

# Can't weight to **eat right**

Week 2



## Information sheet

Proper nutrition is essential for your good health, and helps you perform at your highest level and look your best. The **Don't Weight to Feel Great** program encourages you to eat good foods in moderation, which results in higher energy, fat loss, stabilized blood sugar levels, reduced cholesterol and a better mental attitude.

In **Week 2**, you will calculate your daily calorie level so you can see how many calories it takes to maintain your current weight. Then, you'll choose a lower calorie level and construct a menu plan. Follow these project goals for the nutrition section of this program:

### **Eat meals and snacks at approximately three-hour intervals**

This will help stabilize your blood sugar level, elevate your metabolism and keep you feeling satisfied.

### **Reduce portion sizes**

Americans suffer from "portion distortion," and many of us don't know what a real portion size looks like. Eat smaller portions several times a day, including healthy snacks, to help control your food cravings. Log on to Blue Access® for Members at [www.bcbsil.com](http://www.bcbsil.com) to learn about serving sizes and keeping your food portions in check.

### **Limit saturated fat in your diet**

When shopping for groceries, read the food labels and look for foods low in saturated fat. Choose low-fat dairy products, cook with olive oil and stick with lean cuts of meat. Cutting unhealthy fat is also a great way to reduce calories.

### **Add more fruits, vegetables, whole grains and fiber to your diet**

Include a serving of fruits and vegetables in every meal. Whole grains and fiber also can help reduce your cancer risk and keep hunger under control.

### **Choose a healthy combination of protein, carbohydrates and fat for each meal and snack**

This is the best way to maintain your energy level and keep you satisfied.



**BlueCross BlueShield  
of Illinois**

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## Getting started

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### **Read all the materials for Week 2**

Print the Weekly Activity Log form, choose at least one goal that will be the most helpful to you and write it on your log.

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### **Study the *Calculating Your Energy Needs* handout**

Determine your optimal daily caloric needs for healthy, successful weight loss.

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### **Review *Menu Planning at a Glance***

Find the menu plan appropriate for your daily energy needs and plan your menus and snacks. Browse Blue Access for Members to get helpful guidelines for good nutrition, meal and menu ideas and food shopping strategies.

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### **Read the project goals for Week 2**

On your Weekly Activity Log form, enter goals you currently accomplish on a regular basis, personal project goals you need to work on and action plans to help you achieve your goals. Sample action plans might include drinking eight glasses of water each day or choosing low-sugar cereals with at least five grams of fiber per serving.

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### **Begin recording information in your Food Diary**

Keep a record of the food and snacks you consume throughout the day in your Food Diary and include where you ate, with whom and your mood. Write any additional notes in your Expanded Food Diary.

[www.bcbsil.com](http://www.bcbsil.com)

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