

Calorie Worksheet

Target weight_____

Calorie Intake for weight loss_____

How many 100 calorie snacks per day would you like to do? _____ \times 100=_____

Calorie intake – calories from snacks = edible calories for meals_____

How much water per day should you drink for optimal weight loss?_____

Take your current weight and divide by 2 and that will equal the amount of ounces per day you should be drinking.

One half of your total protein intake divided by two is equal to the amount of soy protein you should get per day – e.g. total protein per day

=_____ \div 2=_____

How many grams of soy protein should you get per day?_____

Snacks: How they fit into your weight-loss plan

Well-planned, healthy snacks can complement your weight-loss plan. Here are creative and healthy ways to satisfy your hunger.

Your stomach is growling, but lunch is hours away. You could indulge yourself with a snack, but you think it's best to avoid treats altogether and wait for lunch. Not so, if weight loss is your goal.

Though you may feel guilty about snacking, snacks aren't necessarily bad. In fact, mini meals several times a day can help manage hunger and reduce bingeing. Eating a healthy snack of low-fat crackers or fruit may stop you from taking second or third helpings at your next meal, dramatically cutting the calories you consume. Also, healthy meals often lose out to busy schedules. A grab-and-go snack could be the difference between some nourishment and none at all.

The key to incorporating snacks into your weight-loss plan is to plan them with variety, moderation and balance in mind.

Choose healthy snacks

Select foods that satisfy your hunger, supply your body with energy and provide important nutrients. Here are some of your best snack picks:

- **Whole grains.** Whole-grain snacks are rich in fiber and complex carbohydrates, which give you energy with staying power. Look for items such as low-fat whole-grain crackers, whole-grain pretzels and whole-grain crispbreads.
- **Fruits and vegetables.** Eating fruits and vegetables provides a feeling of fullness with no fat and only a small number of calories. They also provide vitamins, minerals, fiber and other nutrients.
- **Nuts and seeds.** Nuts and seeds provide protein, so you will feel fuller longer. They can be high in fat, but it's mostly monounsaturated, a healthy kind of fat. Nuts and seeds are high in calories, however, so don't eat them in large quantities.
- **Low-fat dairy products.** Cheese, yogurt and other dairy products are good sources of calcium and protein, plus many other vitamins and minerals. Dairy products can be high in fat, so choose the low-fat versions. Some yogurts have extra added sugar, so look for low-calorie or "light" varieties.

Though snacks can contribute to a healthy diet, they can also be a source of excess calories if not eaten in moderation. For example, a single serving of almonds (about 23 kernels, or a handful) contains 163 calories. But if you eat a cup of almonds, the calorie count jumps to 800-plus calories.

So what are your best choices? Here are several suggestions:

Quick, easy-to-prepare snacks

You'll find it easier to choose good-for-you snacks if you stock your refrigerator and shelves with foods that are fast — not fussy. These ideas for healthy snacks minimize fat and calories and maximize whole grains, fruits and vegetables.

- Toast one-half of a whole-wheat English muffin. Top with one slice Canadian bacon, a tomato slice and one slice low-fat American cheese. Microwave until the cheese melts.
- Mash half a banana into 2 teaspoons peanut butter and spread onto a mini whole-grain bagel. Large bagels contain up to 300 calories, so choose a smaller 2-ounce bagel.

- Mix 1/4 cup cold leftover chicken or convenience-type chunk chicken with sliced seedless grapes, 1/2 tablespoon sunflower seeds, 1 tablespoon plain yogurt or fat-free mayonnaise, and a dash of curry powder. Stuff into a hollowed-out green pepper or half of a whole-wheat pita pocket.
- Spread 1 tablespoon part-skim ricotta cheese over one-half of a minil cinnamon-raisin bagel. Sprinkle with cinnamon if desired and top with a thinly sliced apple.
- Layer a 6-inch soft corn or flour tortilla with 2 tablespoons shredded low-fat cheddar or Monterey Jack cheese. Microwave until the cheese melts. Slice into bite-sized pie shapes. Dip into some salsa if desired.
- Spread 1 tablespoon ricotta cheese over a brown rice cake. Layer with fresh strawberries or a tablespoon of sugar-free spreadable fruit. Or try using a spread of herbed goat cheese and sliced olives.
- Top a small baked potato with 2 tablespoons fat-free plain yogurt and sprinkle with Cajun seasoning.
- Spread 1 tablespoon fruit-flavored low-fat yogurt or 100 percent fruit jam over a slice of whole-grain crispbread.

Heed your hunger pangs, but forget the guilt. With planning and a little preparation, you can have healthy foods on hand so that you're ready when temptation strikes.

Cellular Nutrition

As more and more people hear about Cellular Nutrition, I find them asking certain key questions. 'What is Cellular Nutrition?' and 'What can it do for my health and the health of my family?'

To understand Cellular Nutrition, let's first look at the role that nutrition plays in modern health. Today, millions of people are aware that nutrition plays an important role, not just in terms of preventing chronic illness that can lead to catastrophic health problems, but that it has a vital role in our day-to-day well-being; how alert and energetic we are and the strength of our resistance to illnesses.

When most of us think of nutritional advice, we tend to think of the general guidelines which have been worked out by health authorities to avoid the kinds of excesses in our diets that can lead to overweight conditions and can compromise the cardiovascular system leading to heart attacks and strokes. Most of this advice takes the form of 'Don'ts': Don't eat so much red meat. Don't eat so much fat, especially saturated fats. Don't eat so much sugar, salt etc.

Whereas this advice is very good (although often very difficult to follow) many nutritionally aware individuals are asking questions relating to what they **should** be eating and how they can be sure that they're getting all of the essential nutrients and micronutrients, such as proteins, vitamins, minerals and trace elements.

One of the disturbing findings of which we have become aware is that the same kind of eating habits that lead to excesses of fat and cholesterol in our diets also result in deficiencies of key micronutrients which are needed by our cells on a daily basis to maintain health and vitality: to allow the cells to grow and repair, and to maintain the highest level of cell and organ function. The sad truth is for the vast majority of people the average diet is a kind of double jeopardy. It contains excesses of foods that are harmful and can lead to disease. At the same time it has deficiencies of important vitamins, minerals and other micronutrients that are needed to maintain a high level of health and vitality.

Because of the explosion of health and nutrition information that we read about in magazines and see on television, many individuals find themselves searching for a better health program.

A program that can assure them of getting the kind of nutrition that will lead to better health. At the same time, they want a program which is practical, easy to use and which makes a difference in how they feel on a day-to-day basis. In fact, one of the most important elements that individuals look for in a health and nutrition program is that it **will** make a difference.

Countless individuals who are nutritionally sophisticated have tried program after program only to be disappointed in the results, either in terms of how they felt, or how it affected their weight (if they were searching for a weight control program).

They are tired of empty promises and exotic claims. They want results.

It is for these active, searching and interested people that Herbalife has developed its Cellular Nutrition program.

Cellular Nutrition simply means a nutrition program that has been designed so that the cells of our bodies- the tiniest living units-are as fully nourished as possible. This allows the cells to grow and repair and to perform their functions with the maximum efficiency possible. The results are that we feel and look better, we are better able to prevent and fight diseases and to control our weight when necessary.

Assuring proper Cellular Nutrition is considerably more complicated than simply avoiding a few excesses of the average western diet. It's even more than just adding a few vitamins, healthful foods, juices, etc.

Cellular Nutrition begins by taking in a complete nutritional program that includes all of the essential micronutrients, eating a balanced diet and avoiding the excesses known to be harmful. At the same time it means taking advantage of the wealth of information that has been gained from the botanical world by incorporating health-building, nutritional herbs.

One of the major differences about Cellular Nutrition is that an excellent nutritional program is a good beginning but it is only a beginning. Simply consuming good nutrition will not really make a difference if the body is not able to fully digest and more importantly, absorb all the nutrition that is consumed.

Most of the nutrients we consume are absorbed into our body through the villi of the small intestine. These are small, finger-like projections which specialize in the absorption of nutrients. Most of us take it for granted that our bodies absorb all the nutrition from our diets efficiently and completely. For all to many of us, unfortunately, nutrient absorption may be diminished or impaired as a result of severely compromised eating habits, persistent dieting and other factors which may be due to the severe stress that often accompanies modern life.

This means that many of us are eating well but not getting the full nutritional benefits. One very important aspect of the Cellular Nutrition program is to ensure that our bodies absorb, to the fullest extent possible, the nutrients we do consume. In this way, we can counteract some of the damaging effects of poor eating

habits, a stressful lifestyle or even minor illnesses and begin a process of regenerating and revitalizing our cells with good nutrition.

Cellular Nutrition even goes a step further. An important part of the Cellular Nutrition program is a group of micronutrients and herbs which helps energize the body's cells so they can function more efficiently and use the nutrition to further improve health and vitality. This process of 'Cell Activation' is the result of the exclusive and balanced micronutrient formula contained in Herbalife's Cellular Nutrition program. The end result is - we feel the difference!

Herbalife's Cellular Nutrition program is state-of-the-art because it goes beyond the basic nutritional recommendations of what foods to avoid and provides the best herbal and micronutrition possible in an easy-to-use convenient form. It is also designed so that our bodies can absorb the essential nutrition and the cells can use the nutrition as effectively and completely as possible. The natural result of this is that our body's cells themselves are better nourished.

How do we experience this? We experience this as an increased sense of well-being, energy, vitality and alertness. At the same time, we are assured that our bodies are receiving the kind of nutrition to help prevent and fight disease to the best of their ability.

For most of us who have been eating the average western diet, the results are quite dramatic when we begin Cellular Nutrition. We can actually **feel and see the difference**. We find that our health moves to a new and more vital level. We feel better and more alive. These results make us more highly motivated and it becomes easier to stick with a calorie reduced program to help control our weight.

It's difficult to explore all of the nutritional and biochemical aspects of Cellular Nutrition in a few paragraphs. It is easy, however, to try Cellular Nutrition and **feel the difference** for oneself.

Here is my recommendation. If you are searching for a better nutritional program, one that can help you feel the difference, it's my belief that you will find what you are looking for in Herbalife's Cellular Nutrition Program.

Try it!