

USE YOUR SCALE! USE YOUR MEASURING CUPS!

If it's not on this list, read the label and measure portions.

Lean Protein

Chicken (1/2 boneless, skinless breast) 140 calories (27gm protein)
Turkey (1/2 c. ground white meat) 110 calories (21 gm protein)
Crab (imitation) (*not recommended*)
Lobster (1c. cooked meat) 140 calories (30gm protein)
Scallops (1/4c. steamed) 140 calories (24gm protein)
Shrimp (1/4c steamed) 112 calories (24gm protein)
Egg whites (1/2 c.) 58 calories (13gm protein)
Egg white only (from 1 large egg, i.e. hardboiled) 16 calories (4gm protein)
Egg, whole (1 large egg) 71 calories (6gm protein)
Tuna (light, in water, drained, 1/2 can) 95 calories (21gm protein)
Tuna, fresh (yellowfin, 4oz.) 120 calories (28gm protein)
Cod, fresh (4oz.) 90 calories (20gm protein)
Tilapia, fresh (4oz.) 108 calories (24gm protein)
Flounder, fresh (4oz.) 104 calories, (20gm protein)
Salmon, fresh (4oz.) 232 calories, (24gm protein)
Trout, fresh (4oz.) 164 calories, (24gm protein)
Pork tenderloin (4oz.) 120 calories (24gm protein)
Ham (Applegate®, uncured, deli meat, 2oz./2 slices, pre-pack) 60 calories (11gm protein)
Turkey (Applegate®, uncured, deli meat, 2oz./2 slices, pre-pack) 50 calories (10gm protein)
Cottage cheese, non-fat (1/2 c.) 52 calories, (8gm protein)
Greek Yogurt, Fage® 0% Fat (6oz.) 100 calories, (18gm protein)
Ground beef, 95% lean (4oz.) 152 calories, (24gm protein)
Cheddar cheese, lowfat (1 cubic inch, 8 small cubes) 29 calories, (4gm protein)

Healthful Oils for Cooking/Salads:

Extra Virgin Olive Oil (1 tsp.) 40 calories
Almond Oil (1 tsp.) 40 calories
Walnut Oil (1 tsp.) 40 calories
Canola Oil (1 tsp.) 40 calories
Balsamic Vinegar (1 Tbls.) 14 calories

Fruit

Apples (1c. slices, 109gm, 1/2 large apple) 57 calories, 11g sugars
Banana (1/2c. sliced, 75gm, ~5") 67 calories, 9g sugars
Blueberries (1/2c.) 42 calories, 8g sugars
Cherries, sweet, with pits (1 c.) 87 calories, 18g sugars
Grapes (1 c.) 62 calories, 15g sugars
Grapefruit (1/2 fruit) 39 calories, 8g sugars
Orange (1 fruit) 65 calories, 13g sugars
Tangerine (1 fruit) 47 calories, 9g sugars
Peach (1 fruit) 59 calories, 13g sugars
Plum (1 fruit) 30 calories, 7g sugars
Nectarine (1 fruit) 62 calories, 11g sugars

Raspberries (1c.) 64 calories, 5g sugars
Strawberries (1c.) 46 calories, 7g sugars

Vegetables

Vegetables should be fresh and raw and then cooked, preferably lightly steamed or baked, if cooked alone. Frozen may be used as an alternative. Canned vegetables should be avoided.

Asparagus (10 spears baby, 5 spears large) 28 calories, 3g sugars
Arugula (1/2c.) 2 calories
Avocado (1/2c.) 137 calories
Broccoli (1/2c.) 27 calories, 1g sugar
Brussels Sprouts (1c.) 38 calories
Butternut squash (1/2c) 41 calories, 2 sugars
Butter/Bibb Lettuce (1c. chopped) 7 calories
Cabbage (1/2c.) 17 calories
Carrot (1 medium or 1/2c. sliced) 25 calories, 3g sugars
Cauliflower (1c.) 25 calories, 2g sugars
Celery (1 medium stalk, 1/2 c. chopped) 8 calories
Cucumber (1/2c.) 8 calories
Eggplant (1c.) 35 calories, 3g sugars
Garlic (1 clove) 4 calories
Green Beans (1c.) 44 calories, 2g sugars
Green/Red Leaf Lettuce (1c. chopped) 5 calories
Green Pepper (1c. chopped) 30 calories, 4g sugars
Iceberg Lettuce (1c.) 10 calories
Lima Beans (1/2c. Baby, Frozen) 95 calories
Onion (1c. chopped) 64 calories, 7g sugars
Onion (2 rings, raw) 10 calories, 1g sugar
Peas (1/2c.) 59 calories, 4g. sugar
Red Bell Pepper (1/2c. chopped) 23 calories, 3g sugars
Romaine Lettuce (3c. chopped) 24 calories
Spinach (3c. raw, 1/2 c. cooked, 90gm) 21 calories
Tomato (slice) 5 calories
Tomato (1c.) 32 calories

Carbohydrates

Potato, white (1 med, baked, 173g.) 161 calories
Potato, white (1/2c. boiled) 67 calories
Sweet Potato (1 med, baked or 1/2c. 114g) 125 calories
Black Beans (1/2c.) 115 calories, 8g protein
Brown Rice (1/2c. cooked) 109 calories, 3g protein
White rice (1/2c. cooked, short grain) 121 calories, 2g proteins
White rice (1/2c. cooked, long grain) 102 calories, 2g proteins
Quinoa (1/2c. cooked) 111 calories, 4g protein

Use fresh herbs to season and add flavor to your dishes.

To lose weight, your diet should consist of 40-50% protein, 30-40% carbohydrate, and 20% fat. Be conscious of where your calories are coming from. If you're doing a lot of "cardio" (like training for a marathon), you may want to increase your carbohydrates. If you are doing a lot of weight training, you may want to increase your protein consumption.

When planning a meal. Think PROTEIN + FRUIT or VEGETABLE +/- CARBOHYDRATE

So for breakfast, I can cook a 1/2c. of egg whites with 1c. of raw spinach in a teaspoon of oil which would equal 105 calories. Then for lunch, I can have my turkey patty (1/2c.), 1/2c. cooked carrots and a salad I made with cucumbers (1/2c.) and tomatoes (1/2c.) with olive oil (1 tsp.) and balsamic vinegar (2 Tbls.) which would equal 202 calories. I could then cook a piece of Cod (4oz.), broccoli (1/2c.) and a medium baked sweet potato which would equal 242 calories. This comes to 549 calories.

The diet is customizable. The premise is that you learn how many calories are ACTUALLY in the food you are consuming. The second premise is that you learn what a serving size ACTUALLY is. With some time and practice, you will find that you can survive and eventually *thrive* on less calories by giving your body the proper nutrients.

Be wary of hidden calories. Sodas and coffees are notorious for this. It is easy to consume a bottle or 32oz. of soda, which can easily add 200-300 calories per soda. How about a Venti White chocolate mocha? 580 calories.

A lot of "diets" fail because people can't maintain them for very long. At Synergy, we emphasize wellness and healthy living, not just "counting calories" as a means for self-deprivation. It's meant as a tool to teach us how to adjust how lifestyle and make better choice. When we are allotted only so many calories per day, we tend to make better choices. Fruits and vegetables will become more attractive choices.

Going out to eat has become common place in our culture out of convenience and for social reasons. Anyone on a diet quickly finds that eating out is a bit of a challenge. Most of the items in American restaurants are high in calories and come in huge portions. 1. Try to choose places that have something YOU can have something healthy and enjoy. 2. When ordering your food be aware of what is being put on your food. Sure a salad is great, but cheese, bacon, and croutons add TONS of calories. Opt for the oil & vinegar and use mainly the vinegar. If you order a steak or broccoli, make sure they don't drench it in butter, that will save you another 100 calories. 3. Next be cognoscente of portion size. If you order an 8oz. steak, only eat half. Look for "lite" choices on the menu. Even then the entire meal is usually around 500 calories. You'll probably only want to eat HALF of that!

The other problem is trying to find things that are quick and easy. It comes down to 1. Planning ahead (knowing where you can find quick, healthy meals on-the-go). You're further ahead pulling into Publix for a yogurt or some deli meat and a piece of fruit, rather than a fast food drive thru. 2. Reading labels or looking up the calorie amount for the food you are eating. Learn to make better choices. Everyone's getting Chinese food? Do you get General Tso's chicken (fried), which has about 900 calories? Or do you get Moo goo gai pan (chicken and vegetables) or chicken with

broccoli, which has about 272 calories in 1 cup? And do you get the fried rice which has about 300 calories or the white rice, which has about 150 calories? And I'd probably skip the 350 calorie egg roll! 3. When you're at a function, eat before you go. If you're going to a potluck, bring something you can enjoy.