

# Path

## PROGRAM



## 5-WEEK LIFESTYLE PROGRAM



Made by  
**Medwell**



## 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 Sources

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





# 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	Grains	Nuts/Seeds	Other Foods
Adzuki	Amaranth	Almond	Tofu (med or extra firm)
Black Beans	Barley (pearled)	Brazil Nuts	Tofu (soft or Silken)
Black-eyed Peas	Barley (flakes)	Cashew	Tempeh
Cannellini	Buckwheat Groats	Chestnut	Textured Vegetable Protein
Fava Beans	Cornmeal (fine grind)	Coconut (shredded)	
Garbanzo Beans	Cornmeal (polenta, coarse)	Filbert/Hazelnut	
Great Northern Beans	Millet (hulled)	Flax Seed	
Green Peas	Oats Groats	Macadamia	
Kidney Beans	Oat (bran)	Peanut	
Lentils	Quinoa	Pecan	
Lima Beans	Rice (brown)	Pine nut	
Mung Beans	Rice (white)	Pistachio	
Navy Beans	Rice (wild)	Pumpkin seed	
Pink Beans	Rye (berries)	Sesame seed	
Pinto Beans	Rye (flakes)	Soy	
Soybeans	Spelt (berries)	Sunflower seed	
Split Peas	Wheat (berries)	Walnut	
	Couscous (whole wheat)		
	Wheat (bulgur)		



# Calcium Sources

## Calcium in Dairy

Dairy	Serving Size	Approximate Milligrams of Calcium
Cheese	1 Oz	150
Milk	½ cup	150
Yogurt	½ cup	137
Ice 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 Nuts	10	20
Sesame Seeds	1 TBSP	10
Walnuts	7	

## Calcium in Beans

Beans	Serving Size	Milligrams of Calcium
Baked Beans	½ cup	114
Garbanzo Beans	½ cup	39
Kidney Beans	½ cup	35
Navy Beans	½ cup	114
Pinto Beans	½ cup	41

## Calcium in Fruit

Fruit	Serving Size	Approximate Milligrams of 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 slice	23

## Calcium in Vegetables

Vegetables (raw)	Serving Size	Approximate Milligrams of Calcium
Bock Choy	1 cup	150
Broccoli	1 cup	42
Celery	1 cup	42
Collard Greens	1 cup	218
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