

CHCS



'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Many of us have watched *The Biggest Loser* on TV, empathizing with contestants as they struggle to incorporate the necessary changes that will make a difference in their health and in their lives. We watch, shaking our heads in amazement at the accounts of what *and* how much food they consumed on a day-to-day basis before they became participants on the show.

But then I remember what *I* used to eat. It's no wonder my weight crept up to somewhere over 200 pounds. I was a mindless eater -- eating something when I wasn't even hungry and then, when there was nothing left but crumbs (if that), wondering *why* I had eaten it. Eating was more of a reflex, not what I did to efficiently fuel my body.

I'm not saying that I'm always a "premeditated eater" now but, for the most part, I do think before I eat.

Sometimes I think about it and eat anyhow, but not nearly as often as I used to. I know which foods will truly "feed" me and which ones I am better off staying away from. It's not rocket science, but it is an adjustment. We know there are consequences to eating the wrong kinds of foods -- we just need to re-train ourselves when it comes to eating.

I know it can sound like a daunting task but, believe me, the longer you stick with it the easier it becomes. Your body truly does crave good, nutritious food. You just may need to remind it what that tastes like without being deep fried, drenched in sugar, or smothered in some kind of fat-laden sauce!

Thoughtfully yours,

Pat

The Biggest Loser Eating Plan

The following is the eating plan that the contestants on *The Biggest Loser* TV show use to eat less and feel satisfied. Daily calorie intake is divided up as follows:

45% Complex Carbohydrates

- » **Per Meal:** 45 to 50 calories from fruit, 55 to 60 calories from vegetables, and 50 to 55 calories from whole grains.
- » **Per Snack:** 55 to 60 calories from fruit, vegetables or whole grains.
- » **Why It Works:** By choosing fruits and vegetables with a high water content, you can eat more for less calories. Not only that, but the fiber in whole grains keeps blood sugar steady so you feel fuller longer.
- » **Grocery List:** Fruits such as apples, berries, grapes, melons and oranges. Good veggie picks include artichokes, asparagus, cabbage, eggplant, lettuce, mushrooms, peppers, onions and zucchini. For whole grains, choose whole wheat pitas, bulgur, brown rice, rolled oats and quinoa.

30% Lean Protein

- » **Per Meal:** 100 to 105 calories
- » **Per Snack:** 30 to 35 calories
- » **Why It Works:** It reduces cholesterol from your diet, helps support muscle growth (which boosts metabolism), and controls blood sugar (to keep you satisfied).
- » **Grocery List:** Different types of lean protein provide a range of nutrients, so go for a variety, including animal protein (95% lean beef, pork, or veal; skinless white meat chicken and turkey; salmon, trout, and tuna), vegetarian protein (beans

and legumes, edamame (soy beans) and soy products), and low-fat dairy (1% or fat-free milk, plain yogurt, or reduced-fat cottage cheese).

25% Healthy Fat

- » **Per Meal:** 90 to 95 calories
- » **Per Snack:** 25 to 30 calories
- » **Why It Works:** A diet that contains less than 25% fat is unrealistic to maintain -- and unhealthy. But there may be hidden fat calories in some carbohydrate and protein choices, so add just small amounts of healthy fats to meals.
- » **Grocery List:** Olive and canola oils, flaxseeds, nuts, nut butters, olives and avocado are all good choices.

Information found in The Biggest Loser Weight Loss Planner; a Prevention magazine publication

Making Informed Choices

Eat This, Not That by David Zinczenko is a little book filled with lots of practical information that will help you make smart nutritional choices, whether you're at the grocery store or a restaurant. Well worth the \$19.95 I paid for it at Borders, but I just discovered you can order it at Amazon.com for \$10.97. Bummer. To make wise choices when it comes to fast food, the booklet *Nutrition in the Fast Lane* will steer you right. It costs \$6.95 and can be ordered at www.fastfoodfacts.com (or call 800. 634.1993).