

SECTION 3: Food Portion Chart

FOOD	PORTION
Non-starchy vegetables	No limit, eat all you want
Starchy vegetables	1 medium potato 1 cup squash, peas, beans
Fruit	1 medium size fruit (looks like a tennis ball) 1 cup cut up fruit (fist or tennis ball size)
Dairy	1 cup/8 ounces milk 1 container yogurt 1 ounce cheese (looks like a golf ball)
Grains	1 slice whole grain bread or small roll 1/2 English muffin or small bagel 1 cup cereal 1 cup rice, pasta, corn 1 ounce crackers or snack food (amount that fits in the hand without spilling when walking)
Proteins	3 ounces fish, poultry or meat (looks like a deck of cards) 2 Tbsp peanut butter (looks like a ping-pong ball) 1 handful nuts or seeds (amount that fits in the hand without spilling when walking)

Please note: Requirements for food, and thus portion sizes, are variable and are based on gender, age, height, weight and activity level.

SECTION 4: Power “Snacks”

- *Fruit and a handful of raw nuts*
- *Hard-boiled egg sliced onto whole grain melba toast*
- *Chicken, salmon or tofu salad on a whole-wheat roll*
- *Half a turkey sandwich in pita bread with sliced tomato and sprouts*
- *Yogurt shake made with low carbohydrate yogurt and 1/4 cup frozen raspberries, blueberries or strawberries*
- *Cold leftover chicken from last night with a few dried apricots*
- *One-half cup oatmeal with almonds*
- *Six whole-grain crackers or 2 graham crackers with peanut butter*
- *Handful of trail mix (no sugared fruits or M&Ms)*
- *Fruit and low fat cheese stick or Laughing Cow cheese*
- *Raw veggies and 1/2 cup hummus*
- *Ants on a log (celery, peanut butter and raisins)*
- *Low fat cottage cheese and fruit*

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MINUTES TO FITNESS

A HEALTHY STYLE OF EATING TO COMPLEMENT YOUR HIGH INTENSITY TRAINING

Research shows that the 20 Minutes To Fitness® slow cadence, high intensity training protocol builds the strong lean muscles that provide numerous health benefits – the most significant of which is the slowing down and even preventing the complications commonly associated with the process of aging. When this training protocol is complemented with a healthy eating pattern, they offer a powerful combination, which exponentially increases the effect on your muscle formation, the rate of muscle growth and weight management. This truly is the “dynamic duo” of healthy living – resulting in a healthy body in almost all the ways that a body can be healthy!

SECTION 1: What To Eat

What is a healthy eating pattern?

This is not about a diet. This is about eating food that tastes good, satisfies your hunger and helps you stay healthy and live longer. A healthy eating pattern includes: (a) the appropriate number of calories that are in the food that you eat; (b) a proper balance of good proteins, good carbohydrates and good fats; and (c) the foods that contain the nutrients, vitamins, minerals and all of the other beneficial ingredients that your body needs to stay fit and healthy.

Protein:

Protein builds and sustains healthy, metabolically active muscles, providing you with a steady source of energy and keeping you from feeling hungry. The good protein is the lean protein that is low in saturated fat (that's the sticky kind which clogs your veins and arteries). This lean protein includes whey protein supplement, nuts, fish, seafood, lean chicken and turkey, soy foods, beans and low fat cheeses. Be sure to avoid ribs, fried foods, fatty meats and poultry, salami, sausage, bacon and full fat dairy products such as most cheeses, butter, whole milk and ice cream. While they may taste good – they are not good for you!

Carbohydrates:

Fruits & Vegetables You should consume at least five or more servings of fruits and vegetables every day. (See Section 3 for recommended portion sizes). These provide the necessary antioxidants that properly nourish your muscle tissues after your workout. In addition, they are key in cancer prevention, blood pressure reduction and the maintenance of a healthy weight. Those fruits and vegetables that are dark green, deep orange or yellow (such as apricots, berries, broccoli, spinach) are the ones that pack the best nutrients.

Grains You need to include a sufficient amount of grains in your eating pattern, which include whole grain bread, English muffins, cereal, oatmeal, rice and pasta. These foods have the extra benefit of keeping you feeling full and curbing your appetite. Whole grain products are preferred over processed carbohydrates because they have more of the important B vitamins, vitamin E, minerals and fiber.

Sugar A healthy eating pattern keeps sweets to a minimum. The huge rise in sugar intake in our country corresponds to the rise in obesity and, in some cases, diabetes and heart disease. While your body does need sugar for fuel, the “good sugar” can be found in the “good” carbohydrates – fruits, vegetables and grains. The “bad sugar” is found in the “bad” carbohydrates such as table sugar, sweets and junk foods. This “bad sugar” is poor quality fuel for the body, and can even result in a low-blood sugar crash, which will make you feel tired and weak, typically leading to the desire for yet more “bad” sugar.

Fats:

As with sugar, there are good and bad fats. The bad fat is called “trans fat”. Trans fat is a man-made substance which contains no health benefits and contributes to a greater risk of heart disease. Foods high in trans fat include biscuits, muffins, donuts, cookies, pastries, frosting, chips, crackers, candy and fried fast foods. The good fat is monounsaturated fat. This includes: olive oil, olives, nuts, peanut butter, avocado and seeds. This good fat will improve insulin sensitivity which means blood glucose levels will not remain elevated for prolonged periods after eating. When high blood glucose does not return to a normal level within a certain length of time after eating, this can trigger the body's fat storing response, leading to unwanted weight increase. In addition, repeated high blood glucose over a period of time can result in diabetes and blood vessel damage.

SECTION 2: Healthy Eating Tips

- Eat a portion of lean protein in every meal or snack.
- Spread the carbohydrates out evenly throughout the day. Eating about the same amount of good carbohydrates at each meal (with a bit less at dinner) will ensure proper energy levels and a good metabolic rate. You might try eating every 2 to 3 hours during the day.
- Balance your meals with whole foods, such as whole grains, beans or legumes each day.
- Don't skip meals.
- Don't eat after your evening meal.
- Pick one day per week to eat what you like. This will prevent the boredom and deprivation that usually occur with very restrictive diets.
- Stop eating sugar and junk foods (except for your one day off per week).
- Eat plenty of colorful fruits and vegetables.
- Drink lots of water (at least 64 oz. a day) all day long. This will aid in weight loss, act as the body's natural lubricant, and optimize your well-being.
- Have a power snack (containing both good protein and carbohydrates) before working out. (See Section 4).
- Eat a meal containing a fair amount of lean protein after working out to help in the repair of muscle tissue.
- If you can't eat right every day, you may want to consider supplements – at least a multi-vitamin-mineral each day.
- The ingredients listed on a food label are listed in the order of the greatest to the least amount contained in the food.