

# MEAL PLAN "A"

## 1,200 Calories

**BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed milk or soymilk + one half of a fresh mango

OR:

**1 PROTEIN UNIT + 1 FRUIT**

**Examples:**

- 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ grapefruit

OR:

- 1 cup low fat cottage cheese + 1 cup pineapple

**LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed milk or soymilk + 1 cup strawberries

OR:

**1 PROTEIN UNIT + 2 VEGETABLES + SALAD + 1 FRUIT**

**Example:**

- 3 ounces roasted chicken breast
  - AND 2 cups steamed broccoli
  - AND 4 cups of salad greens with low fat dressing
  - AND one large orange

**P.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Example:**

- Herbalife® Protein Bar + 1 medium apple

**DINNER: 2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 8 ounces grilled fish with teriyaki sauce
  - AND 1 cup steamed spinach + 1 cup steamed carrots
  - AND mixed green salad
  - AND ½ cup brown rice
  - AND 1 cup mixed honeydew and cantaloupe melon cubes

\*nutritional values are approximate and may vary depending what brand and products you use.

# MEAL PLAN “B”

## 1,800 Calories

### **BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed or soymilk + one half of a fresh mango

OR:

### **1 PROTEIN UNIT + 1 GRAIN + 1 FRUIT**

**Examples:**

- 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ English muffin + ½ grapefruit

OR:

- 1 cup low fat cottage cheese + 1 slice whole grain toast + 1 cup pineapple

### **A.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Example:**

- 1 Herbalife Protein Bar + one medium apple

### **LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + slice whole grain toast or soymilk + 1 cup strawberries

OR:

### **2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 3 ounces chicken or turkey breast, fish, tuna or shellfish on one slice of whole-grain bread
  - AND 1 cup chopped vegetables
  - AND 1 cup tomato juice
  - AND 4 cups of salad greens
  - AND one large orange

### **P.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Examples:**

- Herbalife Protein Bar + one medium apple

OR:

- 1 packet Roasted Soybeans + one fresh orange

### **DINNER: 2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 6 to 8 ounces grilled fish with teriyaki sauce
  - AND 1 cup steamed spinach + 1 cup steamed carrots
  - AND tossed green salad with a low calorie dressing
  - AND 1 cup whole-grain pasta
  - AND 1 cup watermelon

\*nutritional values are approximate and may vary depending what brand and products you use.

# FOOD LISTS FOR MEAL PLANNING

## Protein Foods

<b>FOOD ITEM</b>	<b>ONE UNIT</b>	<b>CALORIES</b>	<b>PROTEIN (GRAMS)</b>
Egg whites	7 whites	115	25
Cottage cheese, low fat	1 cup	210	28
Herbalife® Formula 1 Shake Mix semi-skimmed milk	2 tablespoons Formula 1 Shake Mix + 250ml semi-skimmed	216	18
Beef, lean	3 ounces, cooked weight	145-160	25
Chicken breast	3 ounces, cooked weight	140	25
Turkey breast	3 ounces, cooked weight	135	25
Turkey ham	4 ounces, cooked weight	135	18
Ocean-caught fish	4 ounces, cooked weight	130-170	25-31
Prawns, crab, lobster	4 ounces, cooked weight	120	22-24
Tuna	4 ounces, water packed	145	27
Scallops	4 ounces, cooked weight	135	25
<b>VEGETARIAN</b>			
Soy Canadian bacon	4 slices	80	21 (varies)
Quorn cumberland sausage	2 sausages	120	6.2 grams
Quorn burgers	2 patties	146	19 grams
Tofu, firm	½ cup	180	20 (varies)

Note: nutritional values are approximate and may vary depending what brand and products you use.

**SECTION FIVE: Week 2: Meal Plans; Snacking; Water**

## Fruits

<b>FOOD ITEM</b>	<b>ONE UNIT</b>	<b>CALORIES</b>	<b>FIBRE (GRAMS)</b>
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average fruit	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe	1 cup cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew melon	1 cup, cubed	60	1
Kiwi	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup, diced	75	2
Plums	2 small	70	2
Strawberries	1 cup, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1

Note: nutritional values are approximate and may vary depending what brand and products you use.

**SECTION FIVE:** Week 2: Meal Plans; Snacking; Water

## Cooked Vegetables

<b>FOOD ITEM</b>	<b>ONE UNIT</b>	<b>CALORIES</b>	<b>FIBRE (GRAMS)</b>
Artichoke	1 medium	60	6
Asparagus	1 cup	45	4
Beets	1 cup	75	3
Broccoli	1 cup	45	5
Brussels sprouts	1 cup	60	4
Cabbage	1 cup	35	4
Cauliflower	1 cup	30	3
Carrots	1 cup	70	5
Celery, diced	1 cup	20	2
Chinese cabbage	1 cup	20	3
Spring greens	1 cup	50	5
Corn on the Cob	1 piece	75	2
Aubergine	1 cup	30	3
Green beans	1 cup	45	4
Kale	1 cup	35	3
Leeks	1 cup	30	1
Mushrooms	1 cup	40	3
Mustard greens	1 cup	20	3
Onion	1 cup	105	4
Peas	1 cup	140	8
Pumpkin	1 cup	50	3
Red cabbage	1 cup	30	3
Spinach	1 cup	40	4
Sweet potato	1 cup	200	4
Swiss chard	1 cup	20	2

Note: nutritional values are approximate and may vary depending what brand and products you use.

**SECTION FIVE: Week 2: Meal Plans; Snacking; Water**

## Cooked Vegetables (continued)

<b>FOOD ITEM</b>	<b>ONE UNIT</b>	<b>CALORIES</b>	<b>FIBRE (GRAMS)</b>
Tomato juice	1 cup	40	1
Tomato sauce/puree	1 cup	100	5
Tomato soup, made with water	1 cup	85	0
Tomato vegetable juice	1 cup	45	2
Tomatoes	1 cup	70	3
Winter squash, baked	1 cup	70	7
Courgette with skin	1 cup	30	3

Note: Calorie average is 56 calories per unit.

## Raw Vegetables

<b>FOOD ITEM</b>	<b>ONE UNIT</b>	<b>CALORIES</b>	<b>FIBRE (GRAMS)</b>
Cabbage	1 cup	20	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Endive	1 cup	10	2
Pepper, green, red or yellow chopped	1 cup	30	2
Romaine lettuce	1 cup	10	1
Spinach	1 cup	10	1
Tomatoes, chopped	1 cup	40	2

Note: Calorie average is 25 calories per unit.

Note: nutritional values are approximate and may vary depending what brand and products you use.

## SECTION FIVE: Week 2: Meal Plans; Snacking; Water

### Starches and Grains

STARCH/GRAIN	SERVING SIZE	CALORIES	FIBRE (GRAMS)	PROTEIN (GRAMS)
Beans (black, pinto, etc.)	½ cup, cooked	115-140	5-7	7
Bread (whole grain preferred)	1 slice	80-100	3	3-5
English muffin	½ muffin	80	1	2
Lentils	½ cup, cooked	115	8	9
Rice (brown preferred)	½ cup, cooked	110	2	3
Pasta (whole grain preferred)	½ cup, cooked	85	2	3
Potato, baked	½ medium	100		
Rice cakes	2 large	70	1	1
Tortilla, corn	2 tortillas	120	4	2
<b>Cereals</b>				
Bran flakes	¾ cup	100	3	5
Oatmeal, cooked	1 cup	130	4	6
Shredded wheat, bite size	¾ cup	115	3	4

Note: Calorie average is 100 calories per serving.

### Taste Enhancers

FOOD ITEM	SERVING SIZE	CALORIES	FIBRE (GRAMS)	FAT (GRAMS)
Cheese, reduced fat	1 ounce	50-80	0	2-5
Cheese, Parmesan	3 tablespoons	80	0	5
Nuts	½ ounce	80-100	0	6-11
Olive oil	1 teaspoon	40	0	4
Olives	10 large	50	0	7
Pine nuts, sesame seeds	1 tablespoon	50	1	4-7
Salad dressing, low-fat	2 tablespoons	40-80	0	0-2

Note: Calorie average is 65 calories per serving.

Note: nutritional values are approximate and may vary depending what brand and products you use.

**SECTION FIVE: Week 2: Meal Plans; Snacking; Water**

## Protein Snacks

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>CALORIES</b>	<b>PROTEIN (GRAMS)</b>
Cheese, mozzarella, low fat	1 ounce (1 stick)	70	8
Cottage cheese, low fat	½ cup	70	14
Egg, hard boiled	1	80	4
Herbalife® Protein Bar	1 bar	140	10
Milk, semi-skimmed	250ml	90-110	9
Soup, tomato, made with milk	1 cup	120	6
Soy crisps	1 ounce (about 17 crisps)	110	7
Herbalife® Roasted Soybeans	1 packet	110	11
Yogurt, low fat	1 six-ounce carton	100	5

Note: Calorie average is 100 calories per serving.

Note: nutritional values are approximate and may vary depending what brand and products you use.



## IDEAS FOR SUBSTITUTING YOUR CURRENT MEALS FOR HEALTHY ALTERNATIVES

The examples below give you some ideas for making simple changes to your daily diet. Imagine the results you could achieve over one week just by making one of the changes below.

**EXAMPLE 1: An Herbalife® Formula 1 shake for breakfast vs. A blueberry muffin and a medium vanilla frappuccino**

FOOD	CALORIES	FAT (GRAMS)
Muffin and medium frappuccino	930	33
Formula 1 shake with semi-skimmed milk	216	6.4

You save: 714 calories and 26.6 grams of fat. If you typically have “just a muffin and coffee” every day for breakfast as a guideline, you could lose 1½ pounds a week just by making this one swap!

**EXAMPLE 2: Herbalife® Roasted Soybeans vs. Peanuts**

FOOD	CALORIES	FAT (GRAMS)
¾ cup of peanuts, dry roasted	630	52
1 packet Herbalife® Roasted Soybeans	130	5

You save: 500 calories and 47 grams of fat

**EXAMPLE 3: Chicken breast vs. red meat**

FOOD	CALORIES	FAT (GRAMS)
6 oz. lean sirloin steak	660	29
3 oz. chicken breast	150	4

You save: 510 calories and 25 grams of fat

**EXAMPLE 4: Roast beef sandwich with cheese and mayonnaise vs. Turkey sandwich with vegetables and mustard**

FOOD	CALORIES	FAT (GRAMS)
Roast beef sandwich + cheese, mayonnaise	850	30
Turkey sandwich + vegetables, mustard	350	5

You save: 500 calories and 25 grams of fat

\*nutritional values are approximate and may vary depending what brand and products you use.

# IDEAS FOR SUBSTITUTING YOUR CURRENT MEALS FOR HEALTHY ALTERNATIVES (CONTINUED)

**EXAMPLE 5: French fries vs. Steamed vegetables**

FOOD	CALORIES	FAT (GRAMS)
35 French fries	560	28
1 cup courgette + 1 tablespoon Parmesan cheese	60	2
You save: 500 calories and 26 grams of fat		

**EXAMPLE 6: Large restaurant a typical chinese dish such as BBQ Spare Ribs or Chicken with Black Bean sauce with fried noodles vs. 3 cups salad greens with 1 cup mixed fresh vegetables, 3 ounces grilled chicken breast and 2 tablespoons light salad dressing**

FOOD	CALORIES	FAT (GRAMS)
Chinese chicken salad	Up to 1000	61
Greens/vegetables/chicken + low fat dressing	320	11
You save: up to 680 calories and 50 grams of fat each time you make this choice		

Note: nutritional values are approximate and may vary depending what brand and products you use.

## SNACKING IDEAS

Snacking doesn't have to be an unhealthy habit. It's not unusual to get hungry between meals—particularly if you have a long stretch in between. Combat hunger by planning ahead to make sure you have some healthy foods available, and ideally, you should combine some protein with a little carbohydrate to fill you up and keep you going. A protein-enriched drink, a piece of fruit, or a small pot of yogurt with a few low-fat crackers should do the trick.

### HERE ARE SOME SNACK IDEAS—THAT WON'T BLOW YOUR PLAN:

- Low fat latte made with semi-skimmed milk or soy milk
- Mini pita bread with a quarter of an avocado
- Two rice cakes with one wedge light cheese
- One 100-calorie pudding
- ½ cup low fat cottage cheese with ½ cup blueberries
- One individual pot of low fat yogurt with 1 tablespoon raisins
- One stick mozzarella cheese with one sesame breadstick
- ¾ cup tomato soup made with low fat milk
- Three hard-cooked egg whites mashed with a little Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tablespoons low fat dressing
- 12 ounces tomato juice
- 10 soy crisps with a small peach
- 1 cup whole strawberries with 1 tablespoon chocolate syrup

\*nutritional values are approximate and may vary depending what brand and products you use.

## QUIZ: KNOW YOUR SNACKS

How much do you know about snacking habits? Snacking can be a healthy habit if you choose the right items and eat the right balance of foods for snacks to keep your energy level up. Unfortunately, many times we wait until we get the “snack attack,” and don’t choose as wisely as we should. Here are some questions to test how much you know about snacking.

**1. When looking for a healthier snack, the key fat to look closely at is:**

- a. Transfats
- b. Total Fat
- c. Saturated Fat
- d. All of the above

**2. When looking at the nutrition labels, choose a snack that is:**

- a. Low Calorie, low fat, low sugar
- b. High protein, low fat, low sugar
- c. Balanced with 2 of the 3 major nutrients (fat, protein, carbohydrates) with at least a couple grams of fibre.
- d. Low carbohydrate, low sugar, high fibre, with balanced protein and fat

**3. Which of the following should be part of your plan for healthier snacking?**

- a. A whole-food snack like plain yogurt with berries, nuts or vegetables with hummus
- b. A low-fat snack
- c. A snack bar or energy bar
- d. It depends

**4. All else being equal, which is the best sweet snack?**

- a. Something sweetened with sugar
- b. Something sweetened with organic cane juice
- c. Something sweetened with maple syrup or honey
- d. Something that is naturally sweet, like fresh fruit, dried fruit, or freeze-dried fruit chips

**5. Rice cakes can be the start of a healthy snack. The plain ones have only about 35 calories. To keep calories down, which of the following would be the best topping for your rice cake?**

- a. 1 tablespoon of cream cheese
- b. 2 tablespoon of ricotta cheese
- c. 1 tablespoon of strawberry jam
- d. 1 tablespoon of peanut butter

**SECTION FIVE: Week 2: Meal Plans; Snacking; Water**

**6. You are craving something smooth and creamy. Which of the following choices has the fewest calories?**

- a. A single-serve rice pudding
- b. A single-serve chocolate pudding
- c. One pot of “fruit-on-the-bottom” yogurt
- d. Half a banana with a tablespoon of chocolate syrup

**7. In a healthy diet, how many snacks should you have a day?**

- a. 0
- b. 1
- c. 2-3
- d. 5-7

**8. You have several leftovers in your refrigerator that look tempting for a snack. Which of the following will use up the fewest calories from your calorie budget?**

- a. A piece of lasagna, about 3 inches square
- b. Two fried-chicken drumsticks
- c. 1 cup of homemade macaroni cheese
- d. 1 cup of prawn fried rice

**9. Sometimes when we think we’re hungry, we’re really just thirsty. If you think something to drink might help quench your thirst and your hunger pangs, which would be the best choice?**

- a. 350ml of lemonade
- b. 350ml of cranberry juice
- c. 350ml of grapefruit juice
- d. 350ml of canned mango juice

**10. Which of the following berries has the least amount of calories per cup when fresh?**

- a. Raspberries
- b. Blueberries
- c. Strawberries
- d. Blackberries

## ANSWER KEY: KNOW YOUR SNACKS

**1. When looking for a healthier snack, the key fat to look closely at is:**

- a. Transfats
- b. Total Fat
- c. Saturated Fat
- d. All of the above

**Answer:** d. All of the above.

*While artery-clogging transfats capture many of the current headlines about healthier eating, it is also important to limit saturated fats for good heart health. For snacks, look for products that do not contain any trans fat and have 2-3 grams or less of saturated fat. Look at the ingredients; if you see “partially hydrogenated oil” anywhere in the list, the product contains trans fat. Since fat packs in more calories per gram than protein or carbohydrates, it’s important to keep the fat content of your snacks moderate (typically less than 10 grams of fat). That may seem like a lot of fat, but snacks like nuts or seeds are rich in healthy poly- and monounsaturated fats. Plus, reducing the level of fat too much with snacks might leave you feeling less than satisfied and searching for other munchies-and that defeats the purpose of the snack.*

**2. When looking at the nutrition labels, choose a snack that is:**

- a. Low Calorie, low fat, low sugar
- b. High protein, low fat, low sugar
- c. Balanced with 2 of the 3 major nutrients (fat, protein, carbohydrates) with at least a couple grams of Fibre.
- d. Low carbohydrate, low sugar, high Fibre, with balanced protein and fat

**Answer:** Balanced with two of the three major nutrients (fat, protein, carbohydrates) with at least a couple grams of Fibre.

*A snack that’s going to keep your energy up for hours needs to have a balance of carbohydrates, protein, and fat-or at least two of the three. In fact, carbohydrates are your body’s main source of energy (and your brain’s preferred source). Combining carbohydrates with fat and protein will give you a balanced snack which will help sustain your energy levels. A snack containing around 150-200 calories is an appropriate snack for people sticking to a diet below 2,000 calories a day. If your calorie needs are above 2,000 per day, aim for snacks that are about 200-250 calories each. Fibre keeps you feeling satisfied for longer, so make sure your snacks pack in at least 4 grams of fibre. Fat also creates a feeling of satisfaction, so don’t be too enticed by “fat-free” snacks. Avoid going too low in calories and/or fat-it’s likely your snack will leave you hungry for more in no time.*

**3. Which of the following should be part of your plan for healthier snacking?**

- a. A whole-food snack like plain yogurt with berries, nuts or raw vegetables with hummus
- b. A low-fat snack
- c. A snack bar or energy bar
- d. It depends

**Answer:** *It depends.*

*A healthy snack can come in many different forms. Think of snacks as a way to keep your hunger from taking over between meals, sustain your energy throughout the day and sneak in nutrients (think fibre, protein, calcium and iron) that you might not be fitting into meals. When choosing snacks, choose the option that works with your lifestyle, and be flexible. Some days, a homemade whole-food snack will work, some days a good quality protein bar eaten on the go is your only option. Think outside of the box and use the criteria mentioned in questions 1 and 2 to make the best choice.*

**4. All else being equal, which is the best sweet snack?**

- a. Something sweetened with sugar
- b. Something sweetened with organic cane juice
- c. Something sweetened with maple syrup or honey
- d. Something that is naturally sweet, like fresh fruit, dried fruit, or freeze-dried fruit chips

**Answer:** *Something that is naturally sweet, like fresh fruit, dried fruit, or freeze-dried fruit chips.*

*When you get sweetness from fruit, you get a lot more than just sweet flavour. Satisfying a craving for sweets with a piece of fruit or cup of berries delivers vitamins, antioxidants and fibre along with the sweet taste. Plus, getting into a habit of reaching for fruit when you want something sweet is a great way to prevent calorie overload (think how much easier it is to tear through a big cookie than a bowl of juicy watermelon chunks). One word of warning regarding dried fruits: Use them as accents to an unsweetened food (like adding chopping dried figs to plain yogurt or sprinkling chopped dried apricots onto unsweetened porridge) rather than on their own, since it's easier to go overboard on dried fruit (which is dehydrated into a fraction of its original size, making each piece smaller than its fresh fruit equivalent).*

## ANSWER KEY: KNOW YOUR SNACKS (CONTINUED)

**5. Rice cakes can be the start of a healthy snack. The plain ones have only about 35 calories. To keep calories down, which of the following would be the best topping for your rice cake?**

- a. 1 tablespoon of cream cheese
- b. 2 tablespoons of ricotta cheese
- c. 1 tablespoon of strawberry jam
- d. 1 tablespoon of peanut butter

**Answer:** Regular cream cheese has about 50 calories a tablespoon, as does strawberry jam. A tablespoon of peanut butter has 95 calories. The ricotta cheese is a calorie bargain, with 2 tablespoons having only about 25 calories. Spread some on a rice cake for a tasty treat.

**6. You are craving something smooth and creamy. Which of the following choices has the fewest calories?**

- a. A single-serving of rice pudding
- b. A single-serving of chocolate pudding
- c. One pot of "fruit-on-the-bottom" yogurt
- d. Half a banana with a tablespoon of chocolate syrup

**Answer:** the Banana and chocolate syrup.

Some yogurts are healthy, and if this had been a "low fat" version, it would have been the best choice. But low-fat yogurts with fruit on the bottom can have 150 or more calories per individual carton. Rice pudding and chocolate puddings have about 130 to 140 calories per serving, depending on the brand. But half a banana has only about 45 calories, and the syrup adds about 50 calories so this adds up to less than 100 calories for a delicious treat, and of course if you can manage with a little less of the chocolate syrup, so much the better!

**7. In a healthy diet, how many snacks should you have a day?**

- a. 0
- b. 1
- c. 2-3
- d. 5-7

**Answer:** 2-3

Eating 2 to 3 healthy snacks a day is an excellent way to control blood sugar, boost energy, and control your weight. Going for long periods of time without food can trigger overeating and binges. It's better to plan ahead. Eat small meals, and have healthy, high-fibre, satisfying snacks available throughout the day.



**8. You have several leftovers in your refrigerator that look tempting for a snack. Which of the following will use up the fewest calories from your calorie budget?**

- a. A piece of lasagna, about 3 inches square
- b. Two fried-chicken drumsticks
- c. 1 portion of homemade macaroni and cheese
- d. 1 portion of prawn fried rice

**Answer:** Believe it or not, the two fried-chicken drumsticks, even though they are fried, have the fewest calories— about 250 for the two drumsticks. If you take off the breaded coating, you still get the flavour of the chicken and can save yourself about 75 more calories. All the other selections have between 400 to 500 calories each – too much for most people as just a snack.

**9. Sometimes when we think we're hungry, we're really just thirsty. If you think something to drink might help quench your thirst and your hunger pangs, which would be the best choice?**

- a. 350ml of lemonade
- b. 350ml of cranberry juice
- c. 350ml of grapefruit juice
- d. 350ml of canned mango necta

**Answer:** Of the four choices, grapefruit juice has the fewest calories per ounce. 350ml of grapefruit juice has about 150 calories; all the others have about 200 calories in the same serving because they all have added sugar. Better yet, when you are thirsty, try mineral water with just a few tablespoons of juice. It's refreshing and tasty, but you be taking in almost no calories!

**10. Which of the following berries has the least amount of calories per portion when fresh?**

- a. Raspberries
- b. Blueberries
- c. Strawberries
- d. Blackberries

**Answer:** Strawberries.

A cup of fresh strawberries contains about 45 calories; a cup of fresh raspberries or blackberries contains 60 calories, and a cup of fresh blueberries have 80 calories. Berries are rich in vitamins A and C and contains fibre, and you may opt for a variety of berries to liven up your snacks, breakfasts, or desserts. Also, if you're snacking on dried berries, keep in mind that a half-cup of dried berries is equivalent to a cup of fresh berries.

# WATER WORKS

Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

## **REPLACE WHAT YOU LOSE**

After each 30-minute workout, drink two 250ml glasses of water to replenish your fluids. If you find you become thirsty while working out, consider using a sports bottle to help you stay hydrated while you exercise.

Because of their calorie content, soft drinks and fruit juices are not good choices for replacing lost fluids if you are trying to lose weight or manage your weight. You might try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don't like the taste of plain water.

## **HOW MUCH WATER IS ENOUGH?**

As a general guideline, try to drink two litres of water a day. If you exercise, you will probably need to drink more to replenish the water lost through sweating.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you've had in a day, can help you to keep your body hydrated.

## **WHEN WATER ISN'T ENOUGH**

The next time you're thirsty, it could be smart to think before you drink. While "you are what you eat," the phrase is more accurately "you are what you drink." Our bodies are about 60 percent water, and while watery foods can help meet our needs, most of our daily water needs are met from the fluids we drink. Aside from plain water, consumers are faced with a dizzying array of juices, juice drinks, vitamin-fortified waters, sports drinks, energy drinks and teas—making it difficult to choose the best beverage to help meet fluid needs.

For the average person who exercises moderately, plain water is a perfectly good choice. But many people prefer drinks with a little flavour, and tastier fluids may encourage consumption. And as exercise duration and intensity increase, it's important to not only replace fluid losses, but to replace body salts—such as sodium and potassium—that are lost through sweating.

## WATER WORKS (CONTINUED)

### LOOK BEFORE YOU DRINK

When evaluating beverages, a good place to start is by reading the nutrition facts label. For instance, fizzy or fruit drinks are often high in calories and sugar, and low on nutrients. Not only can these empty calories pile on the pounds, the high-sugar concentration in fizzy drinks and fruit drinks can actually slow down the rate at which the body absorbs fluid. If you see high-fructose corn syrup at the top of the ingredient list, you may want to choose a healthier option. Sugars other than fructose, in lower concentrations, are much better absorbed.

Some energy drinks have a combination of caffeine and sugar, designed to give you a quick spike in energy. But if you aren't used to consuming caffeinated drinks, these could make you jittery or upset your stomach.

So what should you look for? It's a good idea to check labels for electrolytes, such as sodium and potassium, which are salts that your body loses when you perspire. In addition to replacing losses, electrolytes can also add some flavour, which will encourage you to drink more. Also, look for drinks with less than 100 calories per 250 ml serving. Higher calories means a higher sugar concentration; you also don't want to drink back the calories you just burned on the treadmill.

While too much sugar can be a problem, a little bit of carbohydrate in beverages can help to maintain blood sugar while you are exercising. Also, a mixture of several forms of carbohydrate in the drink helps to get carbohydrate into working muscle better than just one carbohydrate source.

**SECTION FIVE:** Week 2: Meal Plans; Snacking; Water

**STAYING HYDRATED**

You may become dehydrated before you feel thirsty. This is one reason that athletes learn to drink on schedule. Two glasses of 250ml of fluid a couple of hours before you start exercising should be followed with another glass or so 10 to 20 minutes before you start. An additional 30-50ml of fluid every 15 minutes or so when you are working out can help prevent excessive fluid losses. One way to monitor your hydration is to note the colour of your urine. "People who are optimally hydrated should urinate every one to two hours," says Luigi Gratton, at the University of California at Los Angeles (UCLA)\*. "And your urine should be pale yellow or clear," says Gratton. "Darker colour usually means more concentrated urine, an indication that you should increase your fluid intake."

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed or faint. Even if you're only a weekend exerciser, adequate fluids are important for a healthy, well-functioning body. If you think you drink less than you should, a flavourful drink designed to help you hydrate might be just the thing to help meet your fluid needs.

\*Titles are for identification purposes only. The University of California does not review, approve or endorse Herbalife® products.