

SMART Diet

Overview: We no longer believe that weight and health are based solely on calories consumed. We now know that weight is influenced by other factors including physical and mental health, age, genetics, and food choices. Most clinical evidence recommends a diet high in protein and vegetables and low in processed (white) carbohydrates and sugars. This provides for a healthy range of calories, nutrients, and satiety (fullness) but avoids unhealthy or sudden changes in weight or dramatic shifts in energy, hunger, or blood sugar.

Details: This diet includes minimizing red meat and maximizing poultry, seafood, lean meats, beans and peas, soy and eggs, unsalted nuts and seeds, and colorful vegetables. Fruits should be predominantly those with lower glycemic index (apples, oranges, grapes, and berries) to prevent spikes in blood sugar. Eat only very small portions of white rice or pasta and baked or fried foods, substituting whole grains instead. Sodas, including diet sodas, candy, chips, and desserts should be kept to a minimum. Fermented foods are a plus.

ASSESSMENT: Fill out this one-day food log and compare answers to recommendations. At the end of the day, check the box next to each item that is considered healthy. What is left are the less healthy choices. Repeat monthly or as needed.

Breakfast		Snack		Lunch		Snack		Dinner		Snack	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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Education: Glycemic Index

Lowest: enjoy regularly	Medium: limit servings	Highest: avoid whenever possible
Apples Beans and chickpeas Berries Carrots (fresh) Celery Corn chips Hummus Milk Oranges Peanut butter Pears Protein (nuts and meats) Prunes and dates Strawberry jam Vegetables (most) Wheat tortillas Whole grain bread Yogurt +/- fruit	Bananas Brown rice Chips Corn tortilla Couscous Green peas Ice cream Mango Oatmeal Pineapples Popcorn (no butter) Potato chips Raisins Rolled oats Spaghetti, white Specialty grain bread Udon noodles Vegetables (pumpkins and beets)	Bagels Baguettes Cornflakes Crackers Donuts Fruit Roll-Ups Instant oatmeal Pizza Pretzels Potatoes and sweet potatoes Rice crackers Rice milk Rice porridge Waffles Watermelon White bread White rice Whole wheat bread

Diet Strategies: Consider the following ideas when picking SMART goals below.

Use 3 + 2 meals	Eat 3 meals a day with a healthy snack in between each one (fruits or nuts)
Stop eating out	Eat home prepared foods which are often lower in sugar, salt, fat, processing, and calories
Meal prep	Shop mindfully and prep for the next day or several days with healthy and enjoyable foods
Snack smart	Chose apples, celery, berries, cucumber, cheese, hummus, or peanut butter
Don't snack junk	Avoid or minimize sodas (including diet sodas), candy, chips, and crackers
Eat mindfully	Eat when moderately hungry, stop when moderately full – eat slow, chew well, and enjoy
Eat in order	Fill up on the healthiest foods first – veggies and proteins, then fruits, carbs, and sugars
Limit late snacks	Think of calories after dinner counting for double and before bed counting for triple
Limit portions	Use small-medium sized plates, no seconds, and only limited/sensible desserts
Use an app	Noom, Simple, BetterMe, MyFitnessPal, MyFoodDiary
Do a workbook	Healthy Eating Habits Workbook: From Planning to Action to Results
Join a program*	Consider Thinsulin, DASH, TLC diet, Weight Watchers, Noom, Mayo Clinic Diet, or Kaiser

* Consult with your medical provider before considering this option to understand any risks involved

SMART GOAL: Create a goal based on what you are doing now, past successes, or any new ideas.

S	Specific action and frequency	
M	Measure of progress	
A	Accountability partner or plan	
R	Relevant to what goal(s)	
T	Time to start and follow-up	

ACTIVITY LOG: Over the next 1-4 weeks, track your progress around the new behavioral goal and make notes on what goes well and poorly. Choose 1 goal or change/increase the goal weekly.

Week 1 Goal				Week 2 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			
Week 3 Goal				Week 4 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			

Repeat every 1- 4 weeks – when goals are achieved, return to **Health and Lifestyle Scorecard**