

*simply
fit*



NUTRITION GUIDEBOOK

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INTRODUCTION

In our culture food takes on many roles. Food is the center of social events, gatherings and celebrations. Food also acts as comfort and support when we are happy, sad, tired, bored, and stressed. Most importantly, food is a source of fuel, energy and nutrients.

Many of us go through our daily lives feeling tired, lethargic and run down.

Luckily making small, simple changes can help us to become happier, healthier and more energetic individuals. Take control of your health by focusing on smart food choices and increasing your physical activity. The Simply Fit Program is a great place to start, offering tools and tips for making smarter food choices. Remember, you are worth it!

Congratulations on completing the first four weeks of the program. You've received this booklet to help you finish out the next two weeks strong.

Physical activity and good nutrition offer a host of health benefits. The following are just some of the many advantages you may experience.

- Restful sleep
- Increased energy levels
- Weight loss and/or maintenance of a healthy weight
- Reduced cholesterol levels
- Decreased blood pressure
- Improved blood sugar control
- Improved mood
- Decreased stress and anxiety
- Reduced risk of developing chronic diseases (i.e., diabetes, heart disease, and certain cancers)

And that's not all.

The Five Key Concepts to Good Nutrition



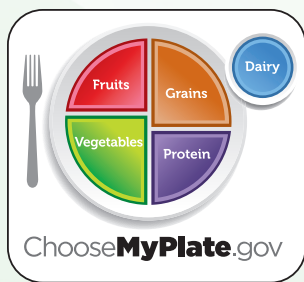
- 1. Keep an Eye on Portions**
- 2. Focus on Fiber**
- 3. Plan Your Health Meals and Snacks**
- 4. Monitor Hunger and Fullness Cues**
- 5. Incorporate Activity into your Daily Lifestyle**

1. Keep an Eye on Portions

Calorie consumption, along with waistline size and the incidence of diabetes and other chronic diseases, has steadily increased over the past 50 years. We now consume roughly 700 more calories a day than we did 50 years ago! Portion size plays a key role in calorie consumption. Studies have shown that when we are served larger portions we consume more food, regardless of hunger levels. Challenge yourself to use smaller cups, bowls and plates for meals and snacks. Keep an eye on portions not only at home but also while dining out. Most meals consumed while dining out provide enough calories to feed two to three people! One meal can easily bring in 1,000 calories or more. Share a meal with a friend or family member or ask for half of your meal to-go. Keep in mind that it takes your body 20 minutes to recognize that your stomach is getting full. Try slowing down and savoring every bite!

2. Focus on Fiber

Fiber not only supports a healthy digestive system, it also plays a key role in maintaining stable blood sugar levels and aiding in weight loss. Fiber is a substance found only in plants so your best sources are fruits, vegetables, whole grains (like brown rice, whole wheat grains, quinoa, barley and oats), beans and legumes. The average adult should aim for 25-38 grams of fiber per day.



Unfortunately, most of us consume only about half of the recommendation. Aiming for half of your plate to be comprised of fruits and vegetables, 1/4 as a grain (preferably a whole grain at least 50% of the time, if not more) and 1/4 of your plate as

lean protein will not only help you to meet your fiber needs but also ensure you have a well-balanced meal. Visit <http://www.choosemyplate.gov/> for tons of tips, tools and resources for improving your plate.

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

3. Plan Your Health Meals and Snacks

Plan ahead, use meal planning resources (like <http://healthyeating.org/Healthy-Eating.aspx>) and take advantage of healthy convenience foods like pre-cut and washed fruits, veggies and greens; frozen, unseasoned fruits and veggies; individually portioned frozen chicken, fish, or lean beef; canned beans; lower sodium spaghetti sauces and marinades; and quick-cooking whole grains such as minute brown rice, wheat tortillas, wheat pasta and quinoa. You may be surprised at how easy it can be to prepare a quick, healthy meal!

4. Monitor Hunger and Fullness Cues

We often eat for many reasons other than hunger. We eat because we are happy, sad, bored, stressed, tired, or anxious, because “it’s there” or simply because “it’s time.” Monitoring hunger and fullness cues can help you better understand when and why you are eating. Check out this printable hunger and fullness scale from Move.gov: http://www.move.va.gov/download/NewHandouts/Nutrition/N04_HungerAndFullness.pdf. Use this scale for any eating occasion, planned or unplanned. If you find that you eat emotionally on a regular basis, make a list of activities you enjoy doing that don’t involve food and can help you better handle emotions. For example, if you find that you eat more when you are stressed, make a list of stress-relieving activities you can do instead. This may include activities such as taking a walk, listening to your favorite music or calling a friend. Every person is different so choose the activities that best suit you!

5. Incorporate Activity into your Daily Lifestyle

Regular physical activity is wonderful for many reasons including those listed under “Benefits of Change” above. Research has shown that individuals are more successful at losing weight and keeping it off by making both dietary changes as well as incorporating regular physical activity into their routine.

GUIDELINES

- 1.** Choose a variety of healthy, whole foods every day, and eat as few processed foods as possible. Choose organic produce when it's available and affordable.
- 2.** Limit calories consumed from beverages, and limit alcohol intake. Alcohol is a source of empty calories and can increase hunger and decrease your resolve to make healthy food choices.
- 3.** Limit intake of added sugar. Naturally occurring sugar from fruit and dairy products is fine.
- 4.** Aim to consume at least five servings of fruits and vegetables every day.
- 5.** Make at least half, if not more, of the grains you eat at your meals and snacks whole grains.
- 6.** Exercise five times a week for at least 30 minutes and strength train three times a week.
- 7.** Eat regular meals and snacks throughout the day to keep your blood sugar levels stable and prevent overeating.
- 8.** Aim to drink six to eight eight-ounce glasses of water daily.
- 9.** Keep track of what you are eating daily in a food journal.
- 10.** Don't forget to include foods that you love. Allow yourself to indulge now and then, keeping the portion sizes small as to not over do it.

Healthy Meal Ideas and Recipes

Breakfast:

Mediterranean Egg White Omelet

In a non-stick skillet coated with cooking spray, make an egg white omelet with 3 egg whites, 1 oz. low-fat crumbled feta cheese, 1 oz. chopped red onion and 1 cup fresh spinach.

The Bluebird's Nest

Poach 2 eggs, and enjoy them with 1 cup blueberries and ½ cup low-fat, low-sodium cottage cheese on the side.

Berry Protein Shake

Combine 1 cup regular, almond, or rice milk, 1 scoop whey protein powder, 1 cup frozen berries, and 1/2 banana in a blender. Blend until smooth.

Melon Morning

Slice one cantaloupe in half and scoop out the seeds. Fill the half with 2/3 cup nonfat plain Greek yogurt, 2 Tbsp. flaxseeds and 1 Tbsp. slivered almonds.

Egg-cellent

2 scrambled eggs, 2 slices avocado and 2 slices tomato. Serve with a piece of fruit.

Snacks:

A good guideline is to keep your snacks under 200 calories.

- 1 cup plain nonfat Greek yogurt topped with 1 Tbsp. flaxseeds
- 1/2 cup low-fat and low-sodium cottage cheese topped with 1 Tbsp. slivered almonds
- 1/2 cup red and yellow bell pepper strips dipped into 4 Tbsp. hummus
- 1 cup mixed melon chunks (cantaloupe, watermelon and honeydew) topped with 1/4 cup nonfat Greek yogurt
- 3 oz. tuna, packed in water, served with 1 sliced plum tomato and drizzled with fresh lemon juice
- 1 sliced pear with 5 walnut halves
- 1/2 cup boiled edamame
- 1 navel orange with 1/2 cup nonfat plain Greek yogurt
- 1 apple with 2 tbsp almond butter
- 4 oz. grilled chicken with hummus and roasted red peppers
- 2 hard boiled eggs and a piece of fruit
- Blended protein shake with frozen berries
- 1/2 of a nut butter and jelly sandwich on 100% whole wheat bread
- 1 ounce of low-fat cheese with 5 whole grain crackers and a piece of fruit

Healthy Meal Ideas and Recipes

Lunch:

Chicken Walnut Salad

Top 2 cups cleaned baby spinach with 4 oz. sliced grilled chicken breast, 2 Tbsp. chopped walnuts and 1/2 cup of sliced strawberries. Dress with 2 Tbsp. reduced calorie vinaigrette dressing.

Tuna & Mixed Greens

Make tuna salad with 1 can water-packed tuna, 1 Tbsp. olive oil and the juice of a fresh lemon; season with salt and pepper to taste. Pile tuna salad onto a bed of dark leaf lettuce and sliced tomatoes.

Asian Shrimp Salad

Place 4 oz. cleaned, boiled shrimp over a shredded cabbage salad made from 1 cup shredded green cabbage, 1 cup shredded purple cabbage (or buy pre-shredded cabbage in the grocery store), 1/4 cup shelled edamame and 1/4 cup shredded carrots. Toss with 2 tsp. reduced sodium soy sauce, 1 Tbsp. sesame oil and salt and pepper to taste.

Chicken Stir-Fry

In a large wok, stir-fry 4 oz. firm low-fat tofu (cut into 1-inch cubes), 2 cups mixed vegetables such as broccoli, mushrooms, onions and cabbage, 2 Tbsp. reduced sodium soy sauce, 1 Tbsp. rice wine vinegar and 1 tsp. sesame oil.

Sushi

Order your rolls with no rice or indulge in some sashimi. Order a side seaweed or sunomono salad.

Lettuce Wraps

Using romaine or butter leaf lettuce, make wraps with sprouts, avocado, tomatoes, onion, carrots and chicken, tuna or shrimp.

Healthy Meal Ideas and Recipes

Dinner:

Dijon Salmon

Coat a 4 oz. wild salmon fillet with a combination of 1 Tbsp. Dijon mustard and 1 tsp. honey. Season lightly with salt and pepper and bake at 400 degrees for 15-20 minutes, or until desired degree of doneness (will vary depending on thickness of fillet). Serve with steamed broccoli and brown rice.

Lemon Thyme Scallops

Coat a non-stick skillet with cooking spray and then add 4 oz. large scallops. Cook over medium heat for about 2 minutes on each side, until scallops are lightly browned. Then add in 3 Tbsp. fresh lemon juice, 1/2 Tbsp. olive oil and 1/2 Tbsp. chopped fresh thyme. Simmer until sauce thickens and scallops are cooked through, season with salt and pepper to taste. Serve scallops with a side salad made of romaine lettuce, bell peppers and cucumber; dressed with reduced-calorie vinaigrette.

Lemon Chicken

Coat an oven-proof non-stick skillet with cooking spray and heat over medium heat. Add 4 oz. chicken breast tenderloins and cook on each side for about 4-5 minutes, or until cooked through. Remove chicken from the pan and add 2 Tbsp. lemon juice, 3 Tbsp. chicken broth and 1/2 tsp. dried rosemary. Bring sauce to a simmer and cook until it reduces by half. Pour the lemon sauce over the chicken and serve with oven-roasted Brussels sprouts and 1/2 of a baked sweet potato.

Bison Steak with Sautéed Spinach

Marinate a 4 oz. piece of bison steak (or another lean cut of beef, such as the tenderloin) in 2 Tbsp. balsamic vinegar, 1 Tbsp. olive oil and 1 clove of crushed garlic for 30-60 minutes. Grill or broil steak for 5 minutes on each side, or until desired degree of doneness. Serve with sautéed spinach (sauté in 1 tsp. olive oil and 1 clove of minced garlic) and quinoa.

Salmon Nicoise Plate

4 oz. of baked, grilled, or poached salmon, 2 cups mixed salad greens, 1 cup of steamed green beans, 1 small red potato, 5 nicoise olives. Dress with a low-fat vinaigrette.

Citrus Baked Chicken with Glazed Carrots

Take 4 oz. chicken breast, rub with olive oil and lemon juice, and season lightly with paprika, salt and pepper. Bake at 375 for 15-20 minutes. Serve with cooked carrots glazed with honey and cinnamon.

Asparagus Frittata

Preheat broiler. Whisk 3 egg whites together with 1 Tbsp. water. Chop 5 asparagus spears into 1 inch pieces. Heat an oven-proof non-stick skillet over medium heat and coat with non-stick cooking spray. Add the asparagus pieces and cook until they begin to soften, about 4-5 minutes. Then add the eggs into the pan with the asparagus and cook for about 2 minutes, until the eggs just begin to set. Then top the eggs with 1/4 cup crumbled goat cheese and move the pan into the broiler. Broil for about 2 minutes, until the cheese gets hot and bubbly. Serve with a tomato and onion salad topped with balsamic vinegar.

