



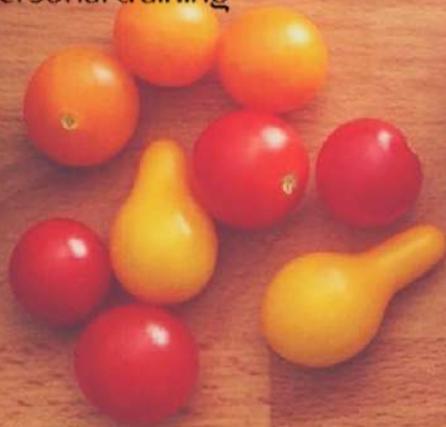
ROBIN BARRIE

THE PLAN



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ABOUT ROBIN'S RESET

The Plan includes Robin's advice for a healthy and nutritious lifestyle for the long term.

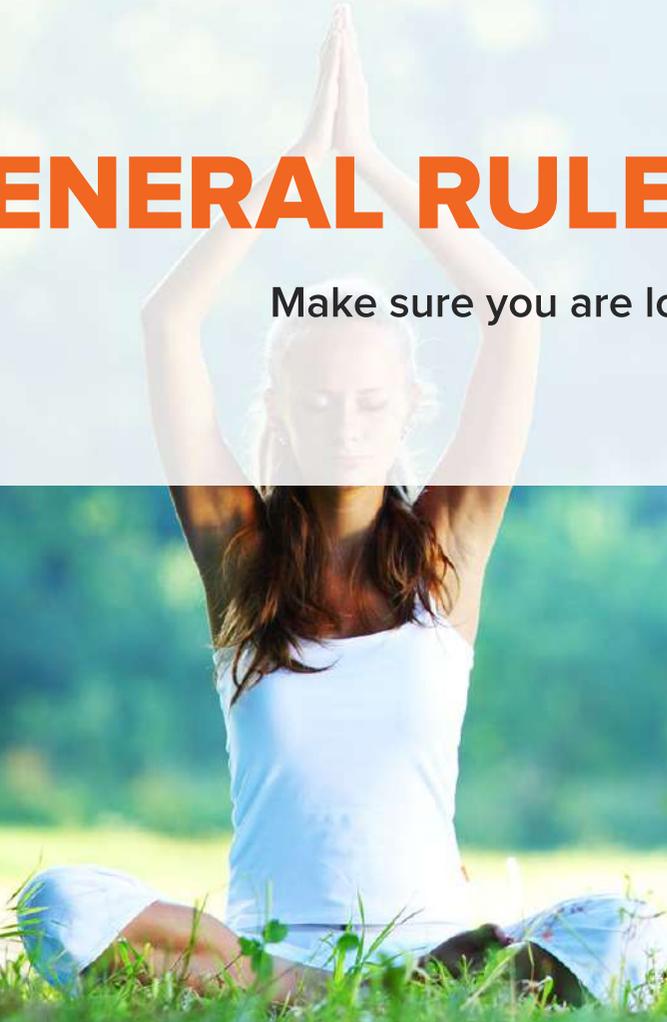


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GENERAL RULES AND GUIDELINES

Make sure you are looking and feeling your best!



ROBIN RECOMMENDS



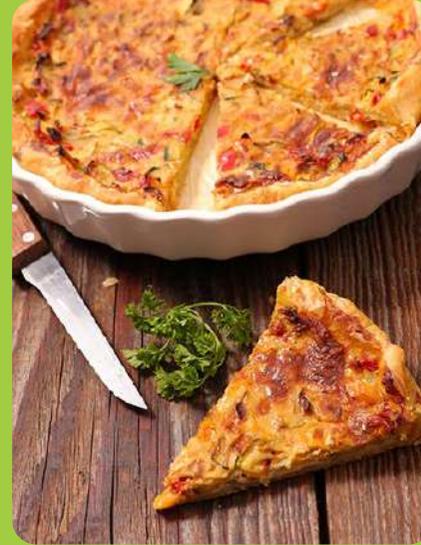
**Eat Three Meals
Per Day**



**Avoid Bottom
Heavy Eating**



Drink Water



Portion Control



Snacks

EAT THREE MEALS PER DAY

Never skip and don't go more than 4 hours without eating during the day. Doing both of these keeps hormone and blood sugar levels steady and will prevent overeating and cravings all day long.

AVOID BOTTOM-HEAVY EATING

Instead, attempt to make all meals more equal in calories, with at least one significant snack used to “spoil” your appetite.

DRINK WATER

3-4 liters per day

SNACKS

If you are hungry and it's 4 hours or more between your meals, choose a significant snack: popcorn, yogurt and fruit, a protein smoothie, a bar, a slice of whole grain bread with nut butter and berries, 4 oz turkey slices wrapped around red peppers, carrots and celery – 1 cup with 2 tbsp guacamole or hummus.



ORGANIC VS. CONVENTIONAL DOES IT MATTER?

Short answer, “Yes!”, but I understand that budget and accessibility can prevent one from consuming 100% organic foods. Conventional produce and foods are sprayed with pesticides, which are toxic to our bodies.

Organic foods are always going to be your safest, and most healthy bet, but I have included a list of the “Dirty Dozen” and Clean 15 from the Environmental Working Group if you are working with a tight budget or limited access to organic foods. Try checking out your local farmer’s market – this can be a great place to find quality, organic produce that is less expensive.

DIRTY 12

These foods contain the highest amounts of pesticides and are better bought organic
strawberries, spinach, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet bellpeppers / hot peppers & potatoes.

CLEAN 15

Foods lower in pesticides and not as important to buy organic as items above: sweet corn*, avocados, pineapple, cabbage, onions, sweet peas, papayas*, asparagus, mangos, eggplant, honey dew melon, kiwi, cantaloupe, cauliflower, & grapefruit.



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*A small amount of sweet corn, papaya and summer squash sold in the United States are produced from genetically modified seed. Buy organic if you want to avoid genetically modified produce (GMOs).

ORGANIC VS. CONVENTIONAL DOES IT MATTER?

EGGS

Best to buy the free range, organic variety, or from a local farmer.

MEAT / POULTRY

Best to buy free range, grass-fed (beef) and organic. When buying chicken, look for “air chilled”. Otherwise, the chicken has been plumped with water and, you are paying for that water weight.

SEAFOOD

look for wild where you can. Seafood Watch is a great resource to use to navigate healthy, sustainable seafood choices. Checkout Vital Choice fish on the shop section of my website for my favorite salmon! There is no such thing as “organic” fish. It is either wild or farmed.



****Note that the term “organic” is regulated. You will see the green and white “USDA organic” stamp on foods officially deemed so. Terms such as “free-range”, “grass-fed”, “antibiotic-free”, “hormone-free” are NOT as closely regulated, and should not necessarily be trusted. Local farms, small farmers, and small, start-up brands may NOT pay the large fees to have their items stamped. However, talking with the farmers and owners (or even visiting the farms) can shed light and give you confidence in the farming methods used. *Organic produce has a sku number that starts with a 9. (Non-organic sku numbers start with a 4.)***

FOODS TO AVOID FOR ULTIMATE SUCCESS

Although I prefer to focus on all the wonderful and delicious foods you CAN eat to meet your Nutrition and health goals, I must mention these particular items that are simply NOT part of a healthy diet.

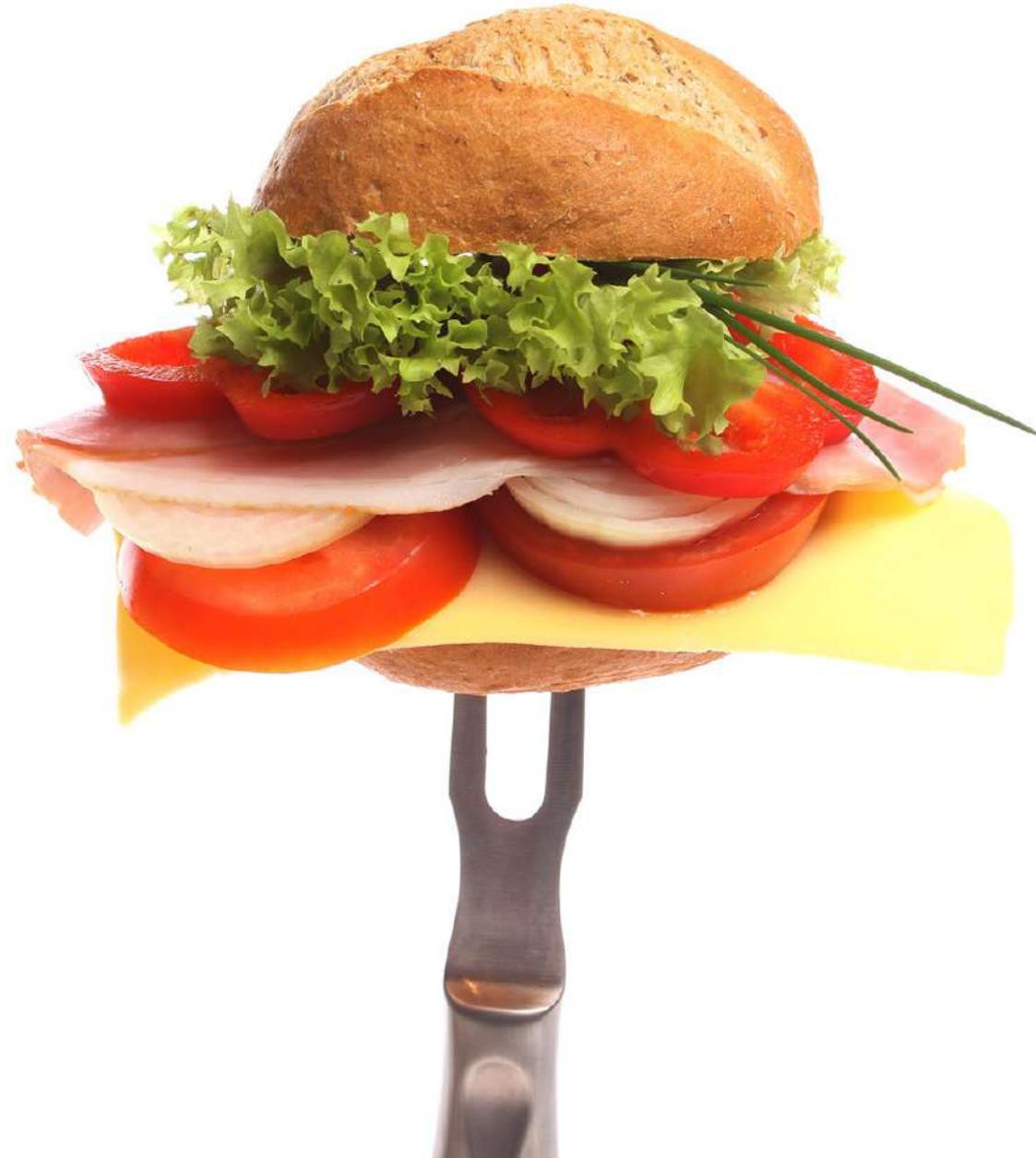


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PROCESSED FOODS

Processed foods are often loaded with sodium and artificial ingredients to help make up for a lack of flavor, which disappeared as the original food item became more removed from its natural state (for example when potatoes end up as processed chips and fresh fruits become sugary fruit snacks for kids).

These foreign additives, preservatives, chemicals and filler can put a huge strain on our liver and kidneys, making it difficult for our organs to function properly. Our bodies were not designed to digest these unnatural ingredients, and this can lead to inflammation.



ARTIFICIAL SWEETENERS

Although they seem innocent with their lack of calories, their sweet flavor can trick your body. First of all, these artificial tastes are hundreds of times sweeter than plain white sugar. When they are in your diet on a regular basis, you get used to this exponentially sweet flavor and become unable to appreciate the true, delicious sweet flavor of real food found in fruits, vegetables and other foods. If you keep the artificially sweet taste in your diet, this leads to continued or added cravings for artificial and/or regular sugar.

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Plus, their “empty calories” may trick the body into gaining weight or increase the risk for Type 2 Diabetes and even cardiovascular disease over the long term. Say NO to no-calorie sweeteners, and remember that nothing is for free. In this case “sugar-free” can lead to lots of trouble in the long run. Look out for any and all of these in Nutrition labels, and stay away from products containing: NutraSweet, Splenda, Equal, Stevia, Aspartame, Sucralose, Xylitol, Sorbitol (to name some of the most common). This means NO diet soda or other flavored, diet drinks!!

BAD FATS



Trans fats (partially hydrogenated oils often seen on food labels), hydrogenated fats, saturated fats, oxidized fats, and fried foods are horrible for your body. They lead to inflammation and cardio vascular damage and disease. Saturated fat includes that found in fatty cuts of meat, sausage, chicken skin, and full fat dairy products. Instead of these, use healthy fats that will provide your body with energy and the nutrients needed to work at its best and achieve glowing skin. Healthy fat sources include avocados, nuts, seeds, extra virgin olive oil, and in fish high in Omega 3s (like wild salmon). Good fat helps keep us feeling satiated and full.

FREQUENTLY ASKED QUESTIONS



WHO

WHEN

WHERE

How

WHY

WHAT

WHAT DO I DO IF I AM JUST SO HUNGRY, BUT I'VE HAD ENOUGH FOOD?

If you find that you are hungry at any point of the day, check in with yourself. Are you dehydrated or bored? Did you get enough sleep the night before? Is someone or something stressing you out?

These may be misleading signs of hunger! If you are feeling the munchies and you've already had your snack but it's not quite meal time, reach for one of these "free" foods: cucumbers, celery, red peppers, radishes (all the veggies), or even an extra large glass of water or tea.

REMEMBER: 75% of the times you think you are hungry, you are actually thirsty.



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CAN I DRINK COFFEE?

As a busy, working Mom myself, I love my morning cup of coffee. Research has shown many potential health benefits off coffee, including that it contains antioxidants and may prevent certain diseases. Remember: everything in moderation. I would never recommend 5 cups a day. Plus, make sure what you are putting IN your coffee is healthy.

If you feel you **NEED** heavy creams and multiple spoons of sugar or artificial sweetener, or you are talking about the super high-calorie sugary coffee drinks, then **STAY AWAY**. But if you mean 1-2 cups of black coffee, with a splash of milk and a pinch of natural sweetener (if necessary-see below) then enjoy your morning caffeine rush!



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WHAT SWEETENER SCAN I USE?

I recommend sticking to natural sweeteners. As mentioned earlier, zero-calorie sweeteners can be highly addictive and many of them are made with chemicals.

Instead of using regular processed white sugar, try these natural sweeteners, including: dates (or date paste), maple syrup, maple sugar, apple butter, all natural no sugar added fruit spreads (a.k.a. jelly with just fruit and NO sugar), honey and coconut sugar.



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CAN I DRINK ALCOHOL AND STILL LOSEWEIGHT?

The answer to this question is: perhaps! Take note that 3500 calories is what it takes to gain a pound of fat. SO, if you are drinking in excess, these extracalories will add up to extra pounds, especially if you are not cutting calories elsewhere.

Not to mention that alcohol can decrease inhibitions. (For example when you are trying to avoid that bread basket at dinner, but you've had a glass or two before you sit down to dinner.

THEN you may think: SURE I can have that extra slice of bread and butter!) It also can result in sub optimal sleep and dehydration-remember from above how detrimental both these are to weight loss?

SO just remember one of my favorite sayings: all(most) things are ok in moderation including a glass of wine or a (non-juice/sugar/syrup-containing) mixed drink here and there.





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**THANK YOU FOR
YOUR TIME!**