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**Prevention.com**



# **Nutrition Guide and Weight Loss Planner**

Supplement to  
**Prevention**

# Nutrition Guide and Weight Loss Planner

We'd love to hear your  
thoughts on this booklet.

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from the editors of *Prevention* magazine

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The information here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment prescribed by your doctor. If you suspect that you have a medical problem, please seek competent medical care.

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# 30 days to a healthier you



**You are about to embark on a 30-day adventure.** Not only will you be thinner at the end of your journey, but you will have also shed old bad habits and replaced them with new healthy ones.

*Prevention's Nutrition Guide and Weight Loss Planner* will be your travel companion throughout your journey, to carry along wherever you go. It provides you with a low-fat, low-calorie meal plan that's packed with nutrient-dense foods, including lots of fiber-rich good carbs. (We also tell you how you can enjoy heart-healthy, good fats too—in foods such as nuts, fatty fish, and certain oils.)

But that's not all: **We offer an exclusive, all-in-one fitness plan** that will strengthen your body and heart and help you shed those extra pounds.

And the icing on the cake? The planner itself. Research shows that people who keep a food diary are more likely to lose weight and keep it off, so we've included 30 pages to help you track and meet your nutrition and exercise goals.

**This booklet will keep you on course** to help you lose weight, grow stronger, and become a healthier, happier you. Enjoy the trip!

# For your plate

Eat great, lose weight

**H**ere's where your adventure begins: with the most nutritious and easy-to-follow meal plan you'll find anywhere. Our Eat-Great-Lose-Weight meal plan consists of just 10 steps that you can start following today. Each day's menu delivers 1,500 calories, a gradual weight loss diet for most women. Our plan is composed of six minimeals a day of about 250 calories each. Not only does this eating style prevent dips in energy, it also appears to help you burn calories better as you grow older. For women over 50, this could prevent a weight gain of up to 6 pounds a year. (If you need more than 1,500 calories a day, double the portions for one or more minimeals.) We've provided two sample menus on page 7 to get you started.



Tomatoes add color and nutrition.

**step one Eat nine servings of vegetables and fruits every day** Veggies and fruits are the foundation of this diet. You'll be eating nine ½-cup servings of a variety of fruits and veggies a day. They provide lots of nutrients and fiber, but very few calories.

calories out of your body before they have a chance to land on your hips. Aim for 25 to 35 g a day. By eating 30 g a day, your body will absorb almost 120 fewer calories a day, adding up to a 13-pound weight loss in a year!

### step three Eat two or three calcium-rich foods every day

Research has shown that people who get the most calcium from food (about 1,300 mg a day) reduce their chances of becoming overweight by an astonishing 80% compared to those who eat only 255 mg daily. High calcium choices include skim or

low-fat milk, yogurt, and cheese, or calcium-fortified orange and grapefruit juices and soymilks.



Greens and veggies are key.

**step two Eat three to six whole grain foods every day** Whole grain foods are loaded with fiber, which whisks

**step four Eat beans five or more times a week** Beans are the highest-fiber foods you can find, with the single exception of breakfast cereals made with wheat bran. Fiber helps absorb calories and keeps you feeling fuller, longer.

### step five Eat nuts five times a week

Nuts contain health-boosting monounsaturated "good" fats. The key is not to eat too many; because they're so high in calories, you could easily gain weight. To avoid temptation, we suggest keeping a jar of chopped nuts in your fridge so they're a little harder to reach on a whim.

**step six Eat fish twice a week** Choose low-mercury fish such as sardines,

herring, and wild salmon, which are all high in heart-healthy omega-3 fatty acids. If you are a vegetarian or dislike fish, you can get a plant version of

**If you don't like fish, get your omega-3s from enriched eggs.**

omega-3 fat by using canola oil for cooking and flaxseed oil for salad dressings. You can also eat omega-3-enriched eggs.

**step seven Drink eight glasses of water every day, plus a cup or more of tea** Every cell in your body needs water to function. Drinking lots of water helps you feel full too. And every cup of tea provides a strong infusion of antioxidants!

## What's in a Serving?

### ■ Vegetables and Fruits

one serving is equal to:

- 1 medium piece of fruit
- ½ c chopped fruit
- ½ c cooked or raw veggie
- 1 c raw green leaves
- ¾ c vegetable or fruit juice

### ■ Whole Grains

one serving is equal to:

- 1 slice whole wheat bread
- ½ c brown rice or bulgur
- ½ c whole wheat pasta

### ■ High-Calcium Foods

one serving is equal to:

- 1 c fat-free or 1% milk
- 1 c fat-free or low-fat yogurt

- 1 c calcium-fortified orange juice
- 1 oz reduced-fat cheese

### ■ Beans

one serving is equal to:

- ½ c cooked dried beans/lentils

### ■ Nuts

one serving is equal to:

- 2 Tbsp chopped

### ■ Fish

one serving is equal to:

- 3 oz cooked



## How Many Servings?

### ■ Daily Servings

#### Vegetables and Fruits

9 servings (5 veggie/4 fruit)

#### Whole Grains

3–6 servings

#### High-Calcium Foods

2–3 servings

#### Water/Tea

8 glasses water and 1+ cup tea

### ■ Weekly Servings

#### Beans

5+ servings

#### Nuts

5 servings

#### Fish

2+ servings

### ■ Multivitamin/Mineral Supplement

100% DV for most nutrients a day

#### Calcium

Under 50 years old: 500 mg a day

Over 50 years old: 1,000 mg a day

#### Vitamin E

100–400 IU a day

#### Vitamin C

100–500 mg a day



## Maximum Fat Allowance

Calories	Fat Grams
1,250	35
1,500	42
1,750	49
2,000	56
2,250	63

fat—you must first find the maximum fat allowance for your calorie level.

Once you know your fat budget, see whether you are staying within the bounds by adding up the grams of fat for all the food that you eat in a day.

**step nine** Take some sensible nutrition insurance Besides your fabulous diet, take a moderate multivitamin/mineral supplement, plus 100 to 400 international units (IU) of vitamin E and 100 to 500 mg of vitamin C. On days when you eat only two calcium-rich foods, take 500 mg of calcium if you're under 50 years old; take 1,000 mg of calcium (divided into two separate doses of 500 mg each) if you're 50 or older.

### step ten Consider these options

**carefully** These choices are up to you:

■ **Meat and Poultry:** Up to 3 cooked oz (the size of a deck of cards) per day.

■ **Eggs:** If you have diabetes or high cholesterol or are overweight, you can eat up to four eggs a week; if you have none of these conditions, up to seven eggs a week is okay.

■ **Alcohol:** Up to one drink a day for women, and two drinks for men.

■ **Sweets:** Reserve for special occasions.

### step eight

Keep your fat budget To stay within a healthy fat budget—25% of calories from

## \* Sample Menu 1

### ■ Breakfast

½ whole wheat English muffin  
1 teaspoon trans-free margarine  
1 poached or hard-cooked egg  
1 pear

### ■ Midmorning Snack

½ cup low-fat vanilla yogurt  
½ cup low-fat granola

### ■ Lunch

2 slices whole wheat bread with  
2 oz reduced-fat mozzarella cheese  
1 roasted bell pepper (packed in water)

basil leaves

### ■ Midafternoon Snack

¼ cup hummus  
½ cup cucumber slices

### ■ Dinner

3 oz poached salmon  
1 cup brown rice  
½ cup no-salt-added stewed tomatoes  
1 cup steamed kale

■ **Evening Snack**  
½ cup calcium-fortified orange juice  
1 banana



### ■ Day's Totals

Calories: 1,506  
Fat: 38 g  
Saturated fat: 10 g  
Fiber: 21 g  
Sodium: 1,337 mg

## \* Sample Menu 2

### ■ Breakfast

¾ cup hot whole wheat cereal  
½ cup frozen blueberries, thawed  
1 cup fat-free milk



### ■ Midmorning Snack

1 slice toasted raisin bread  
1 tablespoon natural peanut butter

### ■ Lunch

1 small bean burrito  
8 grape tomatoes, halved and tossed with 2 oz crumbled reduced-fat feta cheese

### ■ Midafternoon Snack

1 serving Papaya Power Shake—In blender, whirl the following together until smooth: 1 cup papaya (peeled, seeded, and cut up), 1 cup lowfat plain yogurt, ½ banana, ½ cup pineapple chunks, ½ teaspoon dried mint, and 4 slightly crushed ice cubes. (You can also replace the papaya with jarred mango spears.)

### ■ Dinner

2 oz roast chicken breast  
1 cup mashed butternut squash  
1 cup brussels sprouts  
½ cup corn kernels mixed with  
½ cup cooked barley  
2 teaspoons canola oil

### ■ Evening Snack

1 extra large baked apple with 2 teaspoons honey or brown sugar

### ■ Day's Totals

Calories: 1,529  
Fat: 45 g  
Saturated fat: 15 g  
Fiber: 30 g  
Sodium: 2,609 mg



# For your body

The ultimate fat-blasting workout

**S**tarting an exercise program isn't always as simple as making the decision and just doing it. What if you don't know where to begin? With this fat-blasting workout, we've taken all of the guesswork out of your workouts by showing you exactly which exercises to do and how to do them safely. To make things even easier, we've included a schedule to follow. All you need are some weight machines or dumbbells (we used 5- and 10-pound sets) and 45 minutes, 6 days a week. Here's the plan that'll help you get started today.

■ **Two days a week**, do two sets of exercises for your upper body (see "Upper Body Circuit" on page 9).

■ **Another 2 days**, do the same for your lower body (see "Lower Body Circuit" on page 11).

■ **Between sets**, do 2 ½ minutes of aerobic activity of your choice—stationary bicycling, treadmill walking, a snippet from an exercise video, marching in place, anything you like.

■ **Two days a week**, do 45 minutes of just aerobic activity (see "Your Aerobic Options" on page 15 for more ideas).

■ **An example of putting it all together:** On an upper-body day, begin with one set of chest presses, then some type of aerobic activity for 2 ½ minutes. After doing a second set of chest presses and another 2 ½ minutes of aerobics, move on to the next exercise. Continue this pattern until you have completed two sets of 10 to 12 repetitions for each exercise. Another day, repeat the same routine but use the lower body circuit.



## Upper Body Circuit

### CHEST PRESS

Lying on a bench, hold the dumbbells end to end just above chest height, with your elbows pointing out and toward the floor. Press the dumbbells up, extending your arms. Hold, then lower.



### BICEPS CURL

Hold the dumbbells at your sides, palms facing forward. Keeping your elbows at your sides, lift the dumbbells toward your chest. Hold, then lower.

### SHOULDER PRESS

Start with the dumbbells at shoulder height, palms facing in. Press the dumbbells straight up overhead, then lower.



Always lift in a slow, controlled manner as you lower. Inhale as you bring the

### BENT-OVER ROW

Place your right knee and hand on a bench, keeping your back flat. Holding a dumbbell in your left hand, let your arm hang straight down with the palm facing the bench. Pull the dumbbell up toward your chest. Hold, then lower. Repeat with your other side.



### LYING TRICEPS EXTENSION

Lying on a mat, hold the dumbbells with your palms facing each other. Start with your arms extended upward and angled back about 30 degrees toward your head. Bending at the elbows, slowly lower the weights to either side of your head. Don't move your upper arms. Hold, then slowly raise.



## Lower Body Circuit

counting 1-2-3 as you lift and 1-2-3 weight down, and exhale as you push it up.

### OPPOSITE ARM AND LEG RAISE

Get down on your hands and knees. Slowly raise and straighten your left arm and right leg off the floor as high as is comfortable, but don't arch your back. Hold, then lower. Repeat with your right arm and left leg.



### LUNGE

Standing with your feet together, take one big step back with your right leg. Plant your right foot, then slowly lower your right knee toward the floor. Your left knee should be at a 90-degree angle. Push off with your right foot, then return to the starting position. Repeat with your left leg. (To get more out of this exercise, hold dumbbells.)



### STEP-UP

Using an aerobic step or regular step and holding dumbbells, step up with your left foot, followed by your right, so that both feet are on the step. Then step down with the right foot, followed by the left. Repeat, starting with the right foot.



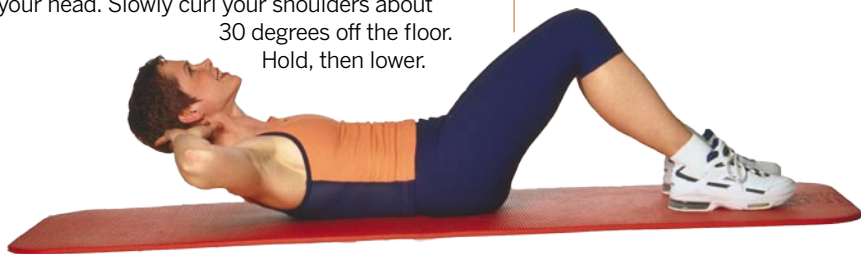
### HALF SQUAT

Stand in front of a chair with no armrests. Hold the dumbbells down by your sides, with your palms facing in. Keeping your back straight, bend at the knees and hips as though you are sitting down. (Don't let your knees move forward over your toes.) Stop just shy of sitting, then stand back up.



### ABDOMINAL CRUNCH

Lie on your back with your knees bent and your feet flat on the floor. Place your hands loosely behind your head. Slowly curl your shoulders about 30 degrees off the floor. Hold, then lower.

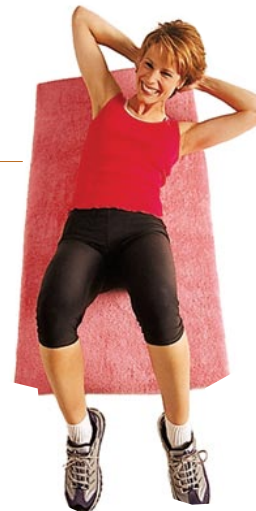


## Double-Duty Ab Blasters

These moves work the upper, lower, and oblique muscles quickly and easily. Do two sets of 10 to 12 repetitions (to each side, when alternating) 3 days a week.

### FLOOR SIDE BEND

Lie down with your knees bent and your feet flat on the floor. Raise your head and shoulders about 30 degrees. Keeping your upper body off the floor, bend sideways at the waist, bringing your left elbow toward your right hip. Return to center, then bend to the left. Return to center, lower, and repeat.



### BICYCLE CRUNCH

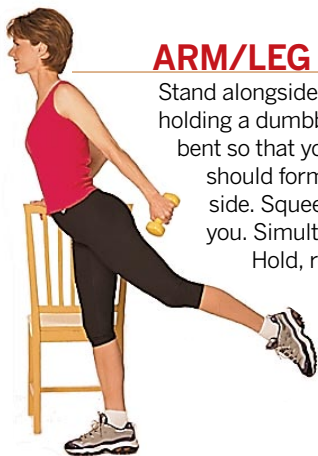
Lie face-up on the floor, legs extended, hands loosely behind your head. Slowly raise your head and shoulders off the floor. At the same time, bring your left knee in toward your chest, and lift your right leg off the floor. Hold, then lower and switch legs without letting them touch the floor.





## Bonus Belly Busters

To further work your abdominal muscles and gain overall strength, we've included the "2-in-1" toning exercises for you below. These moves work the upper and lower body muscles simultaneously, so your abs get a mini-workout. Do two sets of 10 to 12 repetitions twice a week.



### ARM/LEG PRESS BACK

Stand alongside a chair (you can use the back for balance), holding a dumbbell in your left hand. Start with your left leg bent so that your thigh is parallel to the floor. Your left arm should form a 90-degree angle, with your elbow by your side. Squeeze your butt, and extend your left leg behind you. Simultaneously straighten your left arm behind you. Hold, return to the starting position, and repeat. Then switch to the right arm and leg.

### SQUAT SHOULDER PRESS

Stand with your legs a little wider than shoulder-width apart and your toes pointing out slightly. Holding dumbbells, position your arms up and out so that your elbows are at shoulder level, your forearms and upper arms form a 90-degree angle, and your hands are at about ear level, palms facing in. Bend your knees, and sit back into a squat (keep your knees from jutting past your toes). Simultaneously press the dumbbells overhead. Pause, then return to the starting position.



## Your Aerobic Options

Looking for the perfect companion to our fat-blasting strength training workout? Try one (or more!) of the activities listed below. (Note: These figures are based on a 150-pound woman. If you weigh more, you'll burn more calories. If you weigh less, you'll burn fewer.)

Exercise	Calories burned per half-hour (unless otherwise noted)
Aerobics classes and videos	228
Ballroom dancing	105
Bicycling	130–145 (depending on speed and terrain)
Digging	258
Elliptical training	250–300 (per hour)
Hiking	250
Hoeing	186
Jogging and treadmill running	102 (per mile)
Jumping rope	110–130 (per 10-minute session)
Mowing	228
Planting seedlings	144
Power walking	198–250 (per mile)
Raking	111
Rowing machine	240–360
Spinning	535 (per 45-minute class)
Stationary cycling	130–330
Stepping or stair-climbing machine	250–350
Swimming	249–351 (depending on stroke and speed)
Tennis, highly competitive match	237
Walking	100 (per mile)
Water aerobics	200–250



# Track your progress

Write your own  
success story

On the following pages, you'll find 30 days' worth of handy checklists to follow your daily diet and exercise accomplishments. This planner will serve not only as a daily reminder of your weight loss goals, but also as a record of your day-to-day triumphs and long-term progress. Good luck!

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### ■ exercise journal

upper body circuit: \_\_\_\_\_

\_\_\_\_\_

lower body circuit: \_\_\_\_\_

\_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

\_\_\_\_\_

### ■ for your Plate

**Prime the pantry** Include such healthful staples as beans, whole wheat pasta and couscous, brown rice, onions, canned tomatoes, low-fat, low-sodium broth, plenty of dry spices, balsamic vinegar, olive or canola oil, and nonstick cooking spray.

\_\_\_\_\_ date **day 1**

### ■ today's goal(s):

\_\_\_\_\_

### ■ food journal

breakfast: \_\_\_\_\_

\_\_\_\_\_

lunch: \_\_\_\_\_

\_\_\_\_\_

dinner: \_\_\_\_\_

\_\_\_\_\_

### ■ for your Body

**Set the bar low** Wanting to run a marathon is a great goal, but it may take months to achieve. That's too long before you feel successful. So set lots of little goals too, like "I want to run around the block without needing CPR" or "I want to do something physical every day."

### ■ today's accomplishments

weight: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ date **day 2**

### ■ today's goal(s):

\_\_\_\_\_

### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

\_\_\_\_\_

### ■ exercise journal

upper body circuit: \_\_\_\_\_

\_\_\_\_\_

lower body circuit: \_\_\_\_\_

\_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

\_\_\_\_\_

### ■ for your Plate

**Fill up** If you love to eat and hate the thought of cutting back, eat large salads, big pink grapefruits, whole cantaloupes, and big chunks of watermelon. These foods will make you feel full without the fat or calories piling up.

### ■ today's accomplishments

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Hoop it up** Hula hooping works on the same calorie-burning, waist-whittling principle as gardening—but with less dirt.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 3**

### today's goal(s):

\_\_\_\_\_

### food journal

**breakfast:** \_\_\_\_\_

\_\_\_\_\_

**lunch:** \_\_\_\_\_

\_\_\_\_\_

**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### for your Plate

**Sip green tea before you walk** The caffeine frees fatty acids so that you burn fat more easily. And the polyphenols (antioxidant compounds) in green tea appear to work with caffeine to increase calorie burn. (If you have high blood pressure, skip this tip.)

### today's accomplishments

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\_\_\_\_\_

### for your Body

**Take flight** If you're at the airport waiting to board a flight or to greet someone landing, walk around the airport instead of sitting.

**day 4** \_\_\_\_\_ date

### today's goal(s):

\_\_\_\_\_

### food journal

**breakfast:** \_\_\_\_\_

\_\_\_\_\_

**lunch:** \_\_\_\_\_

\_\_\_\_\_

**dinner:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### for your Plate

**Pack a lunch** Dining out more than five times a week may make you eat more—nearly 300 calories a day—than if you dine out less frequently.

### today's accomplishments

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### for your Body

**Retire the remotes** You could easily burn 200 extra calories a day if you stop using the TV/DVD/VCR remotes, garage door opener, electric can opener, riding mower, car, and other laborsaving devices.



## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 5**

### today's goal(s):

\_\_\_\_\_

### food journal

**breakfast:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**lunch:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**dinner:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### for your Plate

**Dip your bread** Use olive oil in place of butter. It's healthier and may also help you eat less. In a recent study, dippers ate a total of 52 fewer calories on average than those who used butter.

### today's accomplishments

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### for your Body

**Fidget** You can burn up to 700 calories a day!

**day 6** \_\_\_\_\_ date

### today's goal(s):

\_\_\_\_\_

### food journal

**breakfast:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**lunch:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**dinner:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### for your Plate

**Sprinkle flax on your cereal** High-fiber, ground flaxseed can help curb your appetite and eliminate calories. Add it to yogurt or muffin and bread mixes. Available in health food stores.

### today's accomplishments

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\_\_\_\_\_

\_\_\_\_\_

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### for your Body

**Break into a jog** If you already jog, speed up to a sprint. These brief intervals allow you to cover more distance and burn more calories—without lengthening your workout. The increased impact will also help make your bones stronger.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### ■ exercise journal

upper body circuit: \_\_\_\_\_

\_\_\_\_\_

lower body circuit: \_\_\_\_\_

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double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

\_\_\_\_\_

### ■ for your Plate

**Spice up your meals**  
Adding hot chile pepper (or capsaicin) to food may help you stop eating sooner.

### ■ today's accomplishments

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\_\_\_\_\_ date **day 7**

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ for your Body

**Change your venue**  
Bored to tears by your treadmill workout? Take a walk outside instead. Your after-work routine has become too routine? Get up earlier. Changing where or when you exercise, even if you're doing the same activity, is a great way to change your outlook.

**day 8** \_\_\_\_\_ date

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ exercise journal

upper body circuit: \_\_\_\_\_

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lower body circuit: \_\_\_\_\_

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double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

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### ■ for your Plate

**Dress your salad lightly** This tasty salad dressing pours on just 20 calories and 1.5 g of fat: 1 Tbsp balsamic vinegar, ¼ tsp olive oil, ¾ tsp Dijon mustard, and ¼ tsp horseradish.

### ■ today's accomplishments

weight: \_\_\_\_\_

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Drop and do 10**  
Before you pry open that tub of ice cream, do 10 situps or pushups. Doing something physical can put you back in touch with your body—and your goals.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 9**

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### for your Plate

**Chunk your salad** Chop carrots, celery, sweet potatoes, zucchini, or other veggies instead of shredding or slicing. It takes more effort to munch bigger pieces; you'll do more chewing and eat less during the main course.

### today's accomplishments

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### for your Body

**Do it anyway** If the late hour won't allow you to work out at the gym, don't give up on exercise that day. Take a walk around the neighborhood, pop in an exercise video, or do lunges around the kitchen as you cook dinner.

**day 10** \_\_\_\_\_ date

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

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### for your Plate

**Supersize your H<sub>2</sub>O** Buy the big bottle when it comes to good-for-you stuff such as water. You'll drink more.

### today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### for your Body

**Find fun exercise** Investigate sports and hobbies that enhance your activity level. Backpacking, mountain biking, kayaking, even bowling can all burn calories, but they don't feel like workouts.

# Nutrition Checklist

## Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

## Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

## Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 11**

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### for your Plate

**Spray, don't drizzle** Use an olive oil sprayer such as MISTO to add flavor to salads, chicken, fish, or pasta. A 2-second spray evenly distributes ½ teaspoon of oil, compared to the 2 or 3 teaspoons you might get when pouring. That'll save you up to 100 calories per use.

### today's accomplishments

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### for your Body

**Act their age** Join the kids for a game of backyard touch football or tag. Capitalize on their infectious energy.

\_\_\_\_\_ date **day 12**

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### for your Plate

**Measure before cooking** For a perfect portion, keep a quarter near your spaghetti. Its diameter is exactly the size of the 2-oz stack (about 200 calories) that you should cook per person. Or buy a dry-pasta measurer sold in gourmet cooking stores.

### today's accomplishments

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# Nutrition Checklist

## Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

## Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

## Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### for your Body

**Make a date** Treat exercise as social time by pairing up with a friend or your spouse. By committing to someone else, you'll be less likely to skip your workout.



## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 13**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

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### ■ for your Plate

**Have chunky soup** People who ate soup containing large vegetable pieces reported feeling fuller and ate 20% less during lunch than those who had a pureed soup made of the same ingredients.

### ■ today's accomplishments

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### ■ for your Body

**Count backwards** Ever notice how your trip back from a great destination seems shorter than your trip there? Apply that principle to exercise by counting reps backwards—from 10 to 1, instead of 1 to 10.

\_\_\_\_\_ date **day 14**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

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**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### ■ for your Plate

**Skip "light" foods** The weight of foods—not just the fat and calories—is what fills you up. Eat low-calorie heavyweights such as oranges, strawberries, grapefruit, cantaloupe, cooked spinach, collard greens, and broccoli.

### ■ today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Lend a hand** Support causes such as breast cancer, AIDS, or multiple sclerosis by doing fund-raising walks, bike rides, or runs. Beyond the exercise, you'll feel good about what you're doing, as well as fortunate to have a healthy body to do it.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

### ■ for your Plate

**Drink, drink, drink** Dehydration can slow your metabolism by 3%. At a weight of 150 pounds, that would be about 45 fewer calories burned a day—which could mean 5 extra pounds a year.

\_\_\_\_\_ date **day 15**

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ for your Body

**Gear up** Add a new twist to your routine with equipment such as a heart rate monitor or pedometer. Tracking your workouts with these types of devices keeps things interesting.

### ■ today's accomplishments

weight: \_\_\_\_\_

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\_\_\_\_\_ date **day 16**

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

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### ■ for your Plate

**Blot the fat** You can dab off about a teaspoon of oil—or 40 calories and 4.5 g of fat—from two slices of pizza.

### ■ today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Crunch your abs** Lie on your back with your legs propped up on a bed or chair. Curl up slowly, raising your head, shoulders, and upper back off the floor, then slowly lower. Do 10 to 12 repetitions, two or three times a week.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

### ■ for your Plate

**Skip the cocktails** Sure, alcohol may be fat-free, but it's loaded with calories. It can also raise your levels of cortisol, a stress hormone that helps your belly store fat.

\_\_\_\_\_ date **day 17**

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ today's accomplishments

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\_\_\_\_\_ date **day 18**

### ■ today's goal(s):

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### ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

### ■ for your Plate

**Order fish** Try sardines, herring, and wild salmon. Overweight people on a reduced-calorie diet that included fish every day lost about 20% more weight than those on a fish-free diet.

### ■ today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Hit the greens**  
Ditching the golf cart earns you a walking workout; whacking the ball tones and tightens your midriff.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 19**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### ■ for your Plate

**Take a whiff** When you really want those fresh-baked cookies, try this: Indulge in the smell for 30 seconds. Then place a small piece on the tip of your tongue for another 30 seconds. Savoring the smell and taste can help you stop at just one cookie.

### ■ today's accomplishments

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### ■ for your Body

**Turn a La-Z-Boy into a Busy-Boy**  
Hoist a pair of dumbbells while you're sitting down watching TV.

\_\_\_\_\_ date **day 20**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

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**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### ■ for your Plate

**Pour a white cocktail** Like water, low-fat milk's volume fills your stomach, but it also contains carbohydrates—so you eat less.

### ■ today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Do 10, then switch** When you go to the gym, use one machine for 10 minutes, then move on to something else. This strategy can keep you from getting bored with your workout routine.



## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 21**

### today's goal(s):

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### food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### exercise journal

upper body circuit: \_\_\_\_\_

\_\_\_\_\_

lower body circuit: \_\_\_\_\_

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double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

### for your Plate

**Have two helpings** Filling your plate with two kinds of vegetables, not just one, ups your nutritional intake and leaves less room on your plate for fatty foods.

### today's accomplishments

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### for your Body

**Get out in nature** Hiking in the woods is a relaxing way to burn calories and get some fresh air at the same time.

\_\_\_\_\_ date **day 22**

### today's goal(s):

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### food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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### exercise journal

upper body circuit: \_\_\_\_\_

\_\_\_\_\_

lower body circuit: \_\_\_\_\_

\_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

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### for your Plate

**Take a time-out** When a craving hits, tell yourself, "This isn't the last time I can eat this food." It will help you walk away from whatever is tempting you.

### today's accomplishments

weight: \_\_\_\_\_

\_\_\_\_\_

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50: 500 mg; over age 50: 1,000 mg)

### for your Body

**Plant a garden** All the bending, lifting, and twisting help shape your middle, and you'll burn about 350 calories an hour.

# Nutrition Checklist

## Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

## Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

## Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

## ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

## ■ for your Plate

**Trick your tastebuds** Suck on a menthol/eucalyptus cough drop to help stop cravings instantly.

## ■ today's accomplishments

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## ■ for your Body

**Walk to meetings** If you're meeting with co-workers who are located in different buildings on a campus, walk to those meetings, rather than driving or taking a shuttle.

\_\_\_\_\_ date **day 23**

## ■ today's goal(s):

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## ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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\_\_\_\_\_ date **day 24**

## ■ today's goal(s):

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## ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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# Nutrition Checklist

## Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

## Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

## Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100-500 mg)
- \* Vitamin E: (100-400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

## ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

## ■ for your Plate

**Pop a piece of gum** Researchers recently discovered that chewing sugar-free gum all day increases your metabolic rate by about 20%. That could burn off more than 10 pounds a year.

## ■ today's accomplishments

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## ■ for your Body

**Catch up on your reading** Books on tape can help you enjoy the latest bestsellers while burning off those calories.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 25**

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### for your Body

**Walk your dog more often** The next time Rover needs to head outside, don't just let him out the back door. Instead, go out and take a walk with him around the neighborhood.

### for your Plate

**Buy small** The bigger the package, the more you're likely to eat—up to 44% more, according to one study.

### today's accomplishments

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**day 26** \_\_\_\_\_ date

### today's goal(s):

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### food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### for your Plate

**Take one bite at a time** "Mindful eating," which involves concentrating on taste and sensation to make each mouthful an event, maximizes your food satisfaction and minimizes the odds of overeating.

### today's accomplishments

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\_\_\_\_\_

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### for your Body

**Remember to lift those weights** Resistance training builds muscles, which boost the number of calories that your body burns throughout the day—making weight loss easier.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 27**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### ■ for your Plate

**Pay cash for treats** Anytime someone offers you goodies—and you accept—put \$1.00 aside. Then give the money to your kids. When you literally pay for treats, you're more likely to say "No thanks."

### ■ today's accomplishments

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\_\_\_\_\_ date **day 28**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

\_\_\_\_\_

### ■ for your Plate

**Pack snacks** Whether you're at the mall, in the car, or at work, keep yourself armed with healthy snacks to help you resist fat-and-calorie-laden temptations from vending machines and fast-food joints.

### ■ today's accomplishments

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\_\_\_\_\_

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Do periodic "step checks"** If you use a pedometer, check your step count a few times a day. That way, you won't be left with a huge amount of walking to do late in the day.

## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

- \* Multivitamin/mineral:   
(100% DV for most nutrients)
- \* Vitamin C: (100–500 mg)
- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

\_\_\_\_\_ date **day 29**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### ■ for your Plate

**Study the wrapper** At a quick glance, that candy bar appears to contain 220 calories. But a closer look may reveal that it (or a bottle of juice, bag of crackers, or bag of nuts) provides two or more servings—which more than doubles those calories.

### ■ today's accomplishments

**weight:** \_\_\_\_\_

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### ■ for your Body

**Get up and dance** Besides being great exercise, it releases endorphins, your body's mood-elevating chemicals that help erase stress.

\_\_\_\_\_ date **day 30**

### ■ today's goal(s):

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### ■ food journal

**breakfast:** \_\_\_\_\_

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**lunch:** \_\_\_\_\_

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**dinner:** \_\_\_\_\_

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### ■ exercise journal

**upper body circuit:** \_\_\_\_\_

\_\_\_\_\_

**lower body circuit:** \_\_\_\_\_

\_\_\_\_\_

**double-duty ab blasters:** \_\_\_\_\_

**aerobic workout:** \_\_\_\_\_

**other activities:** \_\_\_\_\_

### ■ for your Plate

**Keep broth on hand** Fat-free chicken and vegetable broths make it convenient to whip up an easy vegetable soup (add frozen veggies) or mashed potatoes so flavorful that you won't miss the butter.

### ■ today's accomplishments

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## Nutrition Checklist

### Daily Servings

- 5 vegetables
- 4 fruits
- 3–6 whole grains
- 2–3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

### Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

### Daily Supplement Needs

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(100% DV for most nutrients)
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- \* Vitamin E: (100–400 IU)
- \* Calcium (Under age 50:   
500 mg; over age 50: 1,000 mg)

### ■ for your Body

**Start your own walking club** Each day, ask someone new to walk with you. The support and enthusiasm of close friends will help keep you motivated.



# Nutrition Checklist

\_\_\_\_\_ date

## Daily Servings

- 5 vegetables
- 4 fruits
- 3-6 whole grains
- 2-3 high-calcium foods
- 8 glasses of water
- 1+ cup of tea

## Weekly Servings

- 5+ beans
- 5 nuts
- 2 fish

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## ■ exercise journal

upper body circuit: \_\_\_\_\_

lower body circuit: \_\_\_\_\_

double-duty ab blasters: \_\_\_\_\_

aerobic workout: \_\_\_\_\_

other activities: \_\_\_\_\_

## ■ today's accomplishments

weight: \_\_\_\_\_

## ■ today's goal(s):

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## ■ food journal

breakfast: \_\_\_\_\_

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lunch: \_\_\_\_\_

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dinner: \_\_\_\_\_

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