MISSISSIPPI STATE DEPARTMENT OF HEALTH

MSDH HEALTHIEST LOSER

Be a Loser The Healthy Way

Congratulations on your decision to participate in the Healthiest Loser Challenge with Mississippi State Department of Health. Now is the time to commit to eating better . As the state nutrition services director, I look forward to assisting our efforts to be healthier. I am available for the duration of the program to answer questions, provide information and to assist in your goal towards a healthier you.
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Eat a variety of foods. Every meal should have at least 3 or more different foods. You can repeat the meals that you enjoy, but also venture out and try new foods. When you prepare a plate of food, the plate should be half vegetables and fruit, one fourth meat, and one fourth whole grains. Always have water to drink.

Get back to the basics. Select an orange over orange juice. Grab a bunch of grapes over a few cookies. Select a baked potato with no fat instead of French fries. Go for whole grain cereals, bread, and pasta.

Enjoy eating "healthier" not being on a "diet". Don't think "good food vs bad food". Aim for healthy meal and snack options and then enjoy the *occasional* foods that have no nutritional value.

Menus and meal plans will be distributed throughout the challenge. Basics include:

- Eat small frequent meals and nutritious snacks. Do not skip breakfast.
- Avoid sugar in the form of sweets, desserts, beverages, jellies, etc.
- Limit fats from butter, salad dressings, sauces. Avoid fried foods of any type.
- Avoid unhealthy snacking during the day and at night, don't finish the food on the kid's plates.
- Limit or avoid alcohol.
- Limit meat portions; aim for no more than a palm size serving of meat a meal or better yet, per day.
- Plan for success – if you don't plan what you will eat, you will not be successful.

Most people, who are physically active, having at least one hour of strenuous activity, need a 1,600 to 2,000 calorie food plan. This is a general guide.
Fruits: 2-4 cups of fruit per day; no sugar added or fresh.

Vegetables: Unlimited; no fats or salt added. White and sweet potatoes, peas, butterbeans, corn, black-eye peas, English peas, and lima beans are starchy vegetables and count as a grain/bread serving.

Grains/Breads: 6-7 servings per day. One serving is 1 slice bread, or ½ cup pasta or veggie. Have whole grain items as much as possible. Starchy vegetables are a grain.

Milk/Dairy: 2-3 cups of fat free milk per day. Fat free yogurt, cheese, and cottage cheese are dairy.

Meat and meat substitutes: up to 5-7 ounces per day. One ounce of meat is equal to 1egg, 1 tablespoon of peanut butter. Fat free cheese, cottage cheese may be considered meat substitutes

Water: Have at least 10 8-ounce glasses a day. ALWAYS bring water, 16 ounces at least, to any workout session – this is NOT part of your 10 glasses.

What can you eat if you workout in the morning before work?

Before exercising:	6 oz. fat free yogurt OR 1/2 banana OR fruit Water
For Recovery:	4 oz. low fat chocolate milk OR ½ banana Water
Breakfast:	8 oz. fat free milk OR 6 oz. fat free, sugar free yogurt 1 cup dry cereal OR oatmeal OR 2 wheat toast 1 oz fat free cheese OR ¼ c. egg substitute OR 1 oz. lean ham Coffee and Water
Mid morning:	6 oz. fat free yogurt OR large serving fruit OR veggies with salsa or mustard for dip Water
Lunch:	large romaine or spinach salad with 2 oz meat topped with low calorie vegetables and fat free dressing, OR frozen dinner with less than 400 calories, 12 grams fat, 800 milligrams sodium 6-8 wheat crackers OR half roll Unsweet Tea and Water
Mid afternoon:	6-8 Stone ground OR wheat crackers OR low fat fiber granola bar V-8 or tomato juice OR fresh fruit Water
Dinner:	3-4 oz. baked or grilled meat(size of your palm) medium baked potato OR 1 c. pasta unlimited fat free veggies large romaine or spinach salad with fat free dressing Unsweet Tea and Water OR ¼ Rotisserie Chicken small baked sweet potato or ½ c. rice or pasta steamed broccoli, bag of steamable vegetables, or sliced tomatoes unlimited "free" salad with fat free dressing small serving fruit Unsweet Tea and Water OR 3-4 oz. canned tuna with light or fat free mayonnaise 6-8 stone ground or wheat crackers carrot sticks, broccoli, cauliflower florets with salsa Unsweet Tea and Water
Night snack:	4 oz. fat free milk, OR 6 vanilla wafers OR 1 oz. pretzels OR 6-8 wheat crackers Water

These are general guidelines that need to be adjusted based upon sex, weight, activity, any special concerns.

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Aim For Success

Plan for success. Aim for healthier eating daily. Here are some tips, plus a "sample" menu for the week:

- Plan menus and snacks for the week. Try at least one new recipe each week. Try baked or grilled fish this week.
- Prepare grocery list and only purchase the items on the grocery list.
- After getting home with your food, cut and prepare items for meals and snacks.
- Portion items in containers and zip lock bags for convenience.

	Saturday	**Sunday.**	**Monday.**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Lunch	Hawaiian Chicken* Brown Rice* (freeze extra) Broccoli Fruit Salad Tea/Water	Rosemary Pork Loin* Cornbread Salad Stewed Squash Carrot/Apple Salad* Tea/Water	Thin Wheat Sandwich w/ 2 oz. meat, FF Cheese, Mustard, Raw Veggies with Hummus or Salsa Fresh Fruit Water	Pork Loin LO over Large Green Salad FF Dressing Fresh Melon 4-6 crackers Water	Tuna Salad w/ FF Mayo, Dill Pickles Veggies w/Hummus 4-6 crackers Fresh Fruit Water	Thin Wheat Sandwich w/ Meat, Mustard Large Green Salad FF Dressing Fresh Fruit Water	Turkey on Thin Wheat Bread w/ Grilled Veggies LO Humus or Salsa & Raw Veggies Fresh Fruit Water
Dinner	Grilled or Baked Fish* Baked Sweet Potato* Green Beans Broiled Tomato Large Green Salad FF Dressing Tea/Water	Crab-stuffed Portobello Mushroom Baked Potato w/ FF Sour Cream or Salsa Large Green Salad FF Dressing Grape Salad* Tea/Water	Hawaiian Chicken LO chopped on Large Green Salad FF Dressing Fresh Fruit Tea/Water	Roast Turkey Sweet Potato LO Cabbage or Turnips Grape Salad Tea/Water	Taco* on Wheat Tortilla w/ Lettuce, Onion, Peppers, Tomatoes, FF Sour Cream, Salsa Grilled Veggies LO Grape Salad Tea/Water	Stuffed Baked Potato w/ Taco Meat, Broccoli, Onion, Peppers, Tomatoes, Salsa Sliced Cucumbers & Tomatoes in Vinegar Fresh Fruit Tea/Water	Grilled Steak Small Baked Potato FF Sour Cream Grilled Veggies Green Salad FF Dressing Tea/Water

** cook extra LO left over FF fat free SF sugar free Use unsweet or artificially sweetened tea.*

Prepare Hawaiian Chicken using 4-6 chicken breasts. Recipe will need to marinade at least 4 hours. May use rotisserie chicken instead.
Prepare green leaf, red leaf, spinach salad greens. "Squeeze" out air before sealing. Have items prepared for salad toppers-tomatoes, cucumbers, radishes, peppers, onion, squash, etc.
Prepare fresh veggies for cooking during the week. Use your favorite veggies-carrots, broccoli, Brussels sprouts, tomatoes, etc.
Prepare fresh fruit by washing, cutting up pineapple, melon, etc.
Prepare sugar free gelatin for that sweet tooth.
Stock up the water, tea, and sugar free beverages in the fridge.

Grilled Fillet of Fresh Fish

½ Tbsp.	Olive oil
2 Tbsp.	Lemon juice
1 tsp.	Fresh thyme leaves or ½ tsp. dried thyme
¼ tsp.	Black pepper
2 4-oz.	Firm fleshed fish fillets

Mix oil, lemon juice and seasoning. Lay fish in a baking pan and rub with mixture on both sides. Grill, or broil in oven, fish for 3-4 minutes on first side. Turn and cook for 5-7 minutes on the second side. Makes 2 servings. Nutrition: 178 calories

Hawaiian Chicken

1 ½ c.	Pineapple chunks, packed in juice
½ c.	Pineapple juice
½ c.	Reduced sodium soy sauce
1 tsp.	Ground ginger
1 Tbsp.	Garlic powder
4 4-oz.	Boneless chicken breasts (may use other parts)

Combine all ingredients, except chicken, to make a marinade in a zip lock bag. Add chicken and marinade in refrigerator at least 4 hours, or overnight. Place chicken and marinade in shallow, pan-sprayed baking dish and bake covered at 325° for 40 minutes, remove and broil for 5 minutes. Good with brown rice and broccoli. Cook extra for salads. Makes 4 servings. Nutrition: 192 calories

Rosemary Grilled Pork Tenderloin

2 Tbsp.	Vegetable oil
½ c.	Balsamic, white wine or flavored vinegar
2 Tbsp.	Lemon juice and zest(skin grated)
2 cloves	Garlic, crushed
2 Tbsp.	Chopped fresh rosemary or Dried rosemary
1 Tbsp.	Brown Sugar Splenda
1 tsp.	Freshly ground black pepper
2 3-4-pound	Pork tenderloins, well trimmed

Combine all ingredients, except pork in zip lock bag. Add pork and turn to coat in marinade. Chill for 1-6 hours. Grill tenderloins over hot coals for 20 minutes or longer, covered, until done. Allow tenderloins to "set" for 5 minutes. Slice to serve. May microwave the marinade for 1 minute and brush on the pork slices. May also bake in oven at 350° for 20-30 minutes or until internal temperature of 180°. Makes 6-8 3-ounce servings. Nutrition: 201 calories

Crab-Stuffed Portobello Mushrooms

2	Portobello mushrooms, 5 oz. each
1 Tbsp.	Olive oil
1	Garlic clove, minced
1 6-oz. can	Crabmeat, drained, flaked, cartilage removed
2 Tbsp.	FF Greek yogurt
2 Tbsp.	Seasoned bread crumbs
1 Tbsp.	Salt free Creole seasoning
2	Roasted red pepper halved, drained
2 slices	Low fat provolone cheese

Remove and cook stems from mushrooms and freeze for other dishes. Place caps on a pan-sprayed baked dish. Combine oil with minced garlic; brush on mushrooms. Broil 4-6 minutes from heat until tender. Have stem side down to drain off fluids. May place on grill instead.
While mushrooms are cooking, combine crabmeat, yogurt, bread crumbs, and seasoning in small bowl. Place a red pepper half on each mushroom; top with crab mixture and cheese. Broil on low for 4-6 minutes or until heated and cheese is bubbling. Makes 2 servings.
Nutrition: 200 calories

Grilled Vegetables

2	Eggplant
2	Yellow or zucchini squash
1	Large onion
2	Large peppers, green, red, or yellow
	Fat free Italian Dressing
	Salt-free Greek Seasoning

Halve eggplant and squash, cutting slits in larger sections. Slice onion and peppers. Brush veggies with fat free salad dressing, season with salt free Greek seasoning. Grill 5 to 7 minutes per side, brush with ½ cup fat free salad dressing. Makes 2 large servings. Grill extra to use for salads and sandwiches during week.
Nutrition: 75 calories or less.

Broiled Tomato

2 large	Fresh tomatoes
¼ c.	Bread crumbs
¼ c.	Parmesan cheese

Wash tomatoes. Cut bottoms off just enough to make level. Core out the top half of tomatoes, saving the insides. Mix the insides of the tomatoes with the bread crumbs and cheese. Place back in the tomatoes and bake at 350° for 20 minutes or until outside skin starts to "burst" open. Makes 2 servings. Nutrition: one tomato has 80 calories.

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SMALL DIETARY CHANGES = BIG RESULTS

Change	Calories saved	Frequency factor	Total calories saved in one year	Annual weight loss
Switch from regular Cokes/soft drinks to diet beverages/Cokes	150	2/day	109,500	31.26 pounds
Switch from 1 cup whole milk to 1 cup skim milk	50	2/day	36,500	10.5 pounds
Switch from big crusty bagel to standard size	70	3/week	10,920	3.12 pounds
Switch from fried chicken to baked chicken without skin (3 oz.)	225	1/week	11,700	3.3 pounds
Switch from 1 T mayonnaise to 1 T mustard on sandwiches	100	1/day	36,500	10.5 pounds
Switch from 2 T reg. salad dressing to 2 T low-fat	70	3/week	10,920	3 pounds
Switch from 8 oz. T-bone to 4 oz. filet mignon	350	1/week	18,200	5.2 pounds
Switch from 8 oz. T-bone to 5 oz. grilled fish	600	1/week	31,200	8.9 pounds
Switch from low-fat fruit yogurt with sugar to low-fat w/ artificial sweetener	130	1/day	47,450	13.5 pounds
Avoid the peppermint jar	25/piece	4/day	36,500	10.5 pounds
Switch from 8 oz. sweetened tea to 8 oz. unsweetened tea	100	2/day	73,000	21 pounds
Switch from large Big Mac combo to kid's hamburger meal w/diet Coke	1000	1/week	52,000	14.85 pounds
Switch from 3 slices Meat Lover's thick crust to 3 slices thin crust vegetarian pizza	1050	1/week	54,600	15.6 pounds
Switch from coffee with 1 T creamer and 1 T sugar to black coffee	75	2/day	54,750	15.64 pounds
Eliminate daily bowl of ice-cream	500	1/day	182,500	52 pounds
Eliminate bourbon and Coke (2 oz. bourbon, 8 oz. Coke)	300	2/day	219,000	62.5 pounds
Eliminate wine (6 oz.)	140	2/day	102,200	29.2 pounds

Oriental Bean and Almond Salad

1 9 oz. pkg.	Frozen cut green beans, steamed and drained
¼ c.	Sliced, toasted almonds
1 6 oz. can.	Bean sprouts, drained well
1 Tbsp.	Canola oil
1 Tbsp.	Reduced sodium soy sauce

Combine beans, almonds, and sprouts in a salad bowl. Whisk oil, soy sauce, and vinegar together. Pour dressing over bean mixture and serve. Will keep for two days in refrigerator. Makes 4 1-cup servings.
Nutrition: 80 calories

Frozen Fruit Salad

8 oz.	Low fat cream cheese
1 can	Reduced sugar cherry pie filling
1 10oz. pkg.	Frozen strawberries, no sugar, thawed
1 15-oz. can	Crushed pineapple, drained
1 6-oz. can	Mandarin oranges, drained
1 10-oz. tub	Reduced sugar whip topping

Have cream cheese at room temperature and blend to soften. Add all fruits. Fold in whip topping. Spray 9" square pan with nonstick spray. Spread mixture into pan, cover and freeze. Soften to cut. Keep in freezer. Makes 10 servings. May use any fruit on hand in this.
Nutrition: 78 calories

Fat Free Balsamic Vinaigrette

½ c.	Balsamic vinegar
2 c.	Tomato juice, low sodium
3 cloves	Garlic, minced, or 3 tsp. chopped garlic
½ tsp.	Black pepper
1 Tbsp.	Italian seasoning
¼ c.	Splenda

Place all ingredients in a bowl and whisk well. Refrigerate overnight to blend flavors. Makes 10 ¼ c. servings.
Nutrition: 5 calories

Roasted Red Pepper Hummus

1 can	Garbanzo beans
2 cloves	Roasted garlic or 2 Tbsp. chopped garlic
1 Tbsp.	Lemon juice
½ tsp.	Red pepper flakes
1 Tbsp.	Chili powder
1 tsp.	Cumin
1 pepper	Red pepper roasted or ½ c. chopped red

Drain beans and reserve garbanzo liquid. Add all ingredients to food processor. Add liquid from beans to reach desired consistency. Red pepper is not necessary, - just makes it a roasted red pepper hummus. Makes 10 servings. Nutrition: 35 calories

PORK

Fresh lean pork tenderloin is a good meat to include in a healthy eating plan. Fresh pork should not affect your blood pressure. The smoked/cured pork, as in sausage and ham, DOES affect blood pressure due to the high sodium content in processing.

The best treatment for high blood pressure is eating healthy, weight loss, and daily physical activity.

If you are on medicine for high blood pressure, take your medication as prescribed. DO NOT skip a day or cut the medications back.

Quick Tips for Working Out While You Work

- Whenever possible stand rather than sit and walk rather than stand.
- Walk during your lunch break.
- Join a gym near your office and go during your lunch hour. If your employer provides a gym, that's even better.
- Forget emailing the guy three cubes over -- walk.
- Stretching exercises are a natural for the desk-bound, to ease stress and keep your muscles from clenching up. Here are a few suggestions:
- Sitting tall in your chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.
- Let your head loll over so that your right ear nearly touches your right shoulder. Using your hand, press your head a little lower (gently, now). Hold for 10 seconds. Relax, and then repeat on the other side.
- Try this yoga posture to relieve tension: Sit facing forward, then turn your head to the left and your torso to the right, and hold a few seconds. Repeat 15 times, alternating sides.
- Sitting up straight, try to touch your shoulder blades together. Hold, and then relax.

Don't let fear of embarrassment keep you from exercising at work. Chances are, your co-workers will admire your efforts rather than be amused. You might even get them to join you on a lunchtime walk.

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