



be strong – challenge rules and journal guide–week #2

Our Detox is over so now you can add back in those healthy foods that were limited last week. Whole grain breads, eggs, lean meat and low fat dairy are a healthy part of a balanced diet.

This week's focus is on the strength that comes from food awareness. We will use our journals this week to become more aware of what we eat. Here are this week's challenge rules and journal guidelines...

1. Use your journal to log everything you put in your mouth – if you bite it, you write it – include the time and amount of what you ate
2. At the end of the day rate your nutrition on a scale of 1-5. 1 being junk and 5 being clean healthy food.
3. Circle and star your healthiest meal or snack of the day that tasted good and left you satisfied. Pick a different favorite each day. Put an X over any item that controlled you and was not beneficial to your goal.
4. If you feel hungry or tempted to eat something unhealthy before your planned meal or snack time, you will first drink a glass of water and make sure it is real hunger and not thirst or boredom driving your temptation. If it turns out to be true hunger, eat your planned healthy snack or meal early.
5. No mindless eating this week. Your food will have your full attention. Do not eat this week standing up, in the car or on the go. That means you may have to plan or allow extra time for your meals. No t.v., computer or facebook at meal and snack times this week. Sit down, chew slowly and enjoy your food. Give your brain time to realize that your body has eaten something. Make eating an event.
6. If you chose to have pre-packaged food or drink this week, you must first read the label and use your journal to log the calories, how many grams of sugar, saturated and trans-fat fat that it has, as well as the serving size. Also, give a count of how many words in the ingredient list that you can't pronounce or that great grandma wouldn't cook with. Sound complicated? Good, then you may want to choose to reach for some real food or packaged food with real, simple ingredients instead. Your choice. 😊
7. Here is our verse of the week to memorize and claim in times of decision...

**“Everything is permissible ... but not everything is beneficial...
I will not be mastered (*controlled*) by anything (*food*).” 1 Corinthians 6:12**

Definition of junk food: Food that has low nutritional value, typically produced in the form of packaged snacks that needs little or no preparation.

Definition of healthy food: Food eaten with the purpose of obtaining nutrients that the body needs to function properly.

Examples of healthy foods: vegetables, fruits, lean meat and other lean proteins, low fat dairy and whole grains. To paraphrase Jillian Michaels, most healthy food comes from the ground or has a mamma.

Knowledge is Power – keep these things in mind while reading labels...

- American Heart Association recommends that women have no more than 24grams (or 100 calories) of sugar per day
- FDA recommends no more than 2grams of trans fat per day and no more than 20grams of saturated
- The American Dietetic Association recommends that women have at least 25grams of fiber each day