

# Down to the basics

## Proteins

Proteins are the basic building blocks of the human body. They are made up of amino acids, and help build muscles, blood, skin, hair, nails and internal organs. Next to water protein is the most plentiful substance in the body, and most of it (around 60% to 70%) is located in the skeletal muscles. Protein is found in foods like meat, fish, poultry, eggs, dairy products, beans, nuts, and tofu.

- Supplies valuable enzymes that regulate bodily functions
- Provide for the transport of nutrients, oxygen and waste throughout the body
- Key to muscle building and development
- Provide the structure and contracting capability of muscles
- Provide collagen to connective tissues of the body and to the tissues of the skin, hair and nails

## Fat

Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body. The types of dietary fat are: saturated, polyunsaturated, monounsaturated, omega 3 fatty acids, and omega 6 fatty acids.

- Fat deposits surround and protect organs such as the kidneys, heart and liver
- Fat balances hormones
- A layer of fat beneath the skin, known as subcutaneous fat, insulates the body from environmental temperature changes, thereby preserving body heat
- Dietary fat acts as a long-lasting fuel source for low-intensity exercise
- Dietary fat provides fat-soluble vitamins and vitamins A, D, E, and K

## Carbohydrates

Carbohydrates offer an immediate source of energy for your body. They provide the fuel for your muscles and organs, such as your brain. The two types of carbohydrates are simple and complex. Carbohydrates provide all the cells of the body with the energy they need for everyday tasks and physical activity. If the foods you eat contain too many carbohydrates, the following occurs:

- Carbohydrates are stored in the liver and muscle cells, and are used when the body needs an extra burst of energy
- Anything leftover that is not stored in liver and muscle cells is turned into fat

# Carbohydrates

What exactly is a carbohydrate?

Dietary carbohydrates, also known as “carbs” are a main source of energy for our body that comes from plant-based foods. They come in a variety of forms. Here it is in a nutshell:

- Sugar- think of the “sweet” stuff, such as candies, ice cream, fruit, cookies, pastries, pies, etc
- Starch- think of the “feel good” foods, such as potatoes, rice, pasta, bread
- Fiber- think of the “colorful” stuff, such as broccoli, peppers, green beans, spinach

Rather than drive yourself crazy figuring out what is a carb and what isn't understand that practically everything we eat has carbohydrates in some form.

Reference the following table for foods and serving sizes that contain about 15g of carbs:

|                                 |                          |                            |
|---------------------------------|--------------------------|----------------------------|
| ¼ of a large bagel              | 3 cups popped popcorn    | 1 cup watermelon           |
| 2 ½ biscuit                     | 2-4in rice cakes         | ½ cup apple juice          |
| 1 slice white bread             | 9-13 potato chips        | ½ cup orange juice         |
| 1 slice whole wheat bread       | 1 medium apple           | ½ cup grapefruit           |
| ½ English muffin                | ½ cup unsweet applesauce | 1/3 cup grape juice        |
| ½ hamburger bun                 | 1 small banana           | 8oz white milk             |
| 6 in tortilla                   | ¾ cup blackberries       | 6oz plain yogurt           |
| ½ cup cooked oatmeal            | ¾ cup blueberries        | ½ cup chocolate milk       |
| 4 in square waffle              | 1 cup diced cantaloupe   | ½ cup regular soda         |
| ½ cup grits                     | 12 fresh cherries        | 1 cup Gatorade             |
| 1/3 cup couscous                | ½ a grapefruit           | 1 ¼ square brownie         |
| 1/3 cup cooked pasta            | 1 cup honeydew melon     | ½ cup pudding              |
| 1/3 cup cooked white rice       | 1 medium kiwi            | 5 chocolate kisses         |
| 1/3 cup cooked brown rice       | ¾ cup mandarin oranges   | 1 tbsp jam or jelly        |
| ½ cup mashed white/sweet potato | 1 medium nectarine       | 1 tbsp sugar               |
| ¼ large white/sweet potato      | 1 medium orange          | 1 tbsp maple syrup         |
| 6 saltine crackers              | ½ cup pineapple          | ½ donut                    |
| 6 round butter type crackers    | 1 cup strawberries       | ½ cup of regular ice cream |
| 2 ½ graham cracker              | 2 tbsp raisins           | ½ cup fat free ice cream   |

# Sample Day from the Average American Diet

| <u>Breakfast</u>         | Carbs |
|--------------------------|-------|
| 3 cups Cheerios          | 60g   |
| w/ 1.5 cups skim milk    | 20g   |
| ½ a Banana               | 15g   |
| 1 ½ cups of Orange Juice | 39g   |

| <u>Snack</u>       |     |
|--------------------|-----|
| 1 Kashi GoLean bar | 48g |
| 1 medium Apple     | 17g |

| <u>Lunch</u>                             |       |
|--|-------|
| 2 cups of leftover spaghetti from dinner | 84g   |
| 1 can of coke                            | 39g   |
| 5 Hershey Kisses                         | 12.5g |

| <u>Snack</u>                                  |     |
|---|-----|
| 2 – 100 calorie pack Cheezits and Oreo Crisps | 30g |

| <u>Dinner</u>                  |     |
|--------------------------------|-----|
| 4 Chicken Tenders              | 15g |
| 2 cups of French Fries         | 28g |
| w/ 3 tbsp Honey Mustard        | 12g |
| 1 cup Corn                     | 36g |
| 1 glass of Sweet Tea (12fl oz) | 38g |

| <u>Snack</u>                  |             |
|-------------------------------|-------------|
| 1 oz bag of Microwave popcorn | 16g         |
| <b>Total Carbs</b>            | <b>494g</b> |

# Food Label 101

| Nutrition Facts  |                |                      |       |
|--|----------------|----------------------|-------|
| Serving Size ½ cup (114g)  |                |                      |       |
| Servings Per Container 4   |                |                      |       |
| Amount Per Serving   |                |                      |       |
| <b>Calories</b> 90   |                | Calories from Fat 30 |       |
| % Daily Value*   |                |                      |       |
| <b>Total Fat</b> 3g  |                | 5%                   |       |
| Saturated Fat 0g   |                | 0%                   |       |
| <b>Cholesterol</b> 0mg   |                | 0%                   |       |
| <b>Sodium</b> 300mg  |                | 13%                  |       |
| <b>Total Carbohydrate</b> 13g  |                | 13%                  |       |
| Dietary Fiber 3g   |                | 12%                  |       |
| Sugars 3g  |                |                      |       |
| <b>Protein</b> 3g  |                |                      |       |
| Vitamin A 80%  |                | Vitamin C 60%        |       |
| Calcium 4%   |                | Iron 4%              |       |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                |                      |       |
|  | Calories       | 2,000                | 2,500 |
| Total Fat  | Less than      | 65g                  | 80g   |
| Sat Fat  | Less than      | 20g                  | 25g   |
| Cholesterol  | Less than      | 300mg                | 300mg |
| Total Carbohydrate   |                | 300g                 | 375g  |
| Dietary Fiber  |                | 25g                  | 30g   |
| Calories per gram:   |                |                      |       |
| Fat 9  | Carbohydrate 4 | Protein 4            |       |

## 1. Serving Size

The best place to start...it's the key to understanding just how much of the other nutrients you are truly consuming.

Ask Yourself:

- \*How is it measured?
- \*How many servings?
- \*How much am I consuming?

## 2. Carbohydrates

- \*Look at TOTAL
- \*Look at GRAMS

There are 13 GRAMS of TOTAL carbs per half cup in this example.

FYI: the info listed at the bottom is the same on every label and serves to provide a general framework of the US Dietary Guidelines

**30g**  
**OR LESS OF**  
**NON-VEGGIE**  
**CARBS PER**  
**DAY**

|                                |  |
|--------------------------------|--|
| <b>Very Lean Protein Foods</b> |  |
|--------------------------------|--|

|                  |   |
|------------------|---|
| <b>Poultry</b>   | Chicken, turkey, or Cornish hen (white meat, no skin)                   |
| <b>Fish</b>      | Cod, flounder, haddock, halibut, tilapia, trout, tuna (fresh or canned) |
| <b>Shellfish</b> | Clams, crab, lobster, scallops, shrimp, imitation shellfish             |
| <b>Game</b>      | Duck or pheasant (no skin), venison, buffalo, ostrich                   |
| <b>Dairy</b>     | Nonfat or low cottage cheese (1/4 cup), fat free cheese                 |
| <b>Other</b>     | Kidney, egg whites (2), egg substitute (1/4 cup)                        |

|                           |  |
|---------------------------|--|
| <b>Lean Protein Foods</b> |  |
|---------------------------|--|

|                |  |
|----------------|--|
| <b>Beef</b>    | (lean and trimmed of fat): Round, flank, tenderloin, roasts (chuck, rib, rump), steak  |
| <b>Pork</b>    | Fresh ham: canned, cured or boiled ham, Canadian bacon, tenderloin, center loin chop   |
| <b>Lamb</b>    | Roast, chop, leg   |
| <b>Veal</b>    | Lean chop, roast   |
| <b>Poultry</b> | Chicken and Turkey (Dark meat, no skin), Chicken (white Meat with skin), domestic duck or goose (fat well drained, no skin)                    |
| <b>Fish</b>    | Herring (uncreamed, smoked), Salmon (fresh or canned), Catfish, Tuna (Canned in oil, drained), Oysters (6 medium), Sardines (canned, 2 medium) |
| <b>Game</b>    | Goose (no skin), rabbit  |
| <b>Dairy</b>   | 4.5% fat cottage cheese (1/4 cup), grated parmesan (2 tbsp)  |
| <b>Other</b>   | Turkey Pastrami, Kielbasa  |

|                                 |  |
|---------------------------------|--|
| <b>Medium Fat Protein Foods</b> |  |
|---------------------------------|--|

|                |   |
|----------------|---|
| <b>Beef</b>    | Most regular beef products (ground beef, meatloaf, corned beef, short ribs, prime rib)    |
| <b>Pork</b>    | Top Loin, chops, Boston butt, cutlet  |
| <b>Lamb</b>    | Rib roast, ground   |
| <b>Veal</b>    | Cutlet (unbreaded)  |
| <b>Poultry</b> | Chicken (dark meat with skin), ground turkey or chicken, fried chicken (with skin)        |
| <b>Fish</b>    | Any fried fish  |
| <b>Dairy</b>   | Feta, mozzarella, ricotta (1/4 cup)   |
| <b>Other</b>   | Egg (1), Sausage with < 5 g fat per oz, soymilk (1 cup), tempeh (1/4 cup), tofu (1/2 cup) |

|                               |  |
|-------------------------------|--|
| <b>High Fat Protein Foods</b> |  |
|-------------------------------|--|

|              |   |
|--------------|---|
| <b>Pork</b>  | Spareribs, ground pork, pork sausage  |
| <b>Dairy</b> | All regular cheeses, cheddar, monterey jack, swiss, etc   |
| <b>Other</b> | Processed sandwich meat: bologna, pimento loaf, salami. Knockwurst, Bratwurst, polish sausage, hot dog, bacon |

| <b>Vegetables (non-starchy)</b> | <b>***FREE*** Use these foods multiple times Daily</b> |   |
|---------------------------------|--|---|
| Artichoke                       | Celery   | Peppers (All varieties)                           |
| Artichoke hearts                | Cucumber   | Radishes  |
| Asparagus                       | Eggplant   | Tomato**  |
| Beets**                         | Garlic   | Spinach   |
| Bean Sprouts                    | Green Onions   | Summer Squash                                     |
| Beans<br>(green, wax, Italian)  | Greens<br>(collard, mustard, turnip, kale)             | Salad Greens<br>(endive, escarole, lettuces, etc) |
| Broccoli                        | Kohlrabi   | Turnips   |
| Brussels Sprouts                | Leeks  | Water chestnuts                                   |
| Cabbage (all varieties)         | Mushrooms  | Watercress  |
| Carrots**                       | Okra   | Zucchini  |
| Cauliflower                     | Onions   |   |

\*\*Watch the amount of these vegetables, as they are higher in carbs compared to the others in the list

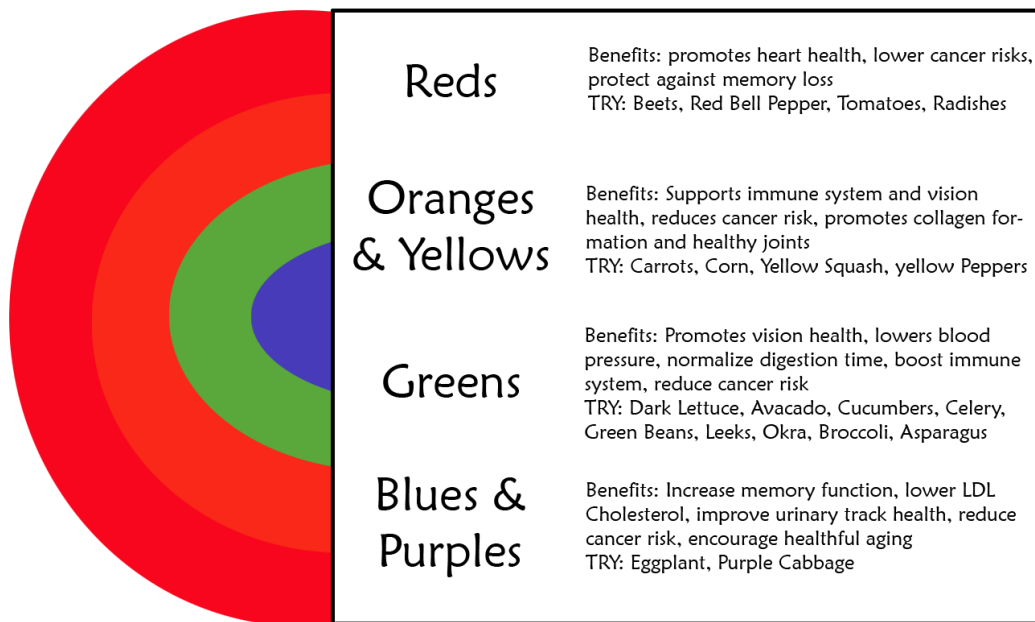
| <b>Vegetables (Starchy)</b> | <b>FREE if used 1-2 times a week.<br/>If used more often...COUNT THE CARBS!</b>    |  |
|-----------------------------|--|--|
| Baked Beans                 | Pumpkin (1 cup)  |  |
| Corn                        | Squash, acorn or butternut (1 cup)   |  |
| Corn on the cob (5oz)       | Beans and peas<br>(Garbanzos, pinto, white, kidney, split, black, red, black-eyed) |  |
| Peas, green                 | Lima beans (2/3 cup)   |  |
| Plantain                    | Lentils  |  |

| <b>Fruits</b>                          | <b>COUNT these carbs!</b>     |                              |
|--|-------------------------------|------------------------------|
| Serving size listed = 15g carbohydrate |                               |                              |
| Apple, small (1)                       | Grapefruit sections (3/4 cup) | Pineapple, fresh (3/4 cup)   |
| Applesauce (1/2cup)                    | Grapes (16)                   | Pineapple, canned (1/2 cup)  |
| Apricots, fresh (4 whole)              | Honeydew (1 cup cubes)        | Plums, small (2)             |
| Apricots, canned (1/2 cup)             | Kiwi (1)                      | Plums, canned (1/2 cup)      |
| Banana, small                          | Mandarin Oranges (3/4 cup)    | Prunes, dried (3)            |
| Blackberries (3/4 cup)                 | Mango (1/2 cup)               | Raisins (2 tbsp)             |
| Blueberries (3/4 cup)                  | Nectarine, small (1)          | Raspberries (1 cup)          |
| Cantaloupe (1 cup cubes)               | Papaya (1 cup cubes)          | Strawberries (1 ¼ cup whole) |
| Cherries, fresh (12)                   | Peach, medium, fresh (1)      | Tangerines, small (2)        |
| Dates (3)                              | Peaches, canned (1/2 cup)     | Watermelon (1 ¼ cup cubes)   |
| Fruit cocktail (1/2 cup)               | Pear, large, fresh (1/2)      |                              |
| Grapefruit, large (1/2)                | Pears, canned (1/2 cup)       |                              |

| <b>Milk</b>                            | <b>COUNT these carbs!</b>  |                        |
|--|----------------------------|------------------------|
| Serving size listed = 15g carbohydrate |                            |                        |
| Whole milk (1 cup)                     | Fat Free/Skim Milk (1 cup) | Kefir (1 cup)          |
| 2% Milk (1 cup)                        | Goats milk (1 cup)         | Plain yogurt (3/4 cup) |
| 1% Milk (1 cup)                        | Buttermilk (1 cup)         |                        |

## Rainbow Nutrition

We are told on a regular basis that Americans need to increase the amount of vegetables in our diet. There is good news then! There are so many vegetable options out there and one easy way to gauge whether you are making the most of your intake. The color of the produce is a fail-proof way to ensure that you are getting an array of antioxidants and powerful nutrients. This is nature's way of helping us select foods that are best for us. Whether it offers cancer-fighting goodness or immune-boosting power, you can't go wrong and the choices can be endless in relation to the amount of effort put into a little experimenting.



### Salad with a twist...Roasted Asparagus Salad (makes 8 servings w/ hands on time of 20 mins)

1 ½ lb Fresh Asparagus  
½ cup olive oil, divided  
1 ½ tbsp Chopped Fresh Basil, divided  
½ tsp lemon pepper  
½ tsp salt, divided  
¼ cup balsamic vinegar  
1 garlic clove  
1 cup halved cherry tomatoes  
½ cup chopped red bell pepper  
¼ cup finely chopped red onion  
1 head Bibb lettuce, torn into bite size pieces  
1 Avocado, sliced

1. Preheat oven to 425 degrees. Snap off and discard tough ends of asparagus; remove scales with vegetable peeler, if desired.
2. Stir together 1 tbsp olive oil, 1 ½ tsp chopped basil, ½ tsp lemon pepper, and ¼ tsp salt in Large bowl.
3. Add Asparagus to olive oil, and toss gently to coat. Place asparagus on a lightly greased baking sheet.
4. Bake asparagus at 425 degrees for 13 to 15 minutes of to desired degree of tenderness. Cool 10 minutes.
5. Whisk together balsamic vinegar, garlic, and remaining 7tbsp olive oil, 1 tbsp basil and ¼ tsp salt.
6. Toss together tomatoes, bell pepper, onion, and 1 tbsp balsamic vinegar mixture.
7. Arrange lettuce on individual serving plates. Top with tomato mixture and asparagus. Add avocado just before serving. Drizzle with remaining balsamic vinegar mixture.

To make ahead, toss together tomatoes, bell peppers, and onion without dressing. Store these ready to use ingredients in an airtight container in the refrigerator up to 5 hours. The dressing and asparagus can also be made up to eight hours before serving. Add even more color by roasting squash, zucchini, carrots, etc with asparagus.

# Condiments, Sauces & Marinades

This list is not a list of specifically good or bad choices just a way for you to compare and see what carbs are in your add ons! Pay particular attention to Regular vs Fat Free products! Fat is not bad for us, the Fat that is in sugar (cookies, cakes, etc) is what's bad for us and when they make Fat Free products they add sugar(CARBS) so it will still taste good. So take the full fat and save the carbs!

|  |    |
|--|----|
| Ketchup (1 tbsp)                                 | 4g |
| Mustard, yellow (1tsp)                           | 0g |
| Dijon Mustard (1tsp)                             | 0g |
| Grey Poupon (1tsp)                               | 1g |
| Honey Mustard (1tsp)                             | 2g |
| Mayo, regular (1tbsp)                            | 0g |
| Mayo, Reduced Fat/Lite (1tbsp)                   | 2g |
| Mayo, Fat-Free (1tbsp)                           | 3g |
| Miracle Whip (1tbsp)                             | 2g |
| Miracle Whip, light (1 tbsp)                     | 3g |
| Balsamic Vinegar (1tbsp)                         | 3g |
| Red Wine Vinegar (2 tbsp)                        | 0g |
| Olive Oil (1 tbsp)                               | 0g |
| Hidden Valley Ranch (2 tbsp)                     | 1g |
| Hidden Valley Ranch, Fat Free (2 tbsp)           | 6g |
| Hidden Valley Ranch, Light (2 tbsp)              | 3g |
| French Dressing (2 tbsp)                         | 5g |
| Kraft Roasted Red Pepper Salad Dressing (2 tbsp) | 5g |
| Ceasar Dressing (2 tbsp)                         | 2g |
| Thousand Island (2 tbsp)                         | 5g |
| Buffalo Wing Sauce (1tbsp)                       | 1g |
| Horseradish Sauce (1tbsp)                        | 0g |
| Tabasco Sauce (1tsp)                             | 0g |
| Au Jus Gravey (1/4 cup)                          | 2g |
| Chicken, Beef or Turkey Gravey (1/4 cup)         | 4g |
| Tarter Sauce (2tbsp)                             | 4g |
| Teriyaki Sauce (2 tbsp)                          | 6g |
| Soy (2 tbsp)                                     | 2g |

|   |     |
|---|-----|
| Chili Sauce (2 tbsp)  | 4g  |
| Cocktail Sauce (2 tbsp)                                     | 8g  |
| Worcestershire (1tbsp)                                      | 1g  |
| A1 Steak Sauce (1 tbsp)                                     | 3g  |
| A1 Steak Sauce mesquite (1 tbsp)                            | 8g  |
| Heinz 57 Sauce (1 tbsp)                                     | 4g  |
| Hunts Hickory & Brown Sugar BBQ Sauce (2tbsp)               | 18g |
| Bullseye BBQ Sauce (2 tbsp)                                 | 13g |
| Sour Cream, Regular (2 tbsp)                                | 1g  |
| Sour Cream, Reduced fat (2 tbsp)                            | 2g  |
| Sour Cream, Fat-free (2 tbsp)                               | 5g  |
| Ragu Pasta Sauce (1/2 Cup)                                  | 8g  |
| Ragu Rich & Meaty, Classic Italian Style (1/2 cup)          | 9g  |
| Grape Jelly (1 tbsp)  | 13g |
| Lawry's 30 minute marinade, Caribbean Jerk/Teriyaki (1tbsp) | 6g  |
| Lawry's 30 minute marinade, Lemon Pepper (1tbsp)            | 2g  |
| Mrs. Dash Zesty Garlic Herb 10min marinade (1tbsp)          | 3g  |
| Chick Fil-A Sauce (1 container)                             | 6g  |
| Chick Fil-A Polynesian Sauce (1 container)                  | 23g |
| Arby's Sauce (1 Pack)                                       | 4g  |
| McDonalds Sweet & Sour (1 container)                        | 12g |
| McDonalds Hot Mustard (1 container)                         | 9g  |
| McDonald's BBQ (1 container)                                | 12g |
| Taco Bell Fire Sauce (1 pack)                               | 1g  |
| Wendy's Ancho Chipotle Ranch Dressing (1 pack)              | 3g  |
| Moe's Queso (side)  | 5g  |
| Moe's Queso (cup)   | 15g |
| Butter  | 0g  |



# Beware of Hidden Carbs!

Carbohydrates (carbs) are everywhere! There are many foods that are not as well known for containing carbohydrates. Below is a list of sauces, fast food items and a variety of other foods and their carbohydrate amounts.

| Beverage (serving size)   | Carbs |
|---|-------|
| Gatorade G2 (8 oz)  | 7g    |
| Gatorade (8 oz)   | 14g   |
| McDonalds Nonfat Carmel Cappuccino (med)                            | 41g   |
| McDonalds Iced Nonfat Latte (med)                                   | 9g    |
| McDonalds Iced Nonfat Latte w/ Sugar Free Vanilla Syrup (med)       | 14g   |
| Starbucks Caffè Vanilla Frappuccino blended coffee – no whip (tall) | 49g   |
| Starbucks Espresso Frappuccino Blended Coffee (tall)                | 27g   |
| Starbucks Tazo Black Shaken Iced Tea (tall)                         | 16g   |

| Sauces, Dressings, Marinades (Serving)              | Carbs |
|---|-------|
| A1 Steak Sauce (1 tbsp)                             | 3g    |
| Ketchup (1 tbsp)                                    | 4g    |
| Hidden Valley Ranch (2 tbsp)                        | 1g    |
| Hidden Valley Ranch Fat Free (2 tbsp)               | 6g    |
| Kraft Cheez Wiz Dip Original (1 tbsp)               | 4g    |
| Mrs Dash Zesty Garlic Herb 10 min Marinade (1 tbsp) | 3g    |
| Barbecue Sauce (1 tbsp)                             | 2g    |
| Kraft Roasted Red Pepper Salad Dressing (2 tbsp)    | 5g    |
| Grape Jelly (1 tbsp)                                | 13g   |
| Cocktail Sauce (2 tbsp)                             | 8g    |
| Balsamic Vinegar (1 tbsp)                           | 2g    |
| Croutons, Plain (1/4 cup)                           | 6g    |
| Hummus (1tbsp)                                      | 2g    |
| Kraft Free Classic Ceasar Salad Dressing (2 tbsp)   | 11g   |

| Food (Serving Size)   | Carbs |
|---|-------|
| Arby's Jalapeno Bites (5)   | 29g   |
| Arby's Mozzarella Sticks (regular 4)                              | 38g   |
| Chick Fil-A Nuggets (12)  | 15g   |
| Chick Fil-A Cole Slaw (6.5oz)                                     | 20g   |
| Chick Fil-A Chargrilled Chicken Cool Wrap (1)                     | 49g   |
| McDonalds Chicken Selects Premium Breast Strips (5pc)             | 39g   |
| Chili's Broccoli Cheese Soup (1 cup)                              | 12g   |
| Ricotta Cheese (1/4 cup)  | 3g    |
| Del Monte Midget Pickles (3)                                      | 10g   |
| Hormel Fat Free Hot Dog (1)                                       | 5g    |
| Boaston Market Squash Casserole (3/4cup)                          | 20g   |
| Oscar Meyer Thick Cut Bologna (2oz slice)                         | 2g    |
| Burger King Chicken Tenders (5 pieces)                            | 11g   |
| Mrs. Paul's Mini Crabcakes (6 cakes)                              | 22g   |
| Boston Market Meat Loaf & Brown Gravey (7 oz)                     | 19g   |
| Boston Market Meat Loaf & Chunky Tomato Sauce (8 oz)              | 22g   |
| Baked beans, plain (1/2 cup)                                      | 27g   |
| Cashews, roastes, whole (1/4 cup)                                 | 9g    |
| Almonds, roasted, whole (1/4 cup)                                 | 5g    |
| Trail Mix (1/2 cup)   | 34g   |
| Arrow Head Mills Organic Nature O's Cereal (1 cup)                | 25g   |
| Ben & Jerry's Chocolate Fudge Brownie Organic Ice Cream (1/2 cup) | 30g   |
| White Bread (1 slice)   | 13g   |
| Whole Wheat Bread (1 slice)                                       | 13g   |

# What to Expect During Carb Withdraw

“Any time we decide to make a major change in something as basic as what we eat, we can expect a bumpy ride”. Try some of the following suggestions to be well-prepared for the early onset of what we call the period of “Carb Withdrawal”. Hopefully this will help to identify what to expect ahead of time to make the transition a bit easier. There are going to be many challenges that lie ahead on this journey, so it is important to understand giving your body time to adjust to changes as you are becoming more mindful of your eating behaviors and lifestyle. In many respects, getting through the “carb withdrawal” phase is one of the toughest things you will go through when following low-carb guidelines. Since Carbohydrates are the body’s preferred source of energy, it has become used to utilizing this source first and foremost. We want to put the body in a situation where it goes from using Carbohydrates for energy to ideally using stored fat for energy.

## Phase I

“Carb Withdrawal”...typically experiences the first few days but may vary person to person. We have discovered through our patients, which confirms our beliefs of what the body goes through during this time, that there is something about “excessive carbohydrate consumption” that does have characteristics similar to other types of addictions (ie. Alcohol, Smoking, Drugs, etc). When we attempt to cut back on this substance, our body experiences discomfort which may present in many ways. You may find that you are simply missing the high carb foods, the cravings feel out of control, and/or you are thinking about them a lot!

Here are some ways to navigate though this time:

- Protein, Fat and Fiber:  
Our bodies do not fill up on carbohydrates, so you will begin to notice a true feeling of satiety from eating foods containing protein and dietary fat. Aim for the foundation of each of your meals being a protein source and a vegetable source. The great thing about this foundation is that it will contain protein, fat and fiber...the nutrients that will truly fill you up. You may have heard all the buzz on flax seeds. Grounded flax seed is a great source of fiber and omega-3 fatty acids which is easily sprinkles on many foods from salads to cottage cheese giving it an almost nutty flavor. Also you can never go wrong with a salad made up of any kind of lettuce, all the non starchy vegetables you can handle, cheese, a protein source (tuna, salmon, chicken, beef, etc), and dressing.
- Plan things to eat that you will enjoy:  
Nothing makes you feel more deprived than going through this “carb withdrawal” and being in the diet headset that the more bland and boring the food tastes then the better it must be for you. That is crazy because it is within your control to prepare foods that fit within the guidelines AND that you will look forward to. Be creative and experiment with all the great protein and vegetable options. Search for Low-Carb recipes to try so that you can identify “go-to-ones” you know will enjoy for days when you are crunched for time.

- Give yourself that pat on the back you deserve:  
You are taking some big steps and are going to reap some major rewards but you should still take a moment to give yourself credit for the effort being put in the process. This should be done every step of the way. There are going to be bumps in the road and it should be at those moments we reflect on the progress that's been made up to that point and all the successes left to experience. No need to stress yourself out in other ways at this time. Why not relax in a bubble bath, take a walk in a place you find calming, snuggle up on the couch by the fire with that book you have been meaning to catch up on...or whatever activity you find enjoyable.
- Identify your Support System:  
Identifying those individuals who are supportive of what it is you are trying to accomplish and are on your side will be such a powerful component of your journey. Even if you identify others going through a low-carb band way of life that may not be family or friends, you will gain valuable insight from them as this community has plenty of experiences to share that may make what you are going through that much more endurable.
- Drink lots of water

## Phase II

“Carb Crash”...experienced after first few days following a lower-carb way of life. Let's get the science out of the way...it is believed to happen as a result of your body's glucose reserves being used up but the body is figuring out how to make the transition to using fat and protein for energy. The glucose reserves are the carbohydrates that are stored as glycogen in your liver. Some people experience symptoms such as feeling shakey or jittery, irritability, fatigue, or just not feeling “right”/ This feeling should go away in a few days, however, one of the best ways to discover if it is truly a “carb withdrawal” you are experiencing is to try to eat something like a serving of berries which is a lower carb fruit. If you can make it through the symptoms without doing this then that is ideal. But, if you are feeling otherwise unusually bad then try modifying your plan for the next few days to include a bit more carbohydrates and monitor your reactions closely. Keep in mind that “carb-loading” is not the answer since it will put you back where you started and is self-defeating in the long run. Some doctors also feel that these symptoms could be due to people losing a lot of salt with the fluid for the first few days. Try a cup of bouillon several times per day for a few days making sure to get enough potassium during this period.

## Phase III

Bring on the Good Times...Let me clarify this by saying that there will still be struggles that lie ahead as we have now experienced first-hand the control this substance has on us; it is not something that will go away in a week's time. However, you just put your body through quite an ordeal coming off of something that is rather toxic to its system. Typically, towards the end of your first week, you should start to turn the corner on the nasty withdrawal side effects and reap some wonderful benefits. You will begin to experience increased energy, better mental concentration, less compulsive eating, and few or no carb cravings. Some may describe it as a fog lifting that they had no idea was even there. Each person's experience is going to be different as it may take longer for some than others. But, based on the intensity of your relationship with carbs, you are going to notice great changes beginning

to occur by the end of the first week. Be aware that the concentrations of any medications you are currently taking may change making you more sensitive to any of their side effects. Monitor this carefully so that appropriate adjustments can be made.

\*\*For type 2 diabetics who monitor their blood glucose regularly, you may begin to cut back on your diabetic medications and insulin when you begin to consistently have readings in a more normal range for diabetes. Begin by halving your dosage when readings are between 130 and 140-150 mg/dl\*\*

CONGRATULATIONS!!!!

If you haven't already...this should be another moment you take to "pat yourself on the back"!

# Helpful Websites

Looking for websites to get nutrition information on common foods? Interested in keeping track of your daily intake? Curious what restaurants have nutrition information available? Try some of the following websites!

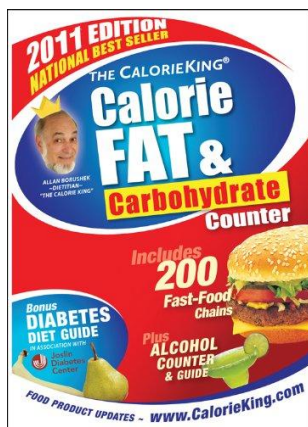
- These websites have nutrition databasis where you can search for common foods and menu items from certain restraurants to get “nutrition facts” on the food:
  - [www.calorieking.com](http://www.calorieking.com)
  - [www.coheso.com](http://www.coheso.com)
  - [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search)
  - [www.nutritiondata.com](http://www.nutritiondata.com)
  - [www.dietfacts.com](http://www.dietfacts.com)
  - [www.thedailyplate.com](http://www.thedailyplate.com)
- The following websites have areas where you can keep track of your daily food intake and daily physical activity. They can also provide a breakdown of your nutrient intake. These websites have free registration.
  - [www.fitday.com](http://www.fitday.com)
  - [www.sparkpeople.com](http://www.sparkpeople.com)
  - [www.my-calorie-counter.com](http://www.my-calorie-counter.com)
  - [www.thedailyplate.com](http://www.thedailyplate.com)
- Here are a variety of restaurant websited that provide nutrition information on their menu items. This is NOT a complete list...do not hesitate to search for your favorite restaurants to determine if nutrition information is available!
  - [www.mcdonalds.com](http://www.mcdonalds.com)
  - [www.tacobell.com](http://www.tacobell.com)
  - [www.subway.com](http://www.subway.com)
  - [www.burgerking.com](http://www.burgerking.com)
  - [www.arbys.com](http://www.arbys.com)
  - [www.chick-fil-a.com](http://www.chick-fil-a.com)
  - [www.kfc.com](http://www.kfc.com)
  - [www.chilis.com](http://www.chilis.com)
  - [www.moes.com](http://www.moes.com)
  - [www.panerabread.com](http://www.panerabread.com)
  - [www.sweettomatoes.com](http://www.sweettomatoes.com)
  - [www.outback.com](http://www.outback.com)
  - [www.pizzahut.com](http://www.pizzahut.com)
  - [www.piccadilly.com](http://www.piccadilly.com)
  - [www.rubytuesday.com](http://www.rubytuesday.com)
  - [www.macaronigrill.com](http://www.macaronigrill.com)
  - [www.looppizzagrill.com](http://www.looppizzagrill.com)
  - [www.pfchangs.com](http://www.pfchangs.com)
  - [www.wendys.com](http://www.wendys.com)
  - [www.sonnysbbq.com](http://www.sonnysbbq.com)
  - [www.mcalistersdeli.com](http://www.mcalistersdeli.com)
  - [www.jasonsdeli.com](http://www.jasonsdeli.com)

# Supplementation Recommendation



A multi vitamin supplementation is highly recommended to assist with optimizing your weight loss journey and correcting any deficiencies in nutritional status. No specific brand is necessary, just whatever you prefer and know you will take! Please note that additional supplements may be necessary. You are encouraged to discuss your needs with your doctor.

Other recommended Products that may offer assistance on your journey:



CalorieKing Carb Count Book - \$8.50

The number one rated book of its kind by health professionals and consumers. Contains 17,000 food listings, including 200 fast food chains and restaurants, also lists alcohols, international foods, carnival and fair foods.

Purchase from:

<http://www.calorieking.com/store/product/119-2011-calorieking-calorie-fat-and-carbohydrate-counter>

# One Day Menu Ideas

## Breakfast

Eggs cooked just as you like (whole egg is preferred)

Canadian bacon

Asparagus Spears (try spreading on a bake sheet, drizzle with olive oil, salt/pepper and into oven set at 425 for about 7-8mins then shred fresh parmesan on top while still hot)

## Lunch

Ranch Style Cole Slaw (see attached recipe)

Try adding in some grilled chicken and chopped pecans or ground flax seed

## Dinner

Beef such as London Broil

Mushrooms, sautéed in olive oil

Spinach Salad with olive oil dressing

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## Breakfast

Omelet – Eggs, sausage, bacon, peppers, onions and cheese

## Lunch

Grilled Chicken Salad

## Dinner

Steak

Steamer Bag of frozen mixed vegetables

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## Ranch Style Cole Slaw

½ cup Mayo

2/3 cup sour cream

2tbsp lemon juice

2 Tsp Artificial Sweetner

1 Tsp Garlic Powder

1 Tsp Onion Powder

1/8 Tsp Paprika

¼ Tsp Black Pepper

¼ Tsp plus one pinch salt

1lb Cabbage, shredded

Preparation: Mix all ingredients together, and then mix into the cabbage. Balance the lemon juice and sweetner to your own taste. Season with buttermilk Ranch Seasoning to add a little variety if you would like. This cole slaw is great with barbecue of any grilled food!