

PRINCETON CLUB

BIGGEST LOSERS WIN WITH NUTRITION

Your guide to living healthier and longer!

Commit to one or two tips. Take on one additional tip until you have mastered this list!

1. Fill each meal plate with at least 3 different food groups: 1 lean protein (fish, meat, beans, etc.); 1 whole grain carbohydrate (quinoa, whole wheat pasta, oatmeal, etc.); and either 1 fruit or 2 vegetables.
2. Drink at least 8 cups (64 ounces) of fluid daily. Carry a water bottle with you at all times. Good fluid sources may include ice water with sliced cucumbers, milk/milk substitute, unsweetened tea with lemon slices, low-sodium broth, and low-sodium vegetable juice.
3. Eat breakfast every day. We need fuel to jump-start our metabolism, and to supply energy to our brains and muscles.
4. Eat every 3-5 hours (while awake) to keep your blood sugars stable and to avoid "crashes". If you are in a hurry, grab a healthy snack.
5. Great snack ideas: 1 small peach with $\frac{1}{4}$ cup low-fat cottage cheese; $\frac{1}{4}$ cup of unsalted almonds; or 1 small apple with 1 piece of light string cheese.
6. Replace both regular and diet soda. Seltzer water with berries or a splash of 100% juice is refreshing.
7. As you meet small weight loss goals, enjoy non-food rewards like a movie, a book, or a music download. When you meet your bigger goals, buy a new outfit or take a vacation!
8. Get rid of "trigger" foods that will sabotage your efforts. If you enjoy ice cream or chips, replace them with Greek yogurt or plain popcorn sprinkled with parmesan cheese.
9. Strive to eat at least 5 servings of fruit and vegetable per day; increase gradually to 9 servings daily. Green peppers are tasty in an omelet, bananas blend easily into a smoothie, and mushrooms compliment tomato sauce.
10. Limit alcoholic beverages to 1-2 drinks on the weekend. Alcohol consumption sets your body up for fat storage, and excess intake may lead to making poor food choices.

Source: Contact Kelly Drew, RD, CD at 414-525-2366 or kdrew@princetonclub.net

Pick a variety of foods in each food group!

*This list provides examples of the foods in each food group.
Your nutritional intake may include other foods in these groups that are not listed.*

STARCHES – 6 TO 11 SERVINGS

Choose foods high in fiber (at least 2 grams of fiber per serving)

100% WHOLE GRAIN BREAD OR CEREAL	POPCORN
WHOLE WHEAT ENGLISH MUFFINS	CORN
WHOLE WHEAT PASTA	PEAS
LONG GRAIN RICE	POTATOES
OATMEAL	YAMS OR SWEET POTATOES
BRAN CEREALS	QUINOA
CRACKERS (i.e. TRISCUITS, WASA, AK-MAK)	

FRUIT – 2 TO 3 SERVINGS

Choose fresh or frozen more often

Juice should be limited to no more than 1/2 cup daily - choose 100% juice

APPLE	BERRIES	POMEGRANITE	PEACHES
BANANA	RHUBARB	PAPAYA	NECTARINES
PEAR	CHERRIES	MANGO	HONEYDEW
PEACHES	PLUMS	GRAPES	WATERMELON
PINEAPPLE	AVOCADO	CANTELOPE	KIWI

VEGETABLES – 3 OR MORE SERVINGS

Choose fresh or frozen

ASPARAGUS	CELERY	PEPPERS	TOMATO
BROCCOLI	CUCUMBERS	MUSHROOMS	ZUCCHINI
CAULIFLOWER	EGGPLANT	MUSTARD GREENS	KOLARABI
CARROTS	GREEN BEANS	ONIONS	KALE
CABBAGE		LETTUCE (ALL TYPES)	RADISHES
LOW-SODIUM TOMATO JUICE			

DAIRY 2 TO 3 SERVINGS

SKIM OR 1 % MILK	LOW FAT SOUR CREAM	SOY MILK	SOY CHEESE
LOW FAT COTTAGE CHEESE	LOW FAT CREAM CHEESE	LOW FAT CHEESE	KEFIR
LOW FAT YOGURT	GREEK YOGURT	FROZEN YOGURT	

PROTEIN (Amounts will vary)

Bake, grill, steam, broil or roast

BONELESS SKINLESS CHICKEN OR TURKEY BREAST	CANNED LOW FAT CHICKEN
PORK LOIN, TENDERLOIN	EGGS (3-4 PER WEEK)
DRIED OR RINSED CANNED BEANS	EGG BEATERS OR EGG WHITES
LEAN HAM	SEAFOOD AND FISH
SIRLOIN OR TENDERLOIN	CANNED TUNA OR SALMON IN WATER
GROUND ROUND OR GROUND SIRLOIN	TOFU
100% LEAN GROUND TURKEY	BOCA BURGERS
UNSALTED PUMPKIN, SUNFLOWER SEEDS	LOW FAT DELI MEAT
UNSALTED ALMONDS, SOYNUTS, PEANUTS, WALNUTS	TURKEY BRATS (ON OCCASION)
PROTEIN SUPPLEMENT OR BARS AS NEEDED	NATURAL PEANUT BUTTER

FATS

SMART BALANCE®	CANOLA, GRAPESEED OR OLIVE OIL
BRUMMEL & BROWN®	LOW FAT MAYONNAISE
OIL-BASED AND/OR VINEGAR SALAD DRESSINGS	

ALCOHOL AND SUGAR IN MODERATION

Source: adapted from unknown original source.

Typical Nutritional Recommendations for 1300 & 1900 Calories

Individual needs vary. To determine your specific needs, consult with a Registered Dietitian.

<u>CALORIES</u>	<u>1300</u>	<u>1900</u>
TOTAL FAT	35 GRAMS	50 GRAMS
SAT. FAT	7-10 GRAMS	10-15 GRAMS
CHOLESTEROL	300 MG OR LESS	300 MG OR LESS
SODIUM	2000 MG OR LESS	2000 MG OR LESS
CARBOHYDRATE (STARCHY)	165 GRAMS	240 GRAMS
DIETARY FIBER	25-30 GRAMS	25-35 GRAMS
PROTEIN (MIN PER DAY)	50 GRAMS OR MORE	50 GRAMS OR MORE

Source: adapted from unknown original source.

Sample Menu Sheets

(Example menu meets the minimum requirements for each food group)

BREAKFAST CHOICE:

- (1) WHOLE WHEAT ENGLISH MUFFIN
- 1 TBSP. PEANUT BUTTER
- ¾ CUP BLUEBERRIES
- 8 OUNCES OF SKIM OR 1% MILK
- COFFEE, TEA, WATER

MID-MORNING SNACK CHOICE:

- A CUP OF GREEK YOGURT
- ¼ CUP ALMONDS
- WATER

LUNCH CHOICE:

- CANNED TUNA IN WATER WITH 1 TBSP LIGHT MAYONAISE
- 2 SLICES OF HIGH FIBER BREAD (2 OR MORE GRAMS/SLICE)
- LETTUCE/TOMATO AND ADDITIONAL SERVING OF VEGETABLES
- WATER OR NON-CAFFEINATED, NO CALORIE BEVERAGE

MID-DAY SNACK CHOICE:

- 1 SERVING OF STRING CHEESE OR ½ CUP COTTAGE CHEESE
- PIECE OF FRUIT

DINNER CHOICE:

- SOURCE OF PROTEIN - GRILLED, BROILED, OR BAKED.
- 2 ½ SERVINGS OF VEGETABLES
- 8 OUNCES OF SKIM OR 1% MILK
- ¾ CUP MASHED POTATO
- 2 INCH BROWNIE (OCCASIONAL)

BEDTIME SNACK:

- KEEP TO ONE PORTION.
- LIGHT YOGURT OR 3 CUPS AIR-POPPED POPCORN OR PIECE OF FRUIT
- BEVERAGE: WATER, 1% OR SKIM MILK, OR NON CAFFEINATED TEA

Source: adapted from unknown original source.

PRINCETON CLUB

Tips for Making the Most of Your Wellness Journey

1. Every day we are bombarded with weight loss drugs, misconceptions and magic potions. These promise results which never happen. You now have the opportunity to learn from resources such as our dietitian as well as our personal training staff what being healthy and fit actually means and how to do it.
2. Make attainable goals for yourself. Every day is new, do not dwell on yesterday. Review your goals on a weekly basis or with your dietitian or trainer.
3. Do not expect immediate results. It will take time for your transformation.
4. Support one another. We are often our worst critic. Lean on those who are supportive and motivational.
5. Celebrate Your Success!!!