Diet Checklist

Created: 5/7/2012

# Tasks:

☐ **Do...**

☐ **Hydrate! Drink plenty of water before, during, and in between meals.**

☐ **Keep it fresh**

*Enjoy fresh fruits and vegetables throughout the day.*

☐ **Eat lean protein such as skinless chicken breast, turkey, fish (such as salmon and tilapia), lean beef (like flank steak) and lean pork loin**

*..and don't forget nature's perfect protein... eggs! Protein portions for each meal should be about 3-4 oz., about the size of ;your palm.*

☐ **Eat lowfat dairy like plain ;Greek ;yogurt and drink low-fat cow's milk**

*These calcium-rich foods are also high in protein. Have a problem with lactose? Try goat or soy milk.*

☐ **Eat whole grains, such as brown rice, barley, quinoa and bulghur**

*Pick wheat or whole grain bread over white.*

☐ **Remember healthy fats**

*Unsalted nuts (almonds and walnuts are best), avocados, and olive oil are great examples.*

☐ **Eat a combination of fresh produce, whole grains, lean protein and healthy fats at every meal.**

☐ **Eat several small meals a day, every 3 hours or so**

*This will keep your metabolism fired up and you'll always feel satisfied.*

☐ **Have a light meal about 3 hours before bed**

*Lowfat dairy products and some whole grains are a good mix and may help you sleep better.*

☐ **Bake, steam, or simmer your food.**

☐ **Experiment with herbs and spices**

*They can make your dishes more flavorful without the extra sugar and preservatives found in bottled sauces.*

☐ **Eat your oatmeal! ;Oatmeal is filling, delicious, and good for you**

*Make yours with milk or plain yogurt, and top with bananas, ;cinnamon ;or berries for sweetness. Just be sure to get the regular stuff (not quick-cooking or instant). It only takes about 10 minutes to make, and is the perfect breakfast.*

☐ **Don't...**

☐ **Skip meals or starve yourself**

*Besides damaging your health, ;this tactic actually slows your metabolism down and your body will stop burning fat.*

☐ **Eat too few calories, especially if you're active**

*You'll be more susceptible to injury and infection.*

☐ **Go to bed hungry**

*Chances are you won't sleep well, and may overeat the next morning.*

☐ **Skip breakfast**

*It is the most important meal of the day, and will get your metabolism moving while keeping blood sugar regulated. If you aren't a breakfast eater, start small: have some fresh fruit with yogurt.*

☐ **Completely cut out a food group (such as carbs)**

*You may lose weight at first, but once you re-introduce this group to your diet you will most likely gain back even more weight.*

☐ **Avoid...**

☐ **Using Margarine and hydrogenated oil**

*Use olive oil whenever possible. Canola, coconut (yes, coconut!) and avacado oil are also good substitutes, but since the fat content is higher use moderately.*

☐ **Eating pre-packaged foods, they're chock-full of harmful preservatives, and/or synthetic ingredients.**

*Make your own snacks!*

☐ **Eating refined foods, like those containing white flour and sugar.**

☐ **High fructose corn syrup at all costs! This, like sugar, is harmful and found in a surprising array of food products, like ketchup.**

☐ **Using salt, cream sauces, and pre-bottled marinades.**

*(Try subbing lemon juice for salt when cooking!)*

☐ **Alcohol, as it is usually empty calories with lots of added sugar**

*If you need a drink occasionally, opt for a glass of red wine. Red wine has some heart-healthy properties.*

☐ **Fatty meats such as full-fat beef, bacon, ;pepperoni ;and salami.**

☐ **Deep frying, stir-frying, and ;sauteing**

*These cooking methods require the use of excessive oil, and much of the nutritional value of your food will be lost.*

☐ **Hard yellow cheeses and cream cheese**

*All fat, no nutrients! Try lowfat ;mozzarella ;instead. If you miss the cream cheese, try ;Greek ;yogurt. It has a similar ;consistency ;to whipped cream cheese, and is high in protein, low in fat, high in taste! (Much better than fat-free cream cheese!)*

☐ **Try...**

☐ **Eating an apple before meals**

*This will fill you up, as both the water and fiber content of apples are high.*

☐ **Using stevia sweetner instead of sugar**

*It's the only known calorie-free sugar substitute that is not harmful to your health, and is safe for people with diabetes.*

☐ **Cutting back on ;caffeine, especially in soft drinks or fatty lattes**

*Green tea is full of antioxidants and will keep you (safely!) alert. Best of all, you can drink several cups a day.*

☐ **Craving something sweet? Have some fresh fruit, top greek yogurt with berries or sample some dark chocolate.**

☐ **Substituting to make your ;recipes ;healthier**

*For baked goods, you can often substitute unsweetened applesauce for oil, plain white lowfat yogurt for buttermilk, and 2 ;egg whites ;for one whole egg.*

☐ **Adding some spice! Spicy jalapeno peppers, dried crushed chillis, and hot paprika add a kick to your foods and may fire up metabolism.**

☐ **Foods you may not be familiar with, but should definitely try**

*Quinoa, for example, is a grain similar in texture to barley you can substitute for other starches, with the added benefit that it's a complete protein! Try Soy, Almond, rice, and Spelt milks as substitutes for dairy.*