

## Determining your serving sizes:

### **Carbohydrates (approx. 15-20 grams)**

Diameter and thickness of your palm

1 slice of bread

1/3 bagel

1/2 english muffin

1/2 tortilla

1/2 cup cooked rice, pasta

1/2 cup dry cereal

3/4 cup berries

1 Tbsp. Regular Jam

1 small piece of fruit

1 cup low fat or soymilk

### **Protein (approx. 10 grams)**

1/2 palm size (thickness and width) chicken, tuna, or fish

2 eggs

1 cup fat free plain yogurt

1/2 cup low fat cottage cheese

1 cup low fat milk

**The key to this step: Read food labels!**

<http://caloriecount.about.com/>



## Life Habit Week 3

### Make each meal a Protein and Carbohydrate

Protein = at least 10 g Carbohydrate = under 30 g

How much Protein do we need per day?

At least .8 g per kg body wt. (1lb = 2.2kg)

150 lb person /2.2 kg= 68 kg x .8g= 54 grams

#### What foods contain larger amounts of protein?

- Meat  Poultry  Fish  Eggs
- Cottage Cheese  Protein Powders, protein bars

\*\* Peanut Butter and Cheese are FATS, NOT protein\*\*

#### What foods contain larger amounts of carbohydrates?

- Bread, bagels, rolls, croutons, cereal, oatmeal, tortillas, crackers, rice, all flour products
- Fruit and fruit products (jelly, juice, dried fruit, etc.)
- Yogurt, milk
- Corn, peas, squash, potatoes, yams
- Beans, lentils
- Candies, sweets, pastries
- Alcohol
- Check ALL sauces, dressings.

**Both Protein & Carb:** Milk, Yogurt, Soy Milk, Soy products.

#### Why eat this way?

- Carbohydrates are digested SLOWER when combined with protein (The slower, the better).
- Stabilizes blood sugar levels.
- Protein is needed to burn fat and feed muscle.
- We need carbohydrates for many functions, including fat burning. However, too many carbohydrates at ONE SITTING causes the fat storage process.
- Carbohydrates are designed to give us energy. If we eat more at one sitting than what we actually need for energy, our bodies store it for later (as body fat.) Body fat is “stored up energy” that didn’t get used.
- 30 grams of carbohydrate is an amount that your body can use for daily energy needs, without going into “surplus.”
- The exception: after VIGOROUS exercise, carbohydrate needs may increase to 45 grams.

#### Make it Happen:

1. Again, we won't count veggies (broccoli, green beans, cauliflower, leafy greens, carrots, asparagus, cucumbers, etc.) in the carbohydrate budget. Veggies are “free.”

3. Read food labels.

4. Plan your meals ahead of time.

5. On the go, pack fruit, nuts or a protein bar.

6. At restaurants:

- Eat “open-face” sandwiches with no other carbohydrate choice.
- For salads, make adjustments to “added carbohydrates” in croutons, bread sticks, tortilla strips, etc.
- For Mexican food, fajitas with corn tortillas are your best option. (One corn tortilla + ¼ cup beans = carbohydrate limit.) Skip the chips.