

# Long Beach Nutrition Boot Camp



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#### A Word About Nutrition Analysis:

All snacks, meals, recipes, and meal plans contained in this booklet have been analyzed with Food Processor SQL, a product of ESHA Research, Inc. Care has been taken to ensure accuracy and to correctly represent products used, however variations may exist. Check nutrition facts labels to guarantee the nutrient content of the foods you consume.

#### Disclaimer:

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## Dear Boot Campers,

Congratulations on your commitment to an amazing fitness program! As you begin this exciting journey to better health, we'd like to provide some resources to help you get the most out of your Boot Camp experience.

In addition to showing up and giving it your all at each Boot Camp session, you need to establish a plan for good nutrition. No matter what your reasons or motivations for joining the Boot Camp community, we want you to read and apply the nutrition information in this packet. This is a great opportunity to learn and build skills that will promote better health for years to come. The resources provided are designed to build in complexity from week to week and help you concentrate on one aspect of nutrition at a time.

**Our goal for you:** by the end of the 4-week Boot Camp session, you will know more about nutrition and have healthier eating and exercise habits than when you started. We are here to support and encourage you in your quest for better health. The key is to incorporate these healthy habits into your daily routine so that the benefits are long lasting.

**Boot Camp promotes a lifestyle approach to healthy eating.** We want you to:

- ditch the “diet” mentality
- nourish your body with a variety of delicious foods,
- fuel your busy lifestyle with small, frequent meals (5-6 per day),
- change the composition of your body with exercise and well-balanced eating (carbohydrates, protein and fat), and
- develop skills to stock a healthy kitchen and create good-for-you meals.

We are not promising that the journey will be easy, but it is certainly worthwhile. Along with your workouts, good nutrition will help you create a path to better health.

Cheers to Good Health,

Long Beach Boot Camp Team

## Progress Page

Start Date:

End Date:

Measurements	Initial		Final		Goals
	Right	Left	Right	Left	
Biceps					
Biceps Flexed					
Shoulder					
Chest					
Waist					
Hips					
Legs					
Weight					
Body Fat					
Fitness Tests	Initial		Final		Goals
Mile					
Push-ups					
Squats					
Plank					
Clothing Sizes	Initial		Final		Goals
Shirt					
Pants					
Neck					
Other					

# Long Beach Nutrition Boot Camp (Week 1)

## WEEK 1

It is week 1...congratulations for joining the Boot Camp community! You have taken the first step in improving your fitness. What you may not have realized is that it is the perfect time to take a closer look at nutrition too. A series of small steps will help you make big improvements to your health and well-being.

### This week you have three tasks:

- Schedule an evaluation with a Boot Camp trainer
- Set goals
- New Campers - Review **Nutrition 101 & Take a Tour of the Nutrition Facts Label**  
Vets - Continue journaling

**Bright Ideas:** Check out the **Quick Meal Ideas & Fuel Up! Pre- & Post-workout Mini Meals**

## Goal Setting

Goal setting is important. Goals provide focus and allow you to measure progress. Small goals that seem realistic and achievable are a good way to start.

### ⇒ Set **SMART** Goals:

- **Specific** - clearly lay out the details of the goal; answer the who, what, and when questions
- **Measurable** - a goal should include benchmarks so that you can track your progress
- **Attainable** - set a goal that you know you can achieve; plan for success
- **Relevant** - establish a goal that is important to **YOU**; you must be motivated to succeed
- **Time Sensitive** - choose a short-term time frame

As you reach your goals, celebrate your success! Find a reward that is meaningful to you. It does not have to be expensive and should not be food related. Reward your accomplishment and then set new goals!

### Examples:

1) By the end of this 4-week Boot Camp session, I will lose 5 pounds to improve my health, well-being, and the way I feel about myself. -OR- 2) Each day this week I will eat at least one serving of fruit and vegetables at each meal in order to improve the quality of my diet.

**Write YOUR goal here:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Nutrition 101: Current Nutrition Recommendations

Every five years, the federal government assembles an expert committee to review the latest nutrition research. The committee develops a set of **Dietary Guidelines for Americans** to promote good nutrition and prevent chronic disease. The recommendations highlight healthy behaviors that should be incorporated into a person's lifestyle. These Guidelines are designed for healthy Americans over the age of two.

The **Dietary Guidelines** offer the following recommendations for healthy eating:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Eat less saturated fat, trans fat, cholesterol, salt (sodium), and added sugar

### Fruits and Vegetables

The research is clear: colorful fruits and vegetables are important for good health. Eat a variety of fruits and vegetables each day to gain benefits from the vitamins, minerals and fiber provided with a small number of calories. **Aim for a serving of fruits or vegetables at each meal and for snacks too.**

- ⇒ Add chopped or dried fruit to breakfast cereal or oatmeal
- ⇒ Make half your plate vegetables at each meal
- ⇒ Have a piece of fruit for snack or munch on vegetable sticks between meals

### Whole Grains

The benefits of whole grains are similar to those of fruits and vegetables, and they should be eaten several times a day. The high fiber content keeps you feeling full longer and may help reduce cholesterol levels.

**Choose at least three servings of whole grain products each day.** Oatmeal, whole grain or multigrain cereal, whole wheat bread, corn tortillas, and brown rice are good options.

- ⇒ Start your day with whole grain cereal, oatmeal, or whole wheat toast
- ⇒ Try whole grain pasta with marinara sauce
- ⇒ Experiment with whole grain sides such as whole wheat couscous, quinoa, barley, brown rice, etc.

### Milk Products (Dairy)

Nonfat and lowfat dairy products provide a variety of important nutrients such as calcium, vitamin D, and protein. Plus, some research shows that having **2-3 servings of dairy each day** can help with weight loss and blood pressure reduction. Although dairy products can be high in both fat and saturated fat, look for lower fat options. Nonfat (Skim) milk, reduced fat cheeses, and nonfat/lowfat yogurt and cottage cheese are good choices from the dairy group. If you are lactose intolerant, consider soy based alternatives such as soy milk, cheeses and yogurts. Or, take a calcium + vitamin D supplement if you are not consuming much dairy.

- ⇒ Pour nonfat or lowfat milk over hot or cold whole grain cereal
- ⇒ Have nonfat or lowfat yogurt for a snack
- ⇒ Ask for nonfat milk in your latte or cappuccino

Continued on the next page...



## Lean Protein

Americans get more than enough protein in their diet for growth and good health. **When choosing protein foods, try to limit fat, saturated fat, and cholesterol.** These nutrients are more likely to come from animal-based foods. To limit saturated fat and cholesterol, try some plant based proteins such as beans, nuts, seeds, and tofu. Other good choices include skinless chicken breasts, white meat turkey, fish/shellfish, and lean meats such as pork tenderloin, flank steak, top sirloin, and 95% lean ground beef.

- ⇒ Have a handful of almonds or walnuts for a snack
- ⇒ Substitute beans or tofu for meat a few times a week; soup, tacos, and stir-fries are tasty meatless
- ⇒ Remember, a simple sandwich can be the star of a bagged lunch

## Eat less...

The Dietary Guidelines also recommend limiting your consumption of saturated fat, trans fat, cholesterol, sodium, and added sugar. Reading labels and ingredient lists are ways to reduce your intake of these items. For additional information, take a look at the label reading resources just a few pages away.

## MyPyramid

Another healthy eating resource is MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)). It offers nutrition guidance through a colorful symbol outlining the food groups. MyPyramid emphasizes variety, balance and moderation. By visiting the website, you can create a personalized food guide pyramid, print off food diary worksheets, and find a wealth of serving size resources. Also, Weeks 3 and 4 will include more information and resources for planning a well-balanced diet.

Here's a sample of the MyPyramid resources available online:

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day  1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens  Eat more orange vegetables like carrots and sweetpotatoes  Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit  Choose fresh, frozen, canned, or dried fruit  Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products  If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry  Bake it, broil it, or grill it  Vary your protein routine — choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day. <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
<b>Find your balance between food and physical activity</b> <ul style="list-style-type: none"> <li>Be sure to stay within your daily calorie needs.</li> <li>Be physically active for at least 30 minutes most days of the week.</li> <li>About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.</li> <li>Children and teenagers should be physically active for 60 minutes every day, or most days.</li> </ul>		<b>Know the limits on fats, sugars, and salt (sodium)</b> <ul style="list-style-type: none"> <li>Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.</li> <li>Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.</li> <li>Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>		



U.S. Department of Agriculture  
 Center for Nutrition Policy and Promotion  
 April 2005  
 CNP-13  
 USDA

### MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup rice or pasta)		_____ ounce equivalents
	VEGETABLES	Try to have vegetables from several subgroups each day	2 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Vegetables		_____ cups
	FRUITS	Make most choices fruit, not juice	2 cups		_____ cups
	MILK	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)		_____ cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—choice fish, beans, peas, nuts, and seeds	5 1/2 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T peanut butter, 1/2 ounce nuts, 1/4 cup dry beans or peas)		_____ ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.		_____ minutes

\*Some foods don't fit into any group. These "extras" may be many fat or sugar—limit your intake of these.

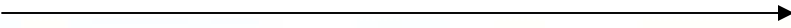
How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

**Quick Meal Ideas:** Healthy eating doesn't have to be complicated. A few good-for-you foods can add up to a quick, healthy meal! Here are easy and practical ideas to pull a well-balanced meal together fast. Add a cup of nonfat/lowfat milk or yogurt as a snack to satisfy all the food groups. A little meal planning and smart shopping will make these a snap. Use a microwave or toaster oven to save time and energy.

Food Groups	GRAINS	VEGETABLES & FRUIT	MEAT & BEANS	EXTRAS
<b>Meal #1</b>	A whole grain such as brown rice, soba noodles, or quinoa	Fresh or frozen stir-fry vegetables	Shelled soybeans (edamame), tofu, cooked skinless chicken or cooked shrimp	Teriyaki or stir-fry sauce (preferably reduced sodium)
<b>Meal #2</b>	Whole grain bread, pita or tortilla	Sliced tomato, onion, or cucumber; lettuce leaf	Hummus; all natural sliced turkey; cooked skinless chicken breast	Mustard; light mayo (optional)
<b>Meal #3</b>	Whole grain noodles	Fresh or frozen mixed vegetables + tomato or marinara sauce	Cooked chicken or ground turkey; meat alternative	Parmesan cheese (optional)
<b>Meal #4</b>	Instant oatmeal (unsweetened or lightly sweetened)	Fresh, frozen/thawed or dried fruit	Chopped nuts or slivered almonds	Fruit juice or maple syrup to sweeten (optional)
<b>Meal #5</b>	Corn tortilla(s) or baked corn chips	Pico de Gallo + shredded lettuce	Canned beans (rinsed & drained), bean dip, or cooked skinless chicken breast	Avocado or guacamole (optional)
<b>Meal #6</b>	Whole grain bread or English muffin	Sliced banana	All natural almond butter or peanut butter	

Add ingredients across 

## Take a Tour of the Nutrition Facts Label

When looking at the Nutrition Facts Label, start at the top for the most important information. The Label begins with three essential details: ① Serving Size, ② Servings per Container, and ③ Calories.

① **Serving Size** is standardized to reflect a commonly consumed amount. This allows you to compare the nutritional value of similar products. The nutrition information presented on the label represents what is found in the Serving Size listed. Sometimes products that seem to have only one serving (such as a 20 ounce soda or smaller bag of chips) actually have more than one serving. As a consumer, it is important to know how many calories are in the amount of food YOU consume.

② **Servings per Container** indicates how many servings are in the package of food. If you eat one serving, you receive the amount of nutrients listed on the label. Keep in mind, you need to double or triple the amounts listed if you are having more than one serving.

③ **Calories** listed is the amount in a single serving. For many people, Calories are the most important piece of information on the Nutrition Fact Label. If you are going to eat more than one serving, you will have to calculate the number of calories in your portion (double, triple, etc.).

### Fats, Cholesterol, Sodium, Carbohydrates & Protein

As you move down the Nutrition Facts Label, amounts of other important nutrients are listed. Depending on your nutrition goals or concerns, you may focus on one or two of these nutrients. Use the percentages in the Daily Value column to help you make good choices.

Continued on the next page...

- ①
- ②
- ③

<b>Nutrition Facts</b>			
<b>Serving Size 1 cup (228g)</b>			
<b>Servings Per Container 2</b>			
Amount Per Serving			
<b>Calories 260</b>	<b>Calories from fat 120</b>		
% Daily Value*			
<b>Total Fat 13g</b>			<b>20%</b>
Saturated Fat 5g			<b>25%</b>
<b>Cholesterol 30mg</b>			<b>10%</b>
<b>Sodium 660mg</b>			<b>28%</b>
<b>Total Carbohydrate 31g</b>			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein 5g</b>			
<b>Vitamin A 4%</b>	●	<b>Vitamin C 2%</b>	
<b>Calcium 15%</b>	●	<b>Iron 4%</b>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Calories per gram:</b>			
<b>Fat 9 * Carbohydrate 4 * Protein 4</b>			

## Tour of the Nutrition Facts Label (continued)

### % Daily Value

The Daily Value indicates what percentage of the nutrient you receive in one serving as compared to the recommendation for the whole day. For instance, the recommendation for fat is 65 grams per day for a 2,000-calorie diet. If the % Daily Value for fat is 20%, that means one serving will provide 20% of the 65 grams of fat for the day (13 grams). As you choose other foods during the day, the nutrients add up. By the end of the day, you will likely approach 100% Daily Value.

The % Daily Value works the same for the other nutrients. To evaluate foods, remember this easy tip:

- ⇒ a **% Daily Value of 5% or less is considered LOW**
- ⇒ a **% Daily Value of 20% or more is considered HIGH**

These guidelines can help you make healthy choices when comparing products. Aim for lower amounts of fat, saturated fat, trans fat, cholesterol and sodium. Look for products with higher amounts of fiber, vitamins and minerals.

Also, consider how much a food will contribute to your daily intake. For example, if it is a frozen dinner, the % Daily Values are likely to be higher because the food represents a whole meal. If the food is a snack item, you probably want the % Daily Values to be lower because the food is one of many you eat during the day.

In addition, most Nutrition Facts Labels provide information about the % Daily Value for vitamin A, vitamin C, calcium and iron. These nutrients are important for good health. By the end of the day, you should achieve 100% Daily Value for these vitamins and minerals.

At the bottom of the label, you might find the daily recommendations for a variety of nutrients for 2,000- and 2,500-calorie diets. The % Daily Values are based on these figures. Keep in mind that for people consuming fewer calories during the day, the actual % Daily Values will be higher than the values shown. In other words, at lower calorie levels, you will reach the 100% Daily Value more quickly.

**Fuel Up!** Here are some meal ideas to help fuel your work-out as well as replenish your body afterwards. Each item combines carbohydrates and protein for a balanced mini-meal. The post-workout items include 30-60 grams of carbohydrate, which research suggests helps restore energy levels for your next workout.

## Pre-workout Mini Meals

about 250 Calories each

Eat **30-90 minutes** before working out, depending on your comfort.

---

1 pouch instant oatmeal (~ 150 calories and < 10 grams sugar) + 1 Tablespoon slivered almonds

1 piece whole grain bread + 2 ounce sliced turkey (preferably lower sodium) + 1 ounce slice reduced fat swiss or cheddar cheese

Egg on Toast (1 egg, 1 ounce ham, 1 piece whole wheat bread, toasted)

1 piece whole grain bread + 1 1/2 Tablespoons peanut butter + 1 Tablespoon low sugar jam

2 corn tortillas + 1/4 cup shredded mozzarella + 1/4 cup salsa

1 multigrain waffle + 1/2 small banana + 1 Tablespoon peanut butter

1 small apple + 2 Tablespoons peanut butter

1 ounce multigrain pretzels + 2 Tablespoons almonds

1 chicken soft taco (1 small flour tortilla, 2 ounces chicken, lettuce, tomato, salsa)

1/3 cup fruit & nut trail mix

## Post-workout Mini Meals

about 250 Calories each

30-60 grams Carbohydrate

Eat **30-60 minutes** after working out to refuel your body.

---

1 ounce baked pita chips + 1/4 cup hummus + 1/2 cup baby carrots

6-8 ounces nonfat yogurt (~ 150 calories and < 20 grams sugar) + 1/2 cup fruit salad

1/2 whole wheat bagel + 2 Tablespoons light herb cream cheese, tomato & cucumber slices

1 1/2 cups whole grain cereal (<200 calories) + 3/4 cup nonfat milk

Chicken Salad in Pita (1/2 cup diced chicken breast, 1 Tbs light mayo, 2 Tbs raisins, 1 Tbs almonds, dash curry, lettuce, 1/2 whole wheat pita)

4 oz lowfat frozen yogurt + 2 Tbs lowfat granola

1 granola or nutrition bar (~ 150 calories and < 20 grams sugar) + 1 small orange or tangerine

1 **small** bean and cheese burrito

Turkey roll-up (1 flour or whole wheat tortilla, 1 oz sliced turkey, 1 tsp mustard, 1 slice light swiss)

1 small baked potato or sweet potato + 1/2 cup lowfat turkey or veggie chili

# Long Beach Nutrition Boot Camp (Week 2)

## WEEK 2

Journaling is a way to track your progress, stay focused and accountable, as well as identify problem areas. Writing down what you eat, when and how much helps you monitor your behavior as it changes over time.

Are you ready to make changes to your diet and exercise routine? Then it is time to start journaling. Here are the basics: journal on paper, the computer, cell phone, or PDA. It doesn't have to be formal; it just needs to get done.

**Write it as you bite it!** The longer you wait to journal, the more of a burden it seems and the less accurate it becomes. Consistently document what you are eating and drinking...no excuses.

The focus this week is to write down what, when AND how much you are eating and drinking.

### **This week you have three tasks:**

- Estimate your **Calories** by using the worksheet on page 17 (or with the online calorie calculator)
- Journal** what, when AND how much you are eating and drinking
- Read and use the **Serving Size Wise** page

Focus on portion sizes this week. If you do not already have measuring cups and spoons, a scale, and a variety of food storage containers, now is the time to gather these tools. Discount stores (99¢ and Big Lots) as well as Target and Bed, Bath & Beyond carry such resources. Any grocery store will have a variety of plastic food storage containers (such as 1/2 cup, 1 cup and 2 cup). If you prefer glass ones, try Bed, Bath and Beyond or Crate and Barrel. These will save you time as you portion your meals and snacks.

**REMEMBER: Write it as you bite it!**

## Calories

### How many calories should I be consuming (eating) in a day?

The amount of calories necessary for each person is very different. It is based on **your** current **weight, height, age, and activity level**. As you plug in your current values on the next page, you will be able to estimate how many calories you need to eat in a day. The equation will allow you to find your Resting Metabolic Rate, Maintenance Calories and a Calorie Range for weight loss (if this is your goal).

### What is my Resting Metabolic Rate (RMR)?

Resting Metabolic Rate (**RMR**) is the amount of **calories** needed to perform daily functions: maintain a heart beat, breathe, digest food, blink, and grow hair etc. Your **RMR** value represents the number of calories you need in a day to remain still with no physical exertion. Basically it is the amount of calories to keep your body systems functioning at a bare minimum.

**Warning:** Do not eat fewer calories than your **RMR** value. Doing so will send your body into "starvation mode" and you will not lose the undesired weight. The safest way to lose weight is to consume 500-1000 fewer calories per day than you are currently eating (as long as you do not go below your **RMR**). This should result in 1-2 pounds weight loss per week.

### How do I MAINTAIN my current weight or my goal weight, once reached?

If you are interested in maintaining your current weight, you need to provide your body with the amount of calories it needs. To determine how many calories YOU need, follow the instructions on calculating "Maintenance Calories" on the next page. If you have been losing weight and have reached your goal, congratulations! Now you can use your new weight to determine "Maintenance Calories" on the next page OR you can add 250-500 calories to your daily intake until your weight stabilizes.

### How do I LOSE body weight?

In order to lose weight, you need to burn more calories than your body consumes. When you eat fewer calories than needed or burn additional calories through exercise, your body must tap into fat stores as an energy source. This process leads to weight loss. However, it is important to lose weight safely and gradually while providing your body with good nutrition. Remember, do not go below your **RMR**.

**Keep yourself on a calorie budget.** Hold yourself accountable to your daily calorie target. Don't "overspend" your calories on a high calorie meal. One slice of pizza is 300-500 calories or equivalent to 1 hour of exercise. Choose low calorie, high fiber foods so that you have 5 or 6 mini-meals each day. What do you want your budget to look like? How much are you willing to spend on each food item or meal?



## Calorie Calculator

### 1. Calculate your Resting Metabolic Rate (RMR)

Women:

$$655 + (4.4 \times \text{___ lbs}) + (4.7 \times \text{___ inches}) - (4.7 \times \text{___ yrs}) = \text{___ RMR}$$

Men:

$$67 + (6.3 \times \text{___ lbs}) + (12.7 \times \text{___ inches}) - (6.8 \times \text{___ yrs}) = \text{___ RMR}$$

### 2. Estimate Calories Needed to Maintain Current/Goal Weight.

$$\text{___ RMR (from above)} \times \text{___ AF (Below)} = \text{___ Maintenance Calories}$$

Activity Level	Description	Activity Factor (AF)
Sedentary	Little to no exercise, desk job	1.2
Lightly Active	Light exercise or sports 1-3 days a week	1.375
Moderately Active	Moderate exercise or sports 3-5 days a week	1.55
Very Active	Hard exercise or sports 6-7 days per week	1.725
Extremely Active	Hard daily exercise or sports or physical job or hard training (for marathon, triathlon etc)	1.9

**Boot Campers Choose "Lightly Active" or "Moderately Active"**

Source: Adapted from the Harris Benedict Equation for Daily Energy Expenditure

**- STOP here if you want to maintain your weight -**

### 3. Estimate Calories to Lose Weight (if that is your goal)

$$\text{___ Maintenance Calories} - 500 \text{ or } 1000 = \text{___ Calories to Lose Weight}$$

**Important Note:** Subtract 500 to lose 1 lb/week, subtract 1000 to lose 2 lb/week. Double check final estimates and do NOT drop below your RMR. Your body will think it is starving and become more efficient at using calories; this leads to a **slower metabolism!**

## Food Journaling

Use this journal or another journal format (such as online) to record what, when AND how much you are eating and drinking. Also, you may want to track your feelings and emotions as you eat during the day. This can help identify healthy or not so healthy eating and emotional links.

TIME	PORTION SIZE	FOOD/ DRINKS	CALORIE COUNT	NOTES
8:15	1 slice 2 Tbs	Whole wheat bread Peanut butter	80 180	
1:30	1 large 5 ounce 1 slice 1 ounce 20 ounces	Hamburger bun Turkey burger Swiss cheese Sun Chips Lemon Ice Tea	325 180 120 140 175	Too hungry!
3:30	9	Hershey's kisses	230	Stressed

Use **Serving Size Wise** (page 20), the calorie content resources below, and **Nutrition Facts Labels** to track the amount of calories you consume each day. Don't forget about beverages and snacks! Compare your daily totals with your calorie target from the **Calories** worksheet.

### Resources to look up calorie content

#### **Online:**

[www.nutritiondata.com](http://www.nutritiondata.com)  
[www.calorieking.com](http://www.calorieking.com)  
[www.dailyplate.com](http://www.dailyplate.com)

#### **Books:**

Calorie King  
Biggest Loser

**Bright Ideas:** According to a recent study at Kaiser Permanente's Center for Health Research, "Those who kept daily food records lost twice as much weight as those who kept no records. It seems that the simple act of writing down what you eat encourages people to consume fewer calories."

# Sample Food Journal

Current Weight \_\_\_\_\_

Pounds Lost \_\_\_\_\_

Pounds Gained \_\_\_\_\_

**FOOD JOURNAL: Print multiples and write down all food and beverages you consume.**

MEAL/ TIME	PORTION SIZE	FOOD/ DRINKS	CALORIE COUNT	NOTES
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Post Dinner				
Workout	<input type="checkbox"/> Yes  <input type="checkbox"/> No	If so, what:		

<b>TODAY's Calorie Total</b>		<b>Target:</b>
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What is your goal/focus for this week?

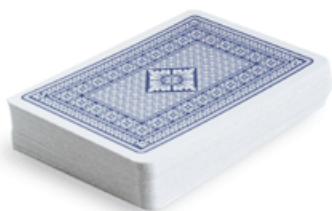
How will you get there?

What specific steps will you take?

## Serving Size Wise

Use the following common items to estimate food serving sizes. These are useful for portion control and keeping an accurate food journal.

- 1 cup = a clenched fist
- 1 ounce nuts, baked chips or whole grain pretzels = a small handful
- 3 ounce fish, meat or poultry = a deck of cards
- 1 teaspoon margarine or butter = thumb nail
- 1 tablespoon salad dressing = thumb tip (1st digit)
- 2 tablespoons peanut butter = golf ball
- 1 small baked potato = computer mouse
- 1 pancake or waffle = CD
- 1 tortilla = small plate (6-7 inches)
- 1 medium apple or orange = tennis ball or fist
- 1 ounce cheese = 4 dice or a domino



=



**3 ounces of**



## Time-saving Tips:

Use a variety of **food storage containers** to save time in packing meals and snacks. Keep 1/2 cup, 1 cup, and 2 cup containers on hand. Example: Pack chopped fruit in 1/2 cup, chicken and brown rice in 1 cup and a green salad in 2 cup container.

Also, remember to **cook once, eat twice**. Pack lunches and snacks from dinner leftovers or pack several lunches or snacks at once. Once again, a variety of food storage containers makes this easy.

# Long Beach Nutrition Boot Camp (Week 3)

## WEEK 3

It is week 3...you've passed the half way mark on this 4-week journey! Take a moment to consider your nutrition and fitness accomplishments this session. Have you been focused in your workouts? Have you used the tools in this packet to boost your nutrition? It is time to re-commit and finish this 4-week session strong.

### This week you have four tasks:

- Read **Balance Your Diet** for tips on creating a well-balanced eating plan
- Use the **Serving Size Cheat Sheet** for meal planning and food journaling
- Apply **How to Stock a Healthy Kitchen** (Parts 1 & 2) to give your kitchen a good-for-you makeover
- Use the **WEEK 3 - Meal Plan** to jump start meal planning across several days

**Bright Ideas:** Check out the **Recipes** (pages 35-39) featured in the **WEEK 4 Sample Meal Plan** (page 33). New to the kitchen? Look in the Appendix for the **Top Ten Kitchen Tools**.

## Balance Your Diet by enjoying all food groups

People often ask us, “What should I eat?” There are many possible responses to this question, so we’d like to offer you tools and resources to **build your own well-balanced diet!** The following **Food Group Recommendations** are based on the food guide pyramid (**MyPyramid**) and are designed to help healthy adults get all the nutrients needed. Find your calorie level on the chart below (**Calories** worksheet - Week 2) and aim for the recommended servings from each food group. Calorie approximations are on page 24.

Daily Food Group Recommendations						
Calorie Levels	1400	1600	1800	2000	2200	2400
Fruit*	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups
Vegetables*	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups
Grains	5 servings	5 servings	6 servings	6 servings	7 servings	8 servings
Meat & Beans	4 ounces	5 ounces	5 ounces	5.5 ounces	6 ounces	6.5 ounces
Dairy	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp

Adapted from MyPyramid Food Intake Patterns, USDA, April 2005

### Reminders for each category:

- **Fruit:** fresh, frozen, canned and dried fruit count. For “stick-to-the-ribs staying power”, skip the juice and choose whole fruit instead. A medium piece of fruit, 1/4 cup dried fruit and 3/4 cup (6 ounces) juice count as a 1 cup serving.
- **Vegetables:** includes fresh, frozen, and canned. Since lettuces and salad greens are light and airy, 2 cups of salad is equivalent to 1 cup of the vegetable recommendation.
- **Grains:** all foods made from wheat, rice, oats, cornmeal, and barley are included, such as bread, pasta, oatmeal, hot/cold cereal, and tortillas. Make at least half of your servings from whole grain sources. Examples of 1 Serving = 1 slice of bread, 1 cup puffed or flake cereal, 1/2 bagel or English muffin, 3 cups air-popped or light microwave popcorn, 1/2 cup hot cereal, cooked rice and pasta.
- **Meat & Beans:** in addition to lean meat, poultry and fish, 1 egg, 1 Tbs peanut butter, 1/4 cup cooked beans, and 1/2 ounce nuts are equivalent to a 1 ounce serving from this group.
- **Dairy:** choose nonfat and lowfat dairy. 1 cup yogurt, 1/2 cup cottage cheese, and 1 1/2 ounces natural cheese is considered equal to 1 cup dairy.
- **Oils:** includes vegetable oils, margarine, mayonnaise, as well as foods with high oil content such as nuts, seeds, avocados, vinaigrettes, and fatty fish contribute to this group.

\* **A Note About Fruit & Vegetables:** eat a variety of colors. Each color group (red, orange/yellow, green, blue/purple, and white/brown) offers different nutrients and health benefits.

## Serving Size Cheat Sheet

In general, standard serving sizes provide a similar amount of calories within food groups. Use the following as approximations only.

<u>1 Serving of:</u>	<u>Calorie Estimate/Serving Size</u>
<b>Grains</b>	<b>75-100 calories</b>
Samples include:	1 slice bread or 6-inch corn or flour tortilla 1/2 pita or English muffin 1/2 cup cooked rice, pasta or hot cereal 1 cup puffed cereal or 1/4 cup granola or muesli 1 ounce baked crackers (~5-8 each) or chips (15-20 each)
<b>Fruit</b>	<b>50-75 calories</b>
Samples include:	1 medium piece of fruit 1/2 cup chopped fruit (fruit salad or fruit canned in juice) 6 ounces of juice 1/4 cup dried fruit
<b>Vegetables</b>	<b>25-50 calories (non-starchy only)</b>
Samples include:	1 cup raw vegetables 1/2 cup cooked vegetables 2 cups green leafy vegetables (such as salad) 2 cups of leafy salad = 1 cup veggies
<b>Dairy</b>	<b>~100 calories</b>
Samples include:	1 cup nonfat or lowfat milk 6 ounces plain or light nonfat or lowfat yogurt 4 ounces fruit flavored yogurt 1 1/2 ounces reduced fat cheese
<b>Meat &amp; Beans</b>	<b>75-125 calories</b>
Samples include:	1/2 cup beans or lentils 3 ounces skinless chicken or turkey; fish; and shellfish 2 ounces <i>lean</i> pork, beef, lamb, veal or sandwich meats 1 egg or 3/4 cup egg substitute
<b>Fat</b>	<b>~ 45 calories</b>
Samples include:	1 teaspoon oil, margarine, butter or mayonnaise 1 Tablespoon reduced fat margarine, butter or mayonnaise 2 Tablespoons light salad dressing 2 Tablespoons half & half

**Source:** Adapted from Exchange Lists for Weight Management, American Dietetic Association & American Diabetes Association



## How to Stock a Healthy Kitchen

### Part 1: Grocery Store Cheat Sheet

You have the most control over what you prepare and eat in your own kitchen. Bring healthy foods home from the store so it is easier for you to make nutritious choices. Don't shop hungry and avoid impulse buys.

**When purchasing groceries, keep these recommendations in mind.**

#### Produce Section

- Start here! Buy colorful fruits & vegetables! Pick greens and oranges most often.
- Save time later by choosing pre-cut, pre-portioned options now.
- Buy produce featured in weekly specials to increase variety in your diet and save money.

#### Bread Aisle

- Buy whole grain breads, tortillas, English muffins, or small bagels (1<sup>st</sup> ingredient = whole grain\*)
- Aim for < 100 calories per serving and  $\geq 3$  grams fiber per serving

#### Cereal Aisle (Hot/Cold)

- Choose whole grain cereals (1<sup>st</sup> ingredient = whole grain\* and  $\geq 5$  grams fiber per serving)
- Look for < 200 calories per serving and  $\leq 10$  grams sugar per serving

#### Canned Goods

- Choose no salt added, low sodium, or 50% less salt added vegetables, beans, and soups whenever possible.
- Examples: black or pinto beans, diced or stewed tomatoes, broth based soup, and vegetarian or turkey chili

#### Refrigerated Section

- Choose nonfat/lowfat (1%) dairy
- Pick lean sources of protein and reduced sodium lunch meats

#### Frozen Foods

- Choose lower calorie, lower sodium grab & go meals ( $\leq 350$  calories &  $\leq 450$  mg sodium per serving for main dishes)
- Keep frozen fruit and vegetables on hand

**Plus** no-calorie or low calorie beverages

- Water with sliced lemon, lime, orange, or cucumber, sparkling mineral water (plain or flavored)
- Unsweetened iced tea or flavorful tea bags to make your own iced tea
- Unsweetened coffee: regular, flavored and decaf

\* other whole grain terms = stone ground or cracked

# How to Stock a Healthy Kitchen

**Part 2: MyPyramid Shopping List** Boost your nutrition! Use a MyPyramid shopping list.  
(Photocopy to use again & again)

## GRAINS

Make half your grains whole

- whole grain bread or pitas
- whole wheat or corn tortillas
- brown or wild rice (blends)
- whole grain pasta
- high fiber cereal (hot/cold)
- quinoa or whole wheat couscous
- whole grain crackers
- others:

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## OILS & EXTRAS

Know your fats

- pure olive or canola oil (for cooking)
- extra virgin olive oil (for dressings)
- flavored oil: toasted sesame
- others:

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## VEGETABLES

Vary your veggies

- green leafy lettuce
- salad greens/bagged salad
- broccoli or cauliflower
- carrots or baby carrots
- bell peppers
- onions
- garlic and/or herbs
- sweet potatoes
- frozen mixed or stir-fry vegetables; frozen spinach

others:

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## FRUIT

Focus on fruit

- green/red apples
- oranges/tangerines
- lemons/limes
- fresh or frozen berries
- canned fruit (packed in juice)
- others:

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## DAIRY

Get your calcium rich foods

- nonfat/lowfat (1%) milk
- nonfat/lowfat (1%) yogurt
- nonfat/1% cottage cheese
- light or reduced fat cheese
- trans-fat-free margarine or light butter

others:

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## PROTEIN

Go lean on protein

- dry or canned beans
- skinless chicken breasts
- deli sliced turkey or ham (preferably reduced sodium)
- lean ground turkey
- eggs or egg substitute
- nuts and/or nut butter
- pork tenderloin
- fresh/frozen fish or shrimp
- flank steak or lean ground beef

other:

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**WEEK 3 - Plan three days of meals and snacks this week. Shop for healthy ingredients!**

MEAL	Day 1	Day 2	Day 3	Shopping List
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Post Dinner				

What specific steps will you take to eat healthy foods at home and make wise choices while eating out?

# Long Beach Nutrition Boot Camp (Week 4)

## WEEK 4

It is week 4...you're on the home stretch! Take a moment to consider your nutrition and fitness accomplishments this session. Are you on track to reach your goals? Plan something special to reward your progress.

**This week you have three tasks:**

- Read **Nutrition 102** (Macronutrients)
- Review **Healthy Eating Strategies** and **Sample Meal Plan**;
- Use **Snack Substitutions** and **WEEK 3 - Meal Plan** to start or continue planning your own snacks and meals

**Bright Ideas:** Check out the **Recipes** (pages 35-39) featured in the **Sample Meal Plan**. Plus, take a peak in the Appendix to find bonus resources!

## Nutrition 102

### WHAT ARE MACRONUTRIENTS?

“Macro” means large, so these are nutrients that we need in large amounts. Nutrients are substances needed for growth, metabolism, and many other bodily functions. Macronutrients provide energy in the form of calories.

Macronutrients include:

- Carbohydrate 1 gram = 4 calories
- Protein 1 gram = 4 calories
- Fat 1 gram = 9 calories

### WHY DO WE NEED CARBOHYDRATES?

Carbohydrates are the macronutrient that we need in the largest amount. According to the Institutes of Medicine, adults should be getting **45% - 65%** of their calories from carbohydrate. Carbohydrates:

- Are the body and brain’s main and preferred source of fuel.
- Provide our muscles, tissues and cells energy in the form of glucose (a simplified carbohydrate).
- Can be stored in the muscles and liver and used later for energy.

Carbohydrates are mainly found in starchy foods (bread, pasta, grains and potatoes), fruit, milk, and yogurt. Other foods like vegetables, beans, nuts, and seeds contain carbohydrates, but in lesser amounts.

Fiber, a form of carbohydrate that our body cannot digest, passes through the body moving waste with it (think “nature’s broom”). Research shows that diets low in fiber contribute to constipation and hemorrhoids as well as increase the risk for certain types of cancers such as colon cancer. On the other hand, diets that are high in fiber have been shown to decrease risks for heart disease and obesity and may help lower cholesterol. Plus, consuming more fruits, vegetables and whole grains (F,V,WG) will allow you to consume a larger volume of food for less calories over all.

### WHY DO WE NEED PROTEIN?

The Institutes of Medicine recommends that adults get 10% - 35% of calories from protein. Most Americans get plenty of protein, and easily meet this need by consuming a balanced diet.

We need protein for:

- Growth (especially important for children, teens, and pregnant women)
- Tissue repair
- Immune function
- Hormones and enzymes
- Preserving lean muscle mass

Continued on the next page...

## Nutrition 102 (continued)

Protein is found in meat, meat substitutes, poultry, fish, cheese, milk, nuts, beans, and in smaller quantities in starchy foods and vegetables. When we eat these foods, our body breaks down the protein that they contain into amino acids (the building blocks of proteins). Some amino acids are essential which means that we need to get them from our diet, and others are nonessential which means that our body can make them. Protein that comes from animal sources contains all of the essential amino acids. Plant sources of protein, however, do not contain all of the essential amino acids. Therefore, it is important for people consuming a plant-based diet (ie: vegetarians or vegans) to combine foods to make a complete protein. A complete protein, which contains all essential amino acids, is created by eating a combination of plant based foods such as rice and beans, whole grain bread and peanut/almond butter, corn and beans, etc.

### WHY DO WE NEED FAT?

Fat is essential for good health. The Institutes of Medicine recommend 20% - 35% of calories from fat. We need fat for:

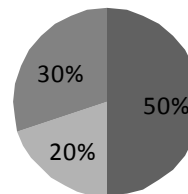
- Normal growth and development
- Energy (fat is the most concentrated source of energy)
- Absorbing certain vitamins (such as vitamins A, D, E, K, and carotenoids)
- Providing cushioning for the organs and maintaining cell membranes
- Providing taste and texture in foods

Fat is found in meat, poultry, nuts, milk products, butters/margarine, oils, fish, and salad dressings. There are three main types of fat, saturated fat, unsaturated fat, and trans fat. Saturated fat (found in foods like meat, butter, lard, and cream) and trans fat (found in baked goods, snack foods, fried foods, and some margarines) have been shown to increase your risk for heart disease. Replacing saturated and trans fat in your diet with unsaturated fat (found in foods like olive oil, avocados, nuts, and canola oil) has been shown decrease the risk of developing heart disease.

Here is a sample of how calories are distributed between the macronutrients:

### Macronutrient Breakdown

■ Carbohydrates ■ Protein ■ Fat



## Healthy Eating Strategies

Healthy eating is a learned behavior. It is something to practice over time until it becomes a habit. Try these tips to improve the quality of your diet, one small step at a time.

- 1. Keep healthy foods on hand.** Set yourself up for success with high nutrient, low calorie options such as whole grains, vegetables, fruit, and lean proteins. Try to limit the amount of “trigger” foods that you have in your pantry. Use **How to Stock a Healthy Kitchen** (pages 25-26) to improve choices at home.
- 2. Choose low calorie, high fiber foods** at the beginning of meals and between meals. You will consume more nutrients (such as vitamins and minerals) on fewer calories. For example, starting a meal with a green salad or broth-based soup may help you eat fewer calories during the meal.
- 3. Downsize your dishes.** Use smaller plates, bowls and food storage containers to reduce portions without feeling deprived. Bigger portions encourage higher calorie consumption. Spend a few minutes after returning from the grocery store to repackage foods into smaller “grab and go” snacks and meals to help with portion control.
- 4. Eat every 3-4 hours.** Three meals and two snacks can help you control hunger, prevent large swings in blood sugar, and keep your metabolic engine going. Focus on healthy options such as whole grains, vegetables, fruit, and lean proteins.
- 5. Say NO to second helpings.** It takes about 20 minutes for your body to communicate fullness to the brain. Stop eating after your first helping. You can always have a snack if you become hungry later.
- 6. Chew gum!** Research shows that chewing gum can decrease the amount of calories you eat and increase the amount of calories you burn. A stick of gum can satiate you when feeling bored, prevent mindless snacking, and keep your mouth occupied while cooking and packing up leftovers. Make sure to pick a sugar free gum to reduce calories and keep your teeth healthy.

**Choose one strategy to practice each week.** After you have “mastered it”, move on to a new one. Circle the item you will implement first!

## Sample Meal Plan

The following page includes a meal plan at four different calorie levels. Use this as a resource and guide to develop your own well-balanced meal plan. Calorie information and serving sizes are provided to assist you. **Snack Substitutions** and **Recipes** follow on pages 34-39. The key is to make healthy eating part of your lifestyle by choosing foods that appeal to you. Instead of following the meal plan exactly, adjust it to meet your personal needs. Use the **Meal Plan** template on page 27 to plan your own meals. The long term goal is to make healthy, well-balanced eating part of your daily routine.



	1400 calories	1600 calories	1800 calories	2000 calories
Breakfast	1 1/4 cups whole grain cereal 1 cup nonfat milk 1/2 cup sliced strawberries Total: 301 calories	<b>2 Breakfast Tacos</b> 2 veggie/turkey sausage links Total: 330 calories	<b>Strawbanana Waffles</b> 1 cup nonfat milk Total: 434 Calories	<b>Blueberry Oatmeal</b> 1/2 ounce nonfat latte Total: 366 calories
Morning Snack	1 cup baby carrots 1/4 cup hummus Total: 153 calories	1 medium apple + 1 1/2 Tablespoons peanut or almond butter Total: 230 calories	1 ounce dry roasted almonds 1 small pear Total: 255 calories	1 ounce Asian rice crackers 1 cup steamed edamame (soybeans in shell) Total: 332 calories
Lunch	<b>1/2 Turkey Sandwich</b> 6 ounces nonfat fruit yogurt 1/2 cup fruit salad Total: 332 calories	<b>Chopped Greek Salad</b> with 10-12 baked pita chips (preferably whole wheat) 1/4 cantaloupe melon Total: 341 calories	<b>Mediterranean Tuna Salad in a Pita</b> 1 cup baby carrots Total: 416 calories	<b>Chicken Salad Sandwich</b> 1 tangerine Total: 524 calories
Afternoon Snack	1/4 cup fruit & nut trail mix Total: 173 calories	6 ounces nonfat yogurt + 1/2 cup berries or fruit salad + 1/2 cup whole grain cereal Total: 217 calories	1 cup nonfat or lowfat cottage cheese 1/2 cup pineapple tidbits Total: 240 calories	2 ounces baked corn chips 1 cup fresh vegetable sticks 1/4 cup salsa 1/4 cup lowfat bean dip Total: 327 calories
Dinner	1 Serving <b>Fish Tacos with Chili Lime Fajita Vegetables &amp; Black Beans</b> 1 cup nonfat milk Total: 430 calories	1 Serving <b>Mini Turkey Meatloaves with Sweet Potato &amp; Broccolini</b> 3/4 cup lowfat chocolate milk or 1 nonfat frozen yogurt bar Total: 476 calories	1 Serving <b>Baked Chicken Tenders with Broccoli Macaroni &amp; Cheese</b> Total: 453 calories	<b>Basic Green Salad</b> 1 Serving <b>Roasted Red Pepper &amp; Spinach Lasagna</b> 1/2 cup grapes Total: 448 calories
Daily Totals	1390 calories 28 grams of fat 96 grams protein 36 grams of fiber	1594 calories 53 grams of fat 94 grams protein 32 grams fiber	1798 calories 39 grams of fat 124 grams protein 32 grams fiber	1996 calories 51 grams of fat 118 grams of protein 49 grams fiber

Created by Lauren Squier, MPH, RD of Culinary Enlightenment. Calorie controlled meal plans are for educational purposes only (healthy adults).

## Snack Substitutions

Remember, the meal plan is just a guide. Use these additional ideas to increase your flexibility in creating your own plan. Also, if you need to modify the number of calories you are consuming, add or subtract snacks as necessary to reach your calorie target.

### 50-99 calories

- 1/2 cup green grapes = 50 calories
- 1 cup baby carrots = 55 calories
- 1 medium apple = 80 calories
- 1 medium orange = 70 calories
- 10 dry roasted almonds = 77 calories
- 1 hard boiled egg = 78 calories
- 1 part-skim mozzarella cheese stick (string cheese) = 80 calories
- 1 lowfat frozen yogurt bar = 50-90 calories
- 1 small banana = 90 calories
- 1 chewy oatmeal raisin granola bar = 90 calories
- 8 whole wheat pita chips = 95 calories

**Basic Green Salad with Balsamic Vinaigrette = 90 calories**

### 100-199 calories

- 1/4 cup hummus = 100 calories
- 1/2 small cantaloupe, cubed = 100 calories
- 1 cup lowfat (1%) milk = 110 calories
- 12 ounce nonfat latte = 120 calories
- 1 part-skim mozzarella cheese stick + 6-8 multigrain crackers = 140 calories
- 6-8 ounces lowfat yogurt = 125-150 calories
- 1 cup lowfat (1%) cottage cheese = 160 calories
- 1 cup lowfat (1%) chocolate milk = 160 calories
- 2 ounces dry roasted pistachios (in shell) = 162 calories
- 1 medium apple + 1 Tablespoon peanut butter = 180 calories
- 3/4 cup fat free cottage cheese + 1/2 cup pineapple tidbits = 180 calories

### 200-299 calories

- 1/2 cup lowfat frozen yogurt = 200 calories
- 2 ounces whole wheat pretzels = 205 calories
- 1/4 cup dry roasted almonds = 206 calories
- 1 1/2 ounces baked corn chips + 1/4 cup lowfat bean dip = 215 calories
- 1 cup steamed edamame (in pod) = 220 calories
- 1/3 cup fruit & nut trail mix = 231 calories

## Breakfast Recipes

**Breakfast Tacos** = 2 corn tortillas (6 inch) + 1 egg & 2 egg whites (or 3/4 cup egg substitute), scrambled + 1/4 cup salsa (**260 calories**)

**Strawbanana Waffles** = 2 whole grain waffles, toasted + 2 Tbs strawberry “all fruit” jam, gently heated + 1 small banana, sliced (**344 calories**)

**Blueberry Oatmeal** = 1 packet plain instant oatmeal, prepared + 1 Tbs maple syrup + 1/2 cup fresh or frozen/thawed blueberries (**246 calories**)

**Veggie Scramble** = 1/4 cup sautéed vegetables + 1/2 cup egg substitute, scrambled + 2 Tbs lowfat cheese or part-skim mozzarella + 2 Tbs salsa (**120 calories**)

**Fruit & Nut Oatmeal** = 1 packet plain instant oatmeal, prepared + 2 Tbs dried cranberries + 2 Tbs slivered almonds + 1 tsp honey or brown sugar (**262 calories**)

## Lunch Recipes

**1/2 Turkey Sandwich** = 1 slice whole grain bread + 2 tsp light mayonnaise and/or mustard + 2 ounces deli sliced turkey + 2 tomato slices + 1 lettuce leaf (**191 calories**)

**Chopped Greek Salad** = 2 cups chopped romaine or green leafy lettuce + 1/2 cup chopped cucumber + 1/2 cup chopped tomato + 2 Tbs chopped red onion + 1 ounce reduced fat feta cheese + 2 Tablespoons light vinaigrette dressing (**149 calories**)

**Mediterranean Tuna Salad in a Pita** = mix together: 4 ounces light chunk tuna (canned in water, drained) + 1 tsp extra virgin olive oil + 1 Tbs lemon juice + 1 Tbs chopped red or green onion + 1 tsp capers, drained and rinsed + black pepper; cut 1 whole wheat pita into 2 pockets + 2 lettuce leaves + 4 tomato slices + tuna salad (**362 calories**)

**Chicken Salad Sandwich** = mix together: 1 cup diced, cooked chicken breast + 1-2 Tablespoons light mayonnaise + 2 Tablespoons raisins or 1/4 cup grapes, quartered + 1 Tablespoon slivered almonds + dash curry powder; 2 slices whole grain bread or whole wheat pita cut into 2 pockets + 2 lettuce leaves + chicken salad (**472 calories**)

## Side Salad Recipe

**Basic Green Salad** = 1 1/2 cups chopped green lettuce + 1/4 cup chopped cucumber + 1/4 cup chopped tomato + 1 Tbs light vinaigrette

**Light Balsamic Vinaigrette** = whisk together 1/2 Tbs extra virgin olive oil + 1/2 Tbs balsamic vinegar + 1/4 tsp Dijon mustard + 1/4 tsp honey + dash salt + dash black pepper (**74 calories**)

## Dinner Recipes

### **Fish Tacos with Fajita Vegetables & Black Beans**

Serves 4

#### **Ingredients:**

16 ounces frozen Mahi Mahi, halibut or cod (1-inch thick fillets)  
2 Tablespoons lime juice, divided  
1 – 15 ounce can black beans  
Dash hot sauce (optional)  
8 corn tortillas  
1/2 cup verde sauce  
2 cups chopped green leafy lettuce  
2 teaspoons olive oil  
2 bell peppers, seeded and thinly sliced  
1/2 onion thinly sliced  
1/4 teaspoon chili powder

#### **Instructions:**

Defrost fish in refrigerator overnight, under cool running water or in microwave. Preheat oven to 400°.

Pat fish dry with paper towel. Cut into 1-inch thick strips. Place fish in oiled baking dish. Bake 15-20 minutes. Fish is done when it flakes easily with a fork and looks opaque. Remove from oven and drizzle 1 Tablespoon lime juice over fish.

Rinse black beans (to reduce sodium). Add 1-2 Tablespoons water and a dash or 2 of hot sauce (optional) to beans. Heat in the microwave or on the stovetop (on low). Stir occasionally.

Heat olive oil in a large sauté pan over medium high heat. Add peppers and onions to hot pan. Let the bell peppers brown a little so don't stir too often. Take vegetables off heat while still a little crisp to the bite (about 5 minutes). Toss with 1 Tablespoon lime juice and chili powder just before serving.

Heat tortillas briefly in microwave or oven. Layer fish, verde sauce, and lettuce. Serve with black beans and fajita veggies.

#### **Nutrition Facts Per Serving:**

340 calories

5 grams fat

1 gram saturated fat

445 mg sodium

11 grams fiber

30 grams protein

## Dinner Recipes (continued)

### **Baked Chicken Tenders with Broccoli Macaroni & Cheese**

Serves 4

#### **Ingredients:**

1 1/4 pound chicken tenders  
1 egg + 1 egg white  
1/4 cup + 2 Tablespoons nonfat or lowfat milk, divided  
2 cups bread crumbs  
2 teaspoons olive or canola oil  
a pinch dried herbs and/or salt & pepper  
canola or olive oil cooking spray  
6-8 ounce box organic/natural shells & white cheddar (such as Trader Joe's or Annie's)  
3 cups broccoli, chopped into 1/2-inch florets

#### **Instructions:**

Preheat oven to 425°.

Set up two bowls to bread chicken tenders. Blend egg, egg white and 2 Tablespoons milk in one bowl. Put bread crumbs, oil and herbs (and/or salt & pepper) in the other; blend well.

Prepare a foil lined baking sheet. Cover with cooking spray. Trim any visible fat or tendons from chicken tenders. Dip tenders into egg mixture, gently shake off excess, and press into bread crumbs. Cover both sides of chicken with bread crumbs, pressing gently to help them stick. Spread tenders evenly across the baking sheet. Bake 10 minutes, flip, bake 10 minutes more. Remove from oven.

Cook shells according to package directions. One minute before the end of cooking time, add broccoli. Drain. In same pot over low heat, whisk together 1/4 cup milk and contents of cheese packet. Stir in shells and broccoli.

#### **Nutrition Facts Per Serving:**

453 calories	611 mg sodium
10 grams fat	3 grams fiber
2.5 grams saturated fat	42 grams protein

## Dinner Recipes (continued)

### Mini Turkey Meatloaves with Sweet Potatoes & Broccolini

Serves 6

#### Ingredients:

- 1 1/2 pounds lean ground turkey
- 3 teaspoons olive oil, divided
- 1/2 red onion
- 1/2 green bell pepper, stemmed and seeded
- 3 cloves garlic, pressed
- 1/3 cup + 2 Tablespoons ketchup, divided
- 1/3 cup + 2 Tablespoons BBQ sauce, divided
- 1 egg + 1 egg white
- 1/2 cup oat bran or whole wheat breadcrumbs
- 2 Tablespoons nonfat or lowfat milk
- 6 small sweet potatoes or 3 large sweet potatoes
- 4 teaspoons butter or trans fat-free margarine
- 8 teaspoons maple syrup (optional)
- 1 pound broccolini (or broccoli)
- 1 Tablespoon lemon juice (~1/2 lemon) or red wine vinegar

#### Instructions:

Preheat oven to 400°.

Finely chop onion and bell pepper by hand or in a food processor. Heat 2 teaspoons olive oil in a large sauce pan over medium. Sauté vegetables about 5 minutes or until soft. Add garlic and sauté 1 minute more. Remove from heat.

Combine turkey, vegetables, 1/3 cup ketchup, 1/3 cup BBQ sauce, egg + egg white, milk, and oat bran. Grease muffin tin with cooking spray. Divide turkey mixture into 12 muffin cups. Stir together remaining 2 Tablespoons of ketchup and BBQ sauce. Spoon and spread over tops of mini meatloaves. Bake meatloaves and sweet potatoes 30 minutes.

Steam broccolini (5 minutes stovetop or 2-3 minutes in microwave). Toss with lemon juice and 1 teaspoon olive oil. Season lightly with salt and pepper if desired.

#### Nutrition Facts Per Serving:

350 calories	540 mg sodium
13 grams fat	3 grams fiber
110 mg cholesterol	29 grams protein

Created by Lauren Squier, MPH, RD of Culinary Enlightenment © 2009

## Dinner Recipes (continued)

### **Roasted Red Pepper & Spinach Lasagna**

Serves 6

#### **Ingredients:**

2 teaspoons olive oil  
1 cup chopped yellow onion  
4 cloves garlic, divided  
1 16-ounce bag frozen spinach  
1 12-ounce jar roasted red peppers, drained  
2 cups whole canned tomatoes, no salt added  
1 cup part-skim ricotta cheese  
1/4 cup grated parmesan cheese  
8 sheets no-boil lasagna noodles  
1/2 cup mozzarella cheese

#### **Instructions:**

Preheat oven to 400°.

Heat large sauté pan over medium. Add oil and onion. Sauté until translucent. Add 2 cloves garlic (pressed) and sauté one minute more. Add spinach and sauté about 5 minutes or until moisture evaporates.

In a food processor or blender, combine 2 cloves garlic, roasted red peppers and tomatoes. Process until smooth. Set aside. Combine ricotta and parmesan, set aside.

Grease a 9 x 9 baking dish with cooking spray. Spread 1/2 cup sauce over bottom. Layer the ingredients in this order: 2 lasagna noodles, half the spinach, 1/2 cup sauce, and two more lasagna noodles, ricotta cheese mixture, two more noodles (gently press down), another layer of spinach, 1/2 cup sauce, 2 more noodles, the remaining sauce, and mozzarella cheese.

Bake 30 minutes. Enjoy with a side salad (such as **Basic Green Salad with Balsamic Vinaigrette**).

#### **Nutrition Facts Per Serving:**

308 calories

13 grams fat

5 grams saturated fat

429 mg sodium

6 grams fiber

16 grams protein

# Appendix



## Improve Your Life(style)

Research suggests that people who decide to “diet” lose less weight than those who decide to make healthy lifestyle change. There seems to be something psychological about “dieting” that works against the weight loss process and promotes a cycle of “yo-yo dieting”. Instead, it is important to make a series of small changes that become healthy habits.

### Tips for Success:

- ⇒ Eat more fruit, vegetables and whole grains. These foods contribute to better health while providing bulk to encourage a feeling of fullness. At each meal, look for opportunities to include these foods.
- ⇒ You know that high fat, high sugar processed foods are not good for you. Adopt the attitude that these are “sometimes foods” that are best eaten less frequently and in small portions.
- ⇒ Healthy eating takes planning and practice. Like many other worthwhile endeavors, it takes some effort to reap the rewards. Don’t worry, healthy behaviors get easier over time!

As many of us have learned the hard way, it is a lot easier to cut calories by making smart nutrition decisions than try to “exercise away” excess calories. For instance, take a look at the food and physical activities below. Don’t sabotage the hard work you put into Boot Camp!

Food Calories	Equivalent Exercise Calories*
<b>260</b> - 1/2 cup Pina Colada	45 minutes of yoga
<b>290</b> - 1/2 cup Rocky Road Ice Cream	25 minutes jumping rope
<b>350</b> - 1 Chocolate Chip Cookie (Carl’s Jr.)	1 hour low impact aerobics
<b>510</b> - 2 slices Classic Hand-tossed Pepperoni Pizza (Domino’s)	1 hour Boot Camp workout
<b>570</b> - Premium Grilled Chicken Club Sandwich (McDonald’s)	1 hour bike ride (approx. 12 mph)
<b>740</b> - Sausage & Egg Biscuit (Jack in the Box)	90 minutes casual soccer
<b>950</b> - Steak Burrito Ultimo (Baja Fresh)	2+ hours moderate swimming

\* Calories burned estimates are based on a 150 pound woman.

## Figuring Out Fast Food

Many of us lead hectic lives and spend a lot of time in our cars. As a last resort, fast food may provide lunch or dinner. It's hard to make healthy choices at most fast food outlets. To avoid unwanted high fat, high calorie meals, use the following information to make healthier choices. Remember to order defensively (hold mayo & sauces), add vegetables whenever possible, avoid soda, and refuse up-sizing and combo meals.

### **Baja Fresh®**

Original Baja Chicken Soft Taco - 210 calories OR Grilled Mahi Mahi Taco - 230 calories  
Charbroiled Shrimp Baja Ensalada® with Fat Free Salsa Verde Dressing - 245 calories  
Charbroiled Chicken Baja Ensalada® with Fat Free Salsa Verde Dressing - 325 calories

### **Subway** (hold the oil and regular mayonnaise)

Veggie Delite Salad® with Fat Free Italian Dressing - 85 calories  
Oven Roasted Chicken Salad with Fat Free Italian Dressing - 165 calories  
6" Veggie Delite® - 230 calories  
6" Turkey Breast Sub with swiss cheese OR 1 Tbs light mayo - 330 calories  
6" Oven Roasted Chicken Breast with swiss cheese OR 1 Tbs light mayo - 370 calories

### **McDonald's**

Grilled Chicken Snack Wrap® (Ranch, Chipotle BBQ or Honey Mustard) - 260-270 calories  
McChicken® sandwich - 360 calories  
Snack Size Fruit & Walnut Salad - 210 calories  
Fruit 'n Yogurt Parfait - 160 calories  
Hamburger Happy Meal with Apple Dippers and 1% milk as side choices - 385 calories

### **Burger King®**

Side Salad (40 calories) OR Garden Salad (70 calories) with KEN'S® Light Italian Dressing (120 calories)  
4-piece Chicken Tenders - 180 calories  
BK Veggie Burger (no cheese, no mayo) - 340 calories  
Whopper Jr. Sandwich (no mayo) - 290 calories  
TENDERGRILL™ Garden Chicken Salad with KEN'S® Light Italian Dressing - 330 calories

### **Wendy's®**

Ultimate Chicken Grill Sandwich - 320 calories  
Grilled Chicken Go Wrap - 250 calories  
Small chili (190 calories) and a plain baked potato (270 calories) - 460 calories

### **Taco Bell** ("Fresco Style" substitutes salsa for sauce and cheese)

Two "Fresco Style" Ranchero chicken soft tacos - 340 calories  
Grilled Steak Soft Taco - 250 calories  
"Fresco Style" Bean Burrito - 330 calories

### **Jack In The Box®**

Chicken Fajita Pita made with whole grain - no salsa - 320 calories  
Fruit Cup - 50 calories

## Top Ten Kitchen Tools

If you are new to cooking, it is important to have the right tools to prepare healthy meals.

1. Measuring Cups
2. Measuring Spoons
3. Cutting Board
4. Chef's Knife (8-10" blade) - don't forget to sharpen regularly!



5. Silicon Spatula (heat and stain proof) - use to scrape bowls and stir while cooking



6. Saucepot or Stock pot - use to cook whole grains, soups, stews, or **Broccoli & Macaroni & Cheese**



7. Saucepan or Skillet - use to make sauce, sear proteins, sauté vegetables, etc.



8. Colander or Strainer - use to rinse fruit or vegetables and drain pasta



9. Baking Dish (9x9 or 9x13)- use to cook casseroles, such as **Roasted Red Pepper & Spinach Lasagna**



10. Mixing Bowl(s) - a set of 3: small, medium, large

## Food Journal

### Monday: work

10:30 am	Blueberry Muffin 16 oz Latte
12:30 pm	4-5 oz Turkey Burger on Bun 1 Tbs Mayo 1 Tbs Mustard 1 Slice Cheese (1+ oz?) 2 slices Tomato, 2 Lettuce Leaves 1.5 cup Pasta Salad (1 cup Pasta, 1/2 cup Veggies, 2 Tbs Vinaigrette) Sweetened Iced Tea
5:30 pm	Handful of Almonds
7:00 pm	Small Caesar Salad (2 cups) with 2 Tbs Dressing & Parmesan 2 cups Pasta + 1 cup Meat Sauce (1/2 Meat, 1/2 Sauce?) with Parmesan Cheese (1 Tbs) 1 small White Roll
9:00 pm	1 small Apple

### Comments:

- Woke up late. No breakfast before meeting but coffee & snack after meeting.
- Ate lunch out at 'XYZ Diner' today. Forgot to ask for no mayo on burger. Ate it anyway.
- Grabbed almonds from desk before driving home. Healthy snack!
- Out to dinner with friends tonight.

## Food Journal Critique

### Estimated Food Group Servings

**Grains:** 11 (muffin = 2 servings, hamburger bun = 2 servings, pasta salad = 2 servings, pasta dinner = 4 servings, dinner roll = 1 serving)

**Fruits:** 1 (apple)

**Vegetables:** 3.5 (tomato and lettuce = 1/2 serving, pasta with veggies = 1 serving, Caesar salad = 1 serving, pasta sauce = 1 serving)

**Dairy:** 4 (latte = almost 2 servings, slice cheese = 1 serving, parmesan on salad & pasta = 1 serving)

**Protein:** 3.5 (turkey burger = 1.5 servings, almonds = 1 serving, meat sauce = 1 serving)

**Fats:** 4 (mayo = 1 serving, vinaigrette = 1 serving, Caesar salad dressing = 2 servings)

### Way to go...

- Having breakfast (kind of)
- Choosing a turkey burger over a cheeseburger
- Having pasta salad instead of fries
- Grabbing healthy snacks
- Starting dinner with a salad & having lots of veggies!
- Eating several times throughout the day

### Missed opportunities...

- Start your day with whole grains: eat cereal or oatmeal before leaving the house
- Ask for nonfat milk in the Latte; consider a small
- Request fruit instead of pasta salad
- Ask for unsweetened iced tea with a lemon wedge
- Choose green salad with vinaigrette; avoid Caesar
- Have cheese at only one meal instead of two
- Skip the dinner roll

### Goals:

- Make carbs count by choosing whole grains
- Enjoy more fruit and fewer refined grains
- Reduce calories by avoiding impulsive choices

### Try your own Food Journal and Critique here!

#### Food Journal

Day:

Time      Food/Beverage + Amount

Comments:

#### Food Journal Critique

##### Estimated Food Group Servings

Grains:

Fruits:

Vegetables:

Dairy:

Meat/Beans (Protein):

Fats:

Way to go...

Missed opportunities...

Goals:

## Client Satisfaction Survey - Tell us what you think!

This booklet was designed to help Boot Campers develop nutrition knowledge and skills so they can be successful at achieving their wellness and/or weight loss goals. We wanted to provide enough information and resources to educate and challenge you, but not so many that you feel overwhelmed. In addition, the handouts and nutrition talks in class are supposed to build in complexity week to week so that you can concentrate on mastering a little at a time. By the end of the Boot Camp session, we hope that you have 1) learned more about nutrition and weight loss, 2) gained skills to meet your goals, and 3) become more confident in your ability to eat foods that will promote a healthy lifestyle.

Please give us your honest feedback so that we may continue to improve upon this resource.

**On a scale of 1 to 10, 1 being not at all and 10 being all of it, how much of the Nutrition Boot Camp packets did you READ & APPLY?**

1      2      3      4      5      6      7      8      9      10

### How would you rate the...

- amount of nutrition information/resources in this booklet?  
Too Much                      Just Right                      Not Enough
- quality of nutrition information/resources in this booklet?  
Adequate                      Inadequate                      Unable to Judge
- pace or progress of the information provided (eg: from week to week)?  
Too Fast/Overwhelming                      Just Right                      Too Slow

### How helpful did you find the following resources?

- Nutrition 101 (Nutrition Guidelines) & 102 (Macronutrients)  
Very Helpful                      Helpful                      Not Helpful                      Unable to Judge
- Tour of the Nutrition Facts Label  
Very Helpful                      Helpful                      Not Helpful                      Unable to Judge
- Explanation of Calories & Calorie Equations  
Very Helpful                      Helpful                      Not Helpful                      Unable to Judge
- Planning for Success worksheets  
Very Helpful                      Helpful                      Not Helpful                      Unable to Judge
- Sample Meal Plans & Recipes  
Very Helpful                      Helpful                      Not Helpful                      Unable to Judge

Additional Comments: \_\_\_\_\_

**Please tear out this sheet and return to a Boot Camp staff member. Thank you!**