

“DIET” COMPARISONS

By
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In the chart below, I have placed two daily menus next to each other. The diet on the left entitled “Perceived How It Should Be” depicts how many people perceive they have to eat in order to lose weight. The diet on the right entitled “How It Should Be” shows how people should eat on a consistent basis in order to lose weight and also maintain their weight without starvation, boredom or deprivation.

The daily menu on the left is very low calorie and too restricting. Yes, it is healthy in the food choices and nutritional balance, but the caloric intake is too low to maintain high energy levels as well as muscle integrity. In addition, it is somewhat boring. Many people can stick to that type of eating for the sole purpose of losing weight, but the whole time they are on that diet they are dreaming of dessert or something more interesting with that salad!

The menu on the right, however, is a much better strategy, not only for losing weight, but maintaining that weight loss for the long term. It shows a way of eating that fits a fitness lifestyle. It supplies more energy to keep going all day and to sustain a workout, as well as a better distribution of carbohydrates, proteins and fats throughout the day to ensure good nutrition, keep hunger away and keep the metabolism working at higher levels. It is a more reasonable, palatable diet that is easy to stick to. I like to think of this type of menu as the way someone should eat most of the time, if they are serious about achieving good health and a healthy body fat level. It is not what you do when you “go on a diet”. It is what you do all the time.

PERCEIVED HOW IT SHOULD BE		HOW IT SHOULD BE	
1 C Special K Cereal	100	1 ½ C Special K	150
½ C Skim Milk	50	1 C 1% Milk	100
Banana	100	Protein Drink W/ Banana blended in	200
Lean Cuisine (1/2 C Pasta; 2oz. chicken & ½ C tomato sauce + veggies)	250	Same Lean Cuisine	250
½ C 1% Cottage Cheese	100	½ C 1% Cottage cheese	100
		½ C Fruit	50
2 Rice Cakes	100	Food Bar (PR Ironman or Zone) W/26g carb & 16 g protein	220
Chicken Breast	200	Chicken Breast	200
2 C Salad w/no dressing	100	2 C Salad w/2Tbs. Low-fat dress	200
1 C Veggies (broccoli, perhaps)	50	1 C Veggies	50
½ C Fruit	50	½ C Frozen Yogurt	100
		½ C Fruit	50
TOTAL	1100	TOTAL	1670

Granted, you are going to go out on Friday night once in awhile and have pizza with your children, but that is OK. The few extra calories you consume are not enough to ruin your program, but this slight splurge is enough to make eating enjoyable. It is part of a reasonable diet!

The next section on the “**Typical American Diet**” is there to show you how many calories are in the daily food intake of the average American. Quantity-wise, it is not that much food in comparison to the other menus I portrayed, however it is calorie laden! No wonder American people are so darn fat! The right column, “**Much Better Option**”, once again, shows a better way of eating for those who need to start making changes and improving their diets.

TYPICAL AMERICAN DIET		MUCH BETTER OPTION	
Egg McMuffin	400	1 C Granola	500
Juice	100	1 C Milk	150
Coffee w/cream & sugar	50		
Snicker Bar	300	Banana	100
Whopper w/cheese	600	Whopper	500
French Fries (small)	250	½ small French Fries	125
Pepsi (7-11 Super Gulp)	750	Dannon Yogurt	210
		Iced Tea w/lemon	0
Meatlover’s Pizza		Meatlover’s Pizza	
3 slices	1500	1 slice	500
		Green Salad	100
		2 Tbs. Low Fat Dressing	100
TOTAL	3950	TOTAL	2135