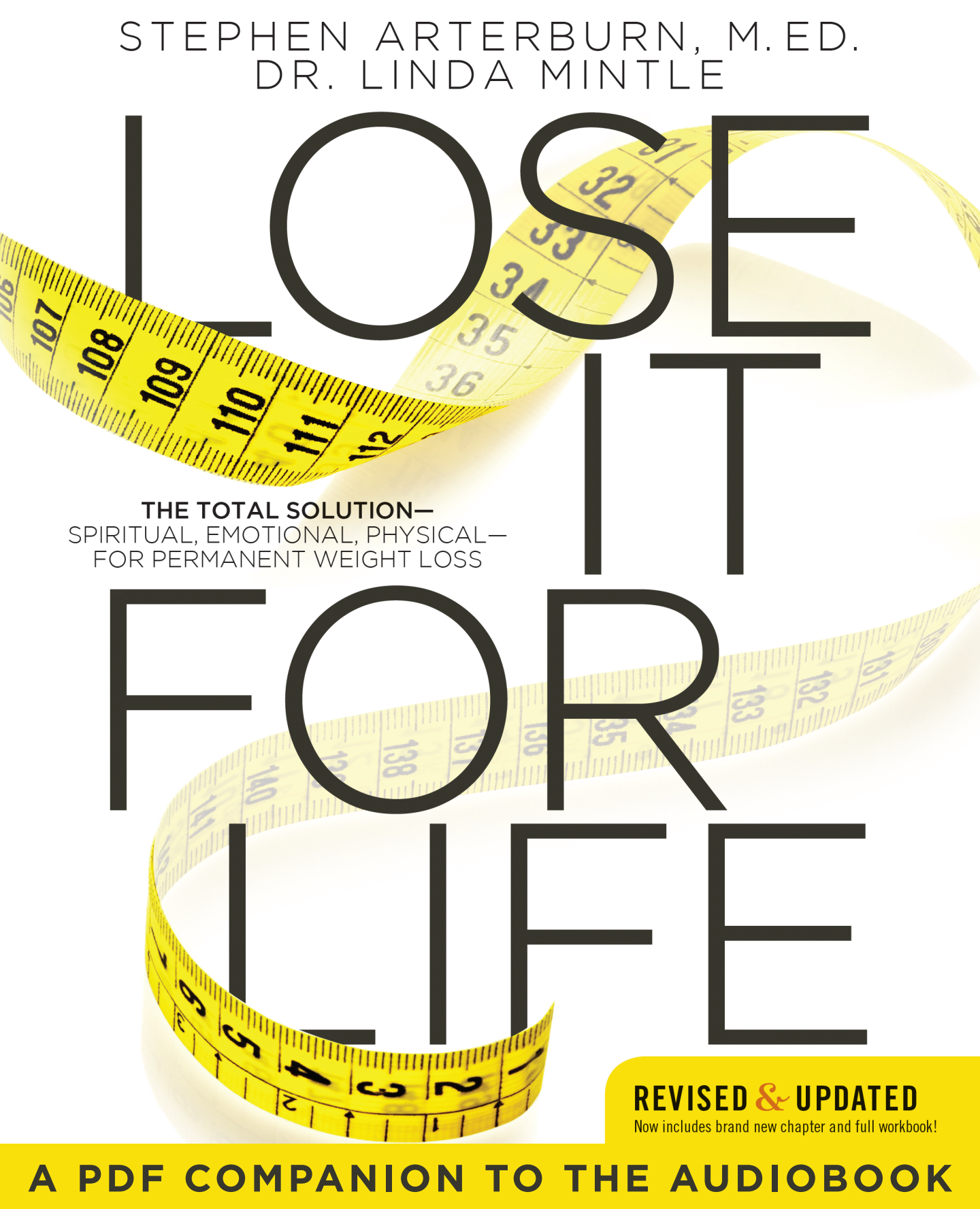


STEPHEN ARTERBURN, M.ED.
DR. LINDA MINTLE

LOSE IT FOR LIFE

A yellow measuring tape is coiled around the title 'LOSE IT FOR LIFE'. The tape is yellow with black markings and numbers, showing measurements in inches and centimeters. The title is written in large, bold, black capital letters. The background is white.

THE TOTAL SOLUTION—
SPIRITUAL, EMOTIONAL, PHYSICAL—
FOR PERMANENT WEIGHT LOSS

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Other Diets and Programs	Lose It for Life
Unrealistic expectations. People are often disappointed by the reality that weight loss doesn't fix other problems.	Realistic expectations. This especially applies to losing weight slowly and sensibly. Other areas of your life may require examination.
Weight loss motivated by appearance. Improving health is less important than becoming thin.	Changing the focus to health and lifestyle. This is a lifelong journey with a focus away from weight to that of improved health.
Eating low-fat but still gaining weight. We've developed a diet mentality in which we think low-fat means weight loss. Actually you can eat low-fat food in large quantities and still gain weight.	Cutting back on high-glycemic foods (sugar and refined carbohydrates). For long-term success, feeling more energetic, and eating healthier, this helps.
Physical activity was not increased. Long term, you won't maintain weight loss if you don't increase your physical movement.	Increased exercise and movement. In most cases, thirty to sixty minutes of exercise, five to seven days a week keeps the weight off. The more active you are, the better.
All the issues involved in overeating are not addressed. Too many programs focus only on weight loss. Weight loss must address all aspects of your life.	Resolving emotional issues. Filling emotional and relational needs with food doesn't work.
Health issues that contributed to weight gain were ignored. You need to know what is causing your weight gain.	Encouraging self-monitoring. This means weighing regularly, being aware of how your clothes fit, and looking at your body. In addition, medical monitoring may be necessary if you have health issues.
Disconnecting the spiritual and the body. Your spiritual life is directly related to your physical life. Your body is the temple of the Holy Spirit. Both need to be fed.	Support a vibrant spiritual life. We are all in desperate need of mind renewal and allowing God to give us hearts of flesh in exchange for our hearts of stone.

Other Diets and Programs	Lose It for Life
Nutritional plan didn't work. In the world of food and eating, one size does not fit all. You have to develop eating habits that work for you, are balanced, and provide proper nutrition.	Eating at regular times in order to maximize your body's metabolism. The idea of skipping meals doesn't work. It sets you up to overeat and to crave foods, and it slows down your metabolism.
Lack of support. Research shows that social support helps sustain weight-loss efforts and maintenance. Spouses are especially important because they can unknowingly sabotage your efforts.	Connection and support. Research is clear that support is needed. You will need to build community with people who will support and help you.
Not patient enough. Any lifestyle change takes time to incorporate. Remember, slow and steady wins the race. Quick weight-loss methods usually fail long term.	Balance and moderation. It will become your mantra: "There are no forbidden foods." By not feeling deprived, you will stick with the plan and Lose It for Life!

FOOD JOURNAL

Name: Jane Doe				
Date: Wednesday, May 18				
When I ate	Where I ate	What I ate	How much I ate	Was I hungry?
Breakfast (8 a.m.)	Kitchen table	Jelly donuts	3	Yes
		Coffee with cream and sugar	3 cups, 3 tbsp., 2 tbsp.	Yes
		Orange juice	1 cup	Yes
10 a.m.	Desk at work	Pop Tart	2	Yes
11 a.m.	Car	Bag of chips	12 oz.	No
Lunch (12 p.m.)	Mall Plaza	Pizza	3 slices	Yes
		Coke	1 24-oz. cup	Yes

When I ate	Where I ate	What I ate	How much I ate	Was I hungry?
	Car	Heath ice cream	1 Klondike bar	No
2 p.m.	Desk	Cupcakes	2	No
4 p.m.	Car	French fries	1 large	No
		Coke	12 oz.	No
		Burger	1 regular	No
Dinner (6 p.m.)	In front of TV	Lasagna	2 large helpings	Yes
		Salad with dressing	1 bowl with 1/4 cup blue cheese	Yes
		Bread sticks	3	No
		Dr. Pepper	2 8-oz. cans	Yes
		Cheesecake	1 large slice	No
		Coffee with cream and sugar	2 cups, 3 tbsp., 2 tbsp.	No
8:30 p.m.	Movie	Buttered popcorn	Large bag	No
		Sprite	2 8-oz. glasses	No

Height & Weight Table For Women			
Height	Small Frame	Medium Frame	Large Frame
4' 10"	102–111	109–121	118–131
4' 11"	103–113	111–123	120–134
5' 0"	104–115	113–126	122–137
5' 1"	106–118	115–129	125–140
5' 2"	108–121	118–132	128–143
5' 3"	111–124	121–135	131–147
5' 4"	114–127	124–138	134–151
5' 5"	117–130	127–141	137–155
5' 6"	120–133	130–144	140–159
5' 7"	123–136	133–147	143–163
5' 8"	126–139	136–150	146–167
5' 9"	129–142	139–153	149–170
5' 10"	132–145	142–156	152–173
5' 11"	135–148	145–159	155–176
6' 0"	138–151	148–162	158–179

Weights at ages 25–59 based on lowest mortality. Weight in pounds according to frame (in indoor clothing weighing 3 lbs.; shoes with 1" heels).

Height & Weight Table For Men			
Height	Small Frame	Medium Frame	Large Frame
5' 2"	128–134	131–141	138–150
5' 3"	130–136	133–143	140–153
5' 4"	132–138	135–145	142–156
5' 5"	134–140	137–148	144–160
5' 6"	136–142	139–151	146–164
5' 7"	138–145	142–154	149–168
5' 8"	140–148	145–157	152–172
5' 9"	142–151	148–160	155–176
5' 10"	144–154	151–163	158–180
5' 11"	146–157	154–166	161–184
6' 0"	149–160	157–170	164–188
6' 1"	152–164	160–174	168–192
6' 2"	155–168	164–178	172–197
6' 3"	158–172	167–182	176–202
6' 4"	162–176	171–187	181–207

Weights at ages 25–59 based on lowest mortality. Weight in pounds according to frame (in indoor clothing weighing 5 lbs.; shoes with 1" heels).

Ready to Exercise?

1. Does the very idea of exercise bore you?	Y	N
2. Are you a pro at finding excuses not to engage in physical activities?	Y	N
3. If a friend invited you to go on a bike ride, would you suggest meeting for lunch instead?	Y	N
4. Do you get tired watching someone else work out?	Y	N
5. Do you choose the elevator over stairs every chance you get?	Y	N
6. Have you given up exercising because you weren't satisfied with previous results?	Y	N
7. Are you waiting to lose weight until you start exercising?	Y	N
8. Do you hate the idea of breaking a sweat?	Y	N
9. Do you resolve to take up exercising year after year but never seem to get around to it?	Y	N
10. When you are running errands, do you often drive rather than walk?	Y	N

0–2: **You're ready to reap the energy-boosting benefits of exercise.** You're actually pro-exercise, but there may be a few things keeping you from fully adopting an active lifestyle. Revisit a sport you enjoyed in your youth. Or choose something new that you've always wanted to learn or do.

3–5: **Your fitness hurdles are mainly attitude induced.** If you have been unhappy with past exercise efforts, you may have expected results too soon. While exercise often feels good in a matter of days, it usually takes a month to see real cardiovascular and strength benefits. For instant encouragement, keep a graph that shows the length and frequency of your workouts.

6–10: **You're on the wrong side of the starting gate.** Your excuses for skipping workouts only cheat yourself. When you're tempted to skip, think about this study from the Veterans' Affairs Palo Alto Health Care System at Stanford University: a person's peak exercise capacity, as measured on a treadmill test, is a more powerful predictor of longevity than health risk factors such as heart disease, high blood pressure, or smoking.²

What Is My Personality?

Part One: My Personality and Hobbies

(Circle the letter that most represents you.)

1. As a kid, the activities I liked best were:
 - a. gymnastics, cheerleading, jump rope, or dance classes.
 - b. playing outside—such as building forts or lemonade stands, climbing trees, or exploring the woods.
 - c. competitive sports.
 - d. playing with dolls, reading, coloring, or art projects.
 - e. parties, playing with my friends.
2. My favorite hobbies today are:
 - a. anything new and challenging.
 - b. outside activities—gardening, walking the dog, watching the stars.
 - c. tennis, card or board games, team and/or spectator sports.
 - d. reading, movies, needle crafts, painting, or anything that provides an escape.
 - e. group activities with friends—participating in a walking club, joining a book group, or just talking.
3. I get motivated to exercise if:
 - a. I get a new exercise video or piece of equipment, or I try a new fitness class.
 - b. I get a new piece of outside equipment, I discover a new walking or jogging path, or the weather is nice.
 - c. I'm presented with some competition.
 - d. I find an exercise that I get into to the point that I forget my surroundings.
 - e. I exercise in a group.
4. I prefer to exercise:
 - a. indoors.
 - b. outdoors.
 - c. wherever there's a competition.
 - d. wherever I am not the center of attention.
 - e. in a gym or fitness center, not at home.

Interpreting Your Score (Part One)

If you circled mostly the letter “a” or there is not an emerging pattern within your choices, you are probably a Learner. You’re always trying something new and welcome physical and mental challenges. You are most likely an “associative exerciser,” meaning you focus on the way your body moves and feels when you exercise. Choose activities that help you explore new moves: aerobics classes, any form of dance, Pilates, seated aerobics, in-line skating, skipping rope, fencing, or any other activity that attracts your interest.

If you circled mostly the letter “b,” you would be classified as an Outdoors Person. Fresh air is your energizer. So why not include nature in your exercise routine? Try hiking, biking, nature walking, gardening, swimming laps, or cross-country skiing.

If you circled mostly the letter “c,” you are classified as a Competitor. You naturally like one-on-one, competitive types of activities. Try fencing, cardio kickboxing, and spinning classes. If you excelled in or enjoyed a sport when you were younger, take it up again.

If you circled mostly the letter “d,” you are classified as Timid. You’re a “disassociative exerciser,” meaning you fantasize or think of events in your life when you exercise rather than contemplating the exercise itself. You’re more like a wallflower than a participant.

You’ll like mind/body activities like Pilates and stretching. Also try nature walking

or hiking. You’ll also probably love exercise classes. Sign up for classes such as aerobics, cardio kickboxing, seated aerobics, spinning, step aerobics, or water aerobics.

If you circled mostly the letter “e,” you are classified as a Social Butterfly. As a people-person, you tend to prefer the gym to exercising in your living room. Try aerobics classes, kickboxing, seated aerobics, spinning classes, stretching, step aerobics, and water aerobics. For weight lifting, find a buddy or two and do circuit training.

Part Two: My Workout Style and Goals

(Circle the letter that most represents you.)

1. My primary exercise goal is:
 - a. to lose weight or tone up.
 - b. to relax and relieve stress.
 - c. to have fun.
 - d. depends on how I feel.
2. I prefer:
 - a. a lot of structure in my workout.
 - b. some structure, but not too much.
 - c. no structure.
 - d. depends on my mood.
3. I prefer to exercise:
 - a. alone.
 - b. with one other person.
 - c. in a group.
 - d. depends on my mood.

Interpreting Your Score (Part Two)

If you circled mostly the letter “a” or a mixture of letters, you’re classified as a Gung-Ho Exerciser. You don’t mess around when you work out. You’re there to lose weight and tone up—period. You’ll benefit most from doing a specific activity, like cycling, aerobics, or using an elliptical machine, treadmill, or stair climber, at a moderate intensity. For optimal weight loss benefits, you should burn 2,000 calories a week. One way to achieve this would be to perform thirty minutes of aerobic-based exercise daily, combined with three sessions of weight training per week.

If you circled mostly the letter “b,” you would be classified as a Leisurely Exerciser. Your main exercise objectives are to relax and de-stress. To relax, try stretching. Studies have shown a direct relationship between physical activity and stress reduction. Hop on the treadmill or head outside and walk for five minutes, run slowly for thirty seconds, and then run fast for thirty seconds, repeating this sequence for about thirty minutes. Circuit weight training is another great interval workout. You do all your reps; then you rest; then you do a few more, and then you rest.

If you circled mostly the letter “c,” you are classified as a Fun-Loving Exerciser. Fifty straight minutes on the treadmill is not your bag—there’s no room in your fun-filled life. You’ll be most likely to stick to activities that are already an integral part of your schedule. Grab your in-line skates and circle the neighborhood. Put on your favorite music CD and dance around the living room. And you can make your weight routine more amusing by doing circuit weight training.

If you circled mostly the letter “d,” you are classified as a Flexible Exerciser. Exercise turns you on, but routine doesn’t. You’d rather fly by the seat of your gym shorts, which is fine. To add variety, use the elliptical machine one day, the treadmill the next, and the cross-country skiing machine the next.

Part Three: My Lifestyle and Schedule

(Circle the letter that most represents you.)

1. I have the most energy:
 - a. in the morning.
 - b. in the middle of the day.
 - c. in the evening or at night.
 - d. my energy level fluctuates.
2. I have the most time:
 - a. in the morning.
 - b. in the middle of the day.
 - c. in the evening.
 - d. depends on the day.
3. I'm most likely to:
 - a. go to bed early and get up early.
 - b. go to bed and get up at the same time every day, but not particularly early or late.
 - c. go to bed late and get up late.
 - d. depends on the day.

Interpreting Your Score (Part Three)

If you circled mostly the letter "a" or a mixture of letters, you're classified as a Morning Dove. You like to get chores out of the way as soon as you get up because that's when you have the most energy. Whether you go to the gym before you start your day or head outside for a dawn walk, you'll have an extra edge over those who hit the snooze button a few more times.

If you circled mostly the letter "b," you would be classified as a Midday Duck. You'd rather plop down on an exercise bike than in front of a sandwich when noon rolls around. Whether you're at home or work, exercise is a great way to break up your day.

If you circled mostly the letter "c," you are classified as a Night Owl. You haven't seen a sunrise since that all-night party in 1974. If you have more energy at night, use that time to exercise. Just don't do it too close to bedtime, or you'll have trouble sleeping.

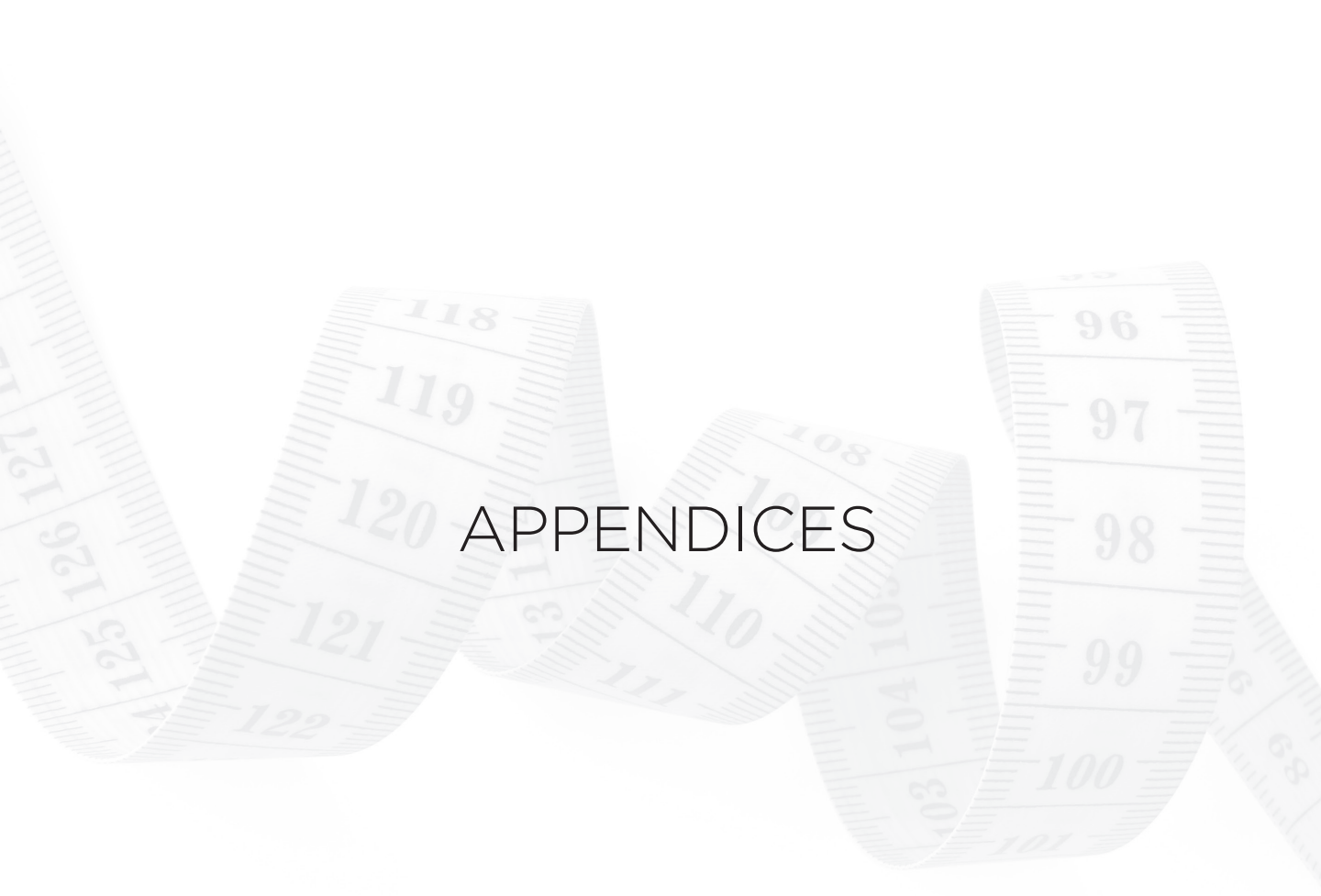
If you circled mostly the letter "d," you are classified as a Flexible Bird. The best time of day for you to exercise varies with your schedule. So just go with it and don't try to set yourself up with an intense schedule. But do push yourself to exercise as often as possible!

Am I Anxious?

- ☐ **It's going to be a catastrophe!** You think of the most extreme negative consequences possible, and assume they're going to happen. Disaster will hit, whether it's in the form of an event or personal humiliation and embarrassment.
- ☐ **It's personal!** Whatever happens around you is somehow personally relevant to you and will most likely happen to you next. For example, if there is a fire in the city, your house is next.
- ☐ **It could happen!** Here's why. You magnify the one part of the issue that could create a problem and ignore the nonthreatening parts. For example, you forget the words to the song you've practiced multiple times. Even though it's unlikely, since you've never forgotten the words during practice before, you tell yourself it could happen.
- ☐ **It doesn't matter what else is going on; I see danger.** You ignore the context of a problem and choose to focus on the one thing that could be dangerous or problematic. For example, your daughter could fall off the swing even though the grass is soft, the swing almost touches the ground, and she loves to be outside. Anxious thinkers focus on the possibility of falling off the swing even though the likelihood of harm is slight.
- ☐ **I can tell this is trouble!** At any sign of trouble, you immediately jump to conclusions. For example, air turbulence means the plane is crashing. Or a tightness in your chest means you are dying from a heart attack. A call from the school means your child is in trouble.
- ☐ **I can't. I don't have what it takes. I won't be able to do it.** You believe nothing will change and you can't meet the challenge. You have given up before starting and aren't asking God to help you overcome your weakness. Though you can't do something in your own power, God can do all things through you if you allow His power to be made known.
- ☐ **It will happen again.** Because something happened once, you assume it will happen again.

You overgeneralize to the next situation. For instance, you panicked the last time you saw your ex-husband and assume you will panic every time you see him in the future.

- ❑ **It's all or nothing.** All-or-nothing thinking is just like it sounds. You believe things happen all the time or not at all. Your color perspective includes two colors: black and white. But definitely not gray! All-or-nothing thinkers are often disappointed and need to build tolerance for failure and imperfection. Any "mistake" has the potential to be thought of as a catastrophe, which will possibly lead to overeating and thoughts of failure.
- ❑ **It's perfection that's required.** These two phrases play over and over in your mind: *I should have*, or *I have to* . . . You are the classic perfectionist who always falls short of the job and worries about your failures. These thoughts don't allow for mistakes or human fallibility.
- ❑ **It's going to be bad.** You are far too critical and need to give yourself a break! You need a shot of God-esteem. Your recurring thoughts include: *I can't believe I did that. How stupid. What an idiot I am.*
- ❑ **What about . . . ?** You are the classic worrier. Nothing can happen without you fearing all the possibilities for disaster or problems. You fail to recognize that you really don't have control. Worrying about everything that can go wrong is sin. God tells us to be anxious about nothing. He wants us to hand over the worry to Him. He will take care of us no matter what.



APPENDICES

APPENDIX A

Food Journal

[illegible]

Physical Versus Emotional Hunger Chart

1. Was I experiencing physical or emotional hunger?
2. Before I ate, how did I feel?
3. After I ate, how did I feel?

[illegible]

APPENDIX C

Glycemic Food Index¹

BAKERY PRODUCTS	GI	Life®	94	Vanilla Wafers®	110
Sponge cake	66	Grape-Nuts®	96	Biscotti	113
Pound cake	77	Post Shredded Wheat®	99		
Danish	84	Cream of Wheat®	100	CRACKERS	GI
Muffin	88	Golden Grahams®	102	Breton® wheat crackers	96
Flan	93	Puffed wheat	105	Stoned wheat thins	96
Angel food cake	95	Cheerios®	106	Rice cakes	110
Croissant	96	Corn bran	107		
Doughnut	108	Total®	109		
Waffle	109	Rice Krispies®	117		
		Corn Chex®	118		
		Cornflakes	119	DAIRY FOODS	GI
BREADS	GI	Crispix®	124	Lowfat yogurt, artificially sweetened	20
Oat bran bread	68	Rice Chex®	127	Chocolate milk, artificially sweetened	34
Mixed grain bread	69			Whole milk	39
Pumpernickel bread	71	CEREAL GRAINS	GI	Soy milk	43
White pita	82	Pearled barley	36	Fat-free milk	46
Cheese pizza	86	Rye	48	Low-fat yogurt, fruit flavored	47
Hamburger bun	87	Wheat kernels	59	Low-fat ice cream	71
Rye flour bread	92	Rice, instant	65	Ice cream	87
Semolina bread	92	Bulgur	68		
Oat kernel bread	93	Rice, parboiled	68		
Whole wheat bread	99	Cracked barley	72		
Melba toast	100	Wheat, quick cooking	77		
White bread	101	Buckwheat	78		
Plain bagel	103	Brown rice	79	FRUIT AND FRUIT PRODUCTS	GI
Kaiser rolls	104	Wild rice	81	Cherries	32
Bread stuffing	106	White rice	83	Grapefruit	36
Gluten-free wheat bread	129	Couscous	93	Peach	40
French baguette	136	Rolled barley	94	Dried apricots	43
		Mahatma Premium rice	94	Fresh apricots	43
		Taco shells	97	Canned peaches	43
BREAKFAST CEREALS	GI	Cornmeal	98	Orange	47
Rice bran	27	Millet	101	Pear	47
Kellogg's All-Bran®	60	Tapioca, boiled with milk	115	Plum	55
Oatmeal, non-instant	70			Apple	56
Special K®	77			Apple juice	57
Honey Smacks®	78	COOKIES	GI	Grapes	62
Oat bran	78	Oatmeal cookies	79	Canned pears	63
Kellogg's Mueslix®	80	Shortbread	91	Raisins	64
Kellogg's Mini-Wheats® (unfrosted)	81	Arrowroot	95	Pineapple juice	66
Multi-Bran Chex®	83	Graham crackers	106	Grapefruit juice	69
Kellogg's Just Right®	84			Fruit cocktail	79
				Kiwifruit	83

Mango	86	French fries	107	Celery	<20
Banana	89	Potatoes, instant	114	Cucumbers	<20
Canned apricots, in syrup	91	Potato, microwaved	117	Escarole	<20
Pineapple	94	Parsnips	139	Eggplant	<20
Watermelon	103	Potato, baked	158	Beet	<20
				Chard	<20
				Collard	<20
				Kale	<20
LEGUMES	GI	SNACK FOOD AND CANDY	GI	Mustard greens	<20
Soybeans, boiled	23	Peanuts	21	Spinach	<20
Red lentils, boiled	36	Mars M&Ms® (peanut)	46	Turnip	<20
Kidney beans, boiled	42	Mars Snickers® Bar	57	Lettuce, all varieties	<20
Green lentils, boiled	42	Mars Twix® Cookie Bars (caramel)	62	Mushrooms, all varieties	<20
Butter beans, boiled	44	Chocolate bar, 1.5 oz	70	Okra	<20
Yellow split peas, boiled	45	Jams and marmalades	70	Peppers, all varieties	<20
Baby lima beans, frozen	46	Potato chips	77	Green beans	<20
Chickpeas	47	Popcorn	79	Snow peas	<20
Navy beans, boiled	54	Mars Kudos® Whole Grain Bars	87	Spaghetti squash	<20
Pinto beans	55	Mars® Bar	91	Young summer squash	<20
Black-eyed peas	59	Mars Skittles®	98	Watercress	<20
Canned chickpeas	60	Life Savers®	100	Wax beans	<20
Canned pinto beans	64	Corn chips	105	Zucchini	<20
Canned baked beans	69	Jelly beans	114	Tomatoes	23
Canned kidney beans	74	Pretzels	116	Dried peas	32
Canned green lentils	74	Dates	146	Green peas	68
Fava beans	113			Sweet corn	78
				Pumpkin	107
PASTA	GI	SOUPS	GI		
Protein enriched spaghetti	38	Canned tomato soup	54		
Fettuccine	46	Canned lentil soup	63		
Vermicelli	50	Split pea soup	86		
Whole-grain spaghetti	53	Black bean soup	92		
Meat-filled ravioli	56	Canned green pea soup	94		
White spaghetti	59				
Capellini	64	SUGARS	GI		
Macaroni	64	Fructose	32		
Linguine	65	Lactose	65		
Cheese tortellini	71	Honey	83		
Durum spaghetti	78	High-fructose corn syrup	89		
Macaroni and cheese	92	Sucrose	92		
Gnocchi	95	Glucose	137		
Brown rice pasta	113	Maltodextrin	150		
		Maltose	150		
ROOT VEGETABLES	GI	VEGETABLES	GI		
Sweet potato	63	Artichoke	<20		
Carrots, cooked	70	Argali	<20		
Yam	73	Asparagus	<20		
White potato, boiled	83	Broccoli	<20		
White potato, steamed	93	Brussels sprouts	<20		
White potato, mashed	100	Cabbage, all varieties	<20		
New potato	101	Cauliflower	<20		
Rutabaga	103				
Potato, boiled, mashed	104				

¹Glycemic Index numbers are provided by the World Health Organization.

APPENDIX D

Two Weight-Loss Plans

For both plans, consult the following chart to plan meals; it's important to eat the number of servings listed for each food group. By eating the specified number, you will reduce carbohydrates but still get the proper amounts of food from other food groups to maintain a healthy weight-loss plan.

	1,500–1,800 Daily Calories			1,800–2,200 Daily Calories		
Food Group	Servings	Calories	Carbs (g)	Servings	Calories	Carbs (g)
Protein	9	495	0	14	890	0
Fats	6	270	0	8	360	0
Nuts	1	200	4	1	200	4
Vegetables	5	125	25	5	125	25
Starches	4	320	60	4	320	60
Fruits	2	120	30	2	120	30
Dairy	0.5	45	6	0.5	45	6
TOTAL		1,575	125		2,060	125

This plan is tailored to fit your calorie and carbohydrate needs while helping you lose about one to two pounds per week. Before you know it, you'll be losing the weight and loving your new low-carb lifestyle! Choose your desired number of daily calories and limit eating to the foods listed while observing the serving sizes listed in the appropriate column. All calorie levels are approximate. The following five-day meal plan allows 125 grams of carbs per day.

THE SMART LOW-CARB WEIGHT-LOSS PLAN MENU

**Recipes included on pages 492–501*

MONDAY	Calorie Level 1,500–1,800	Calorie Level 1,800–2,200
<i>Breakfast</i>		
Fried Eggs in Vinegar*	1 serving	1 serving
Fat-free milk	1/2 cup	1/2 cup
Apple juice	1/2 cup	1/2 cup
Whole wheat bread	1 slice	1 slice
Butter spray, non-fat	1 tsp.	1 tsp.
<i>Snack</i>		
Nectarine, pear, or apple	1	1
<i>Lunch</i>		
Grilled chicken tenders	4 oz.	5 oz.
brushed w/ Italian dressing	1 tsp.	1 tbsp.
Red leaf lettuce	1 cup	1 cup
Carrot, shredded	1/4 cup	1/4 cup
Cucumber, sliced	1/2 cup	1/2 cup
Italian dressing	2 tsp.	2 tbsp.
<i>Snack</i>		
Walnuts	1 oz.	1 oz.
<i>Dinner</i>		
London broil	4 oz.	5 oz.
Spanish-Style Green Beans*	1 serving	1 serving
Couscous	1/2 cup	1/2 cup
<i>Snack</i>		
Orange-Walnut Biscotti*	2	2
Total Calories	1,640	1,880
Total Carbs	125	125

TUESDAY**Calorie Level 1,500–1,800****Calorie Level 1,800–2,200***Breakfast*

Cherry Cream of Rye Cereal*	1 serving	1 serving
Fat-free milk	1/2 cup	1/2 cup
Turkey sausage	1 oz.	1 oz.

Snack

Apple	1	1
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Lunch

Tuna	3 oz.	4 oz.
Celery, chopped	1/4 cup	1/4 cup
Onion, chopped	1/4 cup	1/4 cup
Mayonnaise, reduced-fat	2 tbsp.	1/4 cup
Green olives	10 small	10 small
Green leaf lettuce, torn	1 cup	1 cup
Whole wheat bread	1 slice	1 slice

Snack

Pecans	1 oz.	1 oz.
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Dinner

Pork Chops Baked w/Cabbage and Cream*	1 serving	1 serving
Steamed butternut squash	1/2 cup	1/2 cup

Snack

Pumpnickel bread	1 slice	1 slice
Swiss cheese, reduced-fat	1 oz.	1 oz.
Butter spray, non-fat	1 tsp.	2 tsp.

Total Calories**1,670****1,960****Total Carbs****127****127**

WEDNESDAY**Calorie Level 1,500–1,800****Calorie Level 1,800–2,200***Breakfast*

Scrambled egg	1	2
Orange juice	1/2 cup	1/2 cup
Rye toast	1 slice	1 slice
Butter spray, nonfat	1 tsp.	2 tsp.
Fat-free milk	1/2 cup	1/2 cup

Snack

Kiwi	1	1
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Lunch

Salad of lentils, cooked	1/2 cup	1/2 cup
Turkey breast, cooked and cubed	3 oz.	4 oz.
Carrots, sliced	1/2 cup	1/2 cup
Peppers, chopped	1/2 cup	1/2 cup
Peas, cooked	1/4 cup	1/4 cup
Olive oil	2 tsp.	1 tbsp.
Cheddar cheese, low-fat	1/2 oz.	1/2 oz.

Snack

Brazil nuts	1 oz.	1 oz.
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Dinner

Stir-Fried Chicken and Broccoli*	1 serving (4 oz. chicken)	1 serving (5 oz. chicken)
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Snack

Pecan Muffins*	1	1
Butter	1 tsp.	2 tsp.

Total Calories**1,590****1,890****Total Carbs****123****123**

THURSDAY**Calorie Level 1,500–1,800****Calorie Level 1,800–2,200***Breakfast*

Pecan Muffins*	1	1
Cottage cheese, low-fat	2 tbsp.	6 tbsp.
Peach	1	1
Fat-free milk	1/2 cup	1/2 cup

Snack

Grapefruit	1/2	1/2
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Lunch

Sandwich of two rice cakes topped w/ sardines or salmon, boneless, skinless	4 oz.	5 oz.
Cream cheese, low-fat	2 tbsp.	2 tbsp.
Tomato	2 slices	2 slices
Zucchini, sticks	1/2 cup	1/2 cup

Snack

Almonds	1 oz.	1 oz.
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Dinner

Lamb chop topped	4 oz.	5 oz.
w/ garlic powder	1/8 tsp.	1/8 tsp.
Mint leaves	2 tsp.	1 tbsp.
Barley, cooked	1/2 cup	1/2 cup
Stewed tomatoes	1 cup	1 cup
Green beans, sautéed in olive oil	1/2 cup 2 tsp.	1/2 cup 3 tsp.

Snack

Whole wheat bread	1 slice	1 slice
Butter spray, nonfat	1 tsp.	2 tsp.
Chicken, sliced	1 oz.	2 oz.

Total Calories**1,700****1,950****Total Carbs****122****122**

FRIDAY**Calorie Level 1,500–1,800****Calorie Level 1,800–2,200***Breakfast*

Sweet potato, cooked and topped	1/2 cup	1/2 cup
with walnut oil or canola oil	1/2 tsp.	1 tsp.
Walnuts, chopped	1 oz.	1 oz.
Coconut, shredded	1 tbsp.	2 tbsp.
Pineapple, crushed	1/4 cup	1/4 cup
Chicken breast, cooked	—	2 oz.
Fat-free milk	1/2 cup	1/2 cup

Lunch

Salad of spinach	2 cups	2 cups
Chickpeas	1/2 cup	1/2 cup
Egg, hard-cooked	1	2
Artichoke hearts	1/2 cup	1/2 cup
Olive oil	2 tsp.	3 tsp.
Lemon juice	1 tbsp.	1 tbsp.
Whole wheat pita	1/2	1/2

Snack

Monterey Jack cheese, low-fat	2 oz.	2 oz.
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Dinner

Breaded Baked Cod*	1 serving	1 serving
Red cabbage, sautéed	1/2 cup	1/2 cup
in sesame oil	1 tsp.	2 tsp.
Yellow squash, steamed	1/2 cup	1/2 cup
Butter spray, non-fat	1 tsp.	1 tsp.
Cantaloupe Sorbet*	1 serving	1 serving

Snack

Popcorn, air-popped	3 cups	3 cups
Butter spray, non-fat	1 tsp.	2 tsp.
Monterey Jack cheese, reduced fat	2 oz.	2 oz.

Total Calories**1,640****1,980****Total Carbs****124****124**

THE SMART LOW-CARB WEIGHT-LOSS PLAN RECIPES

Breaded Baked Cod with Tartar Sauce

Cantaloupe Sorbet

Cherry Cream of Rye Cereal

Fried Eggs with Vinegar

Orange-Walnut Biscotti

Pecan Muffins

Pork Chops with Cabbage and Cream

Spanish-Style Green Beans

Stir-Fried Chicken with Broccoli

Breaded Baked Cod with Tartar Sauce

Ingredients:

TARTAR SAUCE

- 1/2 cup reduced-fat mayonnaise or Lemonaise Lite
- 1 1/2 tbsp. lemon juice
- 1 tbsp. finely chopped dill or sweet pickles
- 2 tsp. mustard
- 2 tsp. capers, drained and chopped
- 2 tsp. chopped parsley (optional)

FISH

- 2 slices whole wheat bread
- 2 eggs or 1/2 cup EggBeaters
- 1 tbsp. water
- 1 1/4 lbs. cod or scrod fillet, cut into 1" pieces
- 1/2 tsp. salt (or salt substitute for a lower-sodium choice)
- 1/4 tsp. ground black pepper

Serves: 4

Calories Per Serving: 268

Preparation Time: 30 minutes

Difficulty: Easy

Cooking Instructions:

1. To make the tartar sauce: In a small bowl, combine the mayonnaise, lemon juice, dill, mustard, capers, and parsley. Cover and refrigerate.
2. To make the fish: Preheat the oven to 400°F. Coat a baking sheet with cooking spray.
3. Place the bread in a food processor, and process into fine crumbs. Place in a shallow bowl. In another bowl, beat the eggs and water together. Season the fish with the salt and pepper.
4. Dip the fish into the egg mixture and then into the bread crumbs. Place fish on the prepared baking sheet. Generously coat the breaded fish with cooking spray.
5. Bake until fish pieces are opaque inside, about 10 minutes. Serve with the tartar sauce.

Per Serving Nutrition: Tips:

Fat: 10 g
Saturated fat: 2 g
Cholesterol: 174 mg
Carbs: 14 g
Protein: 30 g
Fiber: 1 g
Sodium: 734 mg*

- If you buy your fish fresh, use within two days. Keep fish in its market wrapper in the refrigerator.
- Eating fish regularly offers many health benefits: omega-3 fatty acids are believed to offer protection against heart disease, depression, and irregular menstrual cycles.

** Using a salt substitute will lower the total sodium.*

Cantaloupe Sorbet

Ingredients:

- 4 frozen cantaloupes, slightly thawed
- 1 frozen banana, sliced
- 1/4 cup Splenda
- 1 tbsp. lime juice
- 2 tsp. grated lime peel
- 1/8 –1/4 tsp. ground cinnamon

Serves: 6

Calories Per Serving: 61

Preparation Time: 4–5 hours

Difficulty: Easy

Cooking Instructions:

1. In a food processor, combine the cantaloupe, banana, Splenda, lime juice, lime peel, and cinnamon. Process until smooth.
2. Scrape into a shallow metal pan. Cover and freeze for 4 hours or overnight. Using a knife, break the mixture into chunks. Process briefly in a food processor to a smooth consistency before serving.

Per Serving Nutrition: Tips:

Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Carbs: 15 g
Protein: 1 g
Fiber: 2 g
Sodium: 11 mg

- Cantaloupe is a powerful source of beta-carotene.
- Cantaloupe not only offers protection against cancer but can help keep your skin lovely!
- To pick the juiciest, sweetest cantaloupe at the store, look for a melon that is heavy and without obvious injuries. The fragrance should be strong and sweet.
- Savory or lightly sweetened sorbets are customarily served either as a palate refresher between courses or as dessert.

Cherry Cream of Rye Cereal

Ingredients:

1¼ cup water
1¼ cup apple cider
¼ tsp. salt or salt substitute
1 cup cream of rye cereal
1 tbsp. low-sugar or no-sugar-added cherry fruit spread
⅛ tsp. ground nutmeg
⅛ tsp. ground cardamom
1½ tbsp. chopped hazelnuts (optional)

Serves: 4

Calories Per Serving: 208

Preparation Time: 10 minutes

Difficulty: Easy

Cooking Instructions:

1. Combine the water, cider, and salt in a saucepan and bring to a boil over medium heat. Stir in the cereal and reduce heat to low. Cook, uncovered, until thick, stirring occasionally, 3-5 minutes. Remove from heat and stir in the fruit spread.
2. Spoon into bowls and sprinkle with nutmeg, cardamom, and hazelnuts. Serve hot.

Per Serving Nutrition:

Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Carbs:	45 g
Protein:	4 g
Fiber:	6 g
Sodium:	168 mg

Fried Eggs with Vinegar

Ingredients:

- 2 tbsp. butter or nonfat butter spray
- 8 large eggs or 2 cups EggBeaters
- 1 tsp. salt or salt substitute
- 1/4 tsp. ground black pepper
- 1/8 tsp. dried marjoram or basil
- 4 tsp. red wine vinegar
- 1 tsp. chopped parsley (optional)

Serves: 4

Calories Per Serving: 206

Preparation Time: 10 minutes

Difficulty: Easy

Cooking Instructions:

1. Melt 1 tablespoon of butter in a large nonstick skillet over medium-low heat. Add the eggs, and sprinkle with the salt, pepper, and marjoram (work in batches if necessary). Cover and cook until the whites are set and yolks are almost set, 3 to 5 minutes. (For steam-basted eggs, add 1 tsp. of water to the pan and cover with a lid.)
2. Remove eggs to plates. Place the skillet over low heat and add the remaining 1 tablespoon of butter. Cook until the butter turns light brown, 1 to 2 minutes. Add the vinegar. Pour the vinegar mixture over the eggs. Sprinkle with parsley. Serve hot.

Per Serving Nutrition:

Fat:	16 g
Saturated Fat:	7 g
Cholesterol:	440 mg
Carbs:	1 g
Protein:	13 g
Fiber:	0 g
Sodium:	764 mg

Orange-Walnut Biscotti

Ingredients:

- 2/3 cup walnuts
- 1/4 cup sugar
- 1 1/4 cup whole-grain pastry flour
- 1/4 cup cornmeal
- 1 tsp. baking powder
- 1/4 tsp. salt or salt substitute
- 1/4 cup butter, softened or nonfat butter spray
- 1/4 cup Splenda
- 2 large eggs or 1/2 cup EggBeaters
- 2 tsp. grated orange peel
- 1/2 tsp. orange extract

Serves: 24

Calories Per Serving: 76

Preparation Time: 1 1/2 hours

Difficulty: Easy

Cooking Instructions:

1. In a food processor, combine the walnuts and 2 tablespoons of the sugar. Process just until walnuts are coarsely ground. Transfer to a large bowl and add the flour, cornmeal, baking powder, and salt. Stir until combined.
2. In a large bowl, and using an electric mixer, beat the butter, Splenda, and remaining 2 tablespoons of sugar until light and fluffy. Beat in the eggs, orange peel, and orange extract. Gradually beat in the flour mixture until dough is smooth and thick. Divide the dough into two equal-sized discs. Refrigerate for 30 minutes or until dough is firm.
3. Preheat the oven to 350°F. Coat a baking sheet with cooking spray.
4. Shape each disc into a 12" log. Place both logs on the prepared baking sheet. Bake for 25 to 30 minutes, or until golden brown. Remove the logs to wire racks to cool.

5. Cut each log on a slight diagonal into $\frac{1}{2}$ "-thick slices. Place the slices, cut side down, on the baking sheet and bake for 5 minutes. Turn the slices over, and bake for 5 minutes longer, or until dry. Remove biscotti to wire racks to cool.

Per Serving Nutrition: Tips:

Fat: 5 g
Saturated fat: 2 g
Cholesterol: 23 mg
Carbs: 8 g
Protein: 2 g
Fiber: 1 g
Sodium: 68 mg

- Walnuts are a good source of alpha-linolenic acid, which can reduce your risk of heart attack and stroke.

Pecan Muffins

Ingredients:

$\frac{1}{2}$ cups whole grain pastry flour
 $\frac{1}{4}$ cup soy flour
 $\frac{2}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt or salt substitute
 $\frac{1}{2}$ tsp. ground nutmeg
 $\frac{1}{2}$ cup toasted pecans, chopped
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup low-sugar or no-sugar-added apricot or peach fruit spread
2 large eggs or $\frac{1}{2}$ cup EggBeaters, lightly beaten
 $\frac{1}{2}$ tsp. vanilla extract
 $\frac{1}{8}$ tsp. liquid stevia* or Splenda

Serves: 12
Calories Per Serving:
One muffin, 218
Preparation Time: 25 Minutes
Difficulty: Easy

* Available in most health-food stores

Cooking Instructions:

1. Place a rack in the middle position in the oven. Preheat the oven to 375°F. Coat a 12-cup muffin pan with cooking spray or line with paper cups.
2. In a large bowl, whisk together the pastry flour, soy flour, baking powder, salt, nutmeg, and pecans.

3. In a small bowl, combine the oil, fruit spread, eggs, vanilla extract, and stevia. Add to the flour mixture, stirring just until the dry ingredients are moistened.
4. Spoon into the prepared muffin cups until three-quarters full. Bake 12–14 minutes or until a toothpick inserted in the center of a muffin comes out clean. Serve warm.

Per Serving Nutrition: Tips:

Fat: 12 g
Saturated Fat: 1 g
Cholesterol: 35 mg
Carbs: 20 g
Protein: 4 g
Fiber: 3 g
Sodium: 193 mg

- Whole-wheat pastry flour is available at most health-food stores.
- Whole grains reduce your risk of heart disease, cancer, and other chronic illnesses. Always choose whole-grain breads and pasta over any made from refined white flour.

Pork Chops Baked with Cabbage and Cream

Ingredients:

- 1 small head (1½ lbs.) green cabbage, cored and finely shredded
- 4 boneless pork chops (6 oz. each), each ¾" thick
- ½ tsp. salt or salt substitute
- ¼ tsp. ground black pepper
- 2 tsp. olive oil
- ½ cup half-and-half
- 1 tsp. caraway seeds
- ½ tsp. sweet Hungarian paprika
- 1 tsp. dried marjoram or thyme
- ½ cup (2 oz.) shredded low-fat Swiss cheese

Serves: 4

Calories Per Serving: 463

Preparation Time: 50 minutes

Difficulty: Average

Cooking Instructions:

1. Preheat the oven to 350°F.
2. Bring a large pot of salted water to a boil over high heat. Add the cabbage and cook until soft, 4–5 minutes. Drain in a colander and allow to dry on paper towels.
3. Season meat with ¼ teaspoon of the salt and pepper. Heat the oil in a large ovenproof skillet over high heat. Add meat and cook just until browned, 1–2 minutes. Remove to a plate.

4. Discard any fat in the skillet and heat the skillet over low heat. Stir in the cabbage, half-and-half, caraway seeds, paprika, marjoram, and the remaining $\frac{1}{4}$ teaspoon of salt. Cook and stir until heated through, about 5 minutes. Remove from heat and place chops on a plate. Place cabbage in skillet and arrange the pork over the cabbage, adding any juices accumulated on the plate. Sprinkle with the cheese. Bake until a meat thermometer registers 160°F for medium-well, about 25 minutes.

Per Serving Nutrition: Tips:

Fat: 20 g
Saturated Fat: 9 g
Cholesterol: 165 mg
Carbs: 12 g
Protein: 53 g
Fiber: 4 g
Sodium: 460 mg

- Vegetables like cabbage help reduce your risk of heart disease, cancer, and stroke
- Cabbage is also high in calcium, which protects bone density.

Spanish-Style Green Beans

Ingredients:

- 1 lb. green beans, trimmed and cut into 2" lengths
- 3 tbsp. olive oil
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 1 tomato (4 oz.), peeled, seeded, and coarsely chopped
- 2 cloves garlic, minced
- $\frac{1}{4}$ tsp. salt or salt substitute
- $\frac{1}{8}$ tsp. ground black pepper
- 2–3 tbsp. coarsely chopped, pitted kalamata olives
- 2 tsp. drained capers (optional)

Serves: 4

Calories Per Serving: 162

Preparation Time: 30 minutes

Difficulty: Easy

Cooking Instructions:

1. Combine the beans, oil, onion, bell pepper, tomato, garlic, salt, and black pepper in a saucepan over medium heat. Cook, stirring, until the vegetables start to sizzle, 2–3 minutes.

2. Reduce the heat to low, cover, and cook, stirring occasionally, until the beans are very tender but not falling apart, 20–25 minutes. Stir in olives and capers and heat for 1 minute. Serve warm, at room temperature, or chilled.

Per Serving Nutrition: Tips:

Fat: 12 g
Saturated Fat: 2 g
Cholesterol: 0 mg
Carbs: 13 g
Protein: 2 g
Fiber: 6 g
Sodium: 230 mg

- Eating more vegetables helps you feel full and satisfied longer.
- Fiber-rich foods, such as green beans, help lower cholesterol levels.

Stir-Fried Chicken and Broccoli

Ingredients:

- 1/2 cup chicken broth
- 3 tbsp. Chinese oyster sauce
- 2 tbsp. orange juice
- 1 tbsp. plus 1 1/2 tsp. low-sodium soy sauce
- 2 cloves garlic, minced
- 2 tsp. fresh ginger, minced
- 1 tsp. sesame oil
- 1/4 tsp. hot-pepper sauce (optional)
- 1 tbsp. cornstarch
- 1 tbsp. plus 1 1/2 tsp. cold water
- 3 tbsp. vegetable oil
- 1 lb. boneless, skinless chicken breasts, cut into thin strips
- 1 large bunch (2 lbs.) broccoli, cut into small florets
- 5 scallions, sliced
- sesame seeds (optional)

Serves: 4

Calories Per Serving: 321

Preparation Time: 20 minutes

Difficulty: Easy

Cooking Instructions:

1. In a small bowl, combine the broth, oyster sauce, orange juice, soy sauce, garlic, ginger, sesame oil, and hot-pepper sauce.
2. In a cup, dissolve the cornstarch in the cold water.
3. Heat the oil in a large wok or skillet over high heat until the oil just starts to smoke. Add the chicken and cook, stirring constantly, until it is no longer pink on the surface, about 30 seconds. Add the broccoli and cook, stirring constantly, until it turns bright green and the chicken is half-cooked, about 2 minutes.
4. Pour in the broth mixture and cook for 2 minutes, stirring frequently.
5. Stir in the scallions and cornstarch mixture. Cook and stir until the sauce comes to a boil and thickens, and the chicken is cooked through, about 1 minute.
6. Sprinkle with the sesame seeds.

Per Serving Nutrition: Tips:

Fat:	14 g
Saturated Fat:	1 g
Cholesterol:	66 mg
Carbs:	18 g
Protein:	34 g
Fiber:	8 g
Sodium:	692 mg

- Avoid buying broccoli with yellow tips. If it isn't fresh, it won't taste as good.
- Eating broccoli and other cruciferous vegetables regularly will help lower your risk of cancer.

THE WALKER'S WEIGHT-LOSS PLAN

To lose weight, your goal is to burn more calories a day than you eat. Remember these six essential factors:

1. CONTROL YOUR CALORIES. If you exercise three days a week or less and do only minimal daily activity, a good daily calorie level is 1,350. You could lose up to two pounds per week at this level. If you exercise four days a week by walking, jogging, or doing in-home cardio exercise, you could increase your calorie level to 1,600 each day and still lose up to two pounds per week.

2. INCREASE YOUR FIBER INTAKE. Choose high-fiber foods over low-fiber foods. Each gram of fiber eaten can cancel out nine calories from your daily caloric intake! Try high-fiber multigrain breakfast cereals, barley, whole-wheat bread, and fruits such as

pears and raspberries. Eat four servings a week of legumes such as beans, peas, and lentils. Some ideas for how to get lentils into your diet include bean or lentil salad, vegetable chili, low-fat refried beans, baked beans, and bean burritos.

3. REPLACE HIGH-FAT FOODS WITH CHOICES THAT ARE LOWER IN FAT. Read all food labels and try to stay within the range of no more than 25 percent of your calories coming from fat. Good choices include: avocados, olives, peanut butter, and nuts. Try olive and canola oil for cooking, in your salad dressings, or on your bread. Favor unsalted nuts over chips or other snack foods.

4. EAT AT LEAST ONE FIBER-RICH FRUIT OR VEGETABLE EACH DAY. The choices are many! Carrots, sweet potatoes, squash, tomatoes, cantaloupes, apricots, oranges, grapefruit, papayas, red peppers, or broccoli.

5. ELIMINATE OR REDUCE SUGAR. Remember that too much sugar turns to fat!

6. REDUCE SALT. According to the USDA, too much sodium can elevate blood pressure and lead to stroke. Too much salt can also cause water retention. Avoid canned or pre-packaged foods in favor of the frozen or fresh variety. Read all food labels to make sure the sodium content is within reasonable limits. If you're trying to lose weight, you should have no more than 2,000 mg of sodium per day. Salt is literally in everything, so be careful when eating out and ask your waiter or waitress to "hold the salt" on your order.

THE WALKER'S WEIGHT-LOSS PLAN MENU

**Recipes included on pages 508–11*

MONDAY

Breakfast

- 1/2 grapefruit
- 1 slice whole wheat toast
- 1 tbsp. low-sugar or no-sugar-added fruit spread

Nutrition Information:

Calories: 1506
Fat: 45 g
Saturated Fat: 10 g
Fiber: 23 g
Sodium: 2168 mg

Midmorning Snack

- 3/4 cup Concord grape juice
- 1 cup oatmeal
- 1 cup fat-free milk

Tips:

- To find whole wheat bread, check the ingredients list; the first ingredient should be “whole wheat flour.”
- Concord grape juice has almost five times the antioxidant power of orange juice.
- Today's improved reduced-fat cheeses taste as good as the real thing.
- Eating mini-meals (at breakfast, midmorning snack, lunch, midafternoon snack, dinner, and evening snack) may help prevent weight gain.
- Chop garlic, then let it “rest” for 15 minutes before cooking so that healing phytochemicals have a chance to develop.
- Processed tomato products are concentrated sources of lycopene, a likely prostate cancer fighter.

Lunch

- 1 cup black bean soup
- 1 wedge cornbread
- 1 cup spinach salad topped with 1/2 cup orange sections

Midafternoon Snack

- 1 oz. reduced-fat cheddar cheese
- 2 tbsp. walnuts
- 1 apple

Dinner

- 1 cup cooked whole wheat pasta shells tossed with 1 tbsp. olive oil and 2 cloves garlic
- 1 cup broccoli
- 1/2 cup red bell pepper slices

Evening Snack

- 1 cup reduced-sodium tomato juice
- 4 whole wheat crackers

TUESDAY

Breakfast

- 1/2 whole wheat English muffin
- 1 tsp. trans-free margarine or non-fat butter spray
- 1 poached or hard-cooked egg or 1/2 cup EggBeaters
- 1 pear

Midmorning Snack

- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat granola

Lunch

- 2 slices whole wheat bread with 2 oz. reduced-fat mozzarella cheese and 1 roasted bell pepper (packed in water) or fresh basil leaves

Midafternoon Snack

- 1/4 cup hummus
- 1/2 cup cucumber slices

Dinner

- 3 oz. poached salmon
- 1 cup brown rice
- 1/2 cup no-salt-added stewed tomatoes
- 1 cup steamed kale

Evening Snack

- 1/2 cup calcium-fortified orange juice
- 1 banana

Nutrition Information:

Calories:	1506
Fat:	38 g
Saturated fat:	10 g
Fiber:	21 g
Sodium:	1337 mg

Tips:

- Check ingredients lists; look for margarine without the words “partially hydrogenated.”
- Mix your yogurt and granola the night before and freeze. By the time you get ready to eat your snack at work, it should be defrosted.
- Choosing fruits and vegetables with vivid colors helps you zero in on the nutrient powerhouses.
- The Italian section of the ethnic food aisle has ready-to-eat jarred red bell peppers. If you’re concerned with sodium levels, and the sodium is high on the pre-prepared items, stick with fresh vegetables.
- Look for calcium-fortified red grapefruit juice too.
- Poaching is very healthy and quite easy. Bring water (enough to cover the fish), a bay leaf, a lemon slice, and a little salt or salt substitute to a boil in a skillet. Lower to a simmer; then place the fish in the liquid. Cook gently for about 8 minutes or until cooked through.

WEDNESDAY

Breakfast

- 3/4 cup hot whole wheat cereal
- 1/2 cup frozen blueberries, thawed
- 1 cup fat-free milk

Midmorning Snack

- 1 slice toasted whole wheat raisin bread
- 1 tbsp. natural or low-fat peanut butter

Lunch

- 1 small bean burrito
- 8 grape tomatoes, halved and tossed with 2 oz. crumbled reduced-fat feta cheese

Midafternoon Snack

- 1 serving Papaya Power Shake*

Dinner

- 2 oz. roasted chicken breast
- 1 cup mashed butternut squash
- 1 cup brussels sprouts
- 1/2 cup corn kernels mixed with 1/4 cup cooked barley and 2 tsp. canola oil

Evening Snack

- 1 extra large baked apple with 2 tsp. honey or brown sugar

Nutrition Information:

Calories:	1529
Fat:	45 g
Saturated Fat:	15 g
Fiber:	30 g
Sodium:	2609 mg

Tips:

- Blueberries are the top source of antioxidants among all fruits and vegetables.
- Choose natural peanut butter to avoid trans-fatty acids.
- Healthy microwavable burritos are available in the frozen food case.

THURSDAY

Breakfast

- 1/2 toasted whole wheat bagel topped with 1/4 cup reduced-fat ricotta cheese
- 3 finely chopped prunes

Nutrition Information:

Calories:	1586
Fat:	46 g
Saturated fat:	15 g
Fiber:	28 g
Sodium:	1803 mg

Midmorning Snack

- 1 cup low-fat plain yogurt with 1/2 sliced banana and 1 tbsp. chopped walnuts

Tips:

- For an extra flavor boost, try lemon- or orange-flavored prunes.
- Lightly toasting walnuts in a small skillet for a few minutes really brings out the flavor.
- If you are cooking for just one or two, it makes sense to grab vegetables from the supermarket salad bar.
- Look for brands with 4–5 grams of fiber per two-cracker serving, such as WASA Fiber Rye Crispbread and Natural Rye crisp crackers.

Lunch

Pasta salad made with:

- 1 cup cooked whole wheat rotini or pasta spirals
- 1/2 cup broccoli
- 1/2 cup yellow bell pepper
- 1/2 tomato, chopped
- 1 tbsp. olive oil
- 1 tsp. vinegar

Midafternoon Snack

- 2 rye crispbread sheets
- 2 tbsp. light cream cheese
- 1/2 cup frozen strawberries, thawed

Dinner

- 1 serving Carrot Soup with Lime and Chiles*
- 6 large shrimp broiled with 1 tbsp. of low-sodium teriyaki sauce
- 1 cup cooked whole wheat couscous
- 1/2 cup green peas

Evening Snack

- 1/2 cup pear slices tossed with 1/2 oz. blue cheese or brie

FRIDAY

Breakfast

- 1 cup fat-free milk
- 1 Raisin Bran Muffin*
- 1/2 cup grapes

Midmorning Snack

- 1 slice toasted cracked-wheat bread
topped with
1/2 mashed banana
- 1 tangerine

Lunch

- 1 cup tabbouleh
- 1 raw carrot
- 1 whole wheat pita round

Midafternoon Snack

- 1 cup reduced-sodium tomato soup
made with
1/3 cup fat-free milk
- 8 rye crisp rounds

Dinner

- 1 serving Spicy Lentils*
- 1/2 cup brown rice
- 1 cup steamed spinach mixed with
1/2 cup diced canned tomatoes

Evening Snack

- 1 brown rice cake
- 1/2 oz. reduced-fat cheddar cheese

Nutritional Information:

Calories:	1523
Fat:	22 g
Saturated fat:	3.8 g
Fiber:	26 g
Sodium:	2869 mg

Tips:

- Make a batch of tabbouleh from a mix (available in the rice aisle), but substitute lemon juice for some oil.
- Rice cakes have exploded with flavors in the past few years, so take your pick.
- In the winter, canned tomatoes have far more flavor than fresh.
- The instant versions of bean soup that require only boiling water are great! But watch the sodium levels!

THE WALKER'S WEIGHT-LOSS PLAN MENU RECIPES

Carrot Soup with Lime and Chiles

Papaya Power Shake

Raisin Bran Muffins

Spicy Lentils

Carrot Soup with Lime and Chiles

Ingredients:

- 1 tbsp. olive or canola oil
- 1 large onion, finely chopped
- 2 large cloves garlic, chopped*
- 1/2 lb. peeled, ready-to-eat baby carrots
- 1/2 cup uncooked instant brown rice
- 2 cans (14.5 oz. each) fat-free, reduced-sodium chicken broth
- 1 cup water
- 1/2 tsp. salt or salt substitute
- 1 tbsp. chopped green chilies
- juice of 1 lime (about 2 tbsp.)

Serves: 4

Calories Per Serving: 130

Preparation Time: 35 minutes

Difficulty: Easy

** 1 tbsp. prepared chopped garlic can be substituted*

Cooking Instructions:

1. Heat the oil in a large nonstick saucepan over medium heat. Add the onion and sauté for 3 minutes. Add the garlic and sauté 1 minute longer.
2. Add the carrots, rice, broth, water, and salt to the saucepan. Bring to a boil; then reduce the heat to medium low. Simmer, partially covered, for 20 minutes, or until the carrots are tender. Stir in the chilies and lime juice.
3. Puree the soup in a food processor or blender. The best method is to place half of the solids in the food processor and add just enough of the broth to liquefy the carrots and rice. Add the rest of the solids; then stir the puree back into the remaining broth.

4. Reheat if necessary. Serve warm. If desired, garnish with chopped fresh cilantro, thinly sliced scallions, a dollop of plain yogurt, and additional chopped chili peppers.

Per Serving Nutrition:

Fat: 4 g
Saturated Fat: 0.5 g
Cholesterol: 0 mg
Carbs: 21 g
Protein: 5 g
Fiber: 3 g
Sodium: 717 mg*

**Using a salt substitute will lower the total sodium.*

Papaya Power Shake

Ingredients:

- 1 papaya, peeled, seeded, and cut up
- 1 cup low-fat plain yogurt
- 1/2 banana
- 1/2 cup no-sugar-added pineapple chunks
- 1/2 tsp. dried mint
- 4 ice cubes, slightly crushed

Serves: 4
Calories Per Serving: 88
Preparation Time: 5 minutes
Difficulty: Easy

Cooking Instructions:

1. Combine all ingredients in a blender and process until smooth.

Per Serving Nutrition: Tip:

Fat: 1 g
Saturated Fat: 1 g
Cholesterol: 4 mg
Carbs: 17 g
Protein: 4 g
Fiber: 2 g
Sodium: 44 mg

- This shake also works well with canned mango spears, which are available in the produce aisle of most supermarkets.

Raisin Bran Muffins

Ingredients:

- 1 cup low-fat buttermilk
- $\frac{3}{4}$ cup bud-style bran cereal (such as Bran Buds, 100% Bran, or Fiber One)
- $\frac{1}{2}$ cup golden raisins
- $\frac{1}{2}$ cup shredded carrots
- 1 egg or $\frac{1}{4}$ cup EggBeaters
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup canola oil
- 1 tsp. vanilla extract
- 1 cup whole wheat flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tbsp. honey-crunch wheat germ (optional)

Serves: 12 muffins

Calories per Serving: 164

Preparation Time: 45 minutes

Difficulty: Easy

Cooking Instructions:

1. Preheat the oven to 425°F. Line a 12-cup muffin pan with paper liners; coat the papers with cooking spray.
2. In a medium bowl, combine the buttermilk, cereal, raisins, carrots, egg, honey, oil, and vanilla extract. Let it stand for 15 minutes.
3. In a large bowl, combine the flour, baking soda, and cinnamon. Make a well in the center and add the buttermilk mixture all at once. Stir just enough to moisten the flour.
4. Divide the batter evenly among the muffin cups. Sprinkle the tops with wheat germ. Bake for 15–20 minutes, or until a toothpick inserted in the center comes out clean.

Per Serving Nutrition: Tips:

Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 18 mg
Carbs: 28 g
Protein: 4 g
Fiber: 3 g
Sodium: 131 mg

- If you can't find high-fiber/low-sugar oat bran muffins, these are a great substitute.
- Make a double batch of these for fast breakfast treats.

Spicy Lentils

Ingredients:

- 1 tbsp. canola oil
- 1 cup onion, finely chopped
- 2 tsp. ground ginger
- 1 tsp. ground cumin
- 1 cup dried red or brown lentils
- 3 cups water
- ³/₄ tsp. salt or salt substitute
- 2 tbsp. fresh cilantro, finely chopped
- 1 tbsp. lemon juice

Serves: 4

Calories Per Serving: 167

Preparation Time: 35 minutes

Difficulty: Easy

Cooking Instructions:

1. Heat the oil in a medium saucepan. Add the onion and sauté, stirring often, for 5 minutes or until tender. Stir in the ginger and cumin and sauté 30 seconds longer.
2. Add the lentils, water, and salt. Heat to a boil. Reduce the heat to low and simmer, partially covered, for 15 minutes.
3. If the lentils are tender, uncover and gently boil until most of the liquid evaporates. If the lentils are too hard, continue to cook, partially covered, ten minutes longer or until lentils are tender.*
4. Remove lentils from heat and stir in cilantro and lemon juice. Serve warm. Serve this soupy, stew-like dish in a shallow bowl over brown rice.

** Cooking time for lentils can vary from 15 minutes to as long as 1 hour, depending on the type and age of the lentils. Red lentils (which turn yellow when cooked) cook very quickly because they are split, and after 15 to 20 minutes, they soften to a puree. Brown lentils hold their shape better but can take longer to cook.*

Per Serving Nutrition:

Fat:	4 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Carbs:	25 g
Protein:	10 g
Fiber:	6 g
Sodium:	406 mg

APPENDIX E

Physical Exercises

THE TEN-MINUTE WORKOUT

Tone up and trim down! Set aside a few minutes several times a day for these great exercises and you'll shed those excess pounds! Remember: keep your routine short and simple. Have weights handy and do any combination of these simple exercises at structured or random times. Over time you will notice better muscle tone and increased strength.

Lean muscle has very little fat and burns more calories than underdeveloped muscle. Keeping your muscles lean requires physical resistance that can be achieved by lifting light weights several minutes daily. If you have your doctor's permission, you can follow this simple workout.

1. BICEPS. You need three-pound, four-pound, or five-pound hand weights, or equivalent weights using water or sand-filled plastic bottles. A half-gallon container filled with water weighs about four and a half pounds. A sand-filled plastic half-gallon container weighs seven and a half pounds. Double these weight amounts for a gallon size. You do not have to fill the containers completely; approximate and determine a comfortable weight.

Keeping your arms down at your sides, hold one weight in each hand against each thigh. Slowly lift your arms parallel to the floor or ground. Slowly return your arms to the original position. Repeat gradually five to ten times.

Hold weights next to your thighs (starting position). Bend your arms up and then continue the motion to lift weights over your head. Repeat slowly five to ten times.

2. TRICEPS. Hold weights next to your thighs. Slowly raise both forearms so they are parallel to the floor or ground and make a 90-degree angle. Slowly lower weights to the starting position. Return to the 90-degree angle and repeat movement five to ten times. Hold weights with your arms extended downward. Slowly shrug your shoulders (lifting weights with shoulder muscles). Repeat five to ten times.

3. LEGS. Hold weights against thighs. Slowly squat; then rise. (Do not squat to a position that is uncomfortable.) Repeat five to ten times. Using weights, bend your arms up and hold weights against your chest. Slowly slide one leg forward as far as you comfortably can while keeping the other leg stationary; then return your leg to the starting position. Repeat movement with other leg. Repeat five to ten times per leg.

4. ARM CURL. Hold weights and extend arms downward at sides with palms facing forward. Alternately curl weights in each arm upward while keeping elbows at the same level each time. Slowly repeat five to ten times per each arm.

5. ANKLE WEIGHTS. Strap a light ankle weight on each leg, and do leg lifts standing or sitting; move legs to the side one at a time while standing, or together when sitting. Slowly repeat movements five to ten times. Do not overdo this exercise!

THE IN-HOME CARDIO ROUTINE

If you prefer to exercise at home or need to stay indoors because of bad weather, try this in-home cardio routine. Set aside twenty to thirty minutes. It's okay if you're not able to go the full thirty-minute session at first. Remember, any movement is better than none!

Begin at a level you can maintain. Then slowly add a few minutes to each session. Do each of the moves for two to three minutes, alternating options throughout. Rotate your schedule between doing this routine two days a week and walking the other two days. This rotation schedule will provide variety as well as alternate the workout for your muscles.

Eight options

MARCHING OR RUNNING IN PLACE. This is great as a warm-up before your routine starts. Be sure to work your whole body by pumping your arms and getting your knees nice and high.

CROSsoVERS. Stand and place your hands behind your head. Lift your left knee up to your right elbow and then lower it again. Do the same with the other side of your body. Repeat for two to three minutes. (You'll find this also works on your waistline!)

KICKS. Stand and bring your fists to the level of your chest (as if you are blocking an imaginary opponent). Raise your left knee to your waist and then kick your lower leg

forward to extend your leg. Tighten your abs as you kick in the air. Lower and repeat with the other leg. Repeat for two to three minutes, continuing to switch legs. (This move is called a front kick in kickboxing.)

PUNCHES. Bend your knees slightly and punch forward with your right arm (imagine you're boxing). Release and repeat with your left arm. Do this exercise for two to three minutes. (You'll find this routine great for toning your arms.)

JUMP ROPE. Skipping rope is great for the whole body. To bring in variety, try jogging or skipping like a boxer as you jump. Continue for two to three minutes.

JUMP SQUATS. Stand with your feet together and arms at your sides. Then squat as if you are going to sit in a chair. Keep your abs pulled in and your torso straight. Jump up into the air, land, and repeat. Slightly bend your knees as you land to minimize the impact. Continue for two to three minutes. (You may find this exercise challenging, but do the best you can. You'll find it's great for your rear end!)

WAIST TWISTS. Imagine you're skiing down a hill. Place your feet together and lightly jump and pivot your knees and toes to the right. Lift your right elbow out to the right (at shoulder height) and extend your left arm out to the left at the same time. Repeat the move in the opposite direction without lowering your arms. Continue for two to three minutes.

JACK-IN-THE-BOX. Squat as though you're sitting in a chair, keeping your feet together. Then jump up and spread your hands and feet out so you make an X with your arms and legs (like a jumping jack). Repeat for two to three minutes. (You'll find this exercise great for your inner and outer thighs!)

PRACTICE RELAXATION

Relaxation is a great substitute for overeating. The problem is many of us don't know how to relax. We become fidgety and bored and end up reaching for food. When a highly stressful period hits (at work, for instance), put a time limit on the amount of time you will give to thinking about it. To relax in spite of the stress, build into your day moments of distraction and practice relaxation exercises.

Deep Muscle Relaxation

There are a number of easy relaxation exercises you can do to de-stress without using food. If you carry stress in your physical body, deep muscle relaxation may be for you. It's easy to do. Just clench your fist, hold it tense, and then relax it. Do this again and then move on to another muscle in your body. In deep muscle relaxation, you are taking each muscle group, tensing it, and then releasing it. This exercise teaches you the difference between tension and relaxation. Practice deep muscle relaxation up to thirty minutes a day if you carry a lot of tension in your body. You can practice in the morning when you wake up and start your day refreshed, or you can practice in the evening before bedtime to calm yourself down. The more you practice, the easier it will become for you to relax.

Deep Breathing

Another easy technique is deep breathing. Slowly inhale and breathe deeply from your abdomen—now you are deep breathing. When we get tense, we tend to take short, shallow breaths from our chest. But deep breathing is slow and originates in the abdomen. When you feel stressed and want to eat, take a few deep breaths and relax your body. Do this several times a day if need be. The great thing about deep breathing is you can do it anywhere—in traffic, at work, in the house, or even in the park.

LOSE WEIGHT IN JUST THIRTY DAYS*

Walking is easy, cheap, convenient, and not likely to result in injury. Rebecca Gorrell, director of fitness and movement therapy at Canyon Ranch in Tucson, Arizona, helped develop three walking workouts guaranteed to have you dropping pounds in just thirty days.

The higher the intensity of your walk, the more calories you'll burn. But how do you know at what intensity you're working? An easy, low-tech method to use is the Borg Scale for Rate of Perceived Exertion (RPE). No arithmetic or heart-rate monitors are needed.

To use it, monitor your body and consider how hard you are working. Is your breathing heavy? Are you sweating? Do your muscles feel warm? Are they burning? Now, rate how you feel.

* All walking plans are adapted from www.LoseItForLife.com.

Borg Scale for Rate of Perceived Exertion (RPE)	
6 7 8	Very, very light (lounging on the couch)
9 10	Very light (puttering around the house)
11 12	Fairly light (strolling leisurely)
13 14	Somewhat hard (normal walking)
15 16	Hard (walking as if in a hurry)
17 18	Very hard (jogging/running)
19 20	Very, very hard (sprinting)

Borg RPE scale, © Gunnar Borg, 1970, 1985, 1994, 1998.

Week #	Time	Length	Plateau-Busting Plan	RPE*
Week 1	35 min.	5 days	Warm-up (5 min.) Normal walk (5 min.) Speed up (5 min.) Recovery (10 min.) Speed up (5 min.) Cool-down (5 min.)	10–11 13 15 13 15 0–11
Week 2	35 min.	5 days	Warm-up (5 min.) Normal walk (5 min.) Speed up (5 min.) Recovery (10 min.) Speed up (5 min.) Cool-down (5 min.)	10–11 13 16 13 16 10–11
Week 3	45 min.	5 days	Warm-up (5 min.) Normal walk (5 min.) Speed up (5 min.) Recovery (8 min.) Speed up (5 min.) Recovery (7 min.) Speed up (5 min.) Cool-down (5 min.)	10–11 13 16 13 16 13 16 10–11
Week 4	45 min.	5 days	Warm-up (5 min.) Speed up (5 min.) Recovery (5 min.) Speed up (5 min.) Recovery (5 min.) Speed up (5 min.) Recovery (5 min.) Speed up (5 min.) Cool-down (5 min.)	10–11 16 13 16 13 16 13 16 10–11

*RPE is Rate of Perceived Exertion

Plan #1: The Plateau-Busting Plan

Have you stopped losing weight even though you regularly walk? Perhaps you’ve reached a plateau. Try adding intervals to your program or increase your pace. Set new goals to achieve increased weight loss.

Plan #2: The Muscle-Toning Circuit Plan

Shape your muscles when you walk! This plan is for you if you want firmer muscles, need some variety, and have been walking regularly. Try the different techniques in the muscle-toning circuit to firm up your muscles (toning exercises follow chart).

Week #	Time	Length	Muscle-Toning Circuit Plan (See below for exercise descriptions.)	RPE*
Week 1	30 min.	5 days	2 min. each segment	13–15
Week 2	40 min.	5 days	3 min. each segment	13–15
Week 3	50 min.	5 days	4 min. each segment	13–15
Week 4	60 min.	5 days	5 min. each segment	13–15

*RPE is Rate of Perceived Exertion

EXERCISE DESCRIPTIONS

- 1. HILLS OR STAIR CLIMBING** firms up the fronts and backs of your calves and thighs.
- 2. RACE WALKING** shapes your abdomen and upper back muscles. You race walk by taking shorter, quicker steps. Use your arms for more power, keeping them bent at 85- to 90-degree angles.
- 3. THE BUTT SQUEEZE** tones the gluteus muscles. Use your normal walking form, but as you press off the toes of your back leg, squeeze your buttocks firmly. Be careful not to tense your lower back.
- 4. BACKWARD WALKING** strengthens the back and abdomen. Do your walk backward. Tuck your belly in and put your hands on your hips. You’ll find your abs and back doing all the work. For safety, try this only on a level track or path.

Plan #3: The Incline Walking Plan

Take your walking exercise to the next level and burn up to 50 percent more calories in the process by raising the incline on the treadmill in your home or gym. Follow this routine every other day, and you will want to rest your muscles between these workouts.

STEP ONE: Before adding your first hill, start out with a five-minute slow walk. Use a brisk pace for ten minutes.

STEP TWO: Begin with five minutes of level walking. Add five minutes of walking hills. Try to maintain the same speed whether walking level or at an incline. At first, you may only be able to walk a 1 percent incline. A great goal is a 5 percent incline. Please don't do more than a 7 percent incline—steeper inclines will put too much strain on your back, hips, and ankles.

STEP THREE: Alternate the level walking and the incline walking, going as long as you can. Of course, the longer you go, the better the workout! Cool down for five more minutes.

STEP FOUR: Stretch for at least ten minutes when you are done, focusing on the muscles in your lower body, back, and shoulders.

APPENDIX F

Dysfunctional Thought Record³

Date	Situation	Emotion / Intensity	Automatic Thought	Rational Response / Intensity	Outcome

3 Beck, A.T., Rush, A.J., Shaw, B.F., & Emory, G. *Cognitive Therapy of Depression*. New York: Guilford. 1979.

The Healthy 100s

Diet and Weight-Loss Plan

By
Stephen Arterburn, M.Ed.

INTRODUCTION

Most of us who struggle with losing weight and keeping it off realize that the only way to lose weight is to burn off more calories than we take in. We go through all sorts of gyrations to make that possible, but they all either help us burn more calories than we take in or they don't. Over the long haul, most of them don't. Most of them only benefit us temporarily, if you call short-term progress then disappointment a benefit. But here is the irrefutable truth about weight-loss attempts and plans. If what goes in equals what burns up, weight stays the same. And of course if more calories go in than are burned up, fat arrives and hangs around. If this is true, then it seems that all of us weight warriors would be quite proficient at calorie counting. It should be second nature to us or almost like a second language. But if you are like me, you only know the calorie count of fewer than twenty foods unless the count is stated boldly on the bag or bottle.

It makes sense that the more we know about calorie content of a lot of foods, the better decisions we can make about selection and portion size. We need a way to learn the calorie content of most of the food we eat. (Just a warning: nothing I present here reverses the law that the best-tasting stuff usually contains the most calories.) Additionally we need to know many different exercises to burn off calories, and we need to know how long we have to exercise to burn off the amount we need to burn. And to add to our knowledge, we need to know how many calories are burned off from participating in various activities such as mowing a lawn, washing a dog, or painting a house. If we know how to easily make these calculations, we can modulate our activity to overcome our calorie intake. The more we know, the more likely it is we will be effective in our efforts to lose weight and keep it off.

For years, people have written, e-mailed, tweeted, and Facebooked their desire for Lose It for Life to have a specific diet and weight-loss plan. We have always been for anything that works. Now we are for this specific plan because, like the rest of the material in the book, this is something that can be done for the rest of your life. And if you can't do it for the rest of your life, why do it at all?

You may be stuck in your weight loss or stuck in your head and starting to gain again. You may have tried so many things to get back on track that you don't remember what the track is or where and how you got off it. So I have tried to provide a way for you to learn a plan that is easy to remember and hard to forget.

There is an old saying we have all heard: "A picture is worth a thousand words." I think pictures might be worth getting a thousand or more calories out of your diet. Here is how the concept works. If I ask you to memorize all the various calorie content numbers of one hundred foods, it would be very difficult to remember all of those numbers if they have no pattern or flow to help in the memory process. But there is a way to remember calorie content, and you will find it easy to accomplish.

If I told you that most doughnuts have around 300 calories, you might remember that the next time you had one; but over time that number would most likely fade. But if the only thing you were ever concerned with were 100-calorie portions, you would only have to memorize one number: the number 100. Everything we do in this plan revolves around 100-calorie portions of food. But here is the good news. You might forget that a whole doughnut has about 300 calories, but if I show you a picture of one-third of a doughnut, that picture will stick in your head (if you are able to stick things there). We don't tend to forget pictures. So I have provided you with some pictures of some 100-calorie portions of food. (There is an expanded list in my book *The Healthy 100s*.)

If we can look a few times at the portions, we are likely to remember them for much longer than we can remember a number. Similarly if I ask you to memorize a list of calorie-burn numbers associated with exercises and activities, you would have a hard time keeping those in the current memory bank. You would have to learn calories plus duration plus intensity. But if the only number you have to remember, in addition to 100, is the time, it will be twice as easy to grasp how much to do each exercise to accomplish your goal. So I have also provided a list of exercises that each burn off 100 calories at a time.

Once again, the key here is that I have made the calculations simple by only presenting what 100 calories looks like. I have provided pictures of 100 foods in 100-calorie portions. If you study these pictures, I think you will agree that a picture is worth a thousand calories.

I want to see you grow on the inside while you shrink on the outside. I hope this appendix makes it all easier and more effective for a lifetime. If this helps you, please let me know at SArterburn@newlife.com.

THE 100-CALORIE FOOD

Following this section are the foods in their most one hundredly form. Take a look. Take a few looks. Then determine to memorize what these portions look like. If you don't memorize them, memorize the ones you eat the most. It might be best to imagine a dinner table set for ten—or, if you are really bright (or just have an effectively working memory) you might imagine a dinner table set for twenty. Imagine a different 100-calorie portion on each plate. You might even want to put the foods on the table in alphabetical order. Give it a try. Once you have one table set and served, pick a different style of table and silverware and china, and set and serve another table of 100-calorie portions. Then set another and another until you have learned as many of the 100-calorie portions as possible. All I ask is that you try this method before you discount it. I think you are going to be surprised at how easy it is to recall those portions around the table.

100-CALORIE PORTION INDEX

Plate: 8" side plate

Spoon: 1 Tbsp.

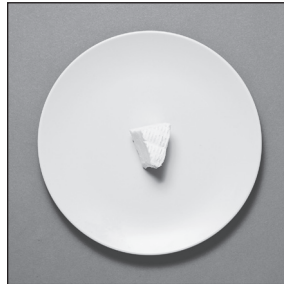
Glass: 12 oz.

Ramekin: 5 oz

1. Beef Jerky



3. Brie Cheese



5. Croissant (see left)



2. California Roll



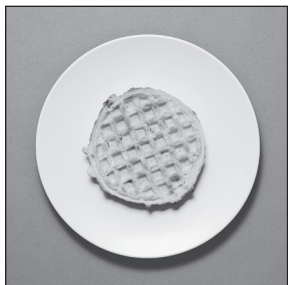
4. Maple Bar Donut



6. Oreos



7. Frozen Waffle



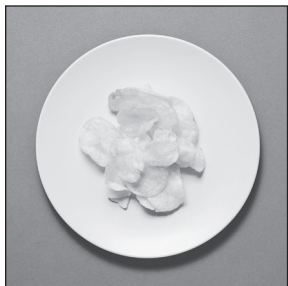
11. Roasted Butternut Squash



15. Meatballs in Tomato Sauce



8. Potato Chips



12. Mac 'n' Cheese



16. Sweet Potato Fries



9. Marinated Tofu



13. Chips and Salsa



17. Breaded Chicken Tender



10. Apple Slices



14. Veggie Patty



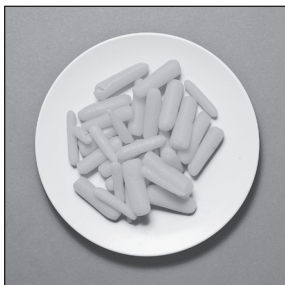
18. Popcorn Shrimp



19. Orange Slices



23. Baby Carrots



27. Greek Salad



20. Avocado (see left)



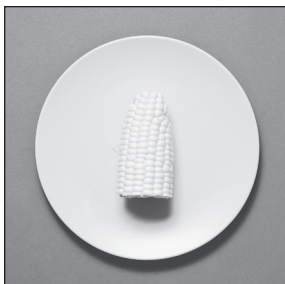
24. Blueberry Muffin (see top)



28. Cheese Ravioli



21. Corn Cob



25. Deli Turkey Meat



29. Cracker + Cheddar



22. Bean and Cheese Burrito (right)



26. Salami



30. Peanut Butter and Jelly Sandwich



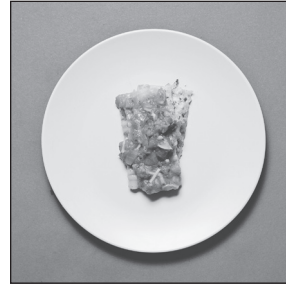
31. Roasted Chicken Breast, no skin



35. Coleslaw



39. Vegetarian Lasagna



32. Roasted Chicken Breast, with skin



36. Hot Dog (see top)



40. Steamed Broccoli



33. Chicken Breakfast Sausage



37. Cheese Crackers



41. Bacon



34. Edamame Beans



38. Caesar Salad



42. BBQ Chicken Pizza



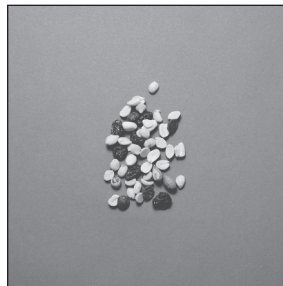
43. Scrambled Egg Whites



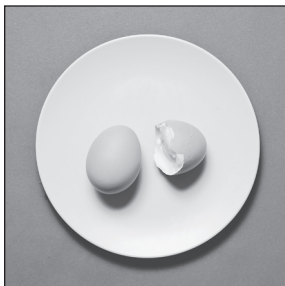
47. Salmon Filet



51. Trail Mix



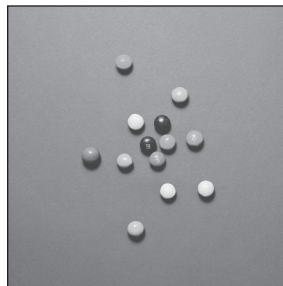
44. Hard-Boiled Egg



48. Marinated Flank Steak



52. Peanut M&Ms



45. Chicken Patty



49. Dill Pickles



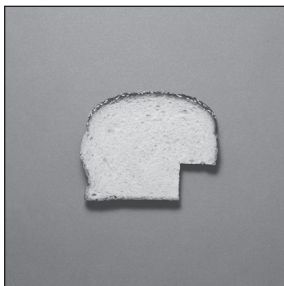
53. Banana



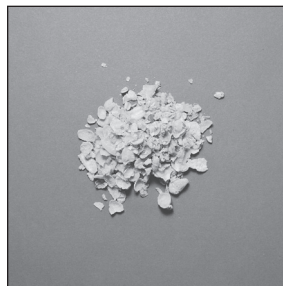
46. Canned Tuna, in water



50. Whole Grain Bread



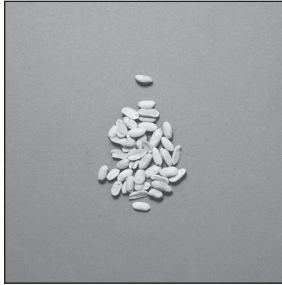
54. Dry Cereal



55. Spaghetti Noodles



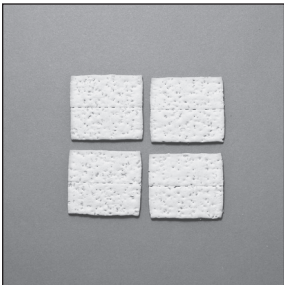
59. Roasted Peanuts



63. Microwave Popcorn



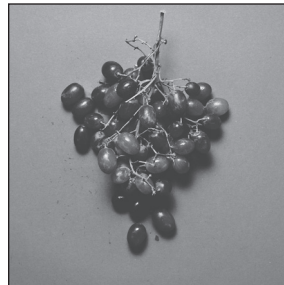
56. Wheat Crackers



60. English Muffin



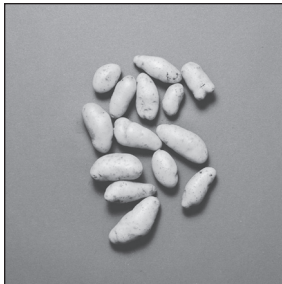
64. Red Grapes



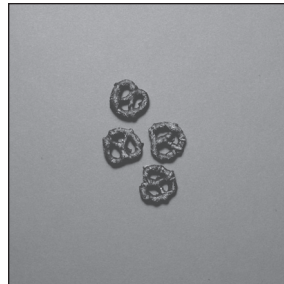
57. Gummy Bears



61. Boiled Baby Potatoes



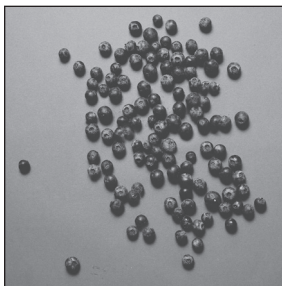
65. Chocolate Covered Pretzels



58. Pretzel Rods



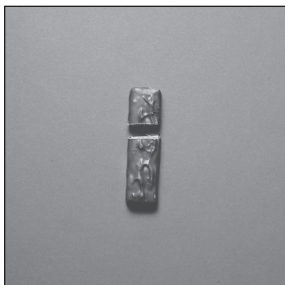
62. Blueberries



66. Chocolate Chips



67. Snickers Bar (top)



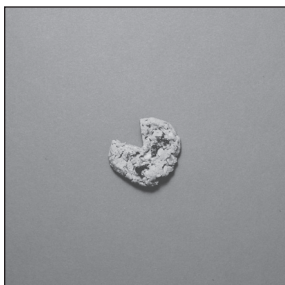
71. Small, Fresh Mango



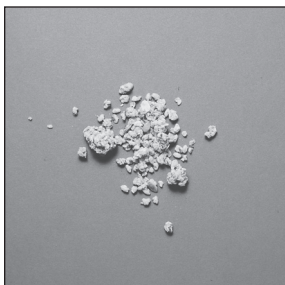
75. Canola Oil



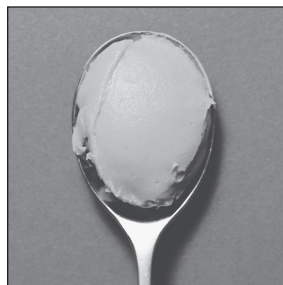
68. Oatmeal Raisin Cookie



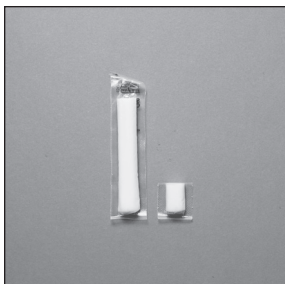
72. Granola



76. Peanut Butter



69. Low Moisture String Cheese



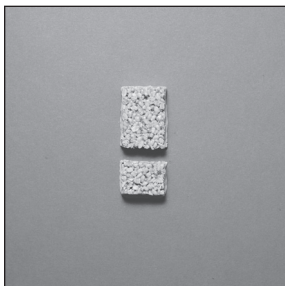
73. White Rice, Uncooked



77. Ranch Dressing



70. Granola Bar (top)



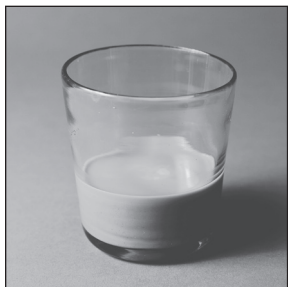
74. Butter



78. Honey



79. Low-fat Chocolate Milk



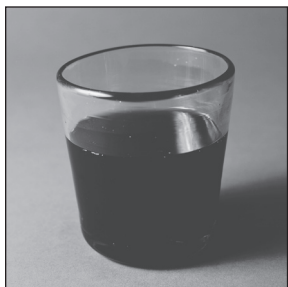
83. Light Beer



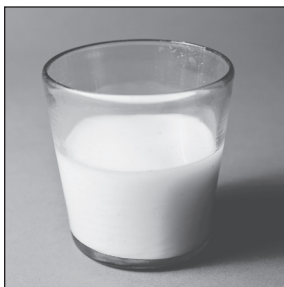
87. Chocolate Pudding



80. Coca-Cola



84. Low-fat Milk



88. Beef Chili



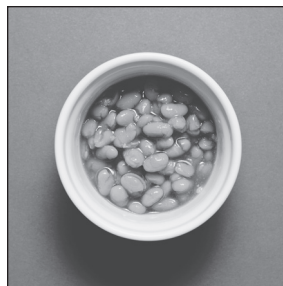
81. Orange Juice



85. Unsweetened Soymilk



89. Baked Beans



82. Sports Drink



86. White Wine



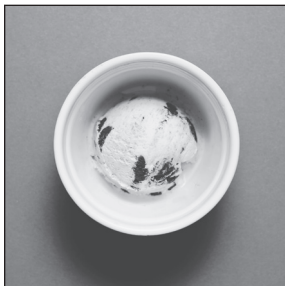
90. Lentils, Cooked



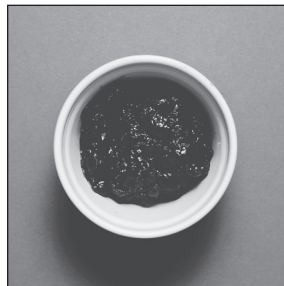
91. Teriyaki



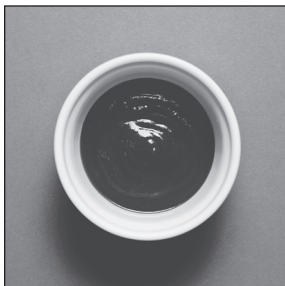
95. Cookies 'n' Cream Ice Cream



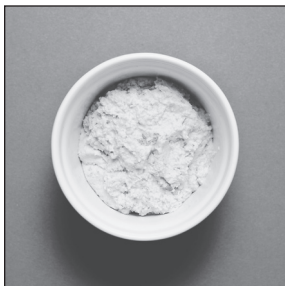
98. Blueberry Jam



92. BBQ Sauce



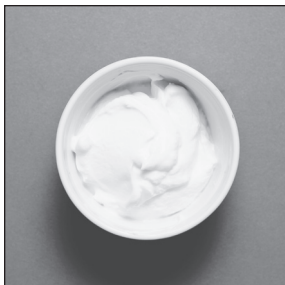
96. Hummus



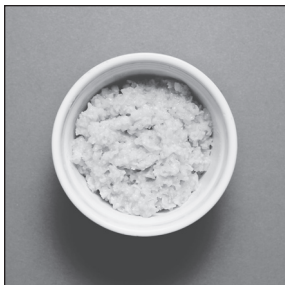
99. Brown Sugar



93. Low-fat Yogurt



97. Steel-Cut Oats



100. Ketchup



94. Black Bean Soup



SHOPPING

In addition to these handy pictures, there is good news at the supermarket. There is a trend in the grocery store to help you with your Healthy 100s project. Everything from chips to nuts is prepackaged in 100-calorie portions. These are particularly prevalent in the snack sections of the store. They make it easy to stock the cabinets with goodies you love in a portion size you can use. I especially love the popcorn bags in 100-calorie portions. (But watch the salt content.)

THE PLAN

There is no rocket science here. If you eat in 100-calorie portions and you are on a 1,200-calorie diet, you make twelve 100 calorie selections a day in the area of food, while you can choose unlimited portions of water. Seem too sparse? Then try the 1,800, 2,400, or the 3,600 version.

The following example of how this can work with a 2,400-calorie diet (even though it is so ridiculously simple, I probably don't really need to spell it out.)

All food selections are in 100-calorie portions.

Breakfast

- 2/3 cup plain low-fat yogurt
- 2 cups of raspberries
- 1 hard-boiled egg
- 1 slice toast with 1 tsp. of jam

Morning Snack

- 1 small banana
- 20 roasted peanuts
- 1 cup of orange juice

Lunch

- 2.5 oz skinless chicken breast
- 45 steamed edamame beans
- 4 slices of pineapple
- 1 8-oz cup of 1% milk

Afternoon Snack

- 1/2 cantaloupe
- 2 tsp. peanut butter and one half apple
- 2 cups reduced-sugar cranberry cocktail

Dinner

- 1 small baked sweet potato
- 1 1/2 cups steamed chopped broccoli
- 3 oz. baked cod
- 4.5 oz glass of wine or 8 oz. Gatorade
- 1 slice of bread with 1 tsp. jam
- 2 Oreos or 100-calorie Oreo crisp pack

Bedtime Snack

- 25 seedless frozen grapes
- 1 cup non-fat yogurt
- 1 cup strawberries mixed into yogurt

A few observations about this 2,400-calorie food plan: first of all, you are eating every two to three hours, so you don't have to fill up at any one meal or snacktime, thinking you have to make it last for five hours until you get to eat or drink again. You will feel great about the blood sugar stability that comes from eating moderate amounts six times a day versus large amounts three times a day.

Secondly, there is a lot of food to be consumed in a day on this 2,400-calorie, 100-calorie portion diet. You stick to portion control at 100 and it is surprising how many things you get to eat in a day. You literally could do this for the rest of your life. And most people are going to lose weight on a 2,400-calorie diet if they are doing the right amount of exercise.

THE 100-CALORIE EXERCISES

Here are the activities that can burn 100 calories.

1. Brisk walk—15 minutes
2. Vacuum—25 minutes
3. Gardening—20 minutes

4. Doing housework—25 minutes
5. Ironing—25 minutes
6. Playing volleyball—12 minutes
7. Dancing—20 minutes
8. Running in place—12 minutes
9. Biking—20 minutes
10. Golfing—30 minutes
11. Swimming—15 minutes
12. Aerobics—10 minutes
13. Mowing—25 minutes
14. Painting—20 minutes
15. Weight Training—15 minutes
16. Playing Frisbee—30 minutes
17. Running a mile—12 minutes
18. Jumping rope—10 minutes
19. Climbing stairs—20 minutes
20. Window shopping—40 minutes

The bottom line is that if you can exercise for thirty minutes with any kind of intensity, you will most likely burn off 300 calories for the day.

The reality of the exercise burn and food consumption equation is that most people cannot exercise enough to lose a substantial amount of weight. To remove 1,200 calories from your body is much easier accomplished by not eating those calories in the first place rather than by trying to exercise that many calories off. So it is the combination of portion control and moderate exercise that seems to benefit the most people for the longest time.

A Final Note

There is a phrase that will keep you from losing and keeping weight off. That phrase is: “All I have to do is . . .” I have listened to overweight people utter that phrase as if it were a mantra. Part of the problem is that they don’t ever do whatever they think is all that they have to do. Weight loss is not easy. It takes more than just an eating and exercise plan. It requires doing the work internally and relationally so that the loss is supported. So take this food and exercise plan only alongside the rest of the truths in the other sections of the book.

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