

American Heart
Association



No-Fad Diet

2nd Edition

**Completely updated
and revised with 50
new recipes**

**A Personal Plan for
Healthy Weight Loss**

**Think
Smart**

Change your mind-set,
change your body

**Eat
Well**

Choose from three
eating strategies and
more than 190 recipes

**Move
More**

Ease into an
active lifestyle

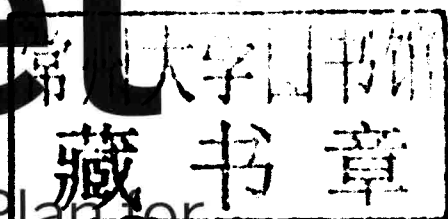
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Association



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A Personal Plan for
Healthy Weight Loss



Clarkson Potter/Publishers
New York

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Published in the United States by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York.

www.crownpublishing.com

www.clarksonpotter.com

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A previous edition of this work was published by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York, in 2005.

Library of Congress Cataloging-in-Publication Data

American Heart Association no-fad diet : a personal plan for healthy weight loss / American Heart Association.—2nd ed.

Rev. ed. of: No-fad diet. 1st ed. c2005.

Includes index.

1. Reducing diets. 2. Weight loss. I. American Heart Association. II. No-fad diet.

RM222.2.N6 2011

613.2'5—dc22

2010013381

ISBN 978-0-307-40759-7

Printed in the United States of America

Design by Amy Sly based on an original design by Jan Derevjanik

10 9 8 7 6 5 4 3 2 1

Second Edition

American Heart
Association



No-Fad Diet

2nd Edition

Also by the American Heart Association

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American Heart Association Quick & Easy Meals

The New American Heart Association Cookbook, 8th Edition

*American Heart Association Low-Fat, Low-Cholesterol Cookbook,
4th Edition*

American Heart Association Low-Salt Cookbook, 3rd Edition

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preface

Are you one of the many people struggling to stop yo-yo dieting and reach a healthy weight? If so, the *American Heart Association No-Fad Diet* is for you. This book will show you step by step how to develop a personalized plan to make better food choices, become more physically active, and create a healthy environment so that you can achieve and maintain your weight-loss goals. The tools provided in the *No-Fad Diet* will help you devise weight-management strategies that work specifically for you.

If you are overweight, you are not alone. Current statistics show that about two-thirds of adults and nearly one-third of children and adolescents in the United States are overweight or obese. Many factors, including environmental and biological influences, have contributed to this obesity epidemic, but you don't need to be one of these statistics. If you're looking to successfully take control of your weight, you have turned to the right source. The *No-Fad Diet* was conceived and developed under the guidance of leading experts in the fields of nutrition, physical activity, and behavior change. This second edition has been updated with the latest scientific information on weight loss and weight control and includes revised sample weekly menu plans, along with easy-to-follow instructions on how to create your own menus, an expanded toolkit to help you build an actionable and personalized weight-loss plan, and 50 new recipes to tempt your taste buds while you trim your waistline.

You may wonder why the American Heart Association would write a book on weight loss. The fact is that obesity is the fastest-growing health issue that Americans currently face. As the nation's premier authority on heart health, we know that being overweight contributes to the risk of heart disease by greatly increasing the likelihood of high blood pressure, unhealthy cholesterol and triglyceride levels, and type 2 diabetes. Each of these conditions alone raises the risk of cardiovascular disease; together, they are a serious medical problem.

The key to losing weight and keeping off the lost pounds is finding a *proven* and *healthy* approach that meets your individual needs and fits into your lifestyle. With the plethora of diet and weight-loss books on the market, why should you choose this one? Because the strategies and resources of the *No-Fad Diet* come from the American Heart Association, which means you can trust that they are scientifically sound. Start today to build your own comprehensive plan for long-term weight loss. We know you can be successful, so do it for yourself—and for your heart.

Rose Marie Robertson, MD
Chief Science Officer,
American Heart Association/American Stroke Association

INTRODUCTION

Our goal at the American Heart Association is to help you be as heart healthy as possible, and it's our business to give you the information and tools to achieve that goal. An important part of the process is learning how to eat well and control your body weight throughout your life. If, like so many other Americans, you're looking for a long-term, livable way to lose weight and keep it off, we're here to help.

Everyday lifestyle habits, including your diet and physical activity routine, have a profound effect on your health and well-being. By choosing well, you can improve many of the factors—your health factors—that delay or prevent heart disease. These factors include having a healthy body weight and being physically active on a regular basis, being a nonsmoker, and having normal blood pressure, cholesterol, and glucose levels. Generally speaking, the lower your weight, the lower your blood pressure and levels of blood cholesterol and glucose, and the lower your risk for heart disease and stroke. Because of the direct correlation between weight and the other health factors, the American Heart Association is committed to helping you find your own personal approach to making smart, healthy lifestyle choices every day.

what is the no-fad diet?

You may have tried several times to lose weight but without much long-term success. As frustrating as that might be, there's no point in feeling bad about yourself. The truth is that losing weight is not easy, and keeping it off is even harder. Unfortunately, no magic bullet exists. Fad diets, gimmicky meal plans, and get-thin-quick schemes don't work over the long haul. For lasting weight loss, you need to choose a no-fad approach that incorporates lifestyle changes that fit into the context of your life and that you can maintain.

The No-Fad Diet is based on the concept of *energy balance*—that is, to keep from gaining weight, you must balance the calories you eat (Calories In) with the calories your body uses up through metabolic function and physical activity (Calories Out). Once you understand the role energy balance plays in whether you lose, gain, or maintain your weight, you can use the three basic principles of the No-Fad Diet to achieve your target weight:

- **Think smart**
- **Eat well**
- **Move more**

Each of these individual components contributes to healthy weight loss, but when you combine them in a way that reflects your personal needs, they can form a strong, cohesive plan for lifelong weight control.

be wary of fad diets

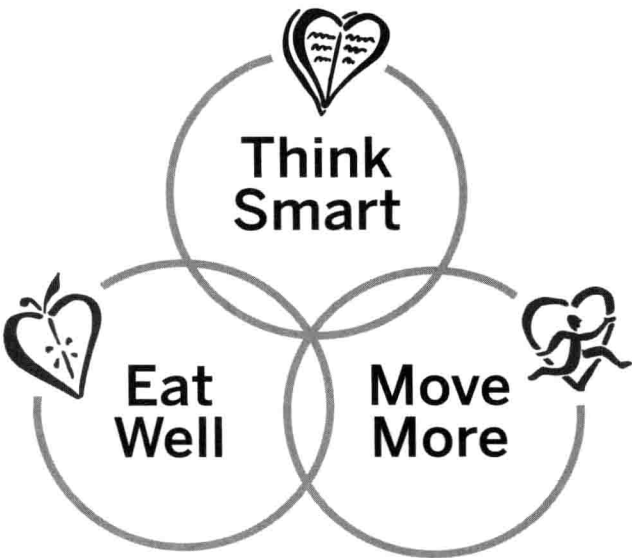
In the midst of so many conflicting and confusing messages and promises about diet, exercise, and health, it's important to rely on reputable sources for information. A weight-loss plan should never endanger your long-term health. Fad diets and quick fixes may work temporarily but do not lead to permanent weight loss. To spot an unhealthy or fad diet, look for these signs:

- Reduces calories drastically without regard for adequate nutrition
- Depends on powders, herbs, or pills
- Relies on certain foods or food combinations
- Eliminates carbohydrates, fat, or any other type of food
- Recommends skipping meals or replaces meals with drinks or food bars

The No-Fad Diet offers a scientifically supported, safe approach to reaching your target weight without jeopardizing your health. The American Heart Association recommendations reflect the opinions of many experts—physicians, nutritionists, and specialists in physical activity and behavior modification. Our panel of scientists has reviewed the most current research and come to a consensus so you can cut through the confusion with confidence. We know that our no-fad approach can bring you lasting success and a lifetime of better health.

circles of success

If you're reading this book, you are already interested in the process of healthy weight loss and how to move from awareness to action. Here we give you specific action steps to help you lose extra weight—and lose it for good. Your weight-loss plan will focus on areas in your life that you can control, represented by the three circles of success—thinking smart, eating well, and moving more. Each circle represents an important influence on your personal choices. You need to include *all three* actions in the circles to achieve successful weight control for life. As the graphic below shows, the three circles interlock, representing the cohesiveness and integration of these three actions.



We know that fads and gimmicks don't work and neither does a one-size-fits-all approach. That's why, for each circle of success, the No-Fad Diet allows you to choose strategies that fit your individual environment, needs, and comfort level. The better your choices suit your usual habits and preferences, the greater the chance these actions will become a permanent part of your lifestyle. Remember that a weight-loss plan should work for *you*.

think smart

Making good lifestyle choices is the cornerstone of sustained weight loss, yet barriers and negative thoughts can get in the way and derail the best intentions. Once you identify your personal and environmental barriers, you can begin to overcome them. Chapter 1, "Think Smart: Make a New Start," offers you different strategies to help analyze the obstacles you face and to reprogram your thinking and rework your environment. As you recognize and change the influences that lead you away from your weight-loss goals, you will also start to think about how to make healthier choices that support what you are working toward. You'll learn to set realistic goals and create a personal action plan designed just for you.

eat well

Eating well is defined not only by the quantity of food but also by the quality. As you reduce calories to lose weight, your goal is to make every calorie count for both energy and nourishment. Chapter 2, "Eat Well: Good Food for Better Health," gives you the tools you need to both decrease your calorie intake and increase your nutrient intake. You'll learn to use a food diary to assess your eating habits so you can see both how they contribute to your current weight and whether you are eating a balanced diet. Understanding how your lifestyle habits influence your eating patterns will help you choose the most effective strategy to lose weight while keeping your body healthy.

move more

Calorie reduction is a key component of weight loss, but to lose weight more quickly and to keep off the pounds for good, you have to get moving and keep moving. Extensive scientific evidence shows that physical activity is an essential part of maintaining weight loss, fitness, and good health. Chapter 3, "Move More: More Fit and Less Fat," outlines three practical strategies to make

regular exercise a part of your schedule. From a starting point of just 10 minutes a day of moderate-intensity activity, this chapter also explains how to progress to an ongoing physically active lifestyle. If you're not physically active now, this approach will help you move past the feeling of inertia, become energized, and add more physical activity to your daily routine.

make the most of your knowledge

To get the most benefit from our no-fad approach, you also need the tools to continue living a healthy lifestyle once you've achieved initial weight-loss success. In Chapter 4, "Maintain Momentum: Keep Up the Good Work," you'll learn how to control your environment and behavior to manage your weight for good. You'll also find tips and techniques for integrating the three circles of success into your everyday life.

Chapter 5, "Pass It On: Family, Food, and Fitness," discusses how to share your knowledge of weight management with your entire family. In the face of growing concern about childhood obesity, you can keep your children fit and healthy by teaching them the same basic principles for good health that you use to manage your own weight. We offer six practical strategies so you can work effectively *with* your children to help them avoid becoming overweight now—and in the future.

use the tools for success

In Part II, "Menu Planning and Recipes," we've provided sample menu plans for three calorie levels, nearly 200 recipes, and information on how to build your own menu plans. In Part III, "No-Fad Toolkit," you'll find an assortment of tools to help you put your weight-loss plan into action. Including charts, lists, and templates, these resources will help you record your current eating and physical activity habits; show you how to implement strategies for change, such as making simple food substitutions; help you track calories in common foods, as well as calories used during various physical activities; and much more. All these tools will help you think smart, eat well, and move more as you progress in your journey to a healthy weight.

commit to success

Losing weight and keeping it off is not easy, but with credible science-based information and the right tools in hand—all provided in this book—you *can* achieve your weight-loss goals. Remember that the best diet plan is actually not a diet at all: Successful weight management comes from living a healthy lifestyle that you can maintain for the rest of your life. With that idea in mind, think of the American Heart Association's No-Fad Diet as both a flexible life plan and a greater opportunity for lifelong vitality.

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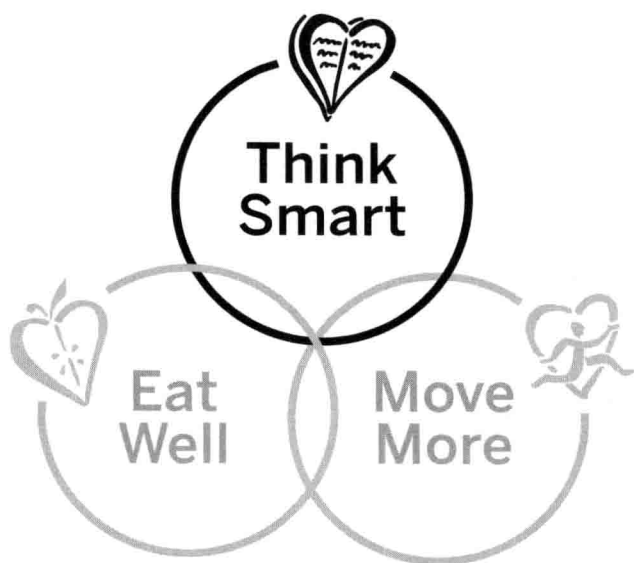
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part I

Losing Weight and Keeping It Off

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chapter 1

THINK SMART: make a new start

Think about the running dialogue inside your head. How does it encourage or excuse your behaviors and choices? These thoughts—and the actions they lead to—can either contribute to or hinder your weight-loss success. “Thinking smart” means learning how to change your mind-set so you can change the behaviors that contribute to weight gain. Change is not always welcome, however, because it can involve risk and the unknown. Trying something new takes courage and commitment. If you’ve been unsuccessful in losing weight before or have lost weight only to regain it, you