

## **Healthy diet plan**

- create a myfitnesspal.com account to accurately track your caloric intake and output
- 30% protein, 30% fat, 40% carbs
- focus on regular meals and healthy snacking
- focus on whole grains, fruits, vegetables, lean proteins, fish, healthy fats
- healthier cooking methods - baking, broiling, boiling, grilling
- pay close attention to portion sizes
- carefully track food intake
- take note of how you feel
- note measurements of chest, waist, hips, and/or thighs, and body weight once every 2 weeks - realizing that no measurement alone is a concrete measure of progress
- avoid drinking calories - sugary coffee drinks, sodas (diet and regular), and large quantities of juice
- check ingredient labels for unpronounceable ingredients - generally the shorter the list, the better

Proteins - see "it starts with food" list

Vegetables - see "it starts with food" list

Fruits - see "it starts with food" list

Fats - see "it starts with food" list

Whole grains - choose barley, brown rice, oatmeal, whole wheat pastas, whole wheat breads, etc

Legumes - black beans, garbanzo beans, kidney beans, pinto beans, soybeans, etc