Prove You Are Ready For Healthier Living -
Kick the Fat, Sugar, and Salt Food Trifecta

If you are serious about improving your health and life span, you are ready to kick the treacherous food trifecta of sugar, salt and fat. These great tasting but habit-forming ingredients can lead to obesity, diabetes, heart disease, arthritis and increase the risk for cancer. You can break the fat/sugar/salt habit, lose weight and feel better, by taking each step one week at a time. Or, if you are daring, you can take all the steps all at once!

■**STEP 1 DECLARE A DATE**
Set a date to start the challenge and tell five friends that you need their help to stay on the road to better health. They will be your cheerleaders.

■**STEP 2 CUT BACK THE SUGAR**
Avoid drinks, cereals and other foods that have added sugar. You may wish to substitute artificial sweeteners like Splenda or Equal for sugar or corn syrup.

■**STEP 3 CUT BACK ON “WHITE” STARCH**
Carbohydrate foods like these are called high glycemic foods and cause spikes in blood sugar, which increases hunger. Avoid white rice, bread, baked goods, white potatoes and pasta. Consider replacing these with whole grain starches like 100% whole wheat bread and pasta, brown rice, and oatmeal. Choose vegetables like squash, green peas, broccoli, cauliflower, greens, green beans and sweet potatoes.

■**STEP 4 CUT THE “BAD” FAT**
Eliminate processed meats that are high in saturated fat (cholesterol) such as bacon, deli meats, and fatty cuts of meat. Read labels to determine how much bad fat and salt is present in processed foods. Substitute fresh, lean meat (tenderloin of beef or pork), extra lean ground beef, or even better, poultry and fish.

■**STEP 5 CUT BACK THE SALT**
Limit your salt intake to less than 2,300 mg per day. If you are African American, 51 or older, have high blood pressure, diabetes, or kidney disease, limit sodium to 1,500 mg per day. Avoid high-salt processed frozen entrées, deli meats, dill pickles, potato chips, and condiments. Consider substituting high-salt condiments for condiments with lower salt content. You can use salt substitutes, if approved by your doctor.

■**STEP 6 MAKE HEALTHY RESTAURANT CHOICES**
Assume that foods you eat in restaurants and those prepared in grocery stores will contain unhealthy combinations of the salt, sugar and fat trifecta to make them taste good. When ordering, ask for the take out box first and cut portions. Select foods that are baked and sauce-free and ask for condiments and salad dressings on the side. Salad bars can be a trap. Avoid high calorie salad dressings, bacon bits, and too much cheese.

■**STEP 7 CELEBRATE**
Celebrate! You have proven that you can control what you eat and make healthy choices. If you need additional weight loss, you are ready for Southern Remedy’s Healthy Eating Plate. Remember, to sustain healthy living, the changes you have made must be permanent!
Tips to Help You with Southern Remedy’s Food Challenge

1. Know Your BMI
Calculate your body mass index (BMI) with the chart below. This will let you know if you are starting out at a normal weight, overweight or obese.

{...see next page for more helpful tips}
2. Labels Don’t Lie
Learn to read labels using the sample on this page. Remember that these values are for one serving of the product, so check the number of servings in the container. Sodium is salt, carbohydrates are sugars and starches, calories are a measure of how much energy is in a serving, and fat is fat! A trick for determining if a product is high in fat is to multiply the calories from fat by three. If that number is higher than the total calorie number per serving, you probably want to avoid this product.

3. Trick Your Stomach
Drink two glasses of water 30 minutes before each meal. Your stomach will tell your brain you are full quicker.

4. Trick Your Brain
Stop eating before you are full and wait 20 minutes before second servings. It takes your brain 20 minutes to realize you are full.

5. Seconds Anyone?
Choose fruits and non-starchy vegetables for your second servings.

6. Scale Up to Scale Down
Weigh once a week at the same time of day and keep a weight diary.

7. Write It Down
Figure out where your calories are coming from. Keep a diary of everything you eat for a week. You will be surprised what you learn.

8. Move It
Start an exercise program with a target of 30 minutes per day. A good place to start is walking.
You are about to start a dietary choice, portion and calorie control program. To be successful, this will require a permanent change in your lifestyle. This is not a diet; it is a behavioral change program.

INSTRUCTIONS FOR USE

■ **STEP 1  CALENDAR IT**  Set a date to start changing your lifestyle. You have to be ready to start this program. Wait until you are ready and committed.

■ **STEP 2  SPREAD THE WORD**  Tell your family and friends you are going to start and ask as many folks as possible to join you. That way you can support and help each other.

■ **STEP 3  CONTROL PORTION SIZE**  By limiting the amount of the food you eat, you lower the number of calories you eat. Therefore, you will lose weight and then keep it off if you stay with your new eating habits.

■ **STEP 4  CHANGE CHOICES AS YOU WISH**  This program will be tailored by you to meet your individual needs and choices. Examples given here are for your information. You may choose other foods that you prefer in place of the ones listed. However, you will have to determine what serving size is equal to the same number of calories in each of the categories on the plate to make this work. You can find this information on the web at www.choosemyplate.gov, www.calorielab.com, in the book, *Calorie King: Calorie, Fat, and Carbohydrate Counter* by Allan Borushek, or through other sources. Identify other websites by putting “food calories” in your internet web browser search engine.

■ **STEP 5  FOOD CATEGORIES**  There are 5 categories of foods on your calorie control plate:
   a. Protein
   b. Grains/Starchy Vegetable
   c. Vegetable
   d. Fruit
   e. Dairy

■ **STEP 6  NO LESS THAN 1400-1600 CALORIES PER DAY**

The plate is constructed to give you 90-160 calories from Protein, 80 calories from Grains/Starchy Vegetables, 25 calories from Vegetables, 60 Calories from Fruit and 80 calories from Dairy, for a total of 335-485 calories per meal. If you choose one serving from each of the categories at breakfast, lunch and dinner and have two snacks, you will have a daily diet that is about 1400-1600 calories, the minimal number of calories you should eat per day without medical supervision.

■ **STEP 7  YOUR CHOICES**  The choices, one from each category listed three times a day plus two snacks, may be too few calories for you initially. Consider this your “minimal calorie intake” as you may need to eat slightly more.

■ **STEP 8  START-UP**  To start your diet, take a 7 inch plate and divide it up as we have it on the placemat. You can use a marker if you actually want to make the divisions on your plate.

...continued to next page......
STEP 9 SCALE UP Weigh yourself and record your weight.

STEP 10 EAT UP Put as many portions of food as you want in each category three times a day (within reason) and eat two snacks if you wish. Write your number of portions down for each category using the chart below. Eat this way for one week.

STEP 11 SCALE DOWN Weigh yourself again. Your target weight loss is 1-2 pounds per week. If you did not lose 1-2 pounds the first week, cut back the portions on your plate and start the process over again.

STEP 12 REPEAT Repeat this process each week to achieve continuous loss of one pound per week until you get to your desired weight or reach the 1400-1600 calorie minimum.

STEP 13 HOLD TIGHT Once you have gotten to your desired weight, you must continue to eat approximately the same portions and the same number of calories or you will begin to gain the weight back.

### My Food Portions Compared to Minimum Portions Safe To Eat

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<tr>
<th></th>
<th>PROTEIN</th>
<th>GRAINS/STARCH VEGETABLES</th>
<th>VEGETABLES</th>
<th>FRUIT</th>
<th>DAIRY</th>
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<tr>
<td>Breakfast</td>
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<td>Minimum</td>
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<td>Lunch</td>
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<td>Dinner</td>
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<tr>
<td>Snacks</td>
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Now, you are ready to make a decision about your fitness options. Use the back arrow to return to the Healthy Living Page and choose the Healthy Living Prescription.