

Eat Right for Life

PHASE 1: Conquer Your Carbs

It seems everyone these days is completely carb confused. Is bread good or bad for me? Can I eat sweet potatoes if I want to lose weight? Beans are starchy and fattening, right? With all of the carb-focused diet plans made famous in recent years and the seemingly endless media coverage about this famous food group, how could you not be confused?!? Your task now is to strive for the right carbs!

SURVEY Simply check (✓) "Yes" or "No" in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you consume two or more whole grain foods each day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat legumes such as black beans, lima beans, black eyed peas and hummus at least twice a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you avoid sugar-sweetened beverages like fruit punch, soda, lemonade and sports drinks most days? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you avoid eating most carbohydrates that are white in color? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a clear understanding of good and bad carbohydrates? |

Reflect on your answers to the survey questions and then select a goal for Doing Your Carbs Right. If you answered yes to most of the questions, your carb consumption is right on. Try the intermediate or advanced goal. If carbs confuse you and your carb intake could use some improvement, start with the beginner goal and work toward the intermediate goal when you are ready.

GOALS Simply check (✓) your goal

- Beginner:** Consume at least 3 whole grain foods each day.
- Intermediate:** Consume legumes at least twice per week.
- Advanced:** Eliminate sugar-sweetened beverages from your diet.

TRACKING Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____
IF YOU MET YOUR GOAL EACH DAY DURING WEEK 1, CONSIDER MOVING UP A LEVEL IN WEEK 2!						
DAY 8 DATE: _____	DAY 9 DATE: _____	DAY 10 DATE: _____	DAY 11 DATE: _____	DAY 12 DATE: _____	DAY 13 DATE: _____	DAY 14 DATE: _____

Eat Right for Life

PHASE 2: Give Yourself An Oil Change

Of all the nutritional strategies that protect your health and improve your vitality, learning how to do your fats right is the single most powerful.

Consuming the right fats while avoiding the wrong fats is the most important dietary strategy to guard your health and maximize your wellness. Here is the wonderful news: Succeeding in this essential healthy eating directive is as simple as an oil change! Out with the bad and in with the good – that’s all you really have to do.

SURVEY Simply check (✓) “Yes” or “No” in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat processed foods like baked goods, crackers and chips more than a few times each week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat fast food or convenience foods more than twice a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat more than two servings of red meat per week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you consume whole dairy foods like full-fat cheeses, whole milk, or ice cream? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you confident you can make changes to your diet that you can stick with long term? |

Your answers to the survey questions will help you in determining which Give Yourself An Oil Change goal to choose. If you answered yes to two or more of the questions, chances are good that you could improve your fat intake. Consider aiming for the beginner goal to get started, or if you feel more confident about your ability to make positive change in this area, go for the intermediate or advanced goal. Either way, setting your sights on Doing Your Fats Right is the focus!

GOALS Simply check (✓) your goal

- Beginner:** Eliminate from your diet all trans fats from processed foods.
- Intermediate:** Limit red meat to two or fewer servings per week.
- Advanced:** Add one serving of omega-3 or monounsaturated fat to your intake each day.

TRACKING Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____
IF YOU MET YOUR GOAL EACH DAY DURING WEEK 1, CONSIDER MOVING UP A LEVEL IN WEEK 2!						
DAY 8 DATE: _____	DAY 9 DATE: _____	DAY 10 DATE: _____	DAY 11 DATE: _____	DAY 12 DATE: _____	DAY 13 DATE: _____	DAY 14 DATE: _____

Eat Right for Life

PHASE 3: Get Obsessed With Fruits & Veggies

Our journey to Eating Right For Life brings us to two more very important carbs: **Fruits and Vegetables**. Fruits and vegetables are amazing. Each time you include them in your diet, you immediately improve your health. Read that again. **Immediately**. Fruits and vegetables are high in nutrients, and low in calories. They are a bustling assortment of vitamins and minerals and offer loads of beneficial zero-calorie fiber. For most of us, the more fruits and veggies we eat, the less we'll weigh. Are you getting **your** fill?

SURVEY Simply check (✓) "Yes" or "No" in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat dark leafy greens like collards, kale and spinach several times a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you choose richly colored fruits and veggies (think brilliant red, orange, yellow and green) most of the time? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat two servings (1 serving equals roughly 1 cup) of fruit each day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you consume at least five servings (1 serving equals roughly 1 cup) of veggies each day? |

Filled with phytochemicals, fruits and veggies are the magic bullet for broad-spectrum disease prevention. If you answered no to one or more of the survey questions, it is time to focus on your fruit and veggie eating habits. The beginner goal is simply a place to start. Even after the challenge concludes, keep aiming toward achieving the intermediate and advanced goals to optimize your health and well-being!

GOALS Simply check (✓) your goal

- Beginner:** Eat at least 1 cup of fruit and 1 cup of veggies each day.
- Intermediate:** Eat at least 2 cups of fruit and 3 cups of veggies each day.
- Advanced:** Eat at least 2 cups of fruit and 5 cups of veggies each day.

TRACKING Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____
IF YOU MET YOUR GOAL EACH DAY DURING WEEK 1, CONSIDER MOVING UP A LEVEL IN WEEK 2!						
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Eat Right for Life

PHASE 4: Select the Healthy Proteins

The right proteins are a powerful ally in your pursuit of optimal wellness and vitality. When it comes to dietary protein and Eating Right For Life, there are two primary rules you need to follow. First, you need to select the right form of protein. Second, you should always include some form of healthy protein at each meal. Keep in mind, just like fats and carbs, some proteins are better for you than others! Once you master determining which ones offer the biggest boost to your health, you will be on your way to Eating Right For Life!

SURVEY Simply check (✓) “Yes” or “No” in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat red meat <i>less</i> than 2 times per week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you choose low fat dairy products instead of full fat dairy products like whole milk, ice cream and full fat cheese? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat fish twice a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you select vegetable protein sources like nuts, seeds, legumes and soy foods over animal protein sources frequently? |
| <input type="checkbox"/> | <input type="checkbox"/> | How confident are you in your ability to select the healthy proteins? |

Selecting the right form of protein and eating some form of protein at each meal are the two keys to healthy protein habits. Reflect on your answers to the survey questions to assess whether or not your protein selections are stellar. If you answered yes to most of the questions, good job! Consider the intermediate or advanced goal for this portion of the Eat Right For Life challenge.

GOALS Simply check (✓) your goal

- Beginner:** Eat low fat dairy products in place of full fat dairy products.
- Intermediate:** Eat two servings of fish each week.
- Advanced:** Substitute a vegetable source of protein for an animal source twice each week.

TRACKING Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____
IF YOU MET YOUR GOAL EACH DAY DURING WEEK 1, CONSIDER MOVING UP A LEVEL IN WEEK 2!						
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Eat Right for Life

PHASE 5: Drink the Right Beverages

Gulp. What do the beverages we choose to drink have to do with **EATING Right for Life?** Plenty. Recent studies show that beverages account for a whopping 22-percent of American's total daily caloric intake. This glaring statistic underscores how important it is to do your beverages right. What you choose to drink can have a profound impact on your health and body weight. To maximize your liquid intake you will need to learn to dump those that are bad – sugary drinks – in favor of those that are good, like water.

SURVEY Simply check (✓) “Yes” or “No” in response to each of these questions

- | | | |
|--------------------------|--------------------------|---|
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you drink sugar-sweetened or diet soda on most days? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you drink more than one ½-cup serving of 100% fruit juice most days? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you regularly consume sugar-fortified beverages like energy drinks, dessert coffee beverages, flavored milk, fruit drinks, or sports drinks? |

Americans drink an enormous amount of liquid sugar calories that averages to 300 calories a day. There is one beverage that is perfectly suited to our biological needs and provides zero calories – water. Review your answers to the survey questions to assess your current hydration habits. If you answered yes to any of the questions, there is a strong possibility that liquid sugar calories make up a significant portion of your total caloric intake. Start transforming your hydration practices today with the beginner goal or aim for the intermediate goal to really do your beverages right!

GOALS Simply check (✓) your goal

- Beginner:** For females, drink 9 cups of fluid daily and choose water most frequently.
For males, drink 13 cups of fluid daily and choose water most frequently.
- Intermediate:** Substitute water in place of sugar-fortified beverages such as soda, fruit drinks, sports drinks (unless you are exercising for longer than 60 minutes at a time), dessert coffee beverages and energy drinks.
- Advanced:** Eliminate sugar-sweetened beverages from your diet.

TRACKING Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____
IF YOU MET YOUR GOAL EACH DAY DURING WEEK 1, CONSIDER MOVING UP A LEVEL IN WEEK 2!						
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Eat Right for Life

Eat Right For Life Journal

It has been said, "the journey of a thousand miles begins with one step."

You can be proud in knowing that you took the first step on your journey toward healthy living by completing the Eat Right For Life Challenge! Now it's time to report on how you did. Please fill out this Eat Right For Life Journal and return it to the challenge coordinator!

NAME: _____ DEPT: _____ EMAIL: _____

Phase 1 Conquer Your Carbs

YES NO

Did you meet your goal on **most** days?

How will you continue to incorporate the right carbs in your diet?

Phase 2 Give Yourself An Oil Change

YES NO

Did you meet your goal on **most** days?

How will you continue to incorporate the right fats in your diet?

Phase 3 Get Obsessed With Fruits And Veggies

YES NO

Did you meet your goal on **most** days?

How will you continue to incorporate more fruits and vegetables in your diet?

Phase 4 Select The Healthy Proteins

YES NO

Did you meet your goal on **most** days?

How will you continue to incorporate the right proteins in your diet?

Phase 5 Drink the Right Beverages

YES NO

Did you meet your goal on **most** days?

How will you continue to incorporate the right beverages in your diet?