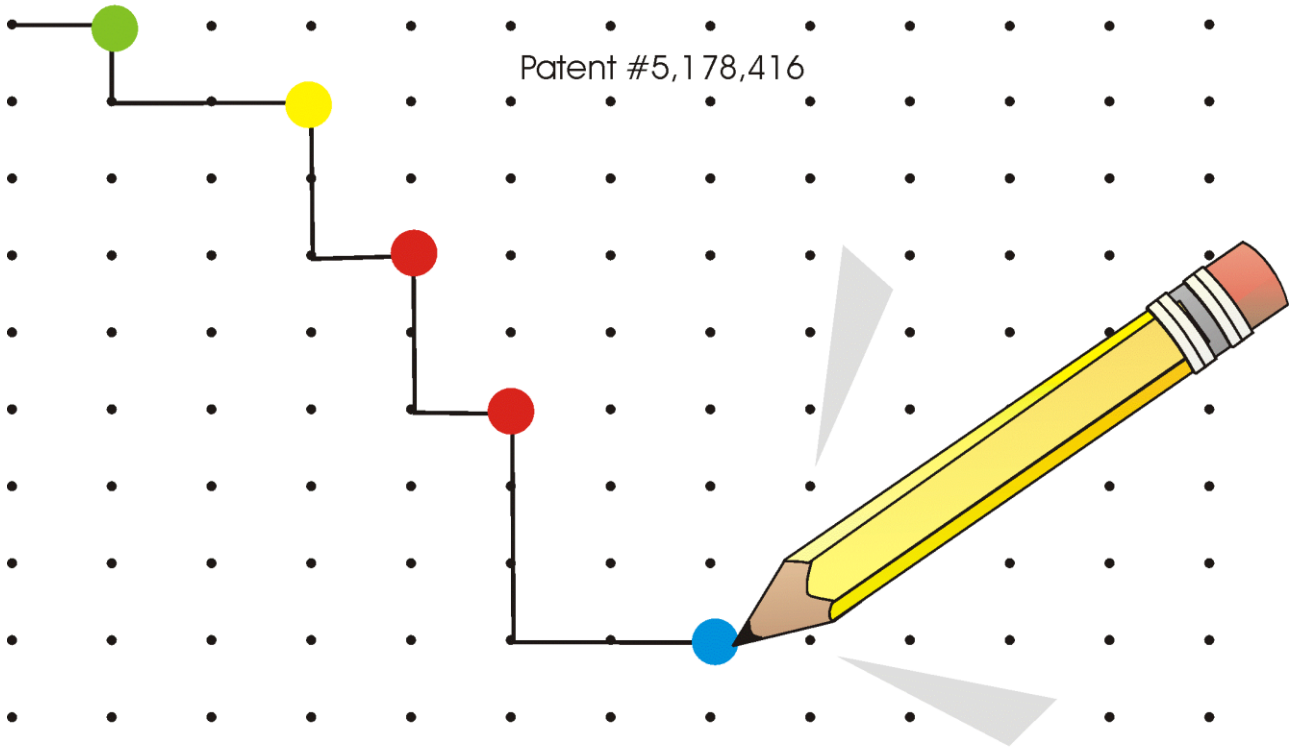


DRAWING THE LINE

ON CALORIES, CARBS, AND FAT

Patent #5,178,416



ROBERTA SCHWARTZ WENNIK, M.S., R.D.

Drawing the Line on Calories, Carbs, and Fat

Connect the Dots Approach to Good Health

Roberta Schwartz Wennik, M.S., R.D.N.



Labyrinth Publishing Works

Copyright © 2007 by Roberta Schwartz Wennik, M.S., R.D.

All rights reserved. No part of this book may be reproduced in any form or by any means without the prior written consent of the Publisher, excepting brief quotes used in reviews. No patent liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken in the preparation of this book, the publisher and author assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of information contained herein.

This book is intended for information purposes, not as a substitute for the medical advice of a physician or other healthcare professional. Because nutrition needs vary from individual to individual based on age, gender, height, weight, and health status, it may be beneficial for you to consult a registered dietitian.

The author and publisher disclaim any responsibility for any liability, loss, risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

Trademarks: All terms mentioned in this book that are known to be or are suspected of being trademarks or service marks have been appropriately capitalized. Labyrinth Publishing Works cannot attest to the accuracy of this information. Use of a term in this book should not be regarded as affecting the validity of any trademark or service mark.

Labyrinth Publishing Works
P.O. Box 83
Lynnwood, Washington 98046-0083

ISBN 978-0-9623055-9-7

10 9 8 7 6 5 4 3 2 1



Contents

Contents

Introduction

The Low-Carb Diet

The Low-Fat Diet

The Balanced Diet

A Sneak Preview

Think “Down-and-Across”

How Much Do I Have Left to Eat?

A Picture Is Worth a Thousand Words

Advantages of the Different Food Lists

Using Food Labels for Your DOWN and ACROSS Numbers

How to Track Food Label Info on The Daily Connection

Portion Distortion

Getting Started

Measuring Up

What’s Your Waist-to-Hip Ratio?

What’s Your BMI?

Calories Count

Setting Up The Daily Connection

Making the Most of *Drawing the Line*

Some Clever Tips

Meal Planning for Calories

Meal Planning for Carbohydrates

Gauging Your Hunger and Fullness

Getting Physical

Tracking Your Exercise

Becoming Food Savvy

How Sweet It Is

The Myth of Fat Phobia

Healthy Food Choices

Having Your Protein

Choosing Your Food Groups for Meal Planning

Staying Hydrated

Dining Out

Drawing the Line on Recipes

Measuring Success — Rewarding Success

Using the Weight-Loss Log

Using the Body Measurement Log

Rewarding Success

Appendix — WORKSHEETS

The Daily Connection

Weight-Loss Log

Body Measurement Log

Appendix — FOOD LISTS

FOOD LIST TABLE OF CONTENTS

INDEXES TO FOOD LISTS

FOOD LISTS ACCORDING TO SORTING

INDEXES TO FOOD LISTS

Index: Alphabetical

Index: Least to Most Calories

Index: Least to Most Carbohydrates

Index: Least to Most Fat

FOOD LISTS

Food List: Alphabetical

Food List: Least to Most Calories

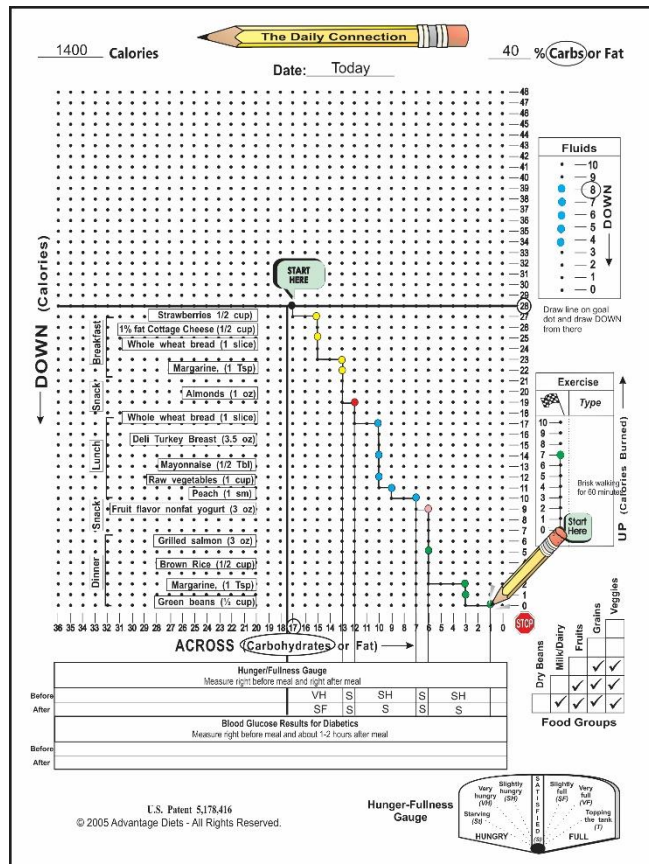
Food List: Least to Most Carbohydrates

Food List: Least to Most Fat



Introduction

Welcome to *Drawing the Line on Calories, Carbs, and Fat*, the unique patented system that is going to make tracking calories, carbohydrates and fat quick and easy to do. Research shows that people who monitor what they eat have the best weight-loss results, along with achieving better eating habits. That's because paying attention to what you're eating, especially by the "drawing-the-line" approach, helps keep you focused on what's working and what isn't.



This system got its name from what you'll be doing to keep track of your nutrient intake — that is, "drawing the line" across a matrix of dots on "The Daily Connection". You literally create a picture of what you eat. Maybe you remember as a child connecting dots in a book to make the picture of a horse or maybe a hot air balloon. Now you'll be doing it for a day's intake of food. Hearing that a food contains 500 calories may sound like a lot of calories (or maybe not), but seeing it drawn out on paper in relation to your day's allowance is an eye-opening experience. It may make you think twice about your food choices. This is nothing like you've ever tried before. Yet, after trying it, you'll probably find that it's the best thing you ever did for yourself in your efforts to lose weight and become healthier.

I've provided you with a blank template of *The Daily Connection* in the Appendix that you can make copies of. I also have a print book of *Daily Connections* called "Drawing the Line on Calories, Carbs, and Fat — *Daily Connections*" that you can buy on Amazon. You may find it more convenient. It contains 100 of these templates.

As you also will see in the Appendix, there are Food Lists sorted in various ways to make *drawing the line* easy for you. I'll be talking about them in a moment. The most effective way to use this system is to do it at the time you're eating. Therefore, in order to have the Food Lists available at such time, not only are the Food Lists at the end of this book, there is an electronic book available called "Drawing the Line on Calories, Carbs, and Fat — *Food Lists*" that you can get on Amazon and download to your cell phone or electronic device. That way you'll always have the Food Lists with you.

Let me just say again, the idea about tracking what you're eating is not to track it after you've eaten it, but check before you eat to see how much you have to spend on calories, carbohydrates, and fat. Otherwise, you'll probably find you've gone over your allowances for each nutrient.

If you like the idea of tracking your food intake on the computer or an electronic device (tablet or cell phone), you could do one of the following after printing out a copy of *The Daily Connection*. First, follow the instructions in Chapter 2 – Getting Started to set up a personal *Daily Connection* tailored to your needs, drawing in the start lines (as you see in the example above). Then,

- Scan it into your computer as a Word document. Using the "Insert Shapes" tool in Word, you can actually "draw the line" electronically on *The Daily Connection*.
- Or, take a picture of *The Daily Connection* on your phone or tablet. Then, use the text tool in your picture edit function to "draw the line".

Just find the way that works best for you because something you don't use won't be of any help to you.

A recommendation: Before you make any changes to the way you're eating, talk with your doctor first about what changes you plan to make just to be sure they're the right changes for you personally. That's especially true for those who have diabetes. Consult your healthcare provider, dietitian and/or certified diabetes educator to coordinate what you eat with any diabetes medication you may be taking. You may want to take a copy of *The Daily Connection* with you to share with your healthcare provider or dietitian to have them help set eating goals for you. This approach is not intended as a substitute for medical advice, but as a wonderful addition to your health and/or weight-loss management.

With this connect-the-dots approach, you'll definitely **see** on paper and on your body how calories count! Eat too many of them, whether in the form of carbohydrates, fat or protein, and you'll gain weight. The question is, "Which nutrient should you eat less of?" Should you take a **Low-Carb** approach, a **Low-Fat** approach or maybe just a **Balanced** approach to eating? By the way, all approaches work as long as you stick to it.

You get to choose what appeals to you and works for you. Want to try the *Low-Carb* diet because you've heard it's a fairly easy way to lose weight, or maybe you have diabetes and need to control the amount of carbohydrates you eat? *Drawing the Line* is a fun way to do it. (By the way, while I may refer to these various approaches as "diets", I don't want you to think, as most people do, that diet = restriction. You can choose whatever foods you want that fit on *The Daily Connection*.) Or maybe you think that eating too much fat has led to your weight problem, or you have high cholesterol and should be following a *Low-Fat* approach. You can do that with *Drawing the Line*, as well. If you don't like the idea of drastically cutting either carbohydrates or fat, then take the *Balanced* approach.

You might even consider rotating between the different approaches, especially when you hit a plateau, where it seems like nothing you do helps you lose any more weight. Maybe you've reached your goal weight, but have started to gain it back. You shouldn't worry about gaining back a couple of pounds since one's weight can fluctuate from day to day. But you should set 3 to 5 pounds as your limit for fluctuation. If that happens, then "draw the line" for a week or so as a refresher course.

This innovative system gives you the flexibility to tailor your weight-loss and health efforts to what you personally need. To help you with your decision, here's some information about each type of diet.

The Low-Carb Diet

People can lose weight on a low-carb diet, partly because it's both a low-calorie diet and higher-protein diet. The major benefit people find with the low-carb diet is that they're able to control their hunger better even though they're eating less food. The increased amount of protein is more satisfying and satiating than the carbohydrates it replaces.

If you try the low-carb diet, it would be a good idea to take a general vitamin and mineral supplement. Also, keep in mind that you'll need to select your proteins wisely to avoid eating too much saturated fat. (Healthy food selections will be covered a little later in the book.)

Drawing the Line allows you to eat as little as 35% of your calories from carbohydrates, an amount that is low but not extreme. However, starting at 40 to 45% of total calories would help you wean yourself off of carbohydrates and give you a chance to see if this is the right approach for you. You might want to move toward the Balanced diet as you approach your goal weight or when you find that the approach you've chosen is no longer as effective. With *Drawing the Line*, you can gradually add more carbs back into your diet in a controlled way—a way that will help you avoid regaining the lost pounds. In a few moments I'll show you how you can set the level of nutrients you should be eating.

Who Should Be on a Low-Carb Diet?

The low-carb diet can be effective for many different people. If you've struggled with getting the weight off and need to become motivated again, the low-carb diet will produce a fairly rapid weight loss, at first, *without* the usual hunger associated with dieting. If you have high triglycerides, a decrease in carbohydrates would help lower that level.

If you have diabetes, especially if you're on insulin, you have to control the amount of carbohydrates you eat at any one time. If you don't, you will tend to get spikes in your blood sugar level, making it very difficult for your body to bring the level back into an acceptable range. *Drawing the Line* makes it possible to match the amount of insulin diabetics give themselves with the amount of carbohydrates they eat—because tracking or *counting carbohydrates* is so easy. If you have diabetes, you should speak with your healthcare provider, dietitian or diabetes educator to help you determine what percentage of calories should come from carbohydrates. Take a copy of *The Daily Connection* with you to share with them how you plan to track your carb intake.

The Low-Fat Diet

It would seem to make sense that if you're overweight and carrying around too much extra body fat, you should eliminate some fat from your diet, especially considering that a gram of fat has twice as many calories as a gram of carbohydrate or protein. (Of course, just remember that too much of any nutrient can lead to excess body fat.)

Food manufacturers have been more than helpful in providing low-fat and non-fat foods. However, people have mistakenly believed they can eat as much as they want of these foods—forgetting that *calories count*. In addition, many of these low- and non-fat foods have replaced fat with sugar. Talk about being counterproductive. While packaged foods that are low in fat can be handy occasionally, better to focus on the foods that are *naturally* low in fat, such as fruits, vegetables and whole grains. (In most cases, they're also less expensive.) In fact, a truly low-fat diet is quite high in “good” carbohydrates—complex starches—rather than the refined carbohydrates found in sugar and white flour, baked goods and sweets.

If you can't imagine giving up carbohydrates (like a delicious sourdough bread or artisan wheat bread), then a low-fat diet may be right for you. Also, you have to be ever vigilant to food labels to see just how much sugar replaced the fat.

Consider "grazing" your way through the day by eating three meals and two to three snacks to avoid feeling hungry. Also, remember to choose your carbohydrates wisely, opting for complex carbs such as dry beans, whole grains, fruits and vegetables.

Even though *Drawing the Line* allows you to track as little as 10% of your calories from fat, it is suggested that you start with a 20% to 25% level first. If you've been eating closer to the American average of 40% of your calories from fat, it will be easier to gradually work your way down. Unfortunately, for many much of that 40% is made up of unhealthy saturated fats. As with the other two types of approaches, you can set the percentage level of nutrients you want to eat. Just remember to make your fat choices healthy fats (e.g. olive oil, walnuts, canola oil).

Who Should Be on a Low-Fat Diet?

People with heart disease, high blood pressure, high cholesterol, or who have a family history of these diseases, should be on either a low-fat diet or a balanced diet. While they could be on a low-carb diet, careful selection of protein would be necessary to avoid too much fat. Cutting back on fat (especially saturated fat) helps to decrease the level of LDL-cholesterol (the bad cholesterol in the blood). Selecting healthier fats can help increase the level of HDL-cholesterol (the good cholesterol). You'll read more about these fats a little later in the book.

Because a low-fat diet tends to be higher in fruits, vegetables and whole grains, people with certain types of cancer may benefit from the higher levels of antioxidants found in this kind of diet. As with the low-carb diet, a low-fat diet also works well for people who need to lose weight. Not only is fat decreased, but the amount of food allowed is greater. And if higher fiber foods are selected, there is greater appetite suppression and hunger satiation.

The Balanced Diet

A balanced diet is really the most sensible diet of all. That's because you're balancing the percentages of total calories coming from carbohydrates, fat and protein so that no one nutrient dominates your diet. There have been numerous diets through the years suggesting various combinations of these percentages. The traditional mix used to be 55-65% carbohydrates, 30% fat and 15% protein. At that time, it was thought that carbohydrates and fat were the most effective at satisfying hunger. Yet, recent studies are showing that protein probably keeps hunger at bay the longest.

Drawing the Line makes it possible for you to try a variety of combinations to determine what works best for you. You might start with a mix of 45% carbs, 25% protein, and 30% fat. This should provide enough protein to deal with your hunger and with a high enough level of carbs to get the necessary vitamins, minerals and fiber.

For a diet to be sensible (and it really should be when it's something that hopefully you'll follow the rest of your life), you have to be smart in your food choices. A little later in the book you'll read about healthy food choices, but one major objective with a balanced diet is trying to eat more foods that are less processed. By doing so, you'll decrease the amount of sodium and sugar you're eating, since these are two main ingredients found in many processed foods. You'll also be eating foods in their more natural state, taking advantage of the bounty and balance of nutrients they naturally contain.

Who Should Be on a Balanced Diet?

Almost anyone can be on a balanced diet, whether you have weight to lose or not. If you can't see yourself giving up carbs or forsaking the flavor of fat, a balanced diet may be right for you. The tracking done with *Drawing the Line* is the same for all three types of diets. The only difference are the levels of nutrients monitored.



A Sneak Preview

The Daily Connection is the chart on which you'll be tracking the foods you eat. You'll be monitoring two nutrients at a time. No matter whether you're following the Low-Carb Diet, Low-Fat Diet, or the Balanced Diet, *calories* will always be one of the measurements. It can't be said often enough that "calories count!" When you're on the Low-Carb Diet you'll be tracking carbohydrates as the second nutrient. On the Low-Fat and the Balanced Diets, you'll monitor fat as the second nutrient.

Let's look at a completed *Daily Connection* to see how it works. (See Figure 1 on the next page.) This sample *Daily Connection* is set up for a woman named Linda who is following the **Low-Carb** diet, eating 1400 calories a day, with 40% of those calories coming from carbohydrates. (Notice that she circled the word "Carbs" at the top and bottom of the *Daily Connection* just as a reminder for herself.) Fortunately, *Drawing the Line* is so flexible that Linda can continue to make adjustments as she sees fit. Fewer calories? No problem. More carbs? No problem. All she need do is adjust her horizontal and vertical lines as you will soon see.

There are so many things you can track on *The Daily Connection*: your hunger level, amount of fluid you drink per day, the time devoted to exercise, what food groups you've eaten from. For people who have diabetes, you can even log in your blood sugar numbers before and after eating. The nice part is that you don't have to do them all. Just choose the sections that you're most interested in. I'll be describing them in detail in just a moment. You may want to try a section for a short while to determine if it's something you want to track. Then add another section, again deciding if it's of value to you. You're free to use all or just some of the parts of *The Daily Connection*. Just realize that the more involved you get with *The Daily Connection*, the greater your success will be.

Think "Down-and-Across"

Remember, Linda is on the *Low-Carb* diet. So, every time Linda eats something, she draws a line **DOWN** through a certain number of dots for the **calories** in the food and then **ACROSS** for the amount of **carbohydrates** in the food. (Had she been on the Low-Fat or Balanced Diet, then the ACROSS numbers would be for fat.) The number of dots can be found either in the Food Lists (found in the Appendix) or can be determined from information found on packaged food labels (I'll share with you what to look for and how to use the information very soon). For each food she eats, she basically draws the line "DOWN-and-ACROSS". What could be easier?

Looking at *The Daily Connection* below, you can see that Linda's breakfast consists of cottage cheese topped with strawberries. She also had a slice of whole wheat toast spread with margarine. Figure 2 shows you an excerpted version of the Food List that helped Linda determine how many dots to draw her line through. Under FRUITS, she found strawberries are worth "1 DOWN" for the calories and "2 ACROSS" for the carbs. Go back to Figure 1 to see how she drew the line DOWN 1-and-ACROSS 2 for the strawberries. Under CHEESE, she finds that cottage cheese has "2 DOWN" for calories and "0 ACROSS" for carbs (no appreciable amount of carbohydrates). Under BREAD, whole wheat toast is worth "2 DOWN" for calories and "2 ACROSS" for carbs. Note that Linda only had 1 teaspoon of

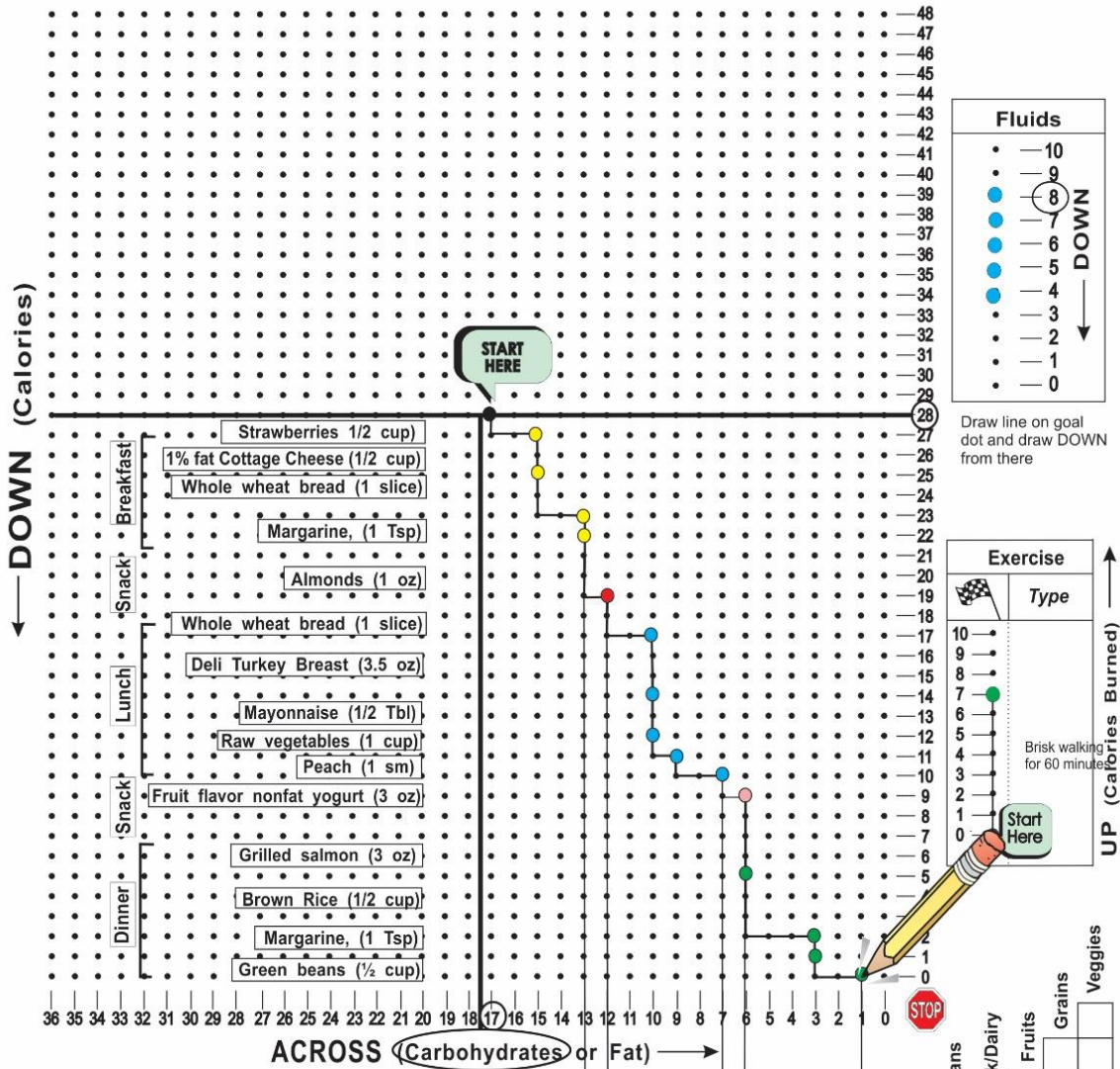
margarine, so she divided the margarine listed (1 tablespoon) in half for easy drawing — “1 DOWN” and “0 ACOSS”. She continues doing the same process for all the foods she eats for the remainder of the day.

1400 Calories



40 % Carbs or Fat

Date: Today



Hunger/Fullness Gauge
Measure right before meal and right after meal

Before		VH	S	SH	S	SH
After		SF	S	S	S	S

Blood Glucose Results for Diabetics
Measure right before meal and about 1-2 hours after meal

Before	
After	

U.S. Patent 5,178,416
© 2005 Advantage Diets - All Rights Reserved.

Hunger-Fullness Gauge

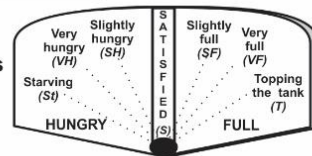


Figure 1
Example of The Daily Connection — 1400 Calories and 40% Carbohydrates

ALPHABETICAL				
FOOD	Amt	Calories DOWN	Carbs ACROSS	Fat ACROSS
FRUITS				
Strawberries ...	½ cup	1	2	0
CHEESE				
Cottage Cheese, Low Fat 1% ...	½ cup	2	0	0
BREADS				
Bread - whole wheat, whole grain ...	1 slice	2	2	0
FATS				
Margarine ...	1 tbsp	2	0	4

Figure 2
Sample Entries from the Food List

Keep in mind that since Linda is on the Low-Carb diet, she can ignore any of the numbers in the column labeled “Fat ACROSS”).

How Much Do I Have Left to Eat?

When you want to know how many *calorie dots* remain in your daily allowance, just run your finger across from the last circle you drew to the *right-hand column of numbers*. The number you see on that line tells you the answer. The following example in Figure 3 shows that after breakfast, Riley having started the day out with 24 DOWN dots had 17 DOWN dots (calorie dots) left for the day. (See the number where the green line leads to?)

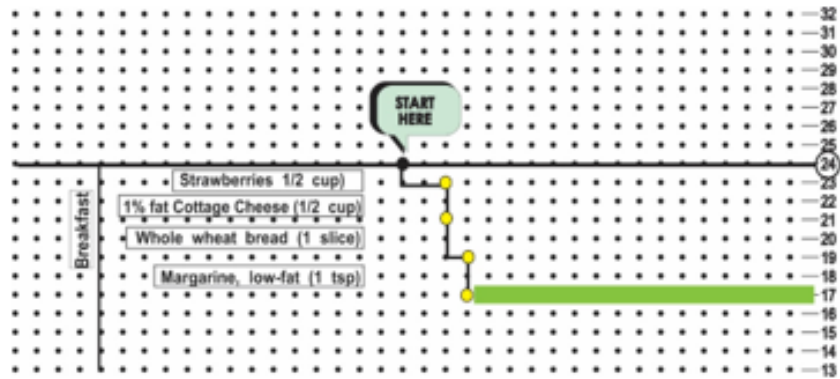


Figure 3
Number of DOWN Dots Remaining After Breakfast

You also can see how many more ACROSS dots (in this case, carbohydrates) Riley had remaining after breakfast by *looking to the numbers at the bottom* of *The Daily Connection* from that same last circle. Check out where the blue line leads in Figure 4. In this case, there are 15 ACROSS dots (carbohydrate dots) left after breakfast.

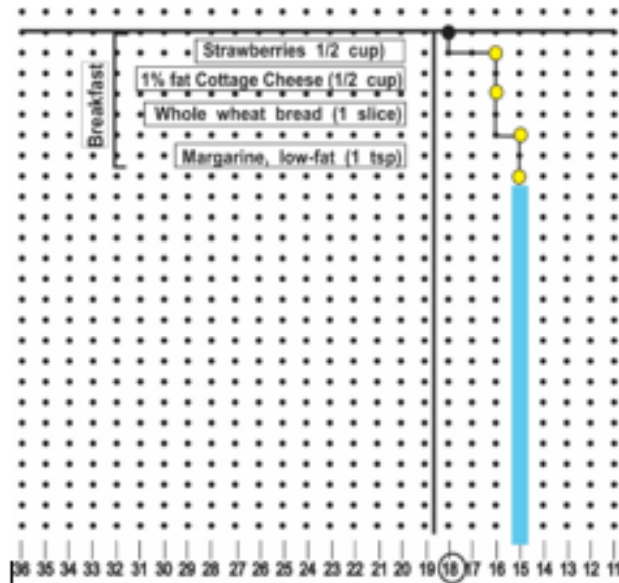


Figure 4
Number of ACROSS Dots Remaining After Breakfast

Let's face it. If you had a bank account with \$500 in it, you couldn't go spending \$850. The bank would stop payment. The same should go for your nutrient account. There's only so much in it to spend during the day. Look at it on the bright side—at least your "nutrient" accounts (i.e., calories, carbs, and fat) are replenished every day. Now don't you wish your bank would do that for you?

While Riley had wanted to have lasagna for dinner, she did the right thing. She first checked to see how many DOWN and ACROSS dots she had remaining, looking to the numbers on the right and the

numbers on the bottom of *The Daily Connection*. After checking the DOWN and ACROSS numbers in the Food List for lasagna, she realized she didn't have enough DOWN dots for lasagna today. She opted for a grilled chicken breast instead. If she wants lasagna tomorrow, she'll just choose different foods during the day that will allow her to have enough dots for the lasagna. That's being proactive and smart. Good for you, Riley!

Most people shy away from keeping traditional food diaries because it requires a lot of math. As an example, that of keeping track of the number of calories you've eaten: First you have to add the number of calories for the meal. Then you have to subtract that number from the daily allowance. That works great for breakfast, but now for all the other foods you eat, you'll have to keep a running balance to subtract the calorie values from for the next food you eat and each food you eat. And that's just for calories. With *Drawing the Line*, there's no math to do. This patented system takes care of that for you! That's what those blue and green lines we just saw are all about.

A Picture Is Worth a Thousand Words

The beauty of *Drawing the Line* is how graphic it is. Depending upon what you eat, the picture you draw can be very enlightening. Let's take Joe as an example, who's on a **Balanced Diet**, eating **1800 calories** a day, with **30% of his calories coming from fat**. After a reasonable breakfast, he decided to eat at McDonald's for lunch, ordering a Big Mac®, medium French fries, and a 16-ounce serving of soda. *The Daily Connection* on the next page (Figure 5) shows Joe's breakfast and lunch so far for the day.

As it turns out, Joe drew the line **after** he ate his lunch (not a recommended way to use this system). Notice the yellow square showing how much of his DOWN and ACROSS dots he used up just for lunch. That's a whopping 78% of his fat allowance for the day and 47% of his calorie allowance. It's only after he drew the line did he realize he left himself with next to no fat for the day. It looks like a dinner of vegetables, legumes, and whole grains might be in order. While Joe has 12 DOWN dots worth of **calories** left to spend for the day (again, look to the right-hand column of numbers), he has only 2 ACROSS dots worth of **fat** (look to the numbers at the bottom of the sheet). The red square shows how little fat he can have for dinner.

Until using *The Daily Connection*, Joe had no idea that a McDonald lunch could take such a big bite (pun intended!) out of his calorie and fat allowances for the day. This is where *Drawing the Line* becomes so valuable. You get a real graphic sense of how many calories and grams of fat or carbohydrates (depending upon which one you're tracking) are in your food. It truly shows how you've spent your allowances for the day. With this example, wouldn't you say that a "picture *is* worth a thousand words?"

Advantages of the Different Food Lists

Using Joe's mistake as an example, it becomes clear that learning to become *proactive* is critical. Eating something and *then* drawing the line for it (a reactive approach), makes it too easy to go over your daily nutrient allowance. *Drawing the Line* gives you a way to know whether a food choice will work for you. You select your foods based on your available dots so you don't run out. Instead of Joe having had the Big Mac®, medium French fries and the soda, which cost him a total of 18 DOWN dots and 18 ACROSS dots, he could have selected a Cheeseburger, a small order of French fries, and a diet soda—spending 11 DOWN dots and 9 ACROSS dots. Then he would have left himself with 18 DOWN dots of calories

(instead of 12) for the remainder of the day and 11 ACROSS dots of fat (instead of 2), enough to have even had an afternoon snack.

The idea is not to have to give up everything you enjoy but select foods that you like that will fit into your overall intake for the day. *Drawing the Line* has four different *Food Lists* to help you out. First, there is an Alphabetical listing. If you know what food you want to eat, look it up under its food category and then find it alphabetically.

In times when you're looking for foods with a certain number of dots to allow you to stay within your daily allowance, there are three other lists sorted as "least to most". Maybe you're trying to find something with the least number of calories. Then you look at the Food List that is sorted from "Least to Most Calories". The same thing applies to the "Least to Most Carbs" and the "Least to Most Fat". Check them out in the Appendix.

By the way, don't forget to take note of the quantity of food ("Amt" column) in the *Food List*. If you have more than that, it needs to be accounted for.

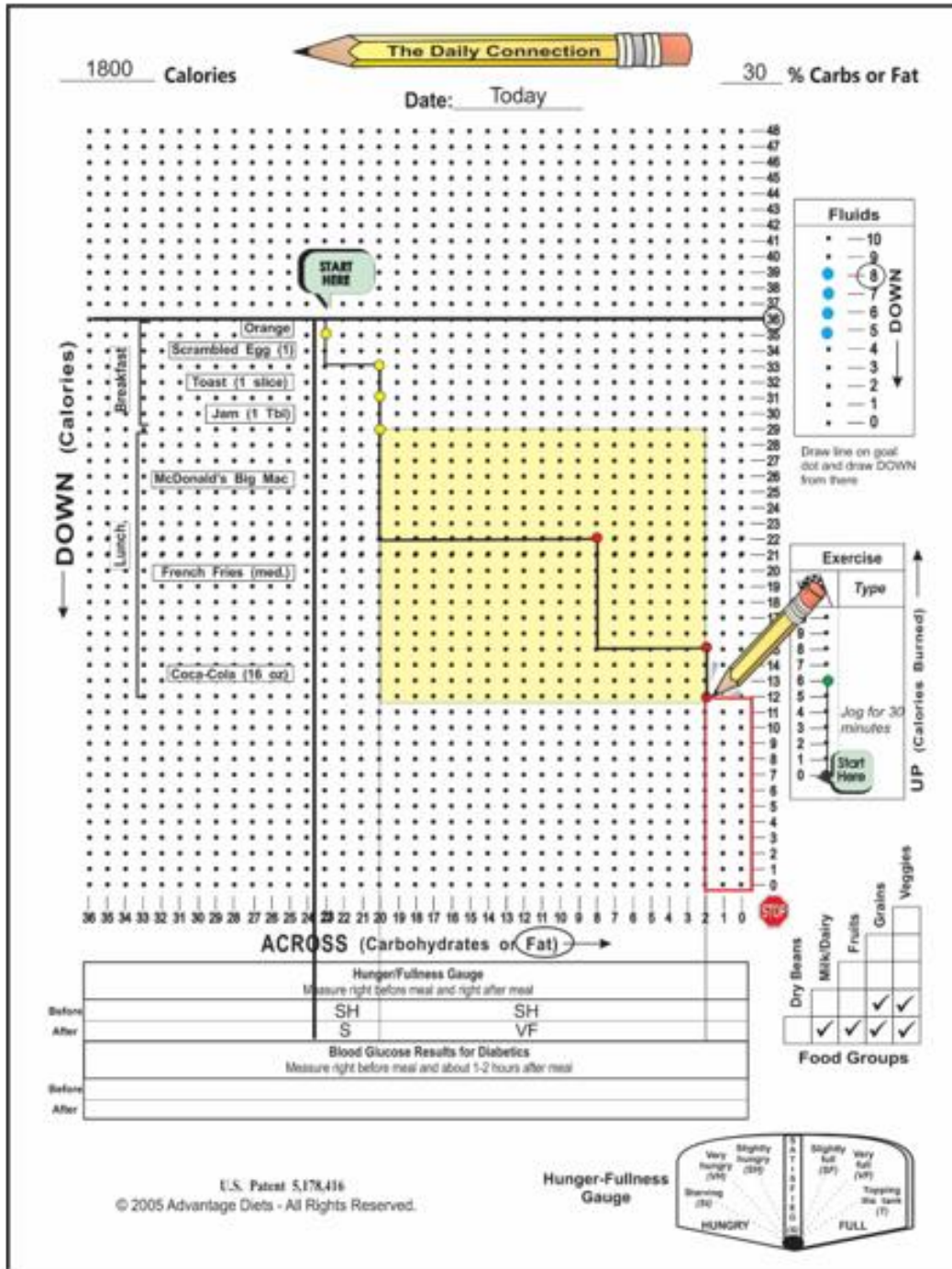


Figure 5
Joe's Daily Connection Having Had Lunch at McDonald's

Using Food Labels for Your DOWN and ACROSS Numbers

There are about 800 foods in the *Food List*. This list, along with information found on food package labels, should provide you with sufficient information to *draw the line*. I recommend that whenever label information is available, those are the numbers you should use. That's because those values on

the label are specifically for that food. The values in the *Food List* are for generic representations of a particular food.

If you're at a restaurant, ask for their nutrition information (if it's available). It too can be converted to dots (just as you would do with label information). Almost all fast-food restaurants offer Nutrition Facts.

Don't fret if you don't have the exact details for each food you eat. Take a guess if you have to. For example, you know that lasagna is made with noodles, cheese, tomatoes, and meat. You can always *draw the line* for each of the ingredients if you can't find the dish in the Food List. All I ask of you is just log something. Whatever you eat has calories, carbs and/or fat. As the saying goes, "there's no free lunch". That applies to nutrients, as well.

Being Supermarket Savvy

When you go grocery shopping, where do you spend most of your time in the supermarket? Is it in the aisles or around the perimeter of the store? In most stores, the foods that you find around the perimeter are unprocessed—produce, dairy, meats, fish, bakery items. That's not to say that you shouldn't buy foods from the aisles, but it does mean you need to become a label reader. Do you really know what's in the food you eat?

Can you guess what food this label is for?

Nutrition Facts			
Serving Size ½ cup (130 g)			
Servings Per Container 6			
Amount Per Serving			
Calories 140		Calories from Fat 10	
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	130mg		0%
Sodium	620mg		26%
Total Carbohydrate	28g		7%
Dietary Fiber	5g		20%
Sugars	11g		
Protein	6g		
Vitamin A	0%	•	Vitamin C 2%
Calcium	6%	•	Iron 10%

INGREDIENTS: WATER, PREPARED WHITE SAUCE, SUGAR, MUSTARD, WINEGAR, WATER, MUSTARD SEED, SALT, NATURAL FLAVOR, MAPLE CURED BACON, SALT, PURE MAPLE SYRUP, CORN STARCH, ONION POWDER, CHERABEL COLLOID, TAPICCA, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, BACON FAT, NATURAL FLAVORS AND NATURAL SMOKE FLAVOR.

Figure 8
Nutrition Facts Label

Before you find out what the food is, would you say that it's a healthy choice? It's definitely a low-fat food. And it's especially good because it doesn't have any saturated or *trans* fat — *trans* fat being even worse for you than saturated fat. Both contribute to high cholesterol. The sodium in this food is a bit high for a food that contains 140 calories.

A Rule of Thumb: The milligrams of sodium should be no more than 1 to 1½ times the total number of calories (in this case, it should be about 140-210 mg of sodium per serving rather than 620 mg).

Even so, this food is a good source of protein.

Also notice that, under the “Total Carbohydrate” section, there’s quite a bit of sugar in this food — “Sugars 11 g”. That’s equivalent to about three teaspoons of sugar per serving. It pays to look at the ingredients on any food you eat. If not only for things like sodium and sugar, but also to make sure that the food doesn’t contain anything you might be sensitive to or allergic to. It’s especially significant for people who are lactose or gluten intolerant or have celiac disease.

Important Note: Ingredients are listed in order of most to least weight.

While sugar appears third in the list of ingredients, that’s not the only source of sugar. There’s also sugar in the maple syrup and maltodextrin, ingredients that appear further down on the list. Clever food manufacturers have figured out how to fool shoppers — whether intentionally or not. By including several different forms of sugar, no single type may have enough weight to put it at the top of the list. But they do add up.

Fortunately, the amount of dietary fiber in this food is impressive. With 5 grams of dietary fiber, you’re getting about 15-25% of the 20-38 grams of fiber you should be eating per day. Fiber helps to control swings in blood glucose, by slowing down the digestion process and allowing smaller amounts of glucose to enter the bloodstream at one time. It helps keep you off the rollercoaster of high energy to lethargy. This is especially helpful for people with diabetes. Also, fiber serves as a great probiotic for gut bacteria. Happy gut bacteria make for a healthier person.

The recommended daily intake of total fiber set by the government for adults 50 years and younger is 38 grams for men and 25 grams for women. For men and women over 50, it’s 30 and 21 grams, respectively.

So, have you figured out what food this label is for? It’s Baked Beans.

How to Track Food Label Info on *The Daily Connection*

In order to make label information easy to use on *The Daily Connection*, the following table (Table 1) is indispensable. The first section shows you how to convert the **Calories** on the label to **DOWN** dots; the second section is for converting **Total Carbohydrates** shown on the label to **ACROSS** dots and the last section is for converting **Total Fat** shown on the label to **ACROSS** dots. Again, whether you track carbohydrates or fat depends upon what type of diet you’re following.

CALORIES				TOTAL CARBS				TOTAL FAT			
The label shows Calories to be:			DOWN	The label shows Total Carbs to be:			ACROSS	The label shows Total Fat to be:			ACROSS
1	to	24	0	1	to	4	0	0	to	1	0
25	to	74	1	5	to	12	1	2	to	3	1
75	to	124	2	13	to	20	2	4	to	6	2
125	to	174	3	21	to	29	3	7	to	9	3
175	to	224	4	30	to	37	4	10	to	11	4
225	to	274	5	38	to	46	5	12	to	14	5
275	to	324	6	47	to	54	6	15	to	16	6
325	to	374	7	55	to	62	7	17	to	19	7
375	to	424	8	63	to	71	8	20	to	22	8
425	to	474	9	72	to	79	9	23	to	24	9
475	to	524	10	80	to	88	10	25	to	27	10
525	to	574	11	89	to	96	11	28	to	29	11
575	to	624	12	97	to	104	12	30	to	32	12
625	to	674	13	105	to	113	13	33	to	34	13
675	to	724	14	114	to	121	14	35	to	37	14
725	to	774	15	122	to	130	15	38	to	40	15
775	to	824	16	131	to	138	16	41	to	42	16
825	to	874	17	139	to	146	17	43	to	45	17

Table 1
Food Label Conversion Table

Tracking the Baked Beans on *The Daily Connection* Using the Conversion table.

For Calories:

From the label information for the Baked Beans above, you can see that a serving contains **140 calories**. Looking at the **CALORIES** section of the conversion table (Table 7), find 140 calories (it's in the row that reads "125 to 174 calories"). It states you should *draw the line "DOWN 3 dots"*. Okay, now you know that 140 calories are equivalent to 3 DOWN dots.

For Carbohydrates:

For the carbohydrate content of the Baked Beans, look at the "Total Carbohydrate" line on the label. It shows that a serving contains 28 grams. Total Carbohydrates include the starch, sugars and fiber in the baked beans. Looking at the **TOTAL CARBS** section of the conversion table (Table 7), you'll see that 28 grams lands in the 21 to 29 grams row, which is **"ACROSS 3 dots."** That means that 28 grams of carbs is equivalent to 3 ACROSS dots, which, by the way, is merely coincidental with calories being 3 DOWN dots.

If you were on the *Low-Carb Diet*, on *The Daily Connection* you'd be drawing "DOWN 3 dots and ACROSS 3 dots" from the last circle you drew. You would then add another circle after drawing for the Baked Beans.

For Fat:

For the fat content of the Baked Beans, look at the "Total Fat" line on the label. This version of Baked Beans has 1 gram of Total Fat. Looking at Table 7, because Total Fat is so low, you'd have "0 ACROSS". If you were following the *Low-Fat* or *Balanced* diets, in the case of Baked Beans, you would only need to *draw the line* DOWN for the calories.

Even though *Drawing the Line* only requires you to account for the Total Fat in a food, food choice is still important, especially the amount of saturated fat in a food. Saturated fat is problematic because it tends to raise blood cholesterol even more than the cholesterol found in foods (such as in eggs).

30% Rule of Thumb for Saturated Fat: Saturated Fat should not be more than 30% of the Total Fat number. Obviously, the Baked Beans are a good choice for both Total Fat and Saturated Fat content. But what if you had a food with a Total Fat content of 15 grams. You'd apply the 30% rule by multiplying 15 grams by .3 = 4.5 grams. If the label states more than 4.5 grams of Saturated Fat for that food, consider finding an alternative food or enjoy it and then select other foods that are lower in saturated fat to make up for it for the remainder of the day.

No matter what packaged food you eat, there will almost always be numbers on the label that you can convert to dots for tracking on *The Daily Connection*. Just use the "Food Label Conversion Table" (Table 7) to help you with the job.



Get the book and start "drawing the line"