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
**Vanderbilt Weight Loss Center**

**Medical Weight Loss Pathway**

**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
## 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:

<table>
<thead>
<tr>
<th>Macronutrient</th>
<th>Calories per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>4</td>
</tr>
<tr>
<td>Protein</td>
<td>4</td>
</tr>
<tr>
<td>Fat</td>
<td>9</td>
</tr>
<tr>
<td>Alcohol</td>
<td>7</td>
</tr>
</tbody>
</table>

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.

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

**Bread:**
- Bread (1 slice, 1 roll, or 2 slices of light bread)
- Bagel (½ large or 1 bagel thin)
- English muffin (1 muffin)
- Tortilla (1 small-6”)
- Pancake/Waffle (1 small-4”)
- Pita (½ pita)

**Cereal and Grains (cooked):**
- Cereal (¾ cup)
- Oatmeal (1 cup)
- Grits (½ cup)
- Pasta (½ cup)
- Rice (½ cup)
- *Quinoa (½ cup)*

**Starchy Vegetables (cooked):**
- Acorn/butternut squash (½ cup)
- Corn (½ cup)
- *Green peas (½ cup)*
- *Beans (½ cup)*
- *Lentils (½ cup)*
- Potato/Sweet potato (½ medium)

* indicates this food has 5-8g protein

**Fruit:**
- Apple (1 small)
- Banana (1 small or ½ large)
- Berries (1 cup)
- Cherries (12)
- Dried fruits – 2 Tbsp
- Fruit cocktail (½ cup)
- Grapefruit (½ large or ¾ cup)
- Grapes (17)
- Melon (1 cup cubed)
- Orange (1 small)
- Peach (1 medium or ½ cup canned)
- Pear (½ large or ½ cup canned)
- Pineapple (¾ cup fresh or ½ 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 (¼ 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 (¼ 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.
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

Source: Centers for Disease Control and Prevention
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.
- **Calories** are the amount of energy you get from a serving of food.
- **Saturated Fat**, **Trans Fat**, **Cholesterol**, and **Sodium**.
- 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.
- **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.
- **Choose foods that have at least 3 grams of fiber per serving.**
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## Tracking Your Food

Monitoring what and how much you eat can help you reach your weight loss goals. Other benefits include:

- Accountability
- Increased awareness
- Better portion control
- Healthier food choices
- Identifies unhealthy behaviors

We recommend using free apps such as **MyFitnessPal** or **Lose It**, but a paper log works too.

<table>
<thead>
<tr>
<th>Time</th>
<th>Food/Drinks (description and amount)</th>
<th>Calories</th>
<th>Protein</th>
<th>Mood/Feelings</th>
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**Daily Totals:**

**Water**

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# 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, brussel 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.

<table>
<thead>
<tr>
<th>Protein and Healthy Fats - MUST choose one of these</th>
<th>Carbohydrates - MAY add 1 serving of these</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado (1/2) or guacamole mini cups</td>
<td>Bread or toast (1 slice)</td>
</tr>
<tr>
<td>Cheese (1 ounce), any type – Baby bel, sliced, string</td>
<td>Chips, baked (1 serving)</td>
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<tr>
<td>Cheese crisps - i.e. Cello whisps or Moon cheese</td>
<td>Crackers (1 serving)</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Fruit (1 serving)</td>
</tr>
<tr>
<td>Deli meat slices (turkey, ham, chicken, or roast beef)</td>
<td>Popcorn (3 cups or less)</td>
</tr>
<tr>
<td>Edamame, steamed or dry roasted</td>
<td>Rice Cake (1 serving)</td>
</tr>
<tr>
<td>Egg - hard boiled</td>
<td>Tortilla</td>
</tr>
<tr>
<td>Greek yogurt (i.e. Fage 0%, Chobani Low Sugar, Oikos</td>
<td>* Choose whole grain and higher fiber options when comparing products.</td>
</tr>
<tr>
<td>Triple Zero, Dannon Light &amp; Fit)</td>
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<tr>
<td>Greek yogurt dip</td>
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<tr>
<td>• plain Greek yogurt + Ranch seasoning packet</td>
<td></td>
</tr>
<tr>
<td>• plain Greek yogurt + maple syrup and cinnamon</td>
<td></td>
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<tr>
<td>Hummus</td>
<td></td>
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<tr>
<td>Jerky (beef, turkey, chicken)</td>
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<tr>
<td>Milk, higher protein (i.e. Fairlife, Carbmaster)</td>
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<tr>
<td>Nuts (1/4 cup), any type</td>
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<tr>
<td>Nut butters (1-2 tablespoons) - almond, peanut, etc.</td>
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<tr>
<td>Protein bar</td>
<td></td>
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<tr>
<td>Protein shake or Protein water (at least 20g of protein)</td>
<td></td>
</tr>
<tr>
<td>Protein snack packs (P3, Sargento Balanced Breaks)</td>
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</tr>
<tr>
<td>Tuna pouch</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Vegetables - Add as many of these as you like!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>baby carrots</td>
</tr>
<tr>
<td>bell peppers</td>
</tr>
<tr>
<td>broccoli</td>
</tr>
<tr>
<td>celery</td>
</tr>
<tr>
<td>cauliflower</td>
</tr>
<tr>
<td>cucumber slices</td>
</tr>
<tr>
<td>radishes, sliced</td>
</tr>
<tr>
<td>snap peas</td>
</tr>
<tr>
<td>* All of these are great for dipping!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Example pairings:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables + Greek yogurt dip, guacamole or hummus</td>
</tr>
<tr>
<td>Fruit + cheese, cottage cheese, Greek yogurt, nuts, or nut butter (i.e. grapes + cheese, pineapple + cottage cheese, blueberries + Greek yogurt, apple + nut butter)</td>
</tr>
<tr>
<td>Bread or toast + avocado, deli meat, tuna, slice of cheese, or nut butter</td>
</tr>
<tr>
<td>Crackers or rice cake + cheese, hummus, nut butter, deli meat, or tuna</td>
</tr>
<tr>
<td>1-2 cups popcorn + string cheese</td>
</tr>
</tbody>
</table>
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.
**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

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

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 Carbmaster)
- 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.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Protein</th>
<th>Sugar</th>
<th>Sweeteners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atkins PLUS</td>
<td>190</td>
<td>30g</td>
<td>1g</td>
<td>sucralose</td>
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<tr>
<td>Muscle Milk</td>
<td>160</td>
<td>25g</td>
<td>4g</td>
<td>sucralose, Ace-K</td>
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<tr>
<td>Ensure MAX</td>
<td>150</td>
<td>30g</td>
<td>1g</td>
<td>sucralose, Ace-K</td>
</tr>
<tr>
<td>OWYN (vegan)</td>
<td>180</td>
<td>20g</td>
<td>4g</td>
<td>cane sugar, monk fruit</td>
</tr>
<tr>
<td>Equate High Performance</td>
<td>160</td>
<td>30g</td>
<td>1g</td>
<td>sucralose, Ace-K</td>
</tr>
<tr>
<td>Premier Protein</td>
<td>160</td>
<td>30g</td>
<td>1g</td>
<td>sucralose, Ace-K</td>
</tr>
<tr>
<td>Evolve (vegan)</td>
<td>150</td>
<td>20g</td>
<td>4g</td>
<td>cane sugar, stevia</td>
</tr>
<tr>
<td>Pure Protein</td>
<td>140</td>
<td>30g</td>
<td>1g</td>
<td>Ace-K, sucralose</td>
</tr>
<tr>
<td>Fairlife Core Power or Nutrition Plan</td>
<td>150-170</td>
<td>26-30g</td>
<td>2-5g</td>
<td>Ace-K, sucralose, stevia</td>
</tr>
<tr>
<td>Slim Fast Advanced Nutrition</td>
<td>180</td>
<td>20g</td>
<td>1g</td>
<td>sucralose</td>
</tr>
</tbody>
</table>

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.**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Protein</th>
<th>Sugar</th>
<th>Sweetener</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Fortress</td>
<td>190</td>
<td>30g</td>
<td>3g</td>
<td>sucralose, Ace-K</td>
</tr>
<tr>
<td>Optimum Nutrition Gold Standard 100% Whey</td>
<td>120</td>
<td>24g</td>
<td>1g</td>
<td>Ace-K, Sucralose</td>
</tr>
<tr>
<td>Dymatize ISO100</td>
<td>120</td>
<td>25g</td>
<td>0g</td>
<td>sucralose, stevia</td>
</tr>
<tr>
<td>Orgain Organic Plant Based (vegan)</td>
<td>150</td>
<td>21g</td>
<td>0g</td>
<td>stevia</td>
</tr>
<tr>
<td>Garden of Life Raw Organic (vegan)</td>
<td>120</td>
<td>22g</td>
<td>0g</td>
<td>erythritol, stevia</td>
</tr>
<tr>
<td>Premier Protein</td>
<td>150</td>
<td>30g</td>
<td>1g</td>
<td>Ace-K, sucralose</td>
</tr>
<tr>
<td>Pure Protein</td>
<td>160</td>
<td>25g</td>
<td>2g</td>
<td>Ace-K, sucralose</td>
</tr>
</tbody>
</table>
Vanderbilt Weight Loss Center

### Protein Bars

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

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Protein</th>
<th>Sugar</th>
<th>Sweeteners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atkins</td>
<td>200</td>
<td>13-15g</td>
<td>1-3g</td>
<td>Sucralose</td>
</tr>
<tr>
<td>Barebells</td>
<td>200</td>
<td>20g</td>
<td>1g</td>
<td>Maltitol, Sucralose</td>
</tr>
<tr>
<td>FitCrunch</td>
<td>190</td>
<td>16g</td>
<td>3g</td>
<td>Sugar, Sorbitol, Maltitol, Sucralose</td>
</tr>
<tr>
<td>Kind Protein</td>
<td>250</td>
<td>12g</td>
<td>8g</td>
<td>Glucose syrup, Honey, Sugar</td>
</tr>
<tr>
<td>Kirkland (Costco)</td>
<td>180-190</td>
<td>21g</td>
<td>2g</td>
<td>Erythritol, Sucralose, Stevia</td>
</tr>
<tr>
<td>ONE</td>
<td>220-240</td>
<td>20g</td>
<td>1g</td>
<td>Maltitol</td>
</tr>
<tr>
<td>PowerCrunch</td>
<td>200-205</td>
<td>13g</td>
<td>5g</td>
<td>Sugar, Fructose, Monkfruit</td>
</tr>
<tr>
<td>Pure Protein</td>
<td>180-200</td>
<td>20g</td>
<td>2-3g</td>
<td>Maltitol, Sucralose</td>
</tr>
<tr>
<td>Quest</td>
<td>180-200</td>
<td>20-21g</td>
<td>0-2g</td>
<td>Erythritol, Sucralose, Stevia</td>
</tr>
<tr>
<td>Think! High Protein</td>
<td>230</td>
<td>18-20g</td>
<td>0-1g</td>
<td>Maltitol</td>
</tr>
</tbody>
</table>
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

Source: The Department of Health and Human Services issued the Physical Activity Guidelines for Americans
# Vanderbilt Weight Loss Center

## Resources

<table>
<thead>
<tr>
<th>Healthy Recipe Websites</th>
<th>Food Tracking Apps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budget Bytes</td>
<td>MyFitnessPal</td>
</tr>
<tr>
<td><a href="https://www.budgetbytes.com">https://www.budgetbytes.com</a></td>
<td>MyNetDiary</td>
</tr>
<tr>
<td>Eating Well</td>
<td>MyPlate</td>
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<tr>
<td><a href="http://www.eatingwell.com">http://www.eatingwell.com</a></td>
<td>Lifesum</td>
</tr>
<tr>
<td>Skinny Taste</td>
<td>Lose It!</td>
</tr>
<tr>
<td><a href="https://www.skinnytaste.com">https://www.skinnytaste.com</a></td>
<td></td>
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<tr>
<td>The Real Food Dietitians</td>
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<td><a href="https://therealfooddietitians.com/">https://therealfooddietitians.com/</a></td>
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<thead>
<tr>
<th>Meal Kit Delivery Services</th>
<th>Free Exercise Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Apron</td>
<td>Blogilates</td>
</tr>
<tr>
<td>EveryPlate</td>
<td>Body Positive Yoga</td>
</tr>
<tr>
<td>Hello Fresh</td>
<td>Fitness Blender</td>
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<tr>
<td>Home Chef</td>
<td>Livestrong Woman</td>
</tr>
<tr>
<td>Sun Basket</td>
<td>Popsugar</td>
</tr>
<tr>
<td></td>
<td>Walk at Home by Leslie Sansone</td>
</tr>
<tr>
<td></td>
<td>Yoga With Adriene</td>
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<table>
<thead>
<tr>
<th>Meal Prep Services</th>
<th>Find a Mental Health Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build Your Temple (BYT)</td>
<td>Check the Employee Assistance Program via your employer</td>
</tr>
<tr>
<td>Clean Eatz</td>
<td>Use Psychology Today 'Find a Therapist' tool – then filter by your insurance provider</td>
</tr>
<tr>
<td>Eat Well Nashville</td>
<td></td>
</tr>
<tr>
<td>Factor 75</td>
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<tr>
<td>Music City Fit Meals</td>
<td></td>
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<tr>
<td>Paleo Works</td>
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