</td>
</tr>
<tr>
<td>2 Tbsp. peanut butter</td>
<td>Ping pong ball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fats</th>
<th>What One Serving Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon of oil</td>
<td>The size of your thumb tip</td>
</tr>
</tbody>
</table>

Visualizing portions becomes second-nature once you begin using this strategy for better weight control. For some people, it is easier to visualize portion sizes when compared to everyday items. In addition to the above table, another technique for visualizing proper portions is to see pictures of items that are

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9 http://www.aarp.org/health/staying_healthy/eating/size_does_matter.html
basically the equivalent size of a portion. The pictures below will give you an idea of visualization to manage portions.

**Thickness of a sandwich with ham or turkey, lettuce, and tomato should be about the size of a ballpoint pen.**

A slice of bread should be about the size of a cassette tape.

½ Cup of Raisins is about the size of a large egg
Don’t underestimate how much you are eating!

“The problem is, people tend to eat or drink what’s in front of them. We also significantly underestimate how many calories we consume. But even when consumers try to do right by their diets by choosing a small or medium of something at a fast-food chain, they may be getting more than they expect.”

(Lisa Young, Ph.D., R.D., MSNBC Contributor)

Over the years, we have seen portion sizes steadily increase and the ‘value meal’ has become associated with BIG servings. We have all come to expect restaurants to serve large portions so we are 'getting our money’s worth.'

Consumers have been trained to think this way by restaurants that advertise constantly that bigger servings mean bigger value. After eating larger portions than needed to satisfy hunger, we are simply stuffed and uncomfortable. And then comes dessert on top of it all!

That’s when portion control becomes your best armor against the battle of overeating. Don’t eat what you see – eat until you begin to feel full. Know your hunger signals and your ‘full' feeling! Stop thinking about the large amount of food in front of you as a meal, but think of it as food that should be divided into proper portions for consumption. Don’t assume that just because it is the

10 http://www.msnbc.msn.com
restaurant’s serving size of a particular food, that it is a portion – they are two very different measurements!

Start using the charts and pictures above to plan or prepare your portions. If you’re dining out and your plate is piled full of pasta, sauce, and smothered in cheese, you know that this is more than a portion! How can you manage that?

Simple! Divide a portion of the food on your plate for your meal and ignore the rest. Have a fresh salad with your smaller main course. Ask for a carry-out container for the left-overs and you’ll have a meal for later. Or share the meal with a friend.

Okay, maybe not so simple at first! But it does get easier.

This will be challenging as you change your habits and lifestyle – especially if you’re used to inhaling the entire dish until you are stuffed and miserable. But with some practice and focus on the importance of portion control, it will become a habit. And you will be able to eat healthier and some unhealthy but indulgent foods because you’re managing your intake of these foods through portions!

Controlling portions and making sensible choices is not a diet. It’s a way of life that is sustainable and contributes to successful weight control, healthy nutrition, and better health. It can be implemented with no special measurements, equipment, programs, specially packaged foods, or supplements. Just some self-control and common sense!
Check out the portion control tips below and then come up with some of your own creative ideas on how to better manage portion sizes.

<table>
<thead>
<tr>
<th>PORTION CONTROL TIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Always drink lots of water to help curb hunger during the day and before meals.</td>
</tr>
<tr>
<td>2. Use the visual cues provided in prior sections of this book to help you put proper portions on your plate.</td>
</tr>
<tr>
<td>3. Eat slowly and stop eating when you are full – even if you have part of your ‘portion’ left on your plate. Give your body time to signal to your brain that you are full – this usually takes about 20 minutes. If you eat until you are &quot;full,&quot; you may have already overeaten!</td>
</tr>
<tr>
<td>4. Include healthy portions of vegetables, fruits, low-fat meats, and healthy foods on your plate. If you are still hungry after you’ve eaten your portions of each food and still need more, go for vegetables or unsweetened liquids.</td>
</tr>
<tr>
<td>5. Eat at regular times each day and do not skip meals. Your hunger will make it difficult to make sensible choices if you become “starved”!</td>
</tr>
<tr>
<td>6. Avoid social overeating at parties or when spending time with friends or groups by filling up on raw vegetables and water. Avoid the high-fat foods or just take a small taste.</td>
</tr>
<tr>
<td>7. If eating from a package, remove a portion from the package. For example, do not eat directly from a bag of chips or can of peanuts. Spoon a small amount of dip out of the container rather than dip vegetables into a large container where you won’t be able to manage how much you consume.</td>
</tr>
<tr>
<td>8. When you eat desserts, eat small portions – share desserts with a friend, eat just one cookie or a ½ cup of ice cream rather than indulging in the enormous servings in restaurants and specialty shops.</td>
</tr>
<tr>
<td>9. Rather than deprive yourself of foods you love, eat them in smaller, sensible portions. High-fat, high-sugar foods should be eaten only occasionally in small amounts to avoid weight gain.</td>
</tr>
</tbody>
</table>
Think about dishes you use at home. A study conducted among 85 food experts revealed that when using large bowls, the experts served 31 percent more ice cream than they did when they used smaller bowls. The bottom line: You should downsize your dishes.11

Using dishes that help you with portion control are another great way to manage the amount of food you eat: Using a breakfast or salad plate for your main meals is one way to help you make sensible choices until you are better able to manage portions.

Sectioned plates or plates with different colors may be useful as well. Smaller bowls for cereal, ice cream, or other foods can help you to visualize appropriate portions. The size of your glass or cup can help you manage the amount of sweetened liquids you drink so you don’t over-indulge in these sweeter treats.

**What about label-reading?**

Label reading can be daunting and intimidating to some people. But it doesn’t have to be. You don’t have to be an expert label-reader to gain benefits from looking at some general information on labels from pre-packaged products.

For example, it is important to know how many “servings” are included in the package. If the contents of the package have 8 grams of fat per serving, and there are 2.5 servings per container, then serving size becomes an important measurement! You must multiply 8 by 2.5 to get the fat grams for the entire

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package. That’s a whopping 20 grams of fat if you eat the entire package! Before you start to wolf down the full package, remove the portion you plan to eat and close the container to avoid overeating.

Some general guidelines for label-reading will assist you in using this valuable resource on pre-packaged foods. You do not need to be obsessed with label-reading when managing portions, but it is helpful to read labels when making decisions about foods that are healthiest for you. You’ll make more informed choices.

You’ll want to minimize some ingredients while optimizing others. For example, minimize sodium and sugar intake, while increasing fiber consumption. The label below shows some simple guidelines for label reading.
When reading labels, look for foods low in saturated fats and transfats. Choose and prepare foods and beverages with little salt (sodium) and/or low in added sugars (caloric sweeteners). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.
You CAN Eat Chocolate and More

The amount of food you choose to eat is important. The type of food you choose to eat is also important. Constantly depriving yourself of foods you love will sabotage your ability to manage your weight. That’s where portion control comes into play!

You CAN eat chocolate!

The fact that chocolate bars have grown more than 10 times in size since they were first introduced means that consumers need to pay closer attention to how much of a food they eat. But - when you eat reasonable portions occasionally, you can eat anything you want in moderation!

You can eat chocolate, cookies, cream desserts, whipped toppings, and rich creamy ice cream – when you do it occasionally and with self-control and restraint on portion size. An occasional small piece of chocolate cake or ½ cup of pistachio ice cream is not going to increase your weight or harm your health. Over-indulging in these types of foods is what leads to weight gain and health problems, but eating them in moderation is acceptable.

If you have a craving for a chocolate chip cookie, then have one! The key word here is “one”! Don’t eat cookies from the package until you’re stuffed! One cookie is not going to make you gain weight, but continually eating many cookies will quickly add up to more pounds and a sluggish feeling. And remember that packaged cookies and treats, pastries, and other desserts contain those transfats and saturated fats that are oils to be avoided whenever possible!
Rather than chocolate, think about other sweet treats that can satisfy your cravings without the high sugar content. Fruit or low-fat yogurt may be a good substitute for high-fat desserts. But if chocolate is what you really want – then have a small portion.

**Fresh, Canned, or Frozen**

Determining how much to eat is the same process whether you’re eating fresh, canned, or frozen foods. A portion is a portion. But there are some types of foods which have more nutrients and healthy benefits for your body than others.

We’ve talked extensively about good and bad fats and other ingredients found in foods. Fresh, organic, or natural are most often the best choices for the body and for the environment.

Frozen foods typically have less sodium, sugar, and added ingredients than canned foods and are a second choice to fresh foods. However, if you choose to use canned foods, then you can take a few simple steps to make them healthier choices.

Drain canned vegetables and rinse them in cold water before preparing them or using them in recipes. Purchase canned vegetables that are low in sodium, or sodium-free whenever possible.

If you choose to purchase canned fruits, purchase fruits that are packed in their own juices with no sugar added. Drain the extra syrup from canned fruits that are sweetened and packed in syrup to eliminate some of the unnecessary calories and sugar content. You won’t even notice the difference in taste – but it will make a big difference in your weight control.
Use spices and fresh herbs to bring out the rich flavors of vegetables and make them more satisfying. Cook in small amounts of water and don’t overcook to avoid the unnecessary loss of valuable vitamins and nutrients. A short trip through the microwave is a healthy way to prepare vegetables, especially the frozen ones, which can be kept frozen until you’re ready to prepare them.

**Portion control applies to all vegetables and fruits, whether they are fresh, frozen, or canned – organic or natural!**

**Dine Out or Eat In**

Dining out or eating at home are personal choices. Sometimes lifestyle, jobs, or other factors lead to more meals being eaten out. Regardless of where you eat, there is no reason that you have to alter your strategies and plans for making sensible food choices and eating healthy amounts of food from all four major food groups.

Restaurants are well-known for serving beautifully prepared, overflowing plates of food in unnecessary quantities. All-you-can-eat buffets are a disaster waiting to happen if you are unable to control and manage the portions you eat. It may be best to avoid this type of restaurant, at least in the beginning of your journey towards controlled eating.

Dining out may be a little more difficult at first as you are solidifying your habits and plans for healthy eating. Remember that restaurants are used to special requests and you have the right to make special requests. Ask your server to
hold the sauce, substitute a salad for fries, or hold the bread. Some restaurants will allow you to order from the lunch or children’s menu if you have special dietary needs so don’t hesitate to ask. If it’s not in front of you, then you’re not tempted to eat it!

If everyone else is having dessert and you’re tempted, consider having a serving of sorbet or a flavored coffee instead of a rich, calorie-laden piece of cheesecake or pie. But if you want a heavier dessert, then just eat part of it or share it with a friend.

Some other tips for dining out include:

- Manage portions just as you would at home
- Drink water before and during your meal
- Skip the appetizers or order a small salad or raw vegetables instead
- Request broiled, steamed, roasted, or baked foods when possible
- Ask that your food not be sautéed in extra butter
- Request butter, sour cream, sauces, gravies, salad dressings, and other items “on the side” and use them sparingly – just enough to flavor foods
- Avoid fried foods, but if you do indulge, manage portions!
- Substitute a house salad for fries, or ask for fruit instead of dessert
- Don’t munch on bread mindlessly, or at least limit consumption to one item, prior to the meal being served
- Limit alcohol, which adds no nutritional value but quickly adds up in calories
- Avoid anything that says ‘mega,’ ‘jumbo-size,’ or ‘biggie-sized.’
- Consider ordering from the lunch, children’s, or senior-citizen’s menu if the restaurant allows. These are usually more reasonable portions of the same foods. Many restaurants now accommodate these requests.
Whether you’re dining out or eating at home, take time to savor the flavors, textures, and smell of food. Allow yourself to enjoy your food and give your brain time to tell your stomach that you are full. Don’t eat until you are stuffed because then it is already too late to stop! When you begin to feel the sensation of fullness, slow down, put your fork down, and savor the moment. You’ll be surprised how quickly you will actually be full!

Enjoy meal times with friends and family, and focus on the enjoyment of being with them rather than focusing on the food itself. Make dining-out or eating-in a pleasurable experience in every way possible. In a short time, these things will become second-nature and you will automatically be in better control of your eating and your choices.

“Adopting sensible behaviors and sound eating habits that you can live with is weight control that works. You can still have the foods you love -- just eat them in small portions, balance them with other foods, and eat a variety of nutritious foods each day.”

12 http://www.medicinenet.com/script/main
MEAL PLANNING

Now that you’ve learned the importance of portion control and making sensible choices, it’s time to turn our attention to meal planning and preparation. There are a multitude of foods that can be prepared at home with minimal time and that provide healthy, nutritional value and satisfy the heartiest of appetites.

Using fresh ingredients, herbs, and spices, and including variety through the four basic food groups, will keep your meals interesting and you’ll savor each and every bite! You’ll actually look forward to preparing your meals and will anticipate meal-time with excitement once you learn to take time to enjoy the textures, smell, and taste of food.

We’ve listed some meal planning ideas, satisfying snacks, and delightful desserts to help get you started. Use these ideas as a way to create a new approach to eating and begin your own collection of meal planning ideas. Don’t deprive yourself of the foods you love either – include them in your meal plans and make them part of your life.

Remember, this is not a diet! It’s a sensible approach to weight management that you can live with for the rest of your life.

Slimming Sensations

Slimming sensations are foods that provide you with low-fat, low-sugar choices and that pack a punch with nutritional value. This section arms you with some general guidelines for making choices with slimming results. But remember, don’t deprive yourself of other
foods you enjoy either – even though they may be higher in fat or sugar content. Just manage frequency of consumption and portions!

Portion control is a valuable weapon against over-eating. But always keep in mind that this is not a diet. It is a way of managing the amount of food you choose to consume. Making healthy choices about WHAT foods you eat by selecting foods that are high in fiber, vitamins, and minerals and low in sugar, sodium, and preservatives is always the best alternative.

However, with portion control you don’t have to deprive yourself of any foods – just eat them occasionally and in sensible portions. Combined with a diet of fruits, vegetables, lean meats, and other essential nutrients is your best defense.

The following chart provides a listing of foods in all major food groups and offers low-fat, healthy alternatives for selection. You can use this as a guideline for preparing meals at home or for ordering from the menu when dining out. Combining these foods with some of the less healthy choices you make will help to balance your nutritional intake.
<table>
<thead>
<tr>
<th><strong>LOW-FAT FOOD CHOICES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Slimming Sensations</strong></td>
</tr>
</tbody>
</table>

**Appetizers**
- Tomato juice, soup (avoid cream based), consommé.
- Raw (not marinated) vegetables such as celery or radishes; skip the dip or go lightly
- Fresh fruit
- Fresh, steamed seafood such as shrimp cocktail

**Eggs**
- Poached, boiled (skip fried)

**Salads**
- Tossed vegetable, lettuce, sliced tomato, cucumber and other mixed vegetables
- Salads with low-calorie dressing, lemon juice, vinegar, or vinaigrette

**Breads**
- Whole-grain rolls or crackers, biscuits, tortillas, flat-breads, or loaf style breads

**Potatoes and Substitutes**
- Baked, boiled, or steamed potatoes
- Plain rice or noodles – preferably brown rice or whole wheat noodles

**Fats**
- Olive oil, low-calorie salad dressing, low-fat sour cream or yogurt

**Vegetables**
- Raw, stewed, steamed, boiled

**Meat, Poultry, Fish**
- Roasted, baked, broiled, or grilled poultry, fish, or seafood (avoid fried foods)
- Lean meats with all visible fat trimmed

**Desserts**
- Fresh fruit with a sprinkling of nuts, or fruit juice
- Fat-free or low-fat yogurt, pudding, or Jello
- One scoop or ½ cup of ice cream or sorbet
- Flavored coffee

**Beverages**
- Water, Flavored Water, Seltzer Water
- Coffee, tea
- Low-fat milk
- Sugar-free drinks
A meal plan that includes a combination of low-fat, low-sugar foods and some less healthy alternatives can still work to help you control your weight when you manage the portions you eat. The following suggestions include meal plans with everyday foods – both the healthier and not-so-healthy selections! Use this as a guide to create your own meal plans.

A meal plan should include foods from the basic food groups, including grains, proteins, vegetables/fruits, and dairy or dairy substitutes. Proteins make up 25% of your meal, grains another 25%, and the remaining 50% should be from fruits and vegetables.

When making choices and food selections, use common sense. If you choose to have a high-fat, sugary dessert for lunch, skip it for dinner. However, if you want to save this indulgence for dinner, you can skip it at lunch! Common sense is key.
## MEAL PLAN IDEAS

### MEAL PLAN #1 – Breakfast

- 1 Cup Oatmeal with 1 tablespoon brown sugar and sprinkling of raisins
- 1 piece whole-wheat toast
- 1 Orange
- Cup of coffee with 1 tsp. sugar (cream optional)

### MEAL PLAN #2 – Breakfast

- 1 English muffin with 1 teaspoon butter and jelly
- 1 Boiled egg with salt/pepper
- 1 Cup fresh orange juice
- Cup of coffee with 1 tsp. sugar (cream optional)

### MEAL PLAN #3 – Breakfast

- 1 Scrambled egg
- 1 Piece of white toast with butter or margarine and honey
- 2 Slices bacon (micro-waved)
- 1 Orange
- 1 Glass 2% or whole milk (8 oz.)

### MEAL PLAN #4 – Lunch

- Salad with lettuce, tomato, carrots, peppers, mushrooms, and onions
- 3 oz. grilled or fried chicken tenders – chopped on salad
- Dressing to taste (portion control!)
- 1 Small brownie

### MEAL PLAN #5 – Lunch

- 1 Cup vegetable/ beef soup (canned or homemade)
- 4 Ritz crackers
- 2 Teaspoons peanut butter (for crackers)
- 1 Diet Coke (or regular, based on preference)
- Celery and carrot sticks
- ½ cup chocolate ice cream (low-fat or regular)
### MEAL PLAN #6 – Lunch

Turkey sandwich – 3 oz. turkey on wheat bread, honey mustard, lettuce, tomato
Small individual serving size bag of chips (regular or baked)
Dill pickle
Fruit cup
Iced tea (sweetened, unsweetened, or artificially sweetened)
1 Junior Mint

### MEAL PLAN #7 – Dinner

1 Baked chicken breast, skin removed
1 Small baked potato with 1 tsp butter, salt and pepper
1 Serving broccoli with low-fat cheese
1 Whole-wheat roll
1 Glass wine
1 Small slice of cheesecake (1/10th of 9” pie)

### MEAL PLAN #8 – Dinner

1 Grilled Sirloin Steak (5 oz.) – trimmed of all visible fat
Sliced tomatoes with fresh sliced mozzarella, drizzled with balsamic vinaigrette
French fried potatoes (about 10 steak size fries or 16-20 ounces)
1 Slice french bread with butter and garlic
Sliced apples or other fresh fruit
1 Glass wine or iced tea

### MEAL PLAN #9 – Dinner

1 Portion of Baked Lasagna with meat sauce (about 1 cup)
1 Piece of Italian bread with butter, garlic, and salt
1 Mixed green salad with dressing – plenty of fresh vegetables
1 Glass wine, iced tea, or an 8 oz. soft drink
1 Small portion of Key Lime Pie (about 1/10th of an 8” pie)
Satisfying Snacks

Everyone enjoys snacks – there are healthy choices that make snacking a good part of your daily weight control plan. You should choose snacks that are satisfying and filling – helping you ward off hunger between meals without giving you unnecessary amounts of sugar or fat. Some recommended snack options are listed below.

Use these ideas to come up with your own ideas for a healthy, nutritious, and delicious snack. Remember to occasionally include foods you love, such as chocolate and other sweets – but manage your portions closely!

<table>
<thead>
<tr>
<th>SNACK OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruit – apple, orange, banana, grapes, or other fruits</td>
</tr>
<tr>
<td>Raw vegetables and 2 tablespoons dip</td>
</tr>
<tr>
<td>Individual sized bag of whole-wheat pretzels and diet soda or water</td>
</tr>
<tr>
<td>1 ounce Cheese and 4-5 crackers (preferably whole wheat crackers and low-fat cheese)</td>
</tr>
<tr>
<td>½ cup frozen yogurt or ice cream</td>
</tr>
<tr>
<td>15-20 tortilla chips with salsa</td>
</tr>
<tr>
<td>Low-fat fruit smoothie</td>
</tr>
<tr>
<td>Juice Spritzer (one part juice and one part sparkling water or Diet 7-Up)</td>
</tr>
<tr>
<td>12-14 almonds or other nuts</td>
</tr>
<tr>
<td>4 crackers and 1 tablespoon peanut butter</td>
</tr>
<tr>
<td>1 Cookie and a glass of 2% milk</td>
</tr>
<tr>
<td>2 cups air-popped popcorn and 1 glass sparkling water or diet soda</td>
</tr>
<tr>
<td>1 cup fat-free hot chocolate made with hot water and 3 vanilla wafers</td>
</tr>
<tr>
<td>1 cup low/no-sugar cereal (such as Cheerios)</td>
</tr>
<tr>
<td>Rice cakes</td>
</tr>
<tr>
<td>Celery with 1.5 oz. Hummus</td>
</tr>
</tbody>
</table>
Delightful Desserts

As you’ve learned already, you can eat anything you want when you control the frequency and portions of foods you consume. This applies to desserts too! So you can have your cake and eat it too!

Before you indulge in decadent desserts, ask yourself if you really want the dessert or are you eating because you are stressed, or maybe you’re eating dessert because others are eating. Make sure you truly want the sweet treat before you indulge.

If the answer is still "yes," then go for it! But make sure you manage the portion you consume. Eat $\frac{1}{2}$ slice of cake or pie, take only one cookie instead of 2 or 3, and definitely don’t go back for seconds! Allow your brain to tell your stomach that you are satisfied.

If you still feel the urge to eat, drink water or some other low-sugar beverage. Maybe a cup of coffee will do the trick. Find what works for you and use it to help manage your cravings for fat and calorie-laden foods.

In spite of what many people believe, there are some desserts that are healthier than others. Pay attention to your hunger signals, and if they signal that you need dessert then consider some of the lower sugar, lower fat options that are available:

- Angel food cake (lower in fat and calories than regular cake)
- Fresh fruit with low-fat whipped cream
- Sorbet in place of high-fat ice creams (but still watch the sugar!)
Sugar-free cookies or cakes
- Yogurt with fruit
- Frozen yogurt
- Graham crackers or vanilla wafers and pudding
- Jello with fruit and fat-free whipped topping

Whether you choose the calorie-laden desserts or the healthier versions, you still need to exercise portion control. A beautifully displayed dessert can quickly give your will-power and self-control a big "whap," but don't let it sabotage your healthy habits and over-power your common sense.

Indulge occasionally and enjoy decadent desserts, but do it with awareness and purpose.
EAT WELL OR DIET FOREVER?

The choice to diet is up to you. But when you see the negative consequences of dieting and the short-term benefits, isn’t it better to eat smart through portion control? For your weight management strategy to be effective, successful, and sustainable, it has to be something that you can live with.

Portion control is a plan that enables you to eat what you want and still maintain a healthy weight. It gives you the flexibility to decide what to eat by making sure you know how MUCH you can eat.

Occasionally indulging in buttery appetizers, creamy sauces, crunchy fried entrees, and decadent chocolate tortes won’t cause you to feel like you have failed – because they are included in your weight management plan and you control how often you eat them!

Diets are a short-term focus to a lifelong problem. Diets may result in faster weight-loss than portion control, but it is not sustainable, long-lasting weight loss. You can eat well for the rest of your life through portion control, or you can continue yo-yo dieting and watch your weight ebb and flow with the latest fad diet.

The choice is yours.
COMBINE SMART EATING AND HEALTHY LIFESTYLES

“Portions for Life” is all about how to manage the quantity and quality of foods you consume. It guides you in your efforts to take on a new challenge by altering the way you look at food. It is not a diet and it does not deprive you of the food you love. It simply helps you better understand and manage the amount of each kind of food you eat.

It is always more sensible to eat healthy, low-fat, foods that are high in vitamins and nutrients. But in the 'real world,' everyone occasionally wants to indulge in fried fish, creamy dips, or chocolate cake. When you consume reasonable portions of foods, you can periodically indulge your cravings without sacrificing your health or your weight.

Taking time to savor and enjoy the beauty, texture, smell, and taste of food enhances the experience and makes eating a pleasurable experience. Meal-times are also about friendship, strengthening relationships, and re-energizing your body and mind for the activities and tasks that lay ahead. It’s a time to enjoy special time with friends and family and slow down the hectic pace typically associated with eating.

In addition to managing the quantity and quality of foods you eat, it’s important to combine your change in eating habits with your lifestyle. An active life and the
inclusion of some type of exercise or physical activity will enhance your health and mental well-being further.

Take a short walk early in the morning if time permits, or share time with a friend or spouse with an evening walk around the neighborhood. The combination of eating well and being active will give you more energy, improve your outlook on life, and give you back the spirit and excitement in your life that you had when you were in better control of your eating habits.

Smart eating and healthy lifestyles are winning combinations that produce positive, sustainable, life-long results. When you get moving more, you may find that your emphasis on food declines and your focus on an active, healthy life increases. Food becomes less of a crutch as you find new, invigorating activities and build stronger relationships in your life.

And all because you decided to exercise portion control!
YOU’RE BACK IN CONTROL!

Taking control of what you eat and how much you eat puts you in back in control! You’re in the driver’s seat and you make decisions about the foods you consume based on your own hunger signals and triggers.

And most importantly, you know when you’ve had enough to eat and when to stop! This is truly the path to life-long habits that help you attain and maintain a healthy weight and feel better for life. The healthy way!

Imagine yourself with control over your life again. Control that enables you to enjoy the finer things in life and experience life to the fullest, while maintaining a healthy weight and improved health overall. When you alter your eating habits and gain control of your weight, you also gain control of your life! What could be more healthy or exciting? Go ahead, take the reins!

*With portion control, you’re back in control!*
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