

Grocery Shopping Tour with Laura Miranda MsPT, CSCS

Your Body Transformation Expert



Specializing in the *Busy Woman's* Weight Loss

Easy Rules to Remember:

- Healthy eating takes PRACTICE! Realize that this will be an ongoing effort and you can and will improve your skills along the way.
- Must cut-out or burn off 500 calories a day to lose 1-2 lbs a week. Simple changes in food choices can easily make this a reality. (1 lb of fat = 3500 calories.)
- Food Shop on Wednesdays – the store is always less crowded.
- Stick to the outside of the store and avoid “end of aisle” and checkout displays. These sections contain sneaky snacks with fatty/salty/empty calories.
- Come Prepared! Write out a quick list before you go to the store. This will decrease the likelihood that you’ll make poor or “snap” decisions.
- Shop on a full stomach.
- Read labels. Become an investigator and compare common foods with others. Be mindful of fat/calories/salt/sugar. Compare brands: “400 mg of salt” in pasta sauce doesn’t sound so bad. But when you compare to another brand with 25mg, it is apparent that a better option does exist.

DON'T FALL for the MARKETING TRICKS:

Companies will try to lure you in with fancy buzz words on the front of their packages. Read the BACK of the product for the true information.

- **“MULTI GRAIN”** = contains a bunch of grains, not necessarily the “good” ones. Instead look for “100% WHOLE GRAIN” in the ingredients section (and not just “whole wheat.”)
- **BROWN or GREEN Packaging.** Most people associate these colors with a healthier product. Be a label investigator to really find out if it really is healthy.
- **“Low CARB”** this is not regulated by the FDA and therefore each company is free to interpret its definition however they like. Remember to look for better *quality carb*, instead of a lower number.
- **“100% ALL NATURAL”** not regulated by the FDA. Dirt is all natural; it doesn’t mean it’s good for you.
- **Dark Brown Breads.** Many times companies will add brown food coloring just to dress up their refined carbs. Again, go back to the label and look for “100% Whole Grain.”
- **“Number of Servings Per Container”** nutritional info (calories/fat/salt etc) on the label represents 1 serving. Companies will make servings small to appear to be a more healthy option. 1 Serving may = 110 calories. Eat the whole bad = 550!

Ways to Break Down Food Selection When Shopping

Putting it all into categories makes healthy shopping more manageable

FRUITS & VEGGIES: Think “Rainbow”. Go for color and variety each trip, both on your plate and in your grocery cart. Your body needs vitamins and minerals that are contained in *different* plant and fruit sources. 5-13 servings of fruit and veggies a day! The darker the color, the better it is for you... cancer fighting, age fighting, heart healthy etc. You must work hard to sneak 2-5 servings into EVERY meal. Plus, having more fruits and veggies on the plate leaves less room for other bad stuff.

GRAINS: Heart healthy whole grains help metabolize fat, stabilize blood sugar, and keep you fuller longer. ERGO they are the *gold standard food* when attempting to lose weight. Avoiding these all together however (no carb diet) will leave you lethargic, cranky, and drives your metabolism to a grinding halt. Hours or days without whole grains leave you with cravings for sugary-processed snacks (the bad kind of carbs.) Shoot for: Barley, Buckwheat, brown rice, spelt, Quinoa etc. Choose sources of grains/carbs with 3 or more grams of Fiber per 100 calorie serving!

DAIRY: Chose low fat or fat free options such as yogurts and milk products. Most in this section are proteins so best pre and post workout snacks are a COMBO of protein and carbs. Adding fruit to a dairy product is an easy way to make a power packed snack.

BEANS/NUTS/LEGUMES:

F-I-B-E-R! These are great choices for topping any meal. They are full of protein and nuts have both tons of protein and fantastic amounts of “good fats.” Fiber is fantastic because it expands when in the stomach making you feel fuller longer; speeds excretion time; helps regulate blood sugar == all helping make you a calorie burning machine.

PROTIEN: Lean meats and seafood. Choose skinless, boneless lean cuts. Chicken – ground and cutlets; pork; turkey - ground and cutlets; seafood – TONS of variety here: oysters, salmon, sea bass, striped bass, tuna etc. (High in Omega 3 fats.) TIME SAVER TIP: When you get home slice the meats into individual servings and place each in its own zip lock bag and pop into the freezer. This way it is readily available at a moment’s notice to defrost and grill. EAT (lean) PROTEIN AT EVERY MEAL!

FLUIDS: Stay away from juice. I am sorry, juices are filled with sugar. Spiking your blood sugar *that* early in the morning, or at any time for that matter, will set you up for weight gain. You are better off having the actual fruit - whole orange, apple, pomegranate etc. Why? F-I-B-E-R. Otherwise, stick to water - spice it up with slices of fruit, lemon/lime, or even cucumber. Seltzer/Club Soda is another great alternative to plain water. Water is crucial for life for a variety of reasons:

- In blood it helps transport glucose (blood sugar), oxygen, and fats to working muscles.

- It eliminates waste products

- Prolongs fatigue during workouts

- It absorbs heat from working muscles

- It regulates body temperature

- It lubricates joints and cushions organs and tissues

TIPS, TRICKS & GUIDELINES:

--THE SECRET to weight loss or/and maintaining your weight is wait for it.... Healthy food shopping! All of the guess work is taken out when you realize that your body needs foods that are the closest to the way they came out of the ground: whole, unprocessed, nothing added. The foods that go in your shopping cart should be ones with the least amount of labels.

--**PORTION CONTROL** – controlling this size of food going in will control the size your body will end up! Meat - size of a deck of cards; grains (cereal/pastas) – size of a clenched fist; bread – 1 slice size of a CD thickness of your finger. Magic number on a food label is “Servings per Container.” Companies will make servings small so it will appear to be healthy.

--**The produce section** is the biggest portion of the store and should therefore make up the largest portion of both your grocery cart and your plate at EACH meal.

--In the keep foods as “**whole**” and **unprocessed** as possible. Look for versions of foods that are as close as possible to the way they were born (from ground/off the tree/from the animal.) If the ingredients are nothing but chemical names a hundred letters long, the food might be one to skip.

--The **1st 5 ingredients** on a food label are the most abundant. I don’t care what claims are made on the front of the package, if sugar, salt or oil are found in the 1st 5 ingredients – put it quietly back on the shelf and run the other way.

--**Serving size** is another secret killer to a healthy diet. Recent studies show that Americans are actually eating 50% more than they estimate. Read labels when it comes to pre packaged foods. Otherwise grains (quinoa, rice, barley etc) should be the size of a fist, and meat should be the size and girth of a deck of cards.

--**Stay clear of “Fat Free”** products. The label may say ZERO FAT, but they pump them with processed carbs, sugars and salt to make up for the taste. In most cases you are better off eating the lower fat or actual full fat version, as long as you stick to moderation and serving size rules.

--**Carbs aren’t bad.** It’s the quality of the carb that you should focus on. Choose ones with 3 or more grams of fiber; must stay “WHOLE WHEAT” as the first ingredient, not whole “grain.” The later is a marketing buzz word that is not regulated by the FDA and has no standard definition (another example is “Low Carb.”) Choose carb items with 3g or more fiber per 100 calories to ensure it’s a better choice.

--The reason you are shooting for whole, unprocessed foods is the **F-I-B-E-R!** The RDA (Recommended Daily Allowance) is 25 grams. Most adults average about 5 per day. And we wonder why there is an obesity epidemic?? If you want to be a CALORIE BURNING MACHINE than start eating more fiber, it’s that simple. Guess what **doesn’t have** fiber: crackers, juice, snack packs, breakfast cereal, white carbs, and pretzels. Guess what does: EVERYTHING ELSE that is “as-is” from the ground or tree ☺

QUICK AND EASY SNACK IDEAS:

Keep in mind the list below is **JUST** as quick and “on the go” as the pre-packaged (and usually “processed”) kind. The difference? The former will help you drop the fat by stabilizing blood sugar, keeping you fuller longer, and will be eliminated faster due to **f-i-b-e-r**.

- Salsa and 100% whole wheat crackers
- Yogurt and sliced almonds
- 2 eggs on 1 piece of whole wheat bread (barley, spelt etc)
- Fruit
- Half of a sweet potato
- Hummus and carrots
- Trail mix- unsalted with berries, mixed nuts, seeds, raisins etc
- Glass of low fat or skim milk
- All of the veggies you can handle
- Natural peanut butter on whole grain bread
- Canned tuna with lemon and fresh veggies
- Cottage cheese and sliced fruit
- Air popped popcorn
- Greek Yogurt and fresh fruit or nuts
- Lean meat rolled up w/ lettuce in a small whole grain tortilla

QUICK AND EASY SNACKS *TO STAY AWAY FROM*:

Cereal bars, “protein bars”, 100 calorie snack packs, mostly anything in a vending machine, pretzels, juice drinks, soda – yes even diet, granola, most cereal, crackers, multi grain muffins (now that we know “multi” grain means nothing, must say “WHOLE GRAIN.”) Knowing what you know now, how many more can you think of? Take a look in your pantry and do some investigative reporting.

HOW MUCH AND OF WHAT SHOULD YOU BE EATING:

1/4 of the plate: lean protein¹ (lean meats – pork, chicken, seafood etc.)

1/4 of the plate: whole grain carbohydrate¹ (barley, buckwheat, quinoa, spelt, brown rice, etc.)

1/2 the plate: fruit and/or veggies of different colors¹ (reds, dark greens, oranges, yellows etc.)

SNEAKY NAMES OF SUGAR ON FOOD LABELS – don’t be fooled!

High fructose corn syrup, Brown Sugar, Turbinado, Sugar, Honey, Maple syrup, Sucrose, Glucose, Corn syrup, Dextrin, Sugar, Lactose, Molasses, Fructose, Confectioner’s Sugar, Date Sugar, Caramel, Chicory syrup, , Fruit Sugar, Brown rice syrup, Maple sugar, Maltodextrin, Dextrose, Molasses powder. **BUYER BEWARE:** Even whole grain bread can have high fructose corn syrup in it. You must read those labels.

ASSESSING FAD DIETS

Foundations of a healthful diet cannot be discussed without mentioning fad diets. Headlines promising a quick fix; infomercials claiming it takes only five minutes for great abs; and hundreds of books suggesting their diet is “the best” can all make the job of demystifying the fad diets difficult.

Companies that promote fad diets take advantage of the fact that there are millions of dollars to be made. Unfortunately, many people prefer to try the quick fix instead of making the effort to lose weight through long-term changes in eating and exercise habits. The truth is that there is no quick fix; there is only one way to achieve health - through a sound diet and a regular exercise program.

It is nearly impossible to keep up to date with every fad diet that is published. However, that doesn't mean you have to throw your arms up feeling defeated; this guide will help recognize a fad diet without even paging through the program. The fact of the matter is that all programs, no matter what their individual “catch” may be, are strikingly similar.

As a general rule, stay away from diets or programs that promise any of the following:

- 1 . Draw simple conclusions from complex medical research.** Without seeing the entire study or understanding how to comb through the research, it is impossible to understand the conclusions. It is very easy to extrapolate individual components of a study to make it applicable to what is being promoted.
- 2. Promise of permanent weight loss without exercise.** While it is possible to lose weight without exercise, there will be a large loss of muscle, and research has shown it is very difficult to maintain the weight loss without exercise.
- 3. Claim to produce quick weight loss (only 1 to 2 pounds/week is safe & recommended).**
- 4. Require the purchase of pills, potions, or other dietary supplements.**
- 5. Eliminate an entire macronutrient or drastically limit any food group (e.g., low carbohydrate diets).** A *balanced* diet is the best and safest way to successfully lose weight and ultimately keep it off.
- 6. Offer testimonials from “health professionals.”**

ENERGY BALANCE

Energy balance is achieved when the level of energy intake is *the same* as energy expenditure. **Energy balance** is most accurately calculated **over a number of days or weeks**, rather than day to day. Body weight is determined by the balance between the energy consumed (food and beverages) and the energy expended

If you are looking to GAIN WEIGHT (or in the case of someone who is overweight), an **energy surplus** is created. This is also known as **positive energy balance** and it occurs when energy intake is **greater than** energy expenditure (e.g., eat more food and move less).

If you are like most people and are looking to LOSE WEIGHT, the energy expenditure side of the equation would have to increase to create an **energy deficit, or a negative energy balance**. This is fancy speak for **MOVE MORE AND EAT LESS** (or increase physical activity and choose quality/healthier foods so you can still have a lot of food but still be low in calories.)

Below I have created lists of foods from each group to open your mind and help you expand your horizons. Keep in mind the tables are comprehensive but are not a complete listing.

Grains

Select Most Often	Select Moderately	Select Least Often
Amaranth	Cornbread	Brown sugar
Barley	Corn tortillas	Brown rice syrup
Beans	Couscous	Chicory syrup
Brown rice	Crackers	Confectioner's sugar
Buckwheat	Flour tortillas	Corn syrup
Bulgur (cracked wheat)	Grits	Dextrose
Millet	Noodles	Evaporated cane juice
Oatmeal	Spaghetti	Glucose
Quinoa	Macaroni	High fructose corn syrup
Sorghum	Most ready-to-eat breakfast	Honey
Triticale	Cereals	Malt Syrup
Wheat berries	Pitas	Maltodextrin
Whole grain barley	Pretzels	Molasses
Whole grain cornmeal	White bread	Raw sugar
Whole rye	White sandwich buns and rolls	
Whole grain bread	White rice	
Whole wheat crackers		
Whole wheat pasta		
Whole wheat tortillas		
Wild rice		

Eating Your Colors: Fruits and Vegetables by Color
Eat a variety of fruits and vegetables from every column daily

Green	Yellow/Orange	Blue/Purple	White	Red
Artichoke	Acorn squash	Beets	Banana	Apple
Arugula	Apricots	Blackberry	Cauliflower	Green peas
Asparagus	Butternut squash	Black grape	Garlic	Lima beans
Bean sprouts	Cantaloupe	Blueberry	Mushroom	Pomegranate
Bok Choy	Carrots	Cabbage	Onion	Potatoes
Broccoli	Corn	Eggplant	Parsnip	Radish
Brussels sprouts	Grapefruit	Elderberry	Shallots	Raspberry
Cabbage	Lemon	Figs	Turnips	Red onion Red pepper
Celery	Mango	Plums	Wax bean	Strawberry
Collard greens	Nectarine			Tomato juice
Cucumber	Orange			Tomatoes
Green bean	Papaya			Watermelon
Green grapes	Peach			
Green pepper	Pineapple			
Kale	Pumpkin			
Kiwi	Sweet potato			
Mesclun	Yellow squash			
Mustard greens				
Okra				
Peas				
Romaine lettuce				
Spinach				
Turnip greens				
Watercress				
Zucchini				

PROTIEN

Select Most Often	Select Moderately	Select Least Often
Beans	Canadian bacon	Bacon
Chicken breast (without skin)	Lean cuts of beef/pork	Chicken (with skin)
Crab	Mixed nuts	Chicken wings
Egg whites	Peanut butter	Fatty beef, lamb, pork
Flounder	Reduced fat and part-skim cheese	Fatty luncheon meats (e.g., bologna, pastrami, corned beef)
Halibut	Shrimp	Fried chicken and fish
Low-fat luncheon meats (e.g., turkey)	Texturized vegetable protein	Liver
Low-fat/non-fat cottage cheese	Turkey bacon	Ribs
Low-fat/non-fat milk	Whole eggs	Sausage
Low-fat/non-fat yogurt		Turkey (with skin)
Salmon		Untrimmed beef and pork
Snapper (red or blue)		Whole milk
Soy milk		Whole milk cheese
Tilapia		
Tofu		
Tuna (steaks or canned, in water)		
Turkey breast (without skin)		

Recommended Protein Intake

	Grams of Protein Per pound of body weight
Currently RDA for sedentary adults	0.4
Recreational athlete	0.5-0.7
Adult endurance athletes	0.6-0.7
Adult strength trained athletes	0.7-0.8

Therefore a 135 lb woman should be eating 81 grams of protein per day .

165 lb man should be consuming about 99 grams of per day.

FATS

Select Most Often	Select Moderately	Select Least Often
Avocado Fish oil Flax oil Olives Olive oil Mixed nuts Soybean oil Sunflower oil Walnut oil	Margarine (without trans fat) Egg yolks Vegetable oil	Animal fat Butter Coconut oil Cream Fried foods Ice cream Lard/shortening Shortening Sour cream Whole fat dairy products

Practical *Fat* Applications

Fat is crucial for health and performance. It is one of two essential macronutrients which aids in satiety and eating "satisfaction" or fullness. The key is to choose the right types of fats; focus on quality and quantity! The right kind of fats actually helps METABOLIZE fat and prevents clogging of arteries.

Take home points:

- Maintain a fat intake of $\leq 35\%$, with $\sim 1/3$ each from saturated, monounsaturated, & polyunsaturated fats
- Limit intake of trans fatty acids
- Focus on healthy omega-3 fats, such as fish, nuts, avocado, flax, and olive oil

I wish you the best of luck. Eating healthy is an ongoing process that takes months of practice to perfect. Contact me at any time for help; I look forward to hearing from you!

Your Body Transformation Expert,

Laura Miranda MSPT, CSCS