

# 24-HOUR FOOD DIARY & NUTRITION PLAN

Name \_\_\_\_\_ + \_\_\_/50      Hour \_\_\_\_\_      Date \_\_\_\_\_

**BE VERY SPECIFIC:** ie. whole grain bagel w/3 TBSP. peanut butter, 2 cups 2% milk

**Directions:** Write down all of the foods (WATER NOT INCLUDED) that you have eaten in the 24-hour period of time of:

- NAME THE  Today's Breakfast  
 Yesterday's **Lunch, Snack, dinner**

FOOD/DRINK TYPE	AMOUNT	FRUIT	VEGGIE	DAIRY	PROTEIN	GRAIN	FATS/OILS	EMPTY CALS
<b>B</b>								
<b>L</b>								
<b>D</b>								
<b>S</b>								
<b>TOTAL SERVINGS</b>								

Record the **TOTAL** number of **SUPERFOODS** that you ate during 24-Hours. (write down amounts 1 cup or slice = 1):

- |               |                   |               |               |
|---------------|-------------------|---------------|---------------|
| Beans _____   | Blueberries _____ | Oats _____    | Oranges _____ |
| Pumpkin _____ | Soy _____         | Spinach _____ | Tea _____     |
| Turkey _____  | Walnuts _____     | Salmon _____  | Yogurt _____  |

Name one reason why these are classified as SUPERFOODS... BE SPECIFIC with your answer: \_\_\_\_\_

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Use your *knowledge* and *information* from discussion/material to write a **personal plan (1 paragraph)** for your eating & nutrition habits. Based on your food diary write down how you could improve!

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## THEN ANSWER THE FOLLOWING QUESTIONS:

 Describe and/or **define** what the term “barrier” means in regards to your nutrition. \_\_\_\_\_

 What are your personal barriers(what holds you back) to healthy eating?

 What is one way that you could overcome this barrier to healthy eating?

 What are a 1-2 goals that you have for yourself and nutrition?

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What steps can/will you take to reach these goals? \_\_\_\_\_

What is the importance of eating 6-7 small meals per day as opposed to eating 2-3 large meals? \_\_\_\_\_

What food group(s) should you choose **most** of your foods from? **Why?** \_\_\_\_\_

What do fruits and vegetables contain that are considered: “**warriors that protect against free-radicals**”? \_\_\_\_\_ (find the answer in the packet.)

Name one “free-radical” that could cause damage to your body’s cells: (find the answer in the packet.) \_\_\_\_\_

What food group(s) should you choose the **least** of your foods from? **Why?** \_\_\_\_\_

Describe **two reasons** why you should choose from Whole Grain Carbohydrates RATHER THAN from processed & refined carbs. **What is the difference between the two?**

**Whole Grain Carbs:**

1.) \_\_\_\_\_

2.) \_\_\_\_\_

**Refined Carbs:**

1.) \_\_\_\_\_

2.) \_\_\_\_\_

Describe **why Essential Fats (OMEGA-3’s such as DHA/EPA) are good for your body** and **why Trans Fats are bad for your body**. Give **two examples** of each type of fat.

**Why:**

2 Examples Good Fats: 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

2 Examples Bad Fats: 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

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☞ Are the 14 SUPERFOODS (found in list on previous page) considered NUTRITIONALLY DENSE FOODS or EMPTY CALORIE FOODS? (CIRCLE ONE)  
Describe two SUPERFOODS that you like the best and that you feel are most important to your own personal benefit.

## WHY:

Two Favorite SUPERFOODS (find off of list): 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

☞ List your three top ways to **boost your metabolism** so that you can remain a thin person for life.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

☞ What are **two eating disorders** that are potentially life-threatening? 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

☞ What could be one **long-term effect** of someone suffering from an eating disorder? \_\_\_\_\_



# 24-HOUR FOOD DIARY & NUTRITION PLAN

The word “**DIET**” comes from the Greek word, “**diaita**,” which means “**a manner of living.**”

## Types of **ESSENTIAL NUTRIENTS** in your diet:

**PROTEINS:** Growth & repair of body tissue

**CARBOHYDRATES:** Fuel for active lifestyles & fiber sources

**FATS:** Fat doesn't make you fat, too many calories makes you fat. Essential fats (twice as much energy) vs. Fats That Kill (trans fats). Essential fats (omega-3 & omega-6) give you radiant skin, beautiful hair/strong nails, strong heart b/c keeps your cholesterol & blood pressure in check.

**MINERALS:** Calcium, phosphorus, iron, sodium, potassium

**VITAMINS:** growth & maintenance of the body; aid in absorption

**WATER:** Essential for the normal functioning of the body

**FIBER:** Blocks calorie absorption by keeping the intestines from breaking down the calorie-filled parts of food. It also keeps you full and helps you decrease the total amount of calories that you consume every day. Foods high in fiber always will be the best way to eat yourself slim.

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Choose most from these NUTRIENT DENSE FOODS:

## **1. WHOLE GRAIN CARBOHYDRATES (vs. refined/processed carbs) -**

**WHAT:** whole wheat breads, pastas, crackers, cereals, bagels; brown rice; multi-grains; low-sugar cereals; rye and pumpernickel breads; english muffins; pancakes; granola; whole wheat pizza crust;

**WHY:** Gives you slow energy to last throughout the entire day; provides sustained energy; good source of FIBER, vitamins, minerals; the “White” versions are processed and bleached (like eating a big bag of sugar).

## **2. VEGETABLES (carbohydrates) -**

**WHAT:** broccoli, onions, carrots, asparagus, spinach, celery, potatoes, cauliflower, radishes, lettuce, tomatoes

**WHY:** Gives you varieties of colors which mean different vitamins and minerals; contain ANTIOXIDANTS which are warriors that protect cells from damage by free-radicals (smog, exhaust, UVA rays, smoke, alcohol); prevents diseases; builds immune system; FIBER-rich; natural sugar provides good energy.

## **3. FRUITS (carbohydrates) -**

**WHAT:** bananas, apples, oranges, grapes, grapefruit, star fruit, kiwis, raspberries, blueberries, mangos, strawberries, pears, pineapple

## **4. DAIRY (proteins, fat, & calcium)**

**WHAT:** milk, cheese, yogurt, ice cream, beef, beans, tofu, nut butters, fish, venison,

**WHY:** Builds muscles; builds bones; strong teeth; rebuilds broken down muscle; gives you strong nails and hair; beautiful/radiant complexion/skin; calcium - not only a bone/teeth strengthener, but also keeps heart beating, blood working correctly, & nerves/muscles in good shape. DHA/EPA (Omega-3 Fats) strengthen the heart and blood vessels.

## **5. PROTEIN/ GOOD FATS**

**WHAT:** steak, chicken, eggs, cheese, nuts, cheese, cottage cheese, sour cream, olive and canola oils

**WARNING: Choose the least from these empty calories:**

## **6. JUNK FOOD - use sparingly! (empty calories, refined/processed carbs, & trans fats)**

**WHAT:** White bread, candy, potato chips, donuts, processed cakes and cookies, pastries, deep-fried foods, partially-hydrogenated soybean oil, POP/SUGARY DRINKS

**WHY:** Makes you feel tired; clogs arteries; short sugar rush then you crash; rots teeth; builds fatty deposits throughout body; contains high and empty calories; too many calories consumed leads to fatness

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## Here are 14 “*SUPERFOODS*” and the superpowers they bestow:

### 1.) BEANS

They **lower cholesterol**, fight **heart disease**, stabilize blood sugar, reduce obesity, lessen cancer risk, and relieve hypertension. Eat four 1/2-cup servings a week. Don't like beans? Substitute green beans, sugar snap peas, green peas, or chick peas instead.

### 2.) BLUEBERRIES

They lower the risk of **heart disease** and cancer and help maintain youthful, healthy skin. Eat 1 to 2 cups a day. When they aren't in season, eat cranberries, raspberries, strawberries, cherries, currants, and purple grapes.

### 3.) BROCCOLI

It boosts your immune system, reduces the incidence of cataracts, builds bones, and fights birth defects and **heart disease**. Eat 1/2 to 1 cup a day. Can't stand broccoli? Eat brussels sprouts, red and green cabbage, cauliflower, bok choy, and kale.

### 4.) OATS

Oats **lower cholesterol**, reduce the risk of **heart disease** and **diabetes**, and are high in fiber and protein. Eat five to seven servings a week. Don't want it that often? Try wheat germ, brown rice, barley, wheat, buckwheat, rye, millet, and quinoa.

### 5.) ORANGES

They support heart health while preventing cancer, stroke, **diabetes**, and other chronic ailments. Eat one a day. Want more variety? Try lemons, grapefruit, kumquats, tangerines, or limes.

### 6.) PUMPKIN

It's not just for pie. Pumpkin lowers the risk of various cancers, while it promotes youthful, healthy skin. Eat 1/2 cup a day. Want an alternative? Try carrots, carrots, butternut squash, sweet potatoes, and orange bell peppers.

### 7.) SOY

It prevents **heart disease**, cancer, and **osteoporosis**, as well as relieves menopausal and menstrual symptoms. Eat at least 15 grams daily. Don't like soy? Try tofu, soymilk, soy nuts, edamame, or miso.

### 8.) SPINACH

Popeye was on to something! Spinach lowers the risk of cardiovascular diseases, a variety of cancers, age-related macular degeneration, and cataracts. Eat 1 cup of steamed spinach or 2 cups of raw spinach a day. Don't like it? Then eat kale, collards, Swiss chard, bok choy, romaine lettuce, mustard, or turnip greens.

### 9.) TEA (BLACK OR GREEN)

Besides soothing the soul, tea boosts the immune system, helps prevent cancer and **osteoporosis**, lowers stroke risk, and promotes cardiovascular health. Drink at least one cup a day.

### 10.) TOMATOES

They lower cancer risk, increase your skin's sun-protection factor, and play a role in preventing cataracts and age-related macular degeneration. Eat one tomato a day. Don't like them? Try watermelon, persimmons, or pink grapefruit instead.

### 11.) TURKEY (SKINLESS BREAST)

It's not just for Thanksgiving. Turkey is not only the perfect healthy low-fat protein, but also builds a strong immune system. Eat three or four 3-ounce servings a week. Want something else? Skinless chicken breast is a great alternative.

### 12.) WALNUTS

How nutty is this? Walnuts reduce the risk of **heart disease**, **diabetes**, and cancer. Eat 1 ounce five times a week. Other options include almonds, pistachios, sesame seeds, peanuts, pumpkin and sunflower seeds, macadamia nuts, pecans, hazelnuts, and cashews.

### 13.) WILD SALMON

It lowers risk of **heart disease** and cancer. Eat it two to four times a week. Don't like salmon? Go for Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, or clams.

14.) YOGURT A great source of protein and calcium, yogurt promotes strong bones and a healthy heart.

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## Boosting Metabolism: 10 Tips That Work

**Metabolism.** Simply put, it's the process by which the body makes and uses energy (calories) for everything from the cellular absorption of nutrients to running a marathon.

Sounds like pretty boring science on paper. Except that knowing how to efficiently metabolize calories could translate into a healthier body.

Whether you're trying to lose extra pounds or preparing for the inevitable metabolic slowing that comes with age, here are some surefire ways to boost your metabolism to keep your energy pulsating and your body in shape.

1. **Build lean body mass.** As mentioned above, metabolism slows as we age – by as much as two percent a year! But there is something you can do to counterbalance nature. “Muscle is the single most important predictor of how well you metabolize your food, how well you burn calories and burn body fat,” insists Shari Lieberman, author of *Dare to Lose*. Strength training with dumbbells or resistance bands at least twice a week is essential to boosting your metabolism. Repeat – essential. And here's the really good news: Your metabolism stays pumped for many hours after you finish your workout.
2. **Get moving.** You know the drill, but here's a reminder. At least 30 to 60 minutes of walking, jogging, cycling, swimming or some other form of aerobic exercise a minimum of three times a week is the other half of the exercise equation. “People don't like to hear it but you have got to exercise,” says Lieberman.
3. **Eat.** It may sound crazy to those trying to lose weight by severely restricting their daily caloric intake, but the problem with this old school of thought, explains Michigan dietician Julie Beyer, is that it actually slows metabolism. “Every cell of the body is like a flashlight bulb,” she explains. “When our bodies don't get enough food, or fuel, every cell burns less brightly.” Recent studies show that eating smaller meals every three to four hours aids metabolism and weight loss.
4. **Ditch the sugar.** Of course, you still have to make good choices about what you eat. “When you eat sugar you throw your metabolic switch into fat storage mode,” says Lieberman, who suggests a predominately low glycemic index diet, meaning foods that, unlike sugars, are broken down gradually to help maintain an even blood-sugar level.
5. **Don't skip breakfast.** It's a fact that people who eat a healthy breakfast are skinnier than people who don't. And try to think outside the box. A breakfast bowl of vegetables and brown rice is a great way to kick-start your metabolism for the day.
6. **Include hot foods.** If Mexican and Thai are favorites, you're in luck. “Spicy food that has hot peppers in it appears to boost metabolism,” Lieberman says.
7. **Drink green tea.** “There are unhealthy things that can boost your metabolism, like a really strong cup of coffee, or nicotine, but I would never say go have a cigarette!” says Michelle Streif, a personal trainer in Nebraska. Nor overdo it on caffeine, which also has undesirable side effects. Instead, go for green tea, says Lieberman, which is known to stimulate metabolism longer and more effectively than coffee.
8. **Don't forget #20.** Staying well hydrated is essential to flushing the body of toxic byproducts that are released when fat is burned. Cold water may also give your metabolism at least a small boost because energy is required to heat the body.
9. **Avoid stress.** At all costs. “Stress can actually cause weight gain, particularly around the tummy,” says Lieberman. Why? Because physical and emotional stress activates the release of cortisol, a steroid that slows metabolism.
10. **Sleep.** Research shows that people who don't sleep for seven to eight hours a night are more prone to weight gain. Additionally, we now know that lean muscle is regenerated in the final couple of hours of sleep each night, says Beyer. Which takes you right back to tip number one!