

Chris Powell

TRANSFORMATION SPECIALIST

SMART FOODS GUIDE

Smart Proteins

Protein is essential for weight loss since it helps build muscle.*



Recommended Serving Size:
Palm-size portion

Dairy

Cottage cheese (low-fat)
Egg
Egg substitutes
Greek yogurt (non-fat plain)
Yogurt (low-carb/high-protein)

Poultry

Chicken
Duck breast
Duck
Turkey breast (low-sodium)

Red Meat

Beef (lean cuts)
Buffalo (ground)
Eel
Roast beef (low-sodium diet)
Venison

Seafood

Carfish
Clam
Cod
Crab
Halibut
Lobster
Muscle
Salmon
Scallops
Shrimp
Snapper
Tilapia
Trout
Tuna

Vegetable Proteins

Tempeh
Texturized Vegetable Protein (TVP)
Tofu

White Meat

Pork (lean)

Smart Carbs

Carbohydrates are vital for energy production.



Recommended Serving Size:
Palm-size portion

Dairy

Milk (1% or skim)
Yogurt (low-fat) with fruit

Bread

Can tortillas
Whole grain breads
Whole grain English muffins
Whole grain tortillas

Fruit

Apples (a)
Apricots (a)
Bananas (a)
Berries (a)
Grapes (a)
Kiwi
Mango
Oranges
Tangerines
Peaches (a)
Pineapples (a)
Pears (a)
Pineapple
Plums (a)

Cereal

Amaranth
Barley
Bran cereals
Buckwheat
Corn
Couscous
Long grain brown rice
Oatmeal (old fashioned or steel cut)
Quinoa
Quinoa
Spelt
Whole grain cereals
Wild rice

Pasta

Brown rice pasta
Whole grain pasta

Root Vegetables

Potatoes (russet, red, gold; small 1" or diameter)
Sweet potatoes/yams (small 2" diameter, 4" long)

Legumes

Beans (baked or low-sodium canned)
Edamame
Lentils (baked or low-sodium canned)
Peas

(a) - preferred fruit

Smart Vegetables

Vegetables help your body with vitamins, minerals and fiber.



Recommended Serving Size:
Two fist-size portions

Artichokes

Asparagus
Asparagus
Beets
Bell Pepper
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Culant greens
Cucumber
Eggplant
Endive
Green beans
Kale
Lettuce
Mixed greens
Mushrooms
Mustard greens
Onion
Onions
Peppers
Red chives
Red chives
Rhubarb
Romaine
Sautéage
Snow peas
Spinach
Sprouts
Squash
Tomatoes
Turnip
Zucchini

Smart Fats

Healthy fats help keep you feeling full longer.



Recommended Serving Size:
Thumb-size portion

Dairy

Cheese (low-fat)
Feta cheese
Heavy cream
Mozzarella (low-fat)

Dressings

Balsamic vinaigrette
Creamy salad dressing (low-fat)
Mayonnaise (regular)

Fruit

Avocado
Olives (large)

Nuts & Seeds

Almond butter (with salt)
Almonds (raw, whole)
Peanut butter (natural, with salt)
Peanuts (raw, chopped)
Pecans (raw, chopped)
Pumpkin seeds
Sesame butter/tahini
Sunflower seeds
Soy nuts (roasted, lightly salted)
Walnuts (raw, chopped)

Oils

Canola oil
Fish oil
Flaxseed oil
Olive oil
Safflower oil

Smart Beverages

Water, tea, brewed coffee and diet soda, with non-caloric sweeteners (if desired). Limit specialty coffees, creamers and sugars as they are a source of refined carbohydrates.

Smart Condiments

Vinaigrettes, barbecue sauces and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice can be used sparingly.

*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Jin-Ying Zhang



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Chris Powell's Choose More, Lose More for Life Chris Powell, 2013-05-07 Transform your body and transform your life with the secret to a slimmer fitter and healthier you Each season millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality transformation show Extreme Weight Loss At the heart of Chris's Choose More Lose More for Life is his signature plan of carb cycling alternating between low and high carb days to kick your metabolism into high gear Building on this strategy and recognizing that no two weight loss journeys need be the same Chris offers four different options for carb cycling Easy Classic Turbo and Fit to help you find a plan that's tailor made for you Never carb cycled before No problem Chris provides all the information you need to get started and see immediate results Chris also understands that weight loss plateaus when we get bored So he focuses on choices including more than twenty new Nine Minute Missions workouts that pack maximum results into minimal time He also offers more delicious and easy recipes to keep you eating well more tracking logs to keep you motivated and more success stories to inspire you as you write your own one that lasts for the rest of your life Shape Your Body in Just Nine Minutes Each Day Find a Carb Cycle That's Made for You Build in Cheat Days to Enjoy Foods You Love Eat Carbs to Lose Weight Take Off the Weight and Keep It Off Forever

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Christopher Jenner, 2022-05-11 Up to 16% of women experience vulvodynia at some point in their lives regardless of age ethnicity or socioeconomic group The pain of vulvodynia can upend relationships and turn daily life into a nightmare Then there is the stigma that vulvodynia carries Many women are embarrassed to discuss vulvar pain with their doctors and the taboo on women's health topics doesn't help A lack of open discussion means that thousands of women worldwide are suffering in silence with no hope of a cure But the idea that you have to suffer in silence is a lie There are plenty of ways to treat vulvodynia and with help it's 100% possible to take back control of your life and relationships In this book was written for you by practicing physicians pelvic physiotherapists and scientists with years of experience to smash the stigma and empower you with the knowledge you need to rid yourself of vulvar pain **Pediatric Nutrition in Practice** Berthold,

Koletzko, Zulfiqar A., Bhutta, Wei, Cai, Muhammad Ali, Dhansay, Christopher P., Duggan, Maria, Makrides, Marina, Orsi, 2022-03-03 There is no other time in life when the provision of adequate and balanced nutrition is of greater importance than during infancy and childhood During this dynamic phase of life sufficient amounts and an appropriate composition of supplied substrates are of key importance for growth functional outcomes and the metabolic programming of long term health and wellbeing This condensed volume was compiled with the aim of providing concise information to readers who seek quick guidance on the practice of nutrition of infants children and adolescents After the great success of the first two editions the editors prepared this thoroughly revised and updated third edition with a truly international perspective to address

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