

5-WEEK LIFESTYLE PROGRAM







Week Three on the PATH

Week Three on The PATH shows you how to beat in between meal snacking. The key to this is a very French habit—the "ender" of the meal.

WHAT TO DO THIS WEEK

► LEARN

- The physiology of satiety
- How to get from one meal to the other
- The role of fats and fiber in stomach emptying and insulin control

► RESOURCES

- The Ender
- Sources of fiber, protein and calcium



The Ender

The "ender" is a simple way to reduce after-meal cravings and in-between meal snacking to help aid you in your journey towards a healthier lifestyle. When adding an ender to your routine, remember the importance of it. A small, delicious ender will reduce your cravings. However, adding too much of it will cause your body to lose its ability to react to those same molecules in a positive way. An important thing to keep in mind during your journey is that more is not always better, and moderation will enrich your life.

Some examples of enders are:

- Cup of hot chocolate
- Cup of tea
- Cup of coffee
- A small piece of chocolate
- A small amount of nuts
- A small, rich, creamy piece of cheese

Play around with adding enders at the end of your meals and see which ones work best for you!



Fiber

A diet rich in fiber will not only keep you "regular" but will help reduce your risks of developing major health issues such as: type 2 diabetes, cholesterol issues, heart disease, stroke, arthritis and obesity.

There are two different types of fiber:

Water Soluble- is fiber that is found in fruits, legumes, seeds and oats. This fiber helps your body regulate blood sugar levels by its ability to slow down the rate of sugar absorption. This fiber also helps you feel full longer which can be beneficial when trying to lose weight.

Water Insoluble- is fiber that is found in vegetables and whole grains. This fiber is not broken down in your digestive tract. It helps you have regular bowel movements and prevent constipation.

The National Cancer Institution recommends that we take in 20 to 35 grams of fiber per day, however many of us fall short and only take in around 10 to 15 grams. Here are some tips that can help you increase your fiber intake:

- Have vegetables and fruits on a regular basis
- Incorporate a variety of beans into your diet
- Select whole grain breads instead of "enriched" breads
- Select grains such as quinoa, brown rice and oats



Fiber Sources

Food	Serving Size	Approximate Grams Fiber	Food	Serving Size	Approximate Grams Fiber
Spinach Bastan Brown Broad	½ cup (boiled)	2	Bulgar Wheat	½ cup (cooked)	4
Boston Brown Bread Carrot	1 slice 1 average (raw)	2 2	Artichoke Hearts	½ cup (boiled)	4
Kiwi Acorn Squash	1 medium ½ cup (baked)	2 2	Coconut	1 oz (flaked)	4
Corn on the Cob	1 small ear (roasted)	2	Navy Beans	½ cup (cooked)	4
Whole Wheat Bread	1 slice	3	Guava	1 fresh	4
Apple (with skin)	1 medium	3	Baby Lima Beans	½ cup (cooked)	6
Orange	1 medium	3	Refried Beans	1⁄2 cup	6
Pistachio Sweet Potato	1 oz (hulled) 1 small (baked)	3 3	Blackberries	(canned) 1 cup (fresh)	7
Brussel Sprouts Chestnuts	½ cup (boiled) 1 oz (hulled)	3	Black Eyed Peas	½ cup (cooked)	3
Pumpkin Seeds	1 oz (hulled)	3	100% Bran	½ cup	8.4
Strawberries	1 cup (fresh)	3	Prunes	1	1
Raisins Oatmeal	¹ / ₂ cup	3	Fresh Figs	2 medium	3
Pine Nuts	1 cup 1 oz (dried)	4 4	Pearled Barley	½ cup (uncooked)	17



Protein Sources

Meats, seafood, eggs and dairy all contain protein. Protein is also found in many vegetable and other plant-based foods; some are featured on these lists.

Beans Adzuki Black Beans Black-eyed Peas Cannellini Fava Beans Garbanzo Beans Great Northern Beans Green Peas Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pink Beans Pinto Beans Soybeans Split Peas

Grains Amaranth Barley (pearled) Barley (flakes) Buckwheat Groats Cornmeal (fine grind) Cornmeal (polenta, coarse) Millet (hulled) Oats Groats Oat (bran) Quinoa Rice (brown) Rice (white) Rice (wild) Rye (berries) Rye (flakes) Spelt (berries) Wheat (berries) Couscous (whole wheat) Wheat (bulgur)

Nuts/Seeds

Almond Brazil Nuts Cashew Chestnut Coconut (shredded) Filbert/Hazelnut Flax Seed Macadamia Peanut Pecan Pine nut Pistachio Pumpkin seed Sesame seed Soy Sunflower seed Walnut

Other Foods

Tofu (med or extra firm) Tofu (soft or Silken) Tempeh Textured Vegetable Protein



Calcium Sources

Calcium in Dairy

	Serving Size	Approximate Milligrams of
Dairy		Calcium
Cheese	1 Oz	150
Milk	½ cup	150
Yogurt	½ cup	137
lce Cream	½ cup	50

Calcium in Nuts and Seeds			
Nuts and Seeds	Serving Size	Approximate Milligrams of Calcium	
Almonds	24	75	
Brazil Nuts	8	50	
Macadamia	10	20	
Nuts			
Sesame Seeds	1 TBSP	10	
Walnuts	7		

Calcium in Beans			
Serving	Milligrams		
Size	of Calcium		
½ cup	114		
½ cup	39		
½ cup	35		
½ cup	114		
½ cup	41		
	Serving Size ½ cup ½ cup ½ cup ½ cup		

Calcium in Fruit		
		Approximate
	Serving	Milligrams of
Fruit	Size	Calcium
Blackberries	½ cup	23
Figs	10 pieces	269
Kiwi	½ cup	23
Orange	1 medium	52
Golden Raisins	1/3 cup	26.5
Tomato	1 medium	32
Watermelon	1 medium	23
	slice	

Calcium in Vegetables			
Vegetables	Serving	Approximate	
(raw)	Size	Milligrams	
		of Calcium	
Bock Choy	1 cup	150	
Broccoli	1 cup	42	
Celery	1 cup	42	
Collard	1 cup	218	
Greens			
Eggplant	1 cup	30	
Endive	1 cup	26	
Kale	1 cup	94	
Okra	1 cup	82	
Parsley	1 cup	78	
Rhubarb	1 cup	266	
Spinach	1 cup	56	
Turnips	1 cup	105	