

Calories and Macronutrients

How many calories should I eat?

Nobody likes to count calories. It seems like a tedious and difficult task. But becoming aware of the calorie content of the foods you commonly eat is a good idea so you'll know what foods are good candidates to trade up to something better!

If you are actively trading up to better foods as well as going to bed hungry on most nights, you will lose weight without the need to count calories. However, you will find yourself WANTING to know the caloric content of what you are eating when living healthy becomes something you want to do. You won't have to force yourself to read labels, you'll want to!



An easy way to estimate a total daily caloric intake, that when combined with exercise will cause weight loss, is about 10x your goal bodyweight. If your goal is 130 pounds, that would be 1300 calories. But **your ultimate goal is to get into an eating and exercise routine that automatically produces the body you want without any need to log, bank, save, manage or obsess with calories or points!**

How many grams of protein, fat and carbs should I eat?

Most folks who want to lose weight are consuming too many processed high-glycemic carbs. These foods digest quickly spiking the blood sugar causing an insulin spike which then results in a subsequent drop in blood sugar causing one to feel hungry soon after eating. Then, being hungry, one eats more carbs and the cycle repeats!

Consuming low-glycemic carbs causes the opposite effect. One feels hungry again after a longer period of time. Healthy proteins and fats also digest slowly and thus do not cause an insulin response like high-glycemic carbs do.

Rather than counting grams, a healthy diet is eating mostly healthy carbs (vegetables & fruits) along with healthy proteins (cottage cheese, chicken, fish)

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Should I weigh my food?

Only foods that you want to limit and things you are curious about like fresh meats. 3 oz. is the recommended meat/fish serving size for a female. You might be surprised to find you have been eating 7oz going by the “deck of cards” visual rule. Remember, you don’t want to make eating too much “work” and lose the law of reinforcement! Make it fun!



Healthy proteins:

Cottage Cheese, Fish, Tuna in water, skinless chicken, lean pork, eggs, skim milk, low-fat yogurt, lean beef, seafood, beans



Healthy carbohydrates:

Leafy green vegetables, broccoli, tomatoes, carrots, fruit, oatmeal, sweet potatoes, apples, strawberries, blueberries, beets, green beans, brown rice



Healthy fats: Extra virgin olive oil, Flaxseeds and flaxseed oil, fish oil, salmon, olives, nuts, peanut butter, soymilk, canola oil, sunflower oil, avocados



What should a super-healthy weight loss plate look like?

About 1/3 to 1/2 Healthy Protein + 1/2 to 2/3 Healthy Carbohydrates

Here are some examples:



1/3 plate Healthy Protein: Grilled chicken

2/3 plate Healthy Carbohydrates: Beets, Green Beans and Potatoes from my garden!

Always with glass of water



1/3 plate Healthy Protein: Chicken

2/3 plate Healthy Carbohydrates: Broccoli and Beets

Higher Protein examples:



½ Healthy Proteins: Cottage Cheese & Tuna

½ Healthy Carbohydrates: Yams



2/3 Eggs
(protein)

1/3 Tomatoes
(carbs)

I Love salads!

I used to be a horrible eater! I didn't like any fruit and only a few vegetables. One of my main staples meals in college used to be macaroni & cheese from a box, brown beans, a hash brown patty and a couple slices of peanut butter toast with large glass of milk! I never ate any salads. In fact, when I occasionally went out with family and everyone was eating their salad before the meal, I would just sit there. Today, I have taught myself to love almost every fruit and vegetable (except onions) and my lunch salad has become as much of a habit in my life as my morning coffee!

Here's a recent example of my lunch salad:

Spring Mix salad, 1 chopped boiled egg, 7 grape tomatoes, 2 sliced baby carrots, Mushrooms, 1/3 cup of cottage cheese, Balsamic Vinegar or spray olive oil (usually some crunchies like soy nuts or sliced almonds...no croutons)



Have fun!

Becoming a "scientist" with the goal of finding creative ways to feed your body in healthy ways is really a lot of fun when you get into it!

Experimenting with different combinations to find a healthy routine that works for you can be very enjoyable and habit forming!

Furthermore, growing your own food in a garden multiplies this effect like crazy. I can't tell you how great I feel when I am eating something I actually grew. Sounds kind of strange, but after you grow, harvest and eat *your own food*, you'll know exactly what I'm talking about. When I'm eating the food that came out of my backyard garden, I know this is as organic and healthy as it gets for my body! Yes!!



Healthy Soups are awesome for high nutrition and low calories