



ULTIMATE
FOOD PLAN



TAIslim Ultimate Food Plan

A pound of body fat equals 3,500 calories. That means to lose a pound of fat per week, you need to: take in 3,500 fewer calories per week (or 500 calories per day) than you usually do; burn an extra 500 calories per day through increased exercise; or some combination of both. Many weight loss plans fail because they don't take into account this simple equation: **calories in must be less than calories out**. The TAIslim Ultimate Food Plan is scientifically designed to help you get the results you want with no gimmicks, hunger, or dangerous fad diets or pills. If you follow the simple steps in this food plan guide and take your TAIslim supplements daily, you'll find it easier than ever to shed those unwanted pounds and feel healthier, too!

GETTING STARTED – SELECTING YOUR DAILY CALORIE GOAL

The first step is to set a daily goal for the number of calories to consume. The following chart is bracketed for men and women at various starting weights. Select a daily calorie level based on your current weight:

Weight in pounds	Starting calorie goal			
Women	1,200	1,400	1,600	1,800
250 or less	✓			
251 to 300		✓		
301 or more			✓	
Men	1,200	1,400	1,600	1,800
250 or less		✓		
251 to 300			✓	
301 or more				✓

These are good calorie levels to start with, and should result in a loss of 1 to 2 pounds per week. You can adjust them based on your own goals and how quickly you want to lose weight. If you feel exceptionally hungry or lose weight too quickly, consider moving up to the next higher calorie level. If you're moving down a level, don't drop below the lowest levels listed. Fewer than 1,200 daily calories for women and 1,400 for men generally aren't recommended because you may not get enough nutrients.

If you do nothing more than stick to the proper daily calorie level for your weight, you should lose weight. But as you'll see later, adding physical activity and the clinically tested TAIslim supplements will turbocharge your weight loss results!



DAILY FOOD INTAKE RECOMMENDATIONS FOR VARIOUS CALORIE LEVELS

You've selected a daily calorie goal, but the fact is that you don't eat calories – you eat food! The U.S. Department of Agriculture has recognized this, and accordingly, it has developed a healthy eating plan based on the major food groups (grains, vegetables, fruits, milk, meat and beans, oil, and discretionary calories from fats, sugar, and alcohol). Balancing your food intake among these categories will give you the nutritional balance you need to keep your energy up and your appetite satisfied. To get started, find your daily calorie goal on the chart below. This will tell you how much of each food category you can eat per day.

<i>Daily Calorie Goals</i>	<i>1,200</i>	<i>1,400</i>	<i>1,600</i>	<i>1,800</i>
<i>Grains</i>	<i>4 ounce equivalents</i>	<i>5 ounce equivalents</i>	<i>5 ounce equivalents</i>	<i>6 ounce equivalents</i>
<i>Vegetables</i>	<i>1.5 cups</i>	<i>1.5 cups</i>	<i>2 cups</i>	<i>2.5 cups</i>
<i>Fruits</i>	<i>1 cup</i>	<i>1.5 cups</i>	<i>1.5 cups</i>	<i>1.5 cups</i>
<i>Milk</i>	<i>2 cups</i>	<i>2 cups</i>	<i>3 cups</i>	<i>3 cups</i>
<i>Meat and Beans</i>	<i>3 ounce equivalents</i>	<i>4 ounce equivalents</i>	<i>5 ounce equivalents</i>	<i>5 ounce equivalents</i>
<i>Oil</i>	<i>4 teaspoons</i>	<i>4 teaspoons</i>	<i>5 teaspoons</i>	<i>5 teaspoons</i>
<i>Discretionary Calories</i>	<i>170 calories</i>	<i>170 calories</i>	<i>130 calories</i>	<i>195 calories</i>



FOOD CATEGORIES AND SERVING SIZES

HERE YOU WILL FIND INFORMATION ABOUT THE MAJOR FOOD CATEGORIES AND APPROPRIATE SERVING SIZES FOR EACH.



This information is derived from the U.S. Department of Agriculture's Dietary Guidelines for Americans 2005 available online at: cnpp.usda.gov

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples include: whole-wheat flour; cracked wheat; oatmeal; and brown rice. Refined grains have been milled, a process that removes the bran and germ. It also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are: white flour; white bread; and white rice.

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.



GRAINS (CARBOHYDRATES)

MAKE HALF YOUR GRAINS WHOLE

- Select at least half of your daily grain allowance from whole grain bread, cereal, crackers, rice, or pasta.
- Look for the “whole” before the grain name on the list of ingredients.

GET CONNECTED

To see what constitutes a 1 ounce equivalent of various kinds of grains, go to: http://www.mypyramid.gov/pyramid/grains_counts_table.html

VEGETABLES



Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into five subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

- **DARK GREEN:** bok choy; broccoli; dark green leafy and romaine lettuce; spinach; mustard and turnip greens.
- **ORANGE:** acorn, butternut, and hubbard squash; sweet potatoes; and pumpkin.
- **DRY BEANS AND PEAS:** black, garbanzo, kidney, lima, navy, pinto, soy, and white beans; lentils; split peas; tofu (bean curd made from soybeans).
- **STARCHY VEGETABLES:** corn; green peas; lima beans (green); and potatoes.
- **OTHER VEGETABLES:** artichokes; asparagus; bean sprouts; beets; Brussels sprouts; cabbage; cauliflower; celery; cucumbers; eggplant; green beans; green or red peppers; iceberg (head) lettuce; mushrooms; okra; onions, tomatoes; turnips; wax beans; and zucchini.

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

VARY YOUR VEGGIES

- Eat a wide variety of vegetables
- Include all 5 subgroups every week

GET CONNECTED

To see what constitutes a cup of a variety of vegetables from the five groups, go to: http://www.mypyramid.gov/pyramid/vegetables_counts_table.html

MILK



All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content, including yogurt and milk-based desserts, are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

In general, 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

GET YOUR CALCIUM-RICH FOODS

- Go low-fat or fat-free
- If you can't consume milk, choose lactose-free products or other calcium sources

FRUITS

Any fruit or 100 percent fruit juice (including GoChi®) counts as part of the fruit group. Fruits may be fresh, frozen, or dried, and may be whole, cut-up, or pureed. Choose canned fruit packed in fruit juice, not in syrup, and drain before eating.

A small apple or average size banana or orange comprise one cup.

FOCUS ON FRUITS

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit



GET CONNECTED

To see what constitutes a cup for a variety of fruits and milk products go to: http://www.mypyramid.gov/pyramid/milk_counts_table.html and: http://www.mypyramid.gov/pyramid/fruits_counts_table.html



MEAT & BEANS

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

The daily recommendations for meat and bean products are 5.5 ounces for women and 6.5 ounces for men. This recommended amount declines slightly with age.

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

GO LEAN ON THE PROTEIN

- Choose low-fat or lean meat and poultry
- Bake it, broil it, or grill it
- Vary your choices with more fish, beans, nuts, and seeds

OILS (FATS)

OILS ARE FATS THAT ARE LIQUID AT ROOM TEMPERATURE, LIKE THE VEGETABLE OILS USED IN COOKING.

All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. These are also called “essential fatty acids.” Saturated fats, trans fats, and cholesterol tend to raise “bad” (LDL) cholesterol levels in the blood, which increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, trans fats, and cholesterol.

You can get the essential fatty acids you need from nuts, fish, healthy cooking oils (such as olive and canola), and salad dressings.



GET CONNECTED

To see what constitutes a 1 ounce equivalent for a variety of meat and bean products, go to: http://www.mypyramid.gov/pyramid/meat_counts_table.html

DISCRETIONARY CALORIES

EACH PERSON HAS A TOTAL CALORIE “BUDGET.” THE USDA RECOMMENDS THIS BUDGET BE DIVIDED INTO “ESSENTIALS” AND “EXTRAS.”

In a calorie budget, the “essentials” are the minimum calories required to meet your nutrient needs. By selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient “buys.” Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs. These calories are the “extras” that can be used on luxuries such as solid fats, added sugars, and alcohol, or on more food from any food group. They are your “discretionary calories.”

YOU CAN USE YOUR DISCRETIONARY CALORIE ALLOWANCE TO:

- Eat more foods from any food group than the food guide recommends.
- Eat higher calorie forms of foods—those that contain solid fats or added sugars. Examples are whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt.
- Add fats or sweeteners to foods. Examples are sauces, salad dressings, sugar, syrup, and butter.
- Eat or drink items that are mostly fats, caloric sweeteners, and/or alcohol, such as candy, soda, wine, and beer.

For example, assume your calorie budget is 1,400 calories per day. Of these calories, you need to spend at least 1,230 calories for essential nutrients, if you choose foods without added fat and sugar. Then you have 170 discretionary calories left. You may use these on “luxury” versions of the foods in each group, such as higher fat meat or sweetened cereal. Or, you can spend them on sweets, sauces, or beverages. Many people overspend their discretionary calorie allowance, choosing more added fats, sugars, and alcohol than their budget allows.

TIPS FOR SUCCESS WITH THE FOOD PLAN

- Plan your daily meals and snacks using recommended servings. Focus on fruits, vegetables, and whole grains.
- 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 at least 30 minutes of physical activity in your day. If time is limited, exercise in brief periods throughout the day. The Calorie Expenditure Chart will show you how many calories you’ll burn for different types of physical activity.
- Make sure to drink TAlslim® liquid at the start of breakfast and lunch, immediately before eating, and always along with or mixed with at least 8 ounces of water. For even faster results, you may drink TAlslim liquid before all three meals. TAlslim liquid will give you an extra calorie-burning kick, too. Studies have shown a 200-calorie increase in metabolic fat burning every time you drink TAlslim!
- Replace one to two meals a day with a delicious, low-calorie, nutritionally balanced TAlslim® SHAKE. To give your SHAKE an extra boost, add a scoop of TAlslim® BOOSTERS Super Fruits, Super Greens, or Protein Plus.
- Aim for a daily water consumption of about 2 liters (eight 8-ounce glasses) per day.
- Avoid the temptation to eat high-calorie snacks that can undermine your weight loss efforts. If you have a craving between meals or late at night, reach for a delicious, sugar-free chocolate TAlslim® SKINNY instead. With only 20 calories, it will satisfy your cravings like nothing you’ve ever tried!





PHYSICAL ACTIVITY

Most of us know we need to be physically active to be healthy, and its indisputable that regular exercise helps a weight loss program by burning fat and calories. The key to success is to pick a type of physical activity that is suitable to your abilities and health status, and stick with it. Experts recommend a minimum of 30 minutes of moderately intense physical activity per day. Moderately intense exercise includes walking briskly, biking at a casual pace, doing yard work; anything that gets your heart beating a little faster without getting you out of breath. The good news is that you don't have to do all 30 minutes at once. Scientific evidence shows you get the same health benefits from breaking 30 minutes up into three 10-minute or two 15-minute intervals throughout the day, if you prefer. In addition, for most people, even greater health and weight loss benefits can be obtained by engaging in physical activity of more vigorous intensity (such as swimming laps, jogging/ running or competitive sports) or of longer duration.

As illustrated on the following caloric expenditure chart, the amount of calories you burn can vary widely depending on the type of exercise, intensity level and the individual. If you weigh less than 160 pounds or more than 240 pounds, your calories burned would be somewhat lower or higher, respectively.

Activity (1 hr. duration)	Weight of Person and Calories Burned		
	160 Pounds	200 Pounds	240 Pounds
Aerobics, low impact	365	455	545
Aerobics, water	292	364	436
Basketball game	584	728	872
Bicycling, <10 mph	292	364	436
Bowling	219	273	327
Dancing, ballroom	219	273	327
Football, touch	584	728	872
Golf, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872
Racquetball	511	637	763
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, cross country	511	637	763
Skiing, downhill	365	455	545
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting	219	273	327

Based on Ainsworth BE, et al., *Medicine & Science in Sports & Exercise*, 2000

LEARNING MORE

In today's Internet age, there are a dizzying number of websites claiming to offer assistance to dieters. Not all internet resources are reliable, however. We recommend that you seek out well-researched, balanced and science-based information. A great example is the US National Institutes for Health's Aim for a Healthy Weight. This informative and easy-to-follow guide offers great advice that's invaluable for anyone interested in reaching and maintaining their weight goal. The guide includes sample menus, food shopping guides and lifestyle tips, and it features a handy method of estimating portion sizes without measuring.



You can view or download the guide online at:
nhlbi.nih.gov

