

Fueling Your Weight Loss Journey



Welcome to Medical Weight Loss

Dear Patient,

Welcome to the Vanderbilt Medical Weight Loss program! Our center provides care for patients of all ages seeking help with obesity and weight loss. We offer innovative obesity treatment supported by state-of-the-art medical and surgical scientific advancements. As part of Vanderbilt Medical Weight Loss, our patients have access to specialists in obesity medicine, dietitians, exercise physiologists, clinical pharmacists and bariatric surgeons. We believe the most favorable results begin with a compassionate approach. As one of the leading-edge obesity medicine centers in middle Tennessee, we are strongly committed to providing the most advanced therapies and the latest, ground-breaking clinical trials for our patients.

As you embark on your journey with Vanderbilt Medical Weight Loss, you will be seen by a group of individuals specially trained in treating obesity. This team will consist of an obesity medicine physician or nurse practitioner and a registered dietitian. You also have access to our psychology team specializing in obesity should you feel their expertise would be helpful in meeting your goals. In some cases, your team may request that you see a specialist for a particular treatment or have a specific test done first before going further on the journey with us. Following the team's recommendations is essential to realize lifelong improvement and optimal results.

Follow up visits will be scheduled based on your individual plan of care. It is very important that you keep these appointments and stay on schedule in the treatment plan our team designs for you. Managing your weight and improving your health is a complex process and will require dedication and continuous evaluation as we may change your treatment plan based on your progress.

Thank you for entrusting us with this important part of your journey. We hope your experience here is rewarding, educational, empowering and motivational.

Bon Voyage!

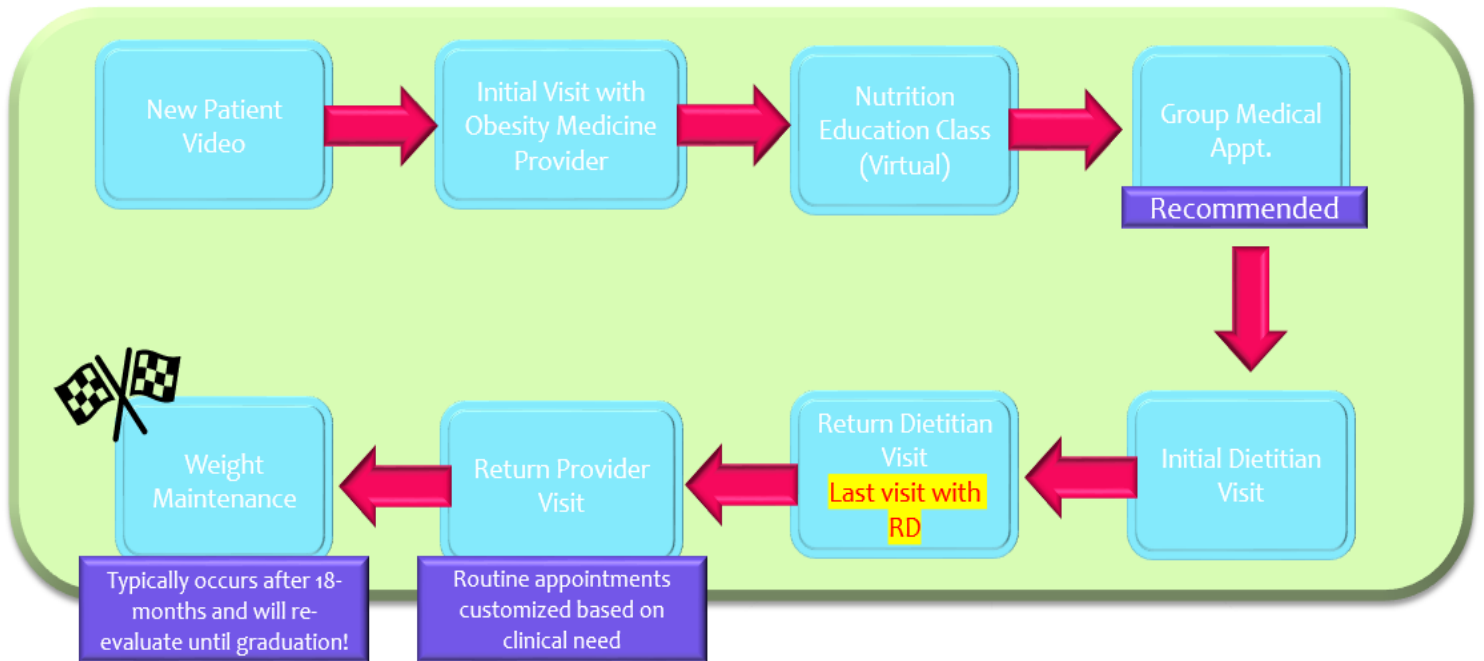
Sincerely,



Gitanjali Srivastava, MD, FAAP, FACP

Medical Director, Obesity Medicine|Vanderbilt Medical Weight Loss

Medical Weight Loss Pathway



*Additional appointments may be scheduled as needed/requested:
Individual sessions with LCSW, Dayani Center referral for exercise*

Team Members:

MDs or Nurse Practitioners are trained and experienced in all aspects of weight loss. They will conduct a comprehensive evaluation of your overall health and discuss options for your best outcomes (e.g medication, referrals for a particular treatment).

Registered Dietitian Nutritionists are your personal nutrition experts! They help you create a sustainable eating plan that supports your weight loss goals.

Licensed Clinical Social Workers assess eating behaviors and explore behavioral techniques for weight management. They assist with coping skills and strategies to improve body image.

Class Descriptions

Nutrition Class (online): learn the foundation of the nutrition recommendations for weight management - creating balanced meals, eating healthy at restaurants, and self-monitoring.

Jump Start Group Class (at clinic): learn behavioral techniques for weight management including stimulus control, self-monitoring, and setting a S.M.A.R.T. goal.

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What is Healthy Eating?

Eat at regular times—Avoid skipping meals and snacking too often

- Skipping meals can cause excess hunger and lead to poor choices, large portions, overeating, and weight gain
- Eating too frequently introduces more opportunities to overeat and often replaces healthier calories we would have at meals

Include all food groups in your diet

- Eat a variety of fruits and vegetables
- Include lean protein sources such as fish, poultry, eggs and low-fat dairy
- Choose whole grain and higher fiber options whenever available
- Choose low-fat or fat-free dairy
- Choose healthy unsaturated fats and limit foods high in saturated fats and trans fats

Practice mindful eating

- Limit distractions when eating
- Be aware of how you feel emotionally and physically
- Be aware of hunger and fullness cues
- Eat free of judgment and avoid labeling food as good or bad

Control portions sizes

- Follow the plate method (see page 5)
- Read nutrition labels and stick to the recommended serving size
- Use measuring cups and spoons, and kitchen scales for accurate measuring
- Split meals at restaurants or ask for a to go box

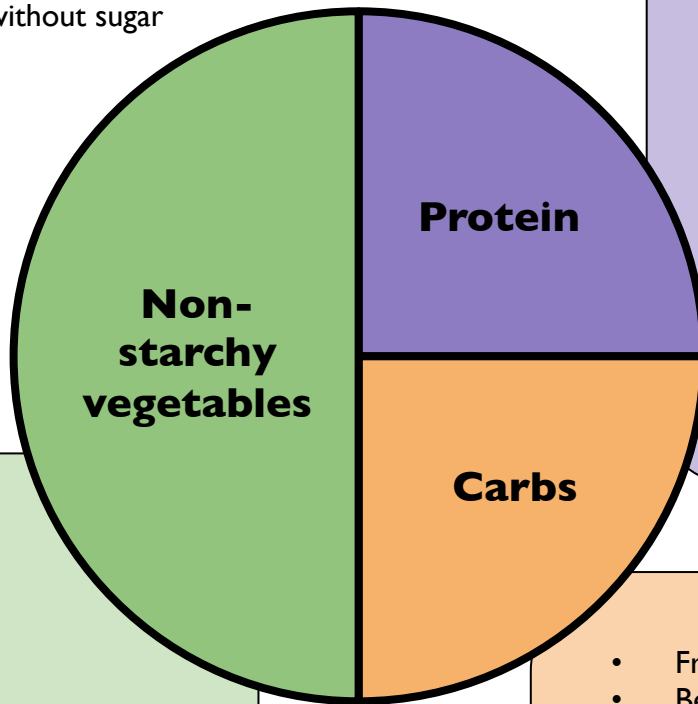
Limit “empty” calories

- Drink water or unsweetened beverages. Soda, energy drinks, sports drinks, and alcohol are major sources of added sugar
- Grill, roast, bake, or broil protein instead of frying
- Split the sweet treats with a friend or family member
- Choose fresh vegetables, fruit, meats, poultry, and seafood over processed foods, which contain high amounts of sodium and calories

The Plate Method

Use as a guide to help with healthy eating for weight loss:

1. Start with a 9-inch plate
2. Make half your plate vegetables
3. Pick a protein
4. Portion control starches
5. Choose a drink without sugar



- Chicken/turkey, without skin
- Fish/shellfish
- Canned tuna
- Lean beef (sirloin, flank, 90% ground)
- Lean pork (chops, Canadian bacon, tenderloin)
- Deli meat (turkey, ham, chicken, roast beef)
- Eggs
- Greek yogurt
- Reduced-fat cottage cheese
- Reduced-fat cheese
- Milk, skim or 1%
- Protein shake or bar
- Tofu
- Veggie burgers

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Salad greens
- Squash
- Sugar snap peas
- Tomatoes
- Turnips
- Zucchini

- Fruit
- Beans
- Corn
- Green peas
- Lentils
- Potato/Sweet potato
- Cereal (high fiber, low sugar)
- Oatmeal
- Grits
- Bread
- Tortilla
- Pasta
- Rice
- Quinoa

Foods to Limit

Vegetables

- Deep-fried vegetables
- Vegetables with butter, margarine, cream, or cheese sauces

Dairy

- Butter
- Creamy salad dressing
- Full-fat cheese
- Ice cream
- Yogurt with added sugar
- Whole milk

Fluids

- Alcohol
- Juices sweetened with sugar
- Regular soda
- Sweetened coffee drinks
- Sweet tea

Carbohydrates

- Biscuits
- Chips
- Cookies
- Crackers
- Croissants
- Donuts
- Muffins
- Sweet rolls
- Sugary cereals
- Pancake/Waffle
- Pretzels

Protein

- Bacon
- Bologna
- Fried chicken
- Fried fish
- Hot dogs
- Pepperoni
- Regular ground beef
- Salami
- Sausage

Fruit

- Coconuts
- Dried fruit
- Fruit canned in syrup
- Fruits in pastries and pies




Nutrition Basics

Calories are a unit of energy used to measure the amount of stored energy in food. The calories we consume come from four sources:

	Calories per gram
Carbohydrates	4
Protein	4
Fat	9
Alcohol	7

To lose weight, we need to decrease the calories in and increase the calories out to create a calorie deficit.

Everyone will receive individualized calorie, carbohydrates, protein, and fat goals for weight loss.

Macronutrient	Healthy Food Sources	Benefits
Carbohydrates 	Whole wheat bread, brown rice, whole grain cereal, oatmeal, potatoes, sweet potatoes, corn, beans, peas	Main energy source for the body. The fiber found in these foods help with satiety, digestion, and lower cholesterol.
Protein 	Lean beef, chicken, turkey, lean pork, fish, shellfish, eggs, low-fat dairy, tofu	Decreases hunger between meals, stabilizes blood sugars, maintains muscle mass, and helps build new lean muscle.
Fat 	Vegetable oils (olive, canola, avocado, sunflower, flaxseed), fish, avocados, nuts and seeds	Protects organs, insulates the body, regulates hormones, absorbs vitamins A, D, E, and K. Unsaturated fats lower cholesterol and risk for heart disease.

Carbohydrate Sources

Bread:

Bread (1 slice, 1 roll, or 2 slices of light bread)
Bagel (1/2 large or 1 bagel thin)
English muffin (1 muffin)
Tortilla (1 small-6")
Pancake/Waffle (1 small-4")
Pita (1/2 pita)

Cereal and Grains (cooked):

Cereal (3/4 cup)
Oatmeal (1 cup)
Grits (1/2 cup)
Pasta (1/2 cup)
Rice (1/2 cup)
*Quinoa (1/2 cup)

Starchy Vegetables (cooked):

Acorn/butternut squash (1/2 cup)
Corn (1/2 cup)
*Green peas (1/2 cup)
*Beans (1/2 cup)
*Lentils (1/2 cup)
Potato/Sweet potato (1/2 medium)
* indicates this food has 5-8g protein

Fruit:

Apple (1 small)
Banana (1 small or 1/2 large)
Berries (1 cup)
Cherries (12)
Dried fruits – 2 Tbsp
Fruit cocktail (1/2 cup)
Grapefruit (1/2 large or 3/4 cup)
Grapes (17)
Melon (1 cup cubed)
Orange (1 small)
Peach (1 medium or 1/2 cup canned)
Pear (1/2 large or 1/2 cup canned)
Pineapple (3/4 cup fresh or 1/2 cup canned)
Tangerine/Clementine – 2 small

Other Items:

Chips (15)
Crackers (6)
Graham crackers (2 sheets)
Popcorn (3 cups)
Pretzels (16 small)



Dietitian Tip:

- If your calorie goal is <1400 per day: **Choose up to 1 serving** per meal
- If your calorie goal is >1400 per day: **Choose up to 2 servings** per meal

Healthy Protein Sources

Meat, Poultry, Seafood:

Lean beef (90% ground, sirloin, tenderloin, flank, roast), 3 oz = 25g

Chicken/Turkey, skinless, 3 oz = 28 g

Deli Meat (turkey, chicken, ham, roast beef), 3-4 oz = 15-20 g

Salmon/Tuna, 3 oz = 22 g

Shrimp, 3 oz = 20 g

Lean pork (tenderloin, chop, Canadian bacon), 3 oz = 15-20 g

Wild game (venison, elk, buffalo), 3 oz = 25 g

Dairy:

Cottage cheese, reduced-fat, 1 cup = 24 g

Greek yogurt, nonfat, 1 cup = 12-15 g

Regular yogurt, nonfat, 1 cup = 5-8 g

Skim milk, 1 cup = 8 g

String cheese, low fat, 1 oz = 6 g

Eggs:

1 egg = 6 g

¼ cup egg substitutes = 6 g

Soy/Plant Protein:

Soy milk, unsweetened, 1 cup = 8 g

Tofu, ½ cup or 4 oz = 10 g

Meatless crumbles, ½ cup = 9-13 g

Edamame, ½ cup = 8 g

Legumes & Grains:

Lentils, ½ cup = 9 g

Beans (pinto, black, kidney, chickpeas, fava, lima), ½ cup = 6-9 g

Peas (green, black-eyed), ½ cup = 4-8 g

High protein cereals, ¾ cup = 9-13 g



Dietitian Tip: In order to meet your daily protein goal, include protein at every meal and snack! Protein is digested slower which helps promote fullness and prevent swings in blood sugar.

Fat Sources

Healthy Fat Sources:

Avocado (1/8 medium or 2 Tbsp)

Flaxseed/Chia seed (1 Tbsp)

Hummus (2 Tbsp)

Light mayonnaise (1 Tbsp)

*Nuts - Almonds, Peanuts, Pecans, Pistachios, Walnuts (1/4 cup)

Oils – Avocado, Olive, Canola (1 Tbsp)

Olives (8 large or 2 Tbsp chopped)

*Peanut butter (2 Tbsp)

Reduced-fat cream cheese (2 Tbsp)

Salad dressing, light (2 Tbsp)

*Seeds – Sunflower, Pumpkin (1/4 cup)

* indicates this food has 4-8g of protein



Fats to Limit:

Butter, lard coconut oil

Whole milk, full-fat cheese, yogurt, sour cream

Ice cream

Sausage, bacon, pork belly, ribs

Ribeye, T-bone, <80% ground beef

Pepperoni, salami, bologna, hot dogs

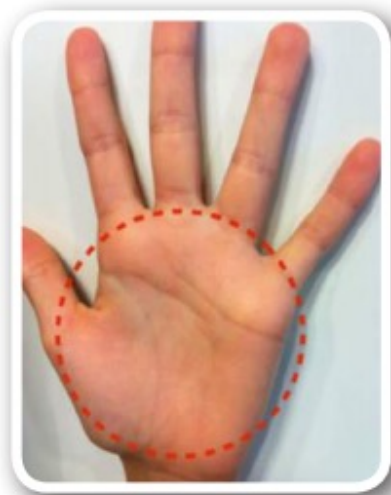


Dietitian Tip: Since fat sources are the most calorie-dense nutrient, it is important to understand what a serving of fat is and measure accurately.

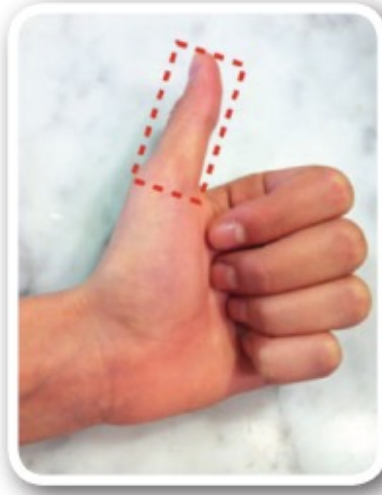
Serving Sizes

To lose weight, it's important to change the *type* of food you eat as well as the *amount*. Use measuring cups, measuring spoons, and/or a food scale for accuracy. Over time, you will become better at estimating your portions and can use your hand as a guide.

- A serving of **protein** (3-4 ounces) = 1 palm
- A serving of **non-starchy vegetables** (1 cup) = 1 fist
- A serving of **carbohydrates** (1/2-1 cup) = 1 cupped hand
- A serving of **fats** (1 tablespoon) = 1 thumb



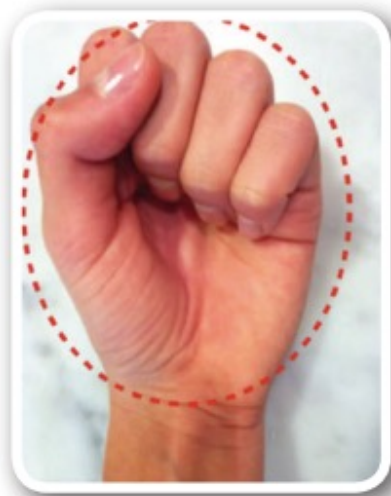
About 3 ounces



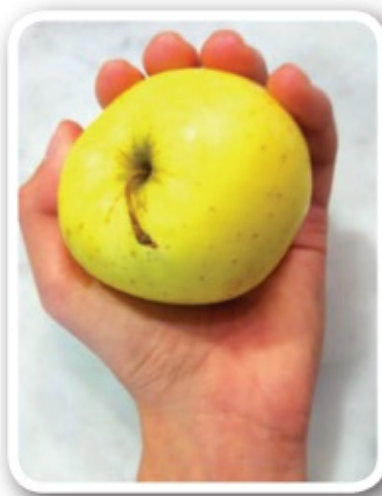
About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup

Reading Food Labels

The Nutrition Facts label on packaged foods and beverages is your tool for making informed choices for healthy eating habits.

Serving size - the amount of food that the label refers to.
Servings per container - how many individual servings are in the entire package.

Look for items low in **Saturated Fat, Trans Fat, Cholesterol, and Sodium.**

<5% DV = **low**
 >20% DV = **high**

Protein – aim for 25-30 grams of protein at a meal.

A good source has at least 8 grams of protein for every 100 calories.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Calories are the amount of energy you get from a serving of food.

Choose foods that have at least 3 grams of **fiber** per serving.

Total Sugars - how much sugar is in the product. **Added Sugars** - how much sugar has been *added* to the product.

More than 15 grams of sugar means the product has too many empty calories. Limit added sugars to no more than 30 grams (7.5 teaspoons) per day.

Balanced Meal Ideas

Breakfast

- 2 eggs, ½ cup vegetables (e.g. spinach, peppers), ¼ cup shredded cheese + 2 pieces of turkey bacon or turkey sausage
- 1 cup low-fat Greek yogurt or cottage cheese + ½ cup fruit (berries, pineapple, peaches)
- 1 cup cooked oatmeal + 1 scoop protein powder + 2 Tbsp chopped nuts + cinnamon
- Protein Shake + 1 slice whole wheat toast + 1 Tbsp peanut butter
- Frozen breakfast sandwich (Jimmy Dean Delight or Good Food Made Simple)

Lunch

- Sandwich or wrap: 3 slices deli meat (turkey, chicken, ham, or roast beef), cheese, spinach, avocado on wheat bread or low-carb tortilla (Mission Carb Balance or Ole Xtreme Wellness)
- 1 serving wheat crackers + tuna pouch + string cheese + sliced veggies w/ hummus or dip
- Burrito bowl: 4 oz ground turkey, 1 cup cauliflower rice, ½ cup black beans, ¼ cup corn, shredded cheese, ½ avocado, salsa
- Salad with protein (tuna, salmon, grilled chicken) with 2 Tbsp vinaigrette dressing
- Frozen meal (e.g. Healthy Choice, Life Cuisine, Lean Cuisine) + 1 cup Greek yogurt

Dinner

- 4 oz shrimp or chicken + sauteed mixed vegetables (e.g. zucchini, asparagus, red onion, broccoli) + ½-1 cup pesto pasta
- 4-6 oz chicken or pork tenderloin + 1 cup green beans + ½-1 cup roasted baby potatoes
- Sesame glazed salmon + 1 cup vegetables (e.g. asparagus, green beans, brussels sprouts, zucchini, cherry tomatoes) + ½-1 cup brown rice
- 4 oz burger (made from 90% lean ground beef, ground turkey, or Impossible Beef) + grilled vegetables (e.g. zucchini, asparagus, peppers, onions) + ½ ear of corn
- 1 cup white chicken chili, topped with sliced avocado and tortilla chips + side salad

Snacks

- ¼ cup of hummus + baby carrots
- 2 Tbsp nut butter + small apple
- 2 cups popcorn + string cheese
- Protein bar (Quest, Kind, Pure Protein, Rx bar, Powercrunch, Think!)
- Protein snack pack (P3, Sargento Balanced Breaks)

Balanced Snacks

Think of snacks as a **150-200 calorie** mini-meal. Include a protein and/or healthy fat if having carbs.

Protein and Healthy Fats - MUST choose one of these	Carbohydrates - MAY add 1 serving of these
Avocado (1/2) or guacamole mini cups Cheese (1 ounce), any type – Baby bel, sliced, string Cheese crisps - i.e. Cello whisps or Moon cheese Cottage cheese Deli meat slices (turkey, ham, chicken, or roast beef) Edamame, steamed or dry roasted Egg - hard boiled Greek yogurt (i.e. Fage 0%, Chobani Low Sugar, Oikos Triple Zero, Dannon Light & Fit) Greek yogurt dip <ul style="list-style-type: none"> • plain Greek yogurt + Ranch seasoning packet • plain Greek yogurt + maple syrup and cinnamon Hummus Jerky (beef, turkey, chicken) Milk, higher protein (i.e. Fairlife, Carbmaster) Nuts (1/4 cup), any type Nut butters (1-2 tablespoons) - almond, peanut, etc. Protein bar Protein shake or Protein water (at least 20g of protein) Protein snack packs (P3, Sargento Balanced Breaks) Tuna pouch	Bread or toast (1 slice) Chips, baked (1 serving) Crackers (1 serving) Fruit (1 serving) Popcorn (3 cups or less) Rice Cake (1 serving) Tortilla <i>* Choose whole grain and higher fiber options when comparing products.</i>
	Vegetables - Add as many of these as you like!
	baby carrots bell peppers broccoli celery cauliflower cucumber slices radishes, sliced snap peas <i>* All of these are great for dipping!</i>
Example pairings:	
Vegetables + Greek yogurt dip, guacamole or hummus Fruit + cheese, cottage cheese, Greek yogurt, nuts, or nut butter (i.e. grapes + cheese, pineapple + cottage cheese, blueberries + Greek yogurt, apple + nut butter) Bread or toast + avocado, deli meat, tuna, slice of cheese, or nut butter Crackers or rice cake + cheese, hummus, nut butter, deli meat, or tuna 1-2 cups popcorn + string cheese	

Grocery Shopping Tips

Produce

- Select a rainbow of colors! The more colors the more vitamins and minerals.
- Choose local produce, when available. By buying local you can save money, get maximum nutrients, and support local business!

Meats, Poultry, and Fish

- Choose lean cuts of meat. Look for the word 'loin' such as sirloin and tenderloin.
 - Check the nutrition facts. Make sure there is more protein than fat per serving.
- Select skinless poultry.
- Substitute ground chicken or turkey in place of ground beef.

Dairy

- Choose fat-free or low-fat dairy options.
- Look for Greek yogurt with at least 12 grams of protein and no more than 12 grams of sugar.

Bread

- Choose whole grain breads, English muffins, bagels, rolls.
- If the label does not say 100% whole wheat, then read the ingredients. The first ingredient should be whole grain or whole wheat flour.

Cereal

- Choose cereals with less than 10 grams of sugar and at least 3 grams of fiber per serving.



GROCERY SHOPPING LIST

This list provides suggestions of nutritious items available at most grocery stores, but should be tailored based on your personal preferences.

PRODUCE

- Fresh fruits (apples, avocado, bananas, berries, grapes, oranges, peaches, pineapple)
- Fresh vegetables (asparagus, broccoli, cabbage, carrots, green beans, mushrooms, onions, peppers, salad greens, sugar snap peas, tomatoes, zucchini)
- Bagged lettuce

MEAT, FISH, & MEAT ALTERNATIVES

- Skinless chicken breast
- 90-99% fat-free ground turkey
- 90-96% fat-free ground beef
- Lean cuts of beef or pork (flank, sirloin, tenderloin, roast)
- Seafood (shrimp, salmon, halibut, crab, tilapia, cod, trout)
- Deli meat (turkey, chicken, ham, roast beef)
- Tofu
- Meatless crumbles (Beyond Beef, Boca, Gardein, Lightlife, Morningstar, Quorn)



GROCERY SHOPPING LIST

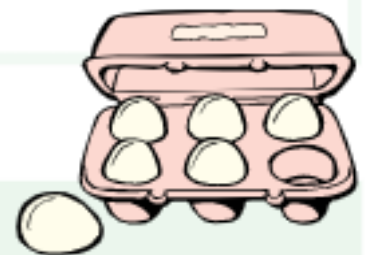
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BREAD, CEREAL, & GRAINS

- Whole wheat bread (Dave's Killer Bread Thin-Sliced; Nature's Own Double Fiber; Ezekiel 4:9 Sprouted; Sara Lee 100% Whole Wheat)
- Whole wheat English muffin (Thomas' Light Multigrain or 100% Whole Wheat)
- Whole wheat tortillas (Flatout CarbDown Wraps; Mission Carb Balance; Ole Xtreme Wellness)
- Whole wheat pasta
- Brown rice
- Quinoa
- High-fiber, low-sugar cereal (Special K High Protein Cereal; Kashi Go Lean; Cheerios; Quaker Oatmeal Squares; Puffins; Total)
- Oatmeal

DAIRY

- Low-fat milk (skim; 1%; Fairlife; Kroger Carbmater)
- Unsweetened soymilk
- Greek yogurt (Chobani Less Sugar; Dannon Light n Fit; Fage; Oikos Triple Zero; Siggi's; Two Good; YQ)
- Kroger CARBmaster Yogurt
- Reduced-fat cottage cheese
- Cheese snacks (Sargento light string cheese; Sargento Balanced Breaks; Laughing Cow cheese wedges)
- Eggs or egg substitutes
- Butter substitutes (Smart Balance Original; Land O' Lakes Light Butter with Canola Oil)



GROCERY SHOPPING LIST

This list provides suggestions of nutritious items available at most grocery stores, but should be tailored based on your personal preferences.

FROZEN

- Healthy Choice Power Bowls or Simply Steamers, Life Cuisine, Lean Cuisine, Eating Well, Stouffer's Fit Kitchen, Reds, SmartMade
 - Choose meals with at least 20g protein and less than 40g carbs
- Frozen fish (salmon, tilapia, shrimp)
- Frozen vegetables
- Frozen berries
- Breakfast (Jimmy Dean Delight; Good Food Made Simple; Morningstar Farms Original Sausage Patties)
- Jenny O's turkey burgers

CANNED/JARRED ITEMS

- Canned beans, no salt added (black, garbanzo, kidney, pinto)
- Peanut butter
- Low-sodium soup or broth
- Canned tuna packed in water



DRINKS

- Water/sparkling water
- Unsweetened tea/coffee
- Sugar-free mixes (Crystal Light; Mio)
- Diet tea, juice, lemonade, soda, sports drink (Diet Lipton; Milo's Zero Calorie; Ocean Spray Diet 5; Propel; Gatorade Zero; Vitamin Water Zero)

Protein Drinks (ready-to-drink)

Choose a shake with at least 20g of protein and <5g of sugar per serving.



Atkins PLUS
190 calories
30g protein
1g sugar
Sweetener: sucralose



Muscle Milk
160 calories
25g protein
4g sugar
Sweeteners: sucralose, Ace-K



Ensure MAX
150 calories
30g protein
1g sugar
Sweeteners: sucralose, Ace-K



OWYN (vegan)
180 calories
20g protein
4g sugar
Sweeteners: cane sugar, monk fruit



Equate High Performance
160 calories
30g protein
1g sugar
Sweeteners: sucralose, Ace-K



Premier Protein
160 calories
30g protein
1g sugar
Sweeteners: sucralose, Ace-K



Evolve (vegan)
150 calories
20g protein
4g sugar
Sweeteners: cane sugar, stevia



Pure Protein
140 calories
30g protein
1g sugar
Sweeteners: Ace-K, sucralose



Fairlife Core Power or Nutrition Plan
150-170 calories
26-30g protein
2-5g sugar
Sweeteners: Ace-K, sucralose, stevia



Slim Fast Advanced Nutrition
180 calories
20g protein
1g sugar
Sweetener: sucralose

This list includes our top recommendations, but other brands may be acceptable. Consult with your dietitian if you have questions.

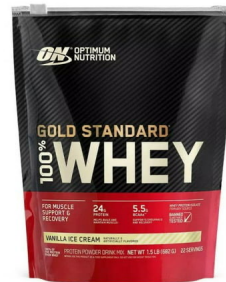
Protein Powders

These need to be mixed with a fluid – water, milk, unsweetened almond milk, or soy milk.

Choose a powder with at least 20g of protein and <5g of sugar per serving.



Body Fortress
190 calories
30g protein
3g sugar
Sweetener: sucralose, Ace-K



Optimum Nutrition Gold Standard 100% Whey
120 calories
24g protein
1g sugar
Sweetener: Ace-K, Sucralose



Dymatize ISO 100
120 calories
25g protein
0g sugar
Sweetener: sucralose, stevia



Orgain Organic Plant Based (vegan)
150 calories
21g protein
0g sugar
Sweetener: stevia



Garden of Life Raw Organic (vegan)
120 calories
22g protein
0g sugar
Sweetener: erythritol, stevia
*Unflavored option



Premier Protein
150 calories
30g protein
1g sugar
Sweetener: Ace-K, sucralose



Isopure
100-110 calories
25g protein
0g sugar
Sweetener: sucralose
*Unflavored option



Pure Protein
160 calories
25g protein
2g sugar
Sweetener: Ace-K, sucralose

Protein Bars

Choose a bar with at least 12g of protein and <10g of sugar per serving.



Atkins
200 calories
13-15g protein
1-3g sugar
Sweetener: sucralose



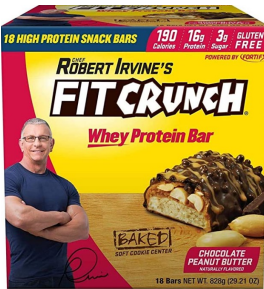
ONE
220-240 calories
20g protein
1g sugar
Sweetener: maltitol



Barebells
200 calories
20g protein
1g sugar
Sweeteners: maltitol, sucralose



PowerCrunch
200-205 calories
13g protein
5g sugar
Sweeteners: sugar, fructose, monkfruit



FitCrunch
190 calories
16g protein
3g sugar
Sweeteners: sugar, sorbitol, maltitol, sucralose



Pure Protein
180-200 calories
20g protein
2-3g sugar
Sweeteners: maltitol, sucralose



Kind Protein
250 calories
12g protein
8g sugar
Sweeteners: glucose syrup, honey, sugar



Quest
180-200 calories
20-21g protein
0-2g sugar
Sweeteners: erythritol, sucralose, stevia



Kirkland (costco)
180-190 calories
21g protein
2g sugar
Sweeteners: erythritol, stevia



Think! High Protein
230 calories
18-20g protein
0-1g sugar
Sweetener: maltitol

Dining Out Tips

- ✓ Cut down on portion size by splitting a meal, ordering from the kids' menu, or choosing an appetizer-size portion.
- ✓ Ask for the dressing, sauce, butter, or sour cream on the side.
- ✓ Choose items that are baked, broiled, grilled, steamed, roasted, or poached.
- ✓ Avoid items that are fried, breaded, in cream sauce, or au gratin.
- ✓ Look up the menu or the nutrition facts online.
- ✓ Substitute a side of fries for coleslaw, a side salad, or steamed vegetables.
- ✓ Avoid toppings with extra calories and fat, such as bacon, cheese, and mayo.
- ✓ Choose water, unsweet tea, diet soda, or any sugar-free drink.

Healthier Options at Fast Food Restaurants



- Egg White Grill
- Grilled Market Salad w/ Zesty Apple Cider Vinaigrette
- Grilled Chicken Sandwich
- Grilled Chicken Cool Wrap
- Grilled Chicken Nuggets



- Egg McMuffin
- McChicken, no mayo
- 6-piece Chicken McNuggets w/ ketchup, BBQ, or Buffalo sauce
- Hamburger + apple slices



- Junior Breakfast Burrito
- Grilled Chicken Sandwich or wrap, no mayo
- Jr. Cheeseburger, no mayo
- Mini Popcorn Chicken



- Breakfast Burrito with steak
- Chicken Power Bowl, no sour cream
- Tacos (chicken or steak), Fresco Style
- Burrito Supreme, Fresco Style



- Bacon, Egg, and Cheese Sandwich
- Apple Pecan Chicken Salad with Balsamic Vinaigrette
- Grilled Chicken Sandwich
- Small Chili + Baked Potato
- Junior Cheeseburger



- Zalad w/ Grilled Chicken and Vinaigrette or Lite Ranch
- Grilled Chicken Sandwich
- Cajun Club Sandwich, no ranch
- 4 Chicken Tenders, no fries

Emotional Eating

Sometimes we eat because we are stressed, sad, happy, or bored. Eating because of a feeling and not physical hunger is called emotional eating. To make matters worse, we tend to overeat and choose high-calorie, sweet or fatty foods during these moments. Tough and stressful times are guaranteed to happen throughout our life. Using food to suppress emotions does not work. The feelings always come back, and you may be left with additional feelings of guilt due to poor food choices. Learning to deal with these emotions effectively is crucial to reaching your weight management goals.

Ways To Prevent Emotional Eating:

1. Be aware of your feelings
 - “Check in” emotionally and determine if you are really hungry or just feeding a feeling
2. Journal your food intake and your feelings
 - Research has shown that people who journal their food intake will lose more weight
 - Record your feelings and your degree of hunger in your food journal
3. Limit the temptations
 - Keep trigger foods out of the house if possible
 - Portion the remaining trigger foods into single serving bags to prevent overeating
4. Set a timer for 10 minutes and walk away. If still hungry when the timer goes off, consider a healthy snack
5. Find something else to do...



What To Do Besides Eating?

- Take a walk
- Write a thank you note
- Read a book
- Pack your lunch for tomorrow
- Clean, vacuum, dust
- Call a friend
- Clean out a junk drawer
- Play cards
- Plan a get together with friends
- Brew some tea
- Do laundry/pick up dry cleaning

Physical Activity Guidelines



1. Move more and sit less!
2. Aim for 150-300 minutes of moderate-intensity aerobic activity per week.
3. Muscle-strengthening exercises 2 days per week.

Recommended Activities

- ★ Walk outside, in a mall, on a treadmill
- ★ Water aerobics or swimming
- ★ Dance or Zumba video
- ★ Use a stationary or recumbent bicycle
- ★ March in place during TV commercials
- ★ Take a flight of stairs instead of the elevator

START SLOWLY and increase gradually to reach **30-60 minutes 5 days per week.**

If one block of time will not work, break it into smaller blocks of time throughout the day!

- 10 minutes 3 times a day
- 15 minutes 2 times a day

Benefits of Physical Activity

- Helps with weight loss and weight maintenance
- Boosts mood, energy level, and self-esteem
- Helps with depression and anxiety
- Improves sleep
- Helps reduce stress
- Improves muscle tone
- Makes joints more flexible
- Lowers risk for heart disease and some cancers
- Lowers blood pressure
- Raises HDL (“good”) cholesterol
- Lowers blood sugar by helping the body use insulin

Resources

Healthy Recipe Websites

Budget Bytes

<https://www.budgetbytes.com>

Eating Well

<http://www.eatingwell.com>

Skinny Taste

<https://www.skinnytaste.com>

The Real Food Dietitians

<https://therealfooddietitians.com/>

Meal Kit Delivery Services

Blue Apron

EveryPlate

Hello Fresh

Home Chef

Sun Basket

Meal Prep Services

Build Your Temple (BYT)

Clean Eatz

Eat Well Nashville

Factor 75

Music City Fit Meals

Paleo Works

Food Tracking Apps

MyFitnessPal

MyNetDiary

MyPlate

Lifesum

Lose It!

Free Exercise Resources

Blogilates

Body Positive Yoga

Fitness Blender

Livestrong Woman

Popsugar

Walk at Home by Leslie Sansone

Yoga With Adriene

Find a Mental Health Provider

Check the Employee Assistance Program via your employer

Use Psychology Today 'Find a Therapist' tool – then filter by your insurance provider