

## *Weight Loss Nutrition Plan and Tips*

1. Calculate your daily calorie burn using the Harris-Benedict Method or the Katch & McArdle Method. In order to lose body fat, you need to consume fewer calories than your body burns. In order to gain muscle mass, you need to consume more calories than your body burns. Gaining muscle mass will also require a strength training program to break down and rebuild muscle tissue, but losing body fat requires only a calorie deficit. 3,500 calories of energy equals one pound of body fat or muscle mass, so to lose a pound a week, you should eat 500 calories less per day than your body burns. Exercise will help (and I highly recommend it!) by burning more calories, but it isn't necessary for body fat loss. Let these sayings be your mental mantra: "It's 75% diet and 25% exercise" and "you can't out-train a bad diet."

### **Calorie Burn Equations**

#### **Harris Benedict Method**

BMR Men: =  $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$

BMR Women: =  $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$

#### **Katch & McArdle Method**

BMR (Men + Women) =  $370 + (21.6 \times \text{Lean Mass in kg})$

Lean Mass =  $\text{weight in kg} - (\text{weight in kg} \times \text{body fat \%})$

1 kg = 2.2 pounds, so divide your weight by 2.2 to get your weight in kg

#### **Activity Multiplier (Both HB + KA Method use same activity multiplier)**

Little or No Exercise, Desk Job	1.2 x BMR
Light Exercise, Sports 1 to 3 Times Per Week	1.375 x BMR
Moderate Exercise, Sports 3 to 5 Times Per Week	1.55 x BMR
Heavy Exercise, Sports 6 to 7 Times Per Week	1.725 x BMR

2. Keep a food journal. This is an absolute necessity if you are to have any success reaching your goals. Most people simply do not know how much they are eating in terms of nutritional content and portion sizes. Or they forget about the snacks they ate and can't figure out why they aren't reaching their goals. It sounds like a hassle, but there is good news. The modern way to do this is with an app for your phone, which is a lot quicker and easier than it used to be. I recommend MyFitnessPal, but whichever one you choose, enter everything you eat in your app throughout the day. If it goes in your mouth, it goes into the app so you can accurately assess what you are eating.

3. Portion control is essential. Measure the quantity of food you are eating with a measuring cup for liquids and a scale (Harbor Freight has a great one for \$20) for solid foods. You may be surprised at how small some "portions" of food actually are. A bag of tortilla chips in my cupboard says that a 130-calorie "serving" of the product is only 9 chips! Let's be honest here—Who couldn't wolf down 300-400 calories of chips in nothing flat and then eat a meal 30 minutes later? Read all packaged food labels carefully so you know exactly how many calories are in the portion size you are eating. Read the labels while you shop, and if there is a choice between a lower versus higher calorie option, choose the lower. For example, soy milk and rice milk both contain about 100 calories per 8-oz. serving. Unsweetened almond milk contains only 30 calories per 8-oz. serving.

4. If you don't know exactly what's in it, don't eat it, particularly in a restaurant. Many dishes, sauces and dips are prepared with lots of oil and sugar and you can't tell how much by the taste. Get salad dressing on the side and use it sparingly. Dip your fork in the dressing and then pick up a bite of salad. Or ask for vinegar on the side and put a mixture of 75% vinegar and 25% dressing on the salad. The oil doesn't add much to the taste, but a tablespoon of olive oil (or any vegetable oil) has 110 calories. That little portion of salad dressing you get in a restaurant may contain more than 300 calories, which is more calories than the salad itself!

5. Avoid sugar like the plague. It's easy to eat several hundred calories worth of sugar which won't fill you up (and will often make you hungrier), and it has little nutritional value unless you are running a marathon that day.

6. Protein: Stick to lean protein sources only. For beef this means lean cuts like sirloin, tenderloin, round steak, chuck steak. Avoid ribeye and definitely ground beef, sausage or anything similar. For pork, stick to the pork loin and lean ham only. No bacon, sausage, or pork ribs. For poultry, choose the white meat only and don't eat the skin. Most fish is fine, but as with poultry don't eat the skin. If you see visible fat on any protein source, trim it off. Avoid fried foods--Baked, broiled, steamed or grilled are best, and use a minimal amount of vegetable oil (if any) when you cook them. Eggs are a great protein choice as well. A whole egg contains 70 calories, and an egg white only about 30. The egg white is almost pure protein. I often make pretty large omelets with one egg, 3-4 whites and some vegetables. It's 250-300 calories (including the oil I spray in the pan—see #8), high in protein, and really filling! If you want to cut out some cals, use only the egg whites and you can fill up with only 200 calories. Non-fat greek yogurt is also a great protein source. A 130-calorie serving has 23 grams of protein, and makes a great snack with some berries in it. Or cut that portion in half and call it dessert!

7. Carbohydrates: Again--Avoid sugar like the plague (sugar is a carb). The best carbs to eat are vegetables! A 3 oz. serving of vegetables contains about 30 calories, so I can safely say that you can have almost as many as you like. I recommend between 4-12 servings daily. They will fill you up with fiber and valuable micronutrients. But don't slather them in oil (see #8 below). With starchy carbs like rice, beans, bread, pasta, tortillas, chips, crackers, etc. portion control is the key. Measure all quantities and eat them sparingly. If you can't read the package or measure them for some reason, eat only a small quantity (about a handful) of them with a meal. Have an open-face sandwich with only one slice of bread. If you are in a restaurant, leave half the rice and pasta on the plate. American restaurants typically serve giant portions of cheap carbs that are often 2-4 portions in a nutritional sense. Limit your fruit intake to 1-2 servings a day, and eat whole fruit rather than fruit juice or dried fruit. It will fill you up more and you need the healthy fiber the whole fruit contains anyway.

8. Fats: While it is necessary to have healthy fats in one's diet, it's important to monitor the quantities very carefully. In general, eat as little fat as possible because fat is extremely calorically dense. Protein & carbohydrates contain 4 calories/gram, and fat contains 9 calories/gram. As mentioned above, one tablespoon of vegetable oil contains 110 calories. This is the same amount of calories contained in 3-4 ounces of lean meat! When using vegetable oil for cooking, use a spray oil or a mister to apply it to the food or the cooking pan. A 5-second spray is only about 40 calories of oil (yes--I've measured it, and you should measure what comes out of your particular mister as well), and you can completely cover the food or the pan this way. And be sure to include the oil as an entry in your food journal—If it goes into your mouth, it goes into the app! Nuts are always considered to be “healthy fats” (and they are), but remember that 1 oz. of nuts (about 20 almonds or cashews, for example) contains 160 calories. And it's very easy to eat several handfuls of nuts (500 calories worth) in a few minutes without even feeling full. Most cheese is also typically very high in fat, and it's almost as easy to eat several hundred calories of cheese as it is to consume a similar amount of calories from vegetable oil or nuts. Portion control is again essential, and I'd recommend choosing the lower-fat cheeses such as feta, skim mozzarella, or goat cheese. Read the label, and if it contains more than about 75 calories/oz., it's probably best to opt for something else.

9. Snacks: Choose healthy foods that are on the lists above: Yogurt & Fruit, Granola Bars, Protein Bars, Chips & Salsa in small quantities. But be sure to read the label for calorie content and check MFP to make sure any snacks won't take you over your daily calorie target. Definitely avoid Potato Chips, Cheetos, Doritos, Cheez-Its, and most packaged munchie snacks. Avoid all candy and other sugary snacks. As with nuts, it's just too easy to eat 500 calories without even noticing.

10. Condiments, Spices & Dips: Many condiments are nearly calorie free including mustard, pure horseradish, salsa, and most hot sauces. Herbs and spices are the same, so it's best to season your food with them rather than relying on mayonnaise, BBQ sauce, hummus, and a variety of other dips which contain large amounts of fat or sugar.

## Weight Loss Nutrition Myths and Facts: (work in progress)

Myth 1: Eat 5 small meals a day/intermittent fasting.

I'm talking about stuff like "healthy" fats, "good" carbs vs. "bad" carbs, "natural" sugar versus processed sugar, organic food, vegan this, "wild" protein sources, gluten free, etc... It's simply the caloric content of the various portion sizes, and it is really that simple, but people want to make excuses so they can be lazy about portions and keep chugging fruit smoothies ("natural" sugar) and throwing down 600 cal of nuts ("healthy" fats) as an afternoon "snack!"

Include body fat chart somewhere. Healthy ranges 5-16% for men; 14-26% for women.

Metabolic Window myth

Don't eat after 6pm/no carbs after 6pm

### How Named Diets Work for Weight Loss

Diet Name	Short Description	How it Works
Low Carb	Eat fewer carbs and more foods rich in protein and fats	By creating a caloric deficit
Ketogenic	Eat almost no carbs, some protein and mostly fats	By creating a caloric deficit
Low Fat	Avoid foods high in fats and eat mostly protein and carbs	By creating a caloric deficit
Intermittent Fasting	Restrict your eating period to only a few hours every day	By creating a caloric deficit
Weight Watchers	Points based system to help with portion control	By creating a caloric deficit
Paleo	Eat only minimally-processed "paleolithic" foods	By creating a caloric deficit