

FOOD LISTS FOR MEAL PLANNING

Protein Foods

FOOD ITEM	ONE UNIT	CALORIES	PROTEIN (GRAMS)
Egg whites	7 whites	115	25
Cottage cheese, nonfat	1 cup	140	28
Herbalife® Formula 1 Shake Mix + nonfat milk	2 tablespoons Formula 1 Shake Mix + 1 cup nonfat milk	180	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
Shrimp, crab, lobster	4 ounces, cooked weight	120	22-24
Tuna	4 ounces, water packed	145	27
Scallops	4 ounces, cooked weight	135	25
VEGETARIAN			
Soy Canadian bacon	4 slices	80	21 (varies)
Soy hot dog	2 links	110	22 (varies)
Soy ground round	¾ cup	120	24
Soy burgers	2 patties	160	26
Tofu, firm	½ cup	180	20 (varies)

Note: Calorie average is 135 calories per unit.

Fruits

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
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: Calorie average is 76 calories per unit.

Cooked Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Acorn squash, baked	1 cup	85	6
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
Collard greens	1 cup	50	5
Corn	1 ear	75	2
Eggplant	1 cup	30	3
Green beans	1 cup	45	4
Green peas	1 cup	140	8
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
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

Cooked Vegetables (continued)

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
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
Turnip greens	1 cup	30	5
Winter squash, baked	1 cup	70	7
Zucchini with skin	1 cup	30	3

Note: Calorie average is 56 calories per unit.

Raw Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Cabbage	1 cup	20	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Endive	1 cup	10	2
Pepper, green, chopped	1 cup	30	2
Peppers, red, chopped	1 cup	30	2
Pepper, 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.

Starches and Grains

STARCH/GRAIN	SERVING SIZE	CALORIES	FIBER (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
Cereals				
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	FIBER (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, fat-free or low-fat	2 tablespoons	40-80	0	0-2

Note: Calorie average is 65 calories per serving.

Protein Snacks

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN (GRAMS)
Cheese, mozzarella, low-fat	1 ounce (1 stick)	70	8
Cottage cheese, nonfat	½ cup	70	14
Egg, hard boiled	1	80	4
Herbalife® Protein Bar Deluxe	1 bar	140	10
Herbalife® Peach Mango or Wild Berry Beverage Mix	1 packet	70	15
Herbalife® Protein Drink Mix	2 tablespoons in water	110	15
Herbalife® Creamy Chicken Soup Mix	1 packet	70	15
Milk, nonfat or 1%	1 cup	90-110	9
Soup, tomato, made with nonfat milk	1 cup	120	6
Soy crisps	1 ounce (about 17 crisps)	110	7
Herbalife® Roasted Soy Nuts with Cardia®* Salt	1 packet	110	11
Yogurt, nonfat, sugar-free	1 six-ounce carton	100	5

Note: Calorie average is 100 calories per serving.

*Cardia® is a registered trademark of Nutrition 21, Inc.

LOW-CALORIE SNACKS

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. The key is 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 beverage, a piece of string cheese and a piece of fruit, or a small carton of yogurt with a few low-fat crackers should do the trick.

HERE ARE SOME SNACK IDEAS—ALL UNDER 100 CALORIES:

- Nonfat latte made with nonfat milk or soy milk
- Mini pita bread with a quarter of an avocado
- Herbalife® Creamy Chicken Soup Mix
- Herbalife® Peach Mango or Wild Berry Beverage Mix
- Two rice cakes with one wedge light cheese
- One 100-calorie pudding cup
- ½ cup nonfat cottage cheese with ½ cup blueberries
- 1 ounce turkey jerky with one slice rye cracker
- One individual carton light nonfat yogurt with 1 tablespoon raisins
- Toasted whole-grain waffle with a sprinkle of cinnamon-sugar
- One stick mozzarella cheese with one sesame breadstick
- ¾ cup tomato soup made with nonfat milk
- Three hard-cooked egg whites mashed with a little Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tablespoons fat-free ranch dressing
- 12 ounces tomato juice
- 10 soy crisps with a small peach
- One frozen fruit bar
- 1 cup whole strawberries with 1 tablespoon chocolate syrup

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 8 oz. 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 six to eight 8 oz. glasses 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 flavor, 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 with 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, sodas 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 sodas 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 pass. 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 flavor, which will encourage you to drink more. Also, look for drinks with less than 100 calories per 8 oz. 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.

A drink such as one made with Herbalife's H³O[®] Fitness Drink mix could be a good choice because it contains the right amount of readily absorbed carbohydrates, no caffeine, and the essential electrolytes people lose when they perspire. It comes in a powder that mixes easily with water, and is available either in a canister or in convenient single-serve "stick packs" that can be thrown in a bag or pocket and mixed in any water bottle.

STAYING HYDRATED

You may become dehydrated before you are actually thirsty. This is one reason that athletes learn to drink on schedule. Two cups of fluid a couple of hours before you start exercising should be followed with another cup or so 10 to 20 minutes before you start. A few ounces 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 color of your urine. "People who are optimally hydrated should urinate every one to two hours," says Luigi Gratton, M.D., M.P.H., clinical physician at the University of California at Los Angeles (UCLA)*. "And your urine should be pale yellow or clear," says Gratton. "Darker color 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 warrior, adequate fluids are important for a healthy, well-functioning body. If you think you drink less than you should, a flavorful beverage designed to help you hydrate might be just the thing to help meet your fluid needs.

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