

# TAI<sup>slim</sup><sup>™</sup>

*For a Totally New You*

## PHASE II FOOD PLAN

The TAI<sup>slim</sup><sup>™</sup> Phase II Food Plan is designed to help you maintain your goal weight once you have reached it. The aim is to achieve *energy balance*, so that your daily intake of calories equals your calories burned. That number of calories is called your *maintenance level*.

There are many methods for determining the daily number of calories you need to maintain energy balance, and these methods can vary widely in their accuracy. There is an easier way, and that's to "play the averages." According to statistics, the average maintenance level for women in the United States is 2000 - 2200 calories per day and the average for men is 2400 - 2600 per day. These are only averages; caloric requirements decrease as we get older and become less active, and they are higher for more active individuals. Nonetheless, these averages are a good place to start. If you find that you're losing or gaining weight with these average values, you can always increase or decrease your calorie intake accordingly. Now, let's learn how to pick those daily calories wisely!

### THE HEALTHY WEIGHT FOOD PYRAMID

A healthy eating plan can be illustrated in many ways, but it's often found in the shape of a pyramid. Researchers at the renowned Mayo Clinic have developed the **Healthy Weight Food Pyramid**<sup>\*</sup>, which allows you to eat a balanced, nutritious diet while maintaining a healthy weight.



<sup>\*</sup>Healthy Weight Food Pyramid courtesy of Mayo Foundation for Medical Education and Research.

#### USING THE PYRAMID

The pyramid is built upon six food categories, with a strong foundation in healthy fruits and vegetables, balanced by smaller quantities of carbohydrates, proteins, fats, and sweets. At the center of the pyramid is *daily physical activity*, an important part of maintaining your ideal weight. To use the pyramid, find your daily calorie goal on the chart below. This will tell you how many daily servings you can have of each food category (see Food Group and Serving Size List).



### DAILY SERVING RECOMMENDATIONS FOR VARIOUS CALORIE LEVELS

DAILY CALORIE GOALS	1600	1800	2000	2200	2400	2600
SWEETS	Up to 75 calories daily					
FATS	3	4	5	6	7	8
PROTEIN/DAIRY	5	6	7	7	8	8
CARBOHYDRATES	6	7	8	9	10	12
FRUITS	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE
VEGETABLES	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE	5 OR MORE

#### TIPS FOR SUCCESS WITH THE PYRAMID

- Plan your daily meals and snacks using recommended servings. Make your focus those foods at the base of the pyramid (fruits, vegetables, and whole grains).
- Be familiar with the serving sizes in each food group (a serving is a defined measurement rather than a random "big scoop or two").
- Spread servings throughout the day. Try to include at least one serving from most food groups at each meal.
- Remain flexible and adjust your goals as necessary. For example, if you fall short of your "fruits goal" on Monday, add extra servings to Tuesday's daily menu.
- Be sure to include physical activity in your day. If time is limited, exercise in brief periods throughout the day. For example, two 15-minute sessions rather than one, half-hour session.
- Taking TAI<sup>slim</sup> at the start of one or two meals per day will help to keep your metabolism optimized and your appetite under control.

#### FOOD GROUP AND SERVING SIZE LIST

This list will help you to determine appropriate serving sizes for foods in your TAI<sup>slim</sup> Phase II Food plan. You can also use published calorie lists (in books or on the Internet) to find additional foods with similar calorie contents in each group.

VEGETABLES (25 CALORIES/SERVING)	AMOUNT IN 1 SERVING	FRUITS (60 CALORIES/SERVING)	AMOUNT IN 1 SERVING	CARBOHYDRATES (70 CALORIES/SERVING)	AMOUNT IN 1 SERVING
Artichoke	½ bud	Apple	1 small	Animal crackers	6
Asparagus	½ cup or 6 spears	Applesauce, unsweetened	½ cup	Bagel, whole grain	½
Bean sprouts	1 cup	Apricots	4 whole	Baked chips, low-fat	10 chips
Beets	½ cup sliced	Banana	1 small or ½ large	Barley, cooked	⅓ cup
Bell Pepper	1 medium	Berries, mixed	1 cup	Bread, sourdough	1 slice
Broccoflower	1 cup	Blackberries	1 cup	Bread, whole grain	1 slice
Broccoli	1 cup	Blueberries	¾ cup	Breadsticks, crispy	2, 6 to 8 in. long
Brussels sprouts	4 sprouts	Cantaloupe	1 cup cubed	Bulgur, cooked	½ cup
Cabbage, cooked	1 cup	Cantaloupe wedge	¼ small melon	Cereal, whole grain	½ cup
Cabbage, raw	1 ½ cups	Cherries	1 cup or about 1 dozen	Corn	½ cup
Carrots	½ cup baby or 1 med.	Cranberry juice	½ cup	Corn on the Cobb	½ large ear
Cauliflower	1 cup florets	Cranberry juice, reduced-calorie	1 cup	Corn Tortillas	one, 6-inch diameter
Celery	4 medium stalks	Dates	3	Crackers – Cheese	14 small
Cherry or grape tomatoes	8 or about 1 cup	Figs, dried	3 small	Crackers – Snack	20 bite size, 5 round
Cucumber	1 cup sliced or 1 med.	Figs, fresh	2 small	Crackers – Triple Rye	1
Eggplant, cooked	1 cup pieces	Fruit juice, unsweetened	½ cup	Crackers – Wheat	6
Green beans	¾ cup	GoChi®	4 ounces	Crackers – Melba rounds	6
Green onions	¾ cup	Grapefruit	1 small or ½ large	CROUTONS	½ cup
Kale, cooked	⅔ cup	Grapefruit juice	½ cup	English Muffin, whole grain	½
Lettuce	2 cups shredded	Grapes	1 cup	Grits, uncooked	2 tablespoons
Marinara sauce	¼ cup	Honeydew melon	1 cup cubed	Kasha (buckwheat groats, cooked)	½ cup
Mushrooms	1 cup whole	Juice bar, frozen	3-ounce bar	Muffin, any kind	1 small
Okra	½ cup or 3 pods	Kiwi	1 large	Oatmeal, cooked	½ cup
Onions	½ cup sliced	Mandarin Orange	½ cup	Orzo, cooked	¼ cup
Peas, green	¼ cup	Mango	½ cup diced	Pancake	one 4 inch diameter
Pizza sauce	¼ cup	Melon balls	1 cup or about 8	Pasta, whole grain, cooked	½ cup
Radishes	25 medium	Mixed fruit	¾ cup	Pita Bread, whole grain	½ circle, 6" diameter
Salsa	¼ cup	Nectarine	1	Popcorn, microwave, low-fat	2 cups
Shallots	3 tablespoons	Orange	1 medium	Potato, baby, red-skinned	3
Spinach, cooked	½ cup	Orange juice	½ cup	Potato, baked	½ medium
Spinach, raw	2 cups	Papaya	½ medium or 1 cup cubed	Pretzels, sticks	30
Squash, summer	¾ cup sliced	Peach	1 large	Pretzels, twists	3 (or 1 pretzel rod)
Tomatillo	½ cup diced	Pear	1 small	Pumpkin, cooked	1 ½ cups
Tomato	1 medium	Pineapple	½ cup or 2 rings	Rice, brown, cooked	⅓ cup
Vegetable juice	½ cup	Pineapple juice	½ cup	Rice, wild	½ cup
Water Chestnuts	¾ cup	Plums	2	Roll, whole-grain	1 small
Zucchini	¾ cup	Prunes	3	Rutabaga, cooked	¾ cup
€		Raisins	2 tablespoons	Shredded wheat	1 biscuit or ½ cup spoon-sized
		Raspberries	1 cup	Soup – Broth-based	1 cup
		Strawberries	1 ½ cups whole	Soup – Chicken noodle	1 cup
		Tangerine	1 large or ¾ cup	Soup – Tomato	1 cup
		Watermelon	1 ¼ cups cubed or 1 small wedge	Soup – Vegetable	1 cup
				Squash, winter, cooked	1 cup
				Sweet potato, baked	½ large
				Turnips, cooked	⅓ cup
				Waffle	1, 4 inch square

PROTEIN/DAIRY (110 CALORIES/SERVING)	AMOUNT IN 1 SERVING	FATS (45 CALORIES/SERVING)	AMOUNT IN 1 SERVING
Beans	½ cup	Avocado	⅙
Beef, lean	1 ½ ounces	Butter, regular or trans fat-free spread	1 teaspoon
Chicken	2 ½ ounces	Cream – Half and Half	2 tablespoons
Cheese – Cheddar, low-fat	2 ounces or ½ cup shredded	Cream – Sour	1 ½ tablespoons
Cheese – Colby, low-fat	2 ounces or ½ cup shredded	Cream-Sour, fat-free	3 tablespoons
Cheese – Cottage, low-fat	⅔ cup	Cream – Heavy (whipping)	1 tablespoon liquid, 4 tablespoons whipped
Cheese – Feta	¼ cup	Cream – Nondairy creamer	2 tablespoons
Cheese – Mozz., part skim	⅓ cup shredded	Cream – Nondairy whipped topping	½ cup
Cheese – Parmesan, grated	4 tablespoons	Cream cheese – fat-free	3 tablespoons
Cheese – Ricotta, part-skim	⅓ cup	Cream cheese – Regular	1 tablespoon
Cheese – Swiss, low-fat	2 ounces	Margarine, regular or trans-free	1 teaspoon
Clams, canned	½ cup	Mayonnaise, fat-free	4 tablespoons
Cod	3 ounces	Mayonnaise, reduced calorie	1 tablespoon
Crab	3 ounces	Mayonnaise, Regular	2 teaspoons
Duck, breast	3 ounces	Nuts – Almonds	7 whole
Egg	1 large	Nuts – Cashews	4 whole
Egg Substitute	½ cup	Nuts – Peanuts	8 whole
Egg Whites	4	Nuts – Pecans	4 halves
Fish	3 ounces	Nuts – Walnuts	4 halves
Garbanzos	⅓ cup	Oil – Canola	1 teaspoon
Halibut	3 ounces	Oil – Olive	1 teaspoon
Ice cream, fat-free, vanilla	½ cup	Olives	9 Large
Lamb, lean cuts with no fat	2 ounces	Peanut Butter	1 ½ teaspoons
Lentils	½ cup	Salad Dressing – Reduced-calorie	2 tablespoons
Milk, skim, 1 or 2 percent	1 cup	Salad Dressing – Regular	2 teaspoons
Pheasant	3 ounces	Seeds – Flaxseed, ground	2 teaspoons
Pork, lean cuts with no fat	2 ounces	Seeds – Sesame	1 tablespoon
Salmon	3 ounces	Seeds – Sunflower	1 tablespoon
Scallops	3 ounces	Tartar sauce	1 tablespoon
Shrimp	3 ounces		
Soybeans, green (edamame)	½ cup		
Tofu	½ cup		
Tuna, canned in water	3 ounces or ½ cup		
Turkey	3 ounces		
Veal	2 ounces		
Veg. Burger, black bean	3-ounce patty		
Venison	3 ounces		
Yogurt, fat-free, reduced calorie	3 ounces		
Yogurt, fat-free, frozen	½ cup		

SWEETS (75 CALORIES/SERVING)	AMOUNT IN 1 SERVING
Angel food cake	1 small slice
Cranberry sauce	3 tablespoons
Fruit spread	1 ½ tablespoons
Gelatin dessert	½ cup
Honey	1 tablespoons
Jam	1 ½ tablespoons
Maple syrup	1 ½ tablespoons
Sorbet	⅓ cup

As you proceed with the **Phase II Food Plan**, you may find that your weight begins to gradually increase or decrease. If this happens, simply adjust your daily calorie intake one level upward or downward according to the recommendations on the **Daily Serving Recommendations** chart.

For losing weight, keep in mind that a pound of fat contains about 3500 calories. So, to lose a pound of fat in a week, you need to do one of the following three things:

1. Decrease your food intake by about 500 calories a day.
2. Increase your calorie-burning activity by about 500 calories a day. (Please reference the chart below to identify various activities and the amount of calories they burn.)
3. Some combination of the two.

If you prefer, you may achieve quicker results by returning to the **TAlslim Phase I Food Plan** until you again reach your goal weight. Most importantly, always remember that your weight loss efforts will work best when combined with two daily servings of TAlslim!

## CALORIC EXPENDITURE CHART

A. SEDENTARY ACTIVITIES	ENERGY COSTS (CALORIES/HOUR)*
Lying down or sleeping	90
Sitting quietly	84
Sitting and writing, card playing, etc.	114
B. MODERATE ACTIVITIES	(150-350)
Bicycling (5 mph)	174
Canoeing (2.5 mph)	174
Dancing (Ballroom)	210
Golf (2-some, carrying clubs)	324
Horseback riding (sitting to trot)	246
Light housework, cleaning, etc.	246
Swimming (crawl, 20 yards/min)	288
Tennis (recreational doubles)	312
Volleyball (recreational)	264
Walking (2 mph)	198
C. VIGOROUS ACTIVITIES	MORE THAN 350
Aerobic Dancing	546
Basketball (recreational)	450
Bicycling (13 mph)	612
Circuit weight training	756
Football (touch, vigorous)	498
Ice Skating (9 mph)	384
Racquetball	588
Roller Skating (9 mph)	384
Jogging (10 minute mile, 6 mph)	654
Scrubbing Floors	440
Swimming (crawl, 45 yards/min)	522
Tennis (recreational singles)	450
X-country Skiing (5 mph)	690

*\*Hourly estimates based on values calculated for calories burned per minute for a 150 pound (68 kg) person.*

*\*(Sources: "William D. McArdle, Frank I. Katch, Victor L. Katch, "Exercise Physiology: Energy, Nutrition and Human Performance" (2nd edition), Lea & Febiger, Philadelphia, 1986; Melvin H. Williams, "Nutrition for Fitness and Sport," William C. Brown Company Publishers, Dubuque, 1983.)*