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For 2 pounds weight loss per week: In addition to the one pound rule, include physical exercise for 45 minutes to 1 hour daily.

For healthy living and weight maintenance: Keep your calorie intake the same daily. Focus on whole unprocessed foods, whole grains, good sources of fat, and lots and lots of fruits and vegetables!

NOTE: Do not attempt to consume less than 1200 calories a day. Weight loss may be the immediate result however, long term, this can significantly decrease your metabolism. Your body will adapt to using the small amount of calories it has coming in and additional calories will be stored as fat.

Breakdown of Daily Calories by Meal for Weight Loss

Calories	1200	1500	1800	2100	2400	2700	3000
Breakfast	300	400	500	500	600	600	700
Snack	100	100	100	200	200	300	300
Lunch	300	400	500	500	600	600	700
Snack	100	100	100	200	200	300	300
Dinner	300	400	500	500	600	600	700
Snack	100	100	100	200	200	300	300

Breakdown of Daily Calories for Weight Loss - Protein / Fat / Carbs

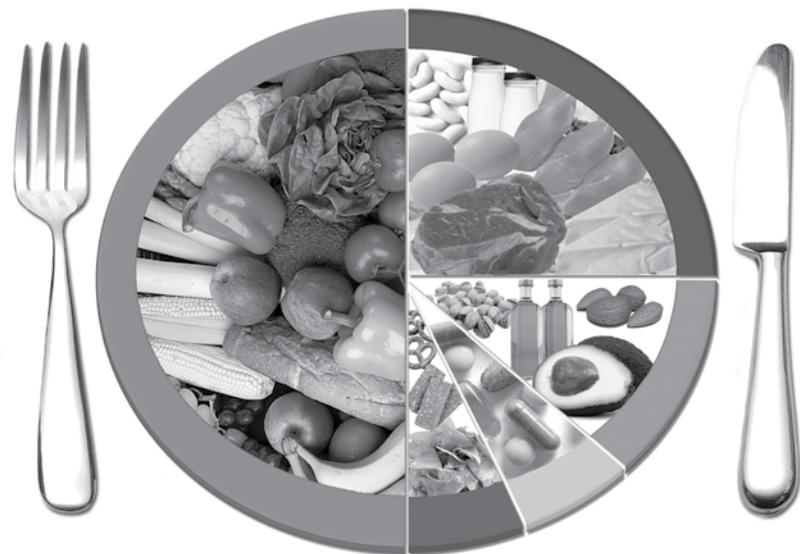
Calorie Level	30% Protein		25% Fat		45% Carbs	
	calories	grams	calories	grams	calories	grams
1200	360	90	300	33	540	135
1500	450	112	375	42	675	75
1800	540	135	450	50	810	202
2100	630	158	525	58	945	236
2400	720	180	600	67	1080	270
2700	810	202	675	75	1215	303
3000	900	225	750	83	1350	338



NUTRITION

Your Guide To Nutrition Basics

Use this guide to learn how to calculate your caloric needs and put together personalized meal plans.



Good Carbs Proteins Healthy Fats
Supplements Extras



HEALTHY FATS

What is a fat?

Also known as lipids, fats are essential for proper body functioning. They are important for controlling inflammation, blood clotting, and brain development. Fats are also an important energy source. When the body has used up the calories from carbohydrates, which occurs after the first 20 minutes of exercise, it begins to depend on the calories from fat. Healthy skin and hair are maintained by fat. It helps the body absorb and move the vitamins A, D, E, and K through the bloodstream. There are different types of fats including saturated and unsaturated (monounsaturated and polyunsaturated), which all have specific functions within the body. The "bad" fats include trans fatty acids and hydrogenated or partially hydrogenated fats and have been linked to increased LDL (bad) cholesterol and heart disease.

FATS

**OILS and BUTTER 120 CALORIES FOR 1 TBSP
OR ABOUT 40 CALORIES IN 1 tsp**

Olive oil
Flax oil
Butter
Coconut oil

NUTS and SEEDS

175 CALORIES PER SERVING

¼ cup or 25 almonds
¼ cup or 20 cashews
10 macadamias
¼ cup or 25
pecan halves
¼ cup or 15
walnut halves
¼ cup sunflower seeds
½ cup pumpkin seeds
½ cup peanuts

OTHER

Avocado
120 calories in ½ cup sliced

EXTRAS

1-2 SERVINGS PER DAY

Pretzels
Protein Bars
Baked Potato Chips
Popcorn
Dark Chocolate
Graham Crackers
Whole Wheat Crackers
Pita Chips
Whole Wheat Products
Low Sugar Products



PROTEIN



What is a protein?

Think of a bicycle chain. The whole chain is the protein while the links that make up the chain are the amino acids. There are 20 main amino acids while the type, order, and length of the "chain" or protein makeup is what makes proteins different. Proteins are the building blocks of hair, finger and toenails, building and maintenance of existing muscle, hormones, blood cells, and even DNA.

PROTEIN SOURCES ONE SERVING AMOUNTS

3 oz beef (lean)	4 oz tuna
4 oz chicken	1/3 cup black beans
3 oz pork	1/3 cup chickpeas
4 oz veal	1/3 cup great northern beans
4 oz turkey	1/3 cup kidney beans
4 oz catfish	1/3 cup navy beans
4 oz haddock	1/3 cup pinto beans
4 oz salmon	1/3 cup split peas (lobster, shrimp, crab)

DAIRY

**80 CALORIES IN 4 OZ OF MILK AND YOGURTS
and 70 CALORIES IN 1 OZ CHEESE SERVINGS**

Milks (cow, goat, almond, soy, etc)
Cheeses (one serving is 1-2 oz)
Yogurts / kefir / cottage cheese

VERY LEAN PROTEIN 35 calories per ounce

Fish: (white) haddock, sole,
flounder, cod, scrod
Shellfish: shrimp, lobster, clams,
mussels, scallops
Lowfat cheeses

LEAN PROTEIN

55 calories per ounce

Fish: (dark) salmon, bluefish, porgies,
swordfish, halibut, tuna
Poultry: (skinless) chicken, turkey
Organ Meats: liver, kidney
(high in cholesterol)

MODERATE FAT PROTEIN

75 calories per ounce

85/15 Lean Ground Beef
Ground Poultry / Skin off Poultry
Beef : Lean Cuts
Pork: well trimmed tenderloin, ham
Eggs: 1 whole egg

**Remember to limit these
meats for weight loss:**

HIGH FAT PROTEIN

100 calories per ounce

Beef: Ribeye/Prime Rib, Filet Mignon
Lamb, Pork and Skin in Poultry
Fried Chicken

VERY HIGH FAT 125 calories per ounce

Bacon, sausage, hot dogs, bologna,
salami, pepperoni, spare ribs, short
ribs, kielbasa, pate

HEALTHY CARBOHYDRATES

What is a carbohydrate?

Made up of carbon, hydrogen, and oxygen, carbohydrates are produced from plants. There are four basic types in nutrition: sugars (simple sugars), starches, fibers and gums (complex carbohydrates). Simple sugars are found in fruit, candy, white breads and pastas. These sugars get into the blood stream very quickly, supplying immediate energy. Starch is used by plants to store energy. Some plants contain more starch than others, such as potatoes and corn.

NON-STARCHY CARBS

UNLIMITED SERVINGS

arugula
asparagus
bamboo shoots
bean sprouts
beet greens
bell peppers
bok choy
broccoli
Brussels sprouts
cabbage
raw carrots
cauliflower
celeriac
chicory greens
chives
collard greens
celery
coriander
cucumber
dandelion greens
eggplant
endive
fennel
garlic
ginger root
green beans
greens (lettuce, spinach, collards, mustard greens, kale)
hearts of palm

herbs (parsley, cilantro, basil, rosemary, thyme)
jicama
jalapeno peppers
kale
kohlrabi
lamb's quarter
lettuce
leeks
mushrooms
mustard greens
onions
okra
parsley
purslane
radishes
radicchio
snap beans
snow peas
sprouts (bean, alfalfa, etc)
shallots
spinach
spaghetti squash
swiss chard
sea vegetables
tomatoes
turnip greens
watercress
water chestnuts
zucchini

Starches are complex carbohydrates and supply longer lasting energy when consumed. More starch means more calories. Fiber is a form of carbohydrate that the body can't digest. Soluble fibers are found in fruits, flax seeds, and oats and can help to reduce cholesterol and slow down the absorption of sugar into the blood. Insoluble fibers are found in whole grains and help keep the digestive system healthy. Gums are carbohydrates that are often used as fillers and thickeners, such as carageenan and guar gum.

STARCHES/GRAINS

80 CALORIES IN 1 SERVING AMTS

LIMIT 3 SERVINGS PER DAY

1/2 cup acorn squash
1 artichoke
1 cup beets
2/3 cup butternut squash
1 cup carrots
1/2 cup corn
1/2 cup green peas
1 cup leeks
1/2 cup lima beans
1 cup okra
2/3 cup parsnips
1/2 med baked potato
1 cup pumpkin
1/2 med sweet potato/yam
1/3 cup barley
1/3 cup brown rice
1/2 cup grits
1/2 cup couscous
1/3 cup polenta
1/3 cup quinoa
1/2 wild rice

FRUIT

60 CALORIES IN 1 SERVING AMOUNTS

LIMIT 3 SERVINGS PER DAY

1 medium apple
1 small banana
(less than 6")
1 cup or 1 large orange
3/4 cup or 20 grapes
1 small or 1/2 large grapefruit
3/4 cup pineapple
1/2 cup sliced mango
1 cup diced melon
(any kind)
1 1/2 cups whole strawberries
1 cup blueberries
2 small plums
1 small pear
1 Medjool date
3 Deglet Noor dates
1/8 cup or 50 raisins
15 cherries
3 prunes
2 small figs
1 small peach
1 cup raspberries
1 large or 2 small kiwis



Smallest Winner Weight Loss Challenge:

At Home Program

Introduction by Maya E Nahra, RD

Whether your goal is to lose weight, gain weight, or be healthier, everyone requires different food, in different amounts, at different times. No two people are alike, neither should their diets be. Sunflower Farmer's Markets has implemented a new self teaching tool to help you reach your 2009 health goals. Sunflower's Smallest Winner at Home Program is an extension of our Smallest Winner Contest. Our program is based on small steps, healthy options, and lasting changes!

If you turn to the last page of the brochure, you will find the Mifflin St. Jeor equation, the most accurate daily calorie requirement measurements today. I have broken it down into simple steps for you to figure out your basic calorie needs for one day. Remember not to consume less than 1200 calories a day as this is not recommended by most health professionals.

After the equation you will find two tables. The first will breakdown your calorie level into allotted calories for meals and snacks. Remember that consuming 5-6 smaller meals a day will increase your metabolism, balance blood sugar levels, and support a healthy body. The second table is broken down by calories and the 3 macronutrients: fats, proteins, and carbohydrates. These percentages of each will support weight loss and weight maintenance. It guides you toward the correct number of calories and grams you should consume from each of the 3 macronutrients for optimal results.

The middle sections of this guide breaks down the 3 main macronutrients, explaining what each is and giving healthy options of each to support weight loss. In addition to this guide, be sure to pick up the exercise, supplements, helpful tips, and food diary brochures to help you along your way.

Cheers to Good Health in 2009!

HOW MANY CALORIES DO YOU NEED?

The Mifflin-St Jeor equations are the most accurate daily calorie requirement measurements today. Used in hospitals and gyms, this equation will allow you to figure out your daily calorie needs, specific to you. Look intimidating? Follow the easy steps below!

Step 1: Convert your weight and height

Current weight _____ divided by 2.2 = _____ = **Your weight in kilograms**

Height in inches _____ x 2.54 = _____ = **Your height in centimeters**

Step 2: Calculate A

10x _____ (weight in kilograms from step 1) = _____ **A**

Step 3: Calculate B

6.25x _____ (height in centimeters from step 1) = _____ **B**

Step 4: Calculate C

5xage = _____ **C**

Step 5: Calculate your needs using the formula below:

If you are male:

A + B = _____ - C = _____ + 5 = _____ = Your BMR (Basal Metabolic Rate)

If you are female:

A + B = _____ - C = _____ - 161 = _____ = Your BMR (Basal Metabolic Rate)

Step 6: Pick your activity level:

1.200 = sedentary (little or no exercise)

1.375 = lightly active (light exercise/sports 1-3 days/week)

1.550 = moderately active (moderate exercise/sports 3-5 days/week)

1.725 = very active (hard exercise/sports 6-7 days a week)

1.900 = extra active (very hard exercise/sports and physical job)

Your BMR _____ x Your Activity Level _____ = Your Daily Caloric Needs _____

Step 6: What's Your Goal?

For 1 pound weight loss per week: Subtract your above number by 500 and plan for this calorie level daily.

(Why 500? 1 pound equals 3500 calories. If you omit 500 calories a day from your diet for 7 days, you can lose 1 pound - 500 calories times 7 days a week equals 3500 calorie which is 1 pound.)