

# Index

## • Numerics •

- 1/3-cup serving, 125
- 25- to 45-calorie vegetable servings, 339–340
- 45-calorie fats serving, 344
- 50-calorie snacks, 301–302
- 55- to 75-calorie protein servings, 342
- 60- to 80-calorie fruit servings, 340–341
- 80-calorie grains and vegetable servings, 342–343
- 100-calorie servings
  - dairy products, 343–344
  - dessert, 302–309
  - snacks, 296–301
- 800-calorie diet plan (medically supervised), 214–215
- 1,000-calorie meal plan
  - Week 2, 122–123
  - Week 3, 123–128
  - Week 4, 128–132
- 1,200-calorie meal plan, 119–122
- 1,300-calorie meal plan, 116–118
- 1,400-calorie meal plan, 115–116
- 1,500-calorie meal plan, 112–115, 203
- 2,000-calorie meal plan, 84, 196–199

## • A •

- abbreviations, cooking, 345
- accessories for exercise, 165, 172
- acesulfame-K, 87
- activity levels, 42
- ADA (American Dietetic Association), 220
- aerobic exercise
  - benefits of, 158
  - calories burned with, 166–167
  - defined, 157, 165
  - high-impact versus low-impact, 166
  - overexercising and, 174
  - target heart rate for, 165
  - types of, 165–166
- affirmations, 81–82
- afternoon slump, 294
- age
  - activity levels and, 199
  - calorie requirements and, 15, 204–205
  - energy levels and, 314
  - increasing one's lifespan and, 318
  - metabolism and, 22
  - weight maintenance and, 203–205
- aging, 22, 203
- alcoholic beverages, 56, 152
- almonds, toasted, 291
- alternative exercise, 171
- American Dietetic Association (ADA), 220
- American Psychological Association (APA), 220
- amino acids, 46
- anaerobic exercise, 157, 158
- anorexia, 175
- antioxidants, 204
- apnea, 314–315
- apple
  - coring, 305
  - Raspberry Baked Apple, 305
  - Toasted English Muffin with Apple and Cheese, 235
- apple-shaped person, 35–36
- appliances, small, 99–101, 229–230
- Arborio rice, 283
- artichokes, pita pizza with, 261
- artificial sweeteners, 87
- Asian Beef Kabobs, 280
- Asian-style dressing, 255
- asparagus
  - Salmon and Asparagus Salad, 257
  - Toast Topped with Ham, Tomatoes, Asparagus, and Hard-Cooked Egg, 236
- aspartame, 87

assessing a low-calorie diet  
 diet review, 136  
 goals and, 135–136  
 lifestyle review, 137  
 overview, 17–18  
 questions to ask, 17, 134–135  
 assessing body weight  
 Body Mass Index (BMI), 33–34  
 deciding how much to lose, 10–11  
 degrees of overweight and, 30–31  
 healthy weight range chart for, 10, 31–33  
 waist-to-hip ratio and, 34–36  
 attitude, 68–69, 188

## • B •

Baby Spinach Scramble with Toast, 242  
 back pain, 169, 315  
 bakeware, 98–99  
 bamboo steamer, 100  
 bananas  
 Chocolate-Frosted Frozen Banana, 306  
 portion size for, 132  
 basil  
 Beefy Romaine Salad with Basil  
 Vinaigrette, 252  
 Pasta Salad with Tomato, Mozzarella, and  
 Basil, 259  
 Spinach-Basil Sauce, 273  
 beans  
 Bean and Cheese Nachos, 300  
 Herbed Tuna–White Bean Spread, 264  
 Simple and Savory Black Bean Chili with  
 Cheese, 289  
 substitutions, 127  
 Tostadas with Avocado, Corn, and Refried  
 Beans, 290  
 White Bean Soup with Kale and Sausage,  
 267  
 beef  
 Asian Beef Kabobs, 280  
 Beefy Romaine Salad with Basil  
 Vinaigrette, 252  
 lean cuts of, 92  
 beginning a low-calorie diet. *See* getting  
 started

behavioral therapy, 219  
 berries  
 benefits of eating, 232–233  
 Berries with Custard Sauce, 233  
 Blueberry Breakfast Bars, 234  
 Cranberry Pork Chops, 282  
 Raspberry Baked Apple, 305  
 beverages. *See also* drinking water  
 alcoholic, 56, 152  
 calorie-free, 191  
 coffee, 111, 231  
 fruit juice, 116  
 tea, 111  
 biking, 161  
 binge-eating, 186–187  
 blender, 99, 229–230  
 blood pressure, reducing, 157, 315  
 blood sugar, 227  
 Blueberry Breakfast Bars, 234  
 Body Mass Index (BMI), 33–34  
 body shapes, 35–36  
 boredom, 67–68, 181  
 bread  
 Herbed Roast Pepper and Goat Cheese on  
 Crusty Rolls, 262  
 light (40-calorie slices), 123  
 spreads for, 263  
 Toast Topped with Ham, Tomatoes,  
 Asparagus, and Hard-Cooked Egg, 236  
 toast with toppings, 236–237  
 Toasted English Muffin with Apple and  
 Cheese, 235  
 breadcrumbs, making, 275  
 breakfast  
 Baby Spinach Scramble with Toast, 242  
 benefits of, 226–228  
 Berries with Custard Sauce, 233  
 Blueberry Breakfast Bars, 234  
 calorie count for, 226  
 calorie-saving substitutions, 227  
 Crustless Bacon Quiche, 248  
 eating on the run, 228–229  
 fiber for, 239  
 fruit desserts and snacks for, 304  
 Good Morning Cake, 240

- Ham and Cheese Breakfast Strata, 246–247
  - Homemade Granola with Pecans and Dried Cherries, 241
  - Huevos Rancheros, 244
  - interesting ideas for, 228
  - Peanut Butter–Banana Shake, 230
  - Potato, Bacon, and Cheddar Omelet, 243
  - Pumpkin Pancakes, 238
  - skipping, 226, 227
  - Spanish Tortilla, 245
  - Toast Topped with Ham, Tomatoes, Asparagus, and Hard-Cooked Egg, 236
  - toast with toppings, 236–237
  - Toasted English Muffin with Apple and Cheese, 235
  - Tropical Fruit Smoothie, 231
  - breastfeeding, 205–206
  - Breastfeeding For Dummies* (Perkins and Vannais), 206
  - breathing during exercise, 164
  - broiling, 106, 107
  - buddy system
    - described, 207
    - for motivation, 141, 210
    - success story, 325–326
  - bulimia, 175
  - butter, 119, 344
- C •
- caffeine, 232
  - cake, breakfast, 240
  - calcium, 197, 204
  - calorie count. *See also* calorie requirements; calories; cutting calories; portion size
  - alcoholic beverages, 56, 152
  - breakfast and, 226
  - carbohydrates, 56
  - coffee, 231
  - common foods, list of, 329–337
  - fat, 47, 56
  - lowfat food, 48
  - mashed potatoes, 131
  - milk, 94
  - Web sites, 229
  - calorie counters, 172
  - calorie requirements. *See also* calories; cutting calories
  - age groups and, 15, 204–205
  - aging and, 203
  - determining, 10, 42–43
  - safety level for, 213
  - Calorie Restriction Society, 318
  - calories. *See also* calorie count; calorie requirements; cutting calories
  - breakfast and, 226
  - defined, 21
  - digestion and, 43
  - fat-free foods and, 90
  - Nutrition Facts label and, 90
  - weight loss and, 21, 27, 44
  - weight maintenance and, 194–195
  - cancer, 317
  - Cannoli Creme Topping, 303
  - carbohydrates. *See also* fiber
  - choosing, 56–57
  - daily requirement, 39
  - sources of, 45–46
  - casserole, ham and cheese, 246–247
  - CBT (cognitive-behavioral therapy), 219
  - CEA (Compulsive Eaters Anonymous), 217
  - cellulite, 168
  - challenges. *See also* motivation; weight maintenance
  - binges, 186–187
  - cravings, 185–186
  - dining out, 188–192
  - emotional eating, 180–183
  - hunger, 183–184
  - overview, 16–17, 179–180
  - plateaus, 187–188
  - change, fear of, 221–222
  - charts
    - healthy weight range, 10, 31–33
    - weight-change, 78–79
  - cheating, 44, 55
  - cheese
    - Bean and Cheese Nachos, 300
    - Grilled Steak with Blue Cheese–Mashed Potatoes, 281
    - Ham and Cheese Breakfast Strata, 246–247

cheese (*continued*)

Herbed Roast Pepper and Goat Cheese on Crusty Rolls, 262

Pasta Salad with Tomato, Mozzarella, and Basil, 259

Pear and Blue Cheese Salad with Walnuts, 260

Pita Pizza with Artichokes and Mozzarella Cheese, 261

Potato, Bacon, and Cheddar Omelet, 243  
reduced-fat, 94, 121

Skillet Chicken Parmesan, 272

substitutions for, 121

Toasted English Muffin with Apple and Cheese, 235

Yogurt-Cheese Dip with Spinach and Dill, 300–301

## chef's knife, 98

## chicken

Chicken Breasts with Honey-Mustard Crumb Coating, 275

Chicken Salad with Roasted Peppers and Toasted Pine Nuts, 254

Chinese Chicken Noodle Salad, 255

Indonesian Chicken and Vegetables with Peanut Dipping Sauce, 274–275

Jamaican Jerk Chicken Kabobs with Rice, 276

lean cuts of, 92

microwaving, 104

Poached Chicken Breasts with Spinach-Basil Sauce, 273

pounding, 274

Skillet Chicken Parmesan, 272

## chili

calorie counts for, 124

Simple and Savory Black Bean Chili with Cheese, 289

Chinese Chicken Noodle Salad, 255

Chinese cuisine, 190

Chocolate Bread Pudding, 308–309

chocolate syrup, 308

Chocolate-Frosted Frozen Banana, 306

cholesterol, 242, 316

Cocoa Meringues, 307

Cod Stew Provençal, 285

coffee, 111, 231

cognitive-behavioral therapy (CBT), 219

## commitment

need for, 40, 41

success story, 326

weight maintenance and, 202

## common foods

calorie counts for, 329–337

stocking up with, 14, 270

## commuting time, 162

## complex carbohydrates, 45–46

Compulsive Eaters Anonymous (CEA), 217

condiments, 55, 263

confidence, 182

*Controlling Cholesterol For Dummies*

(Rinzler and Graf), 316

## convenience foods

choosing, 86

fortified, 115

menu for, 154

shopping for, 95

## cooking techniques, low-calorie

microwaving, 102–105

poaching, 105

roasting, broiling, and grilling, 106–107

steaming, 101–102

stir-frying, 105–106

cooling down, 164, 170

## counseling

facing your fears and, 221–222

finding a therapist, 220

overview, 218–219

types of, 219–220

counting calories. *See* calorie count

Cranberry Pork Chops, 282

cravings, 185–186

Crustless Bacon Quiche, 248

Curried Rice Pilaf, 292

## custard

Berries with Custard Sauce, 233

tips for preparing, 232–233

cutting calories. *See also* calorie count;

calorie requirements; calories

carbohydrates and, 56–57

determining amount of, 43–44

fat and, 57

“free foods” and, 53–55

portion size and, 52–53

protein and, 57

safe range for, 12–13, 203

success story, 321–322, 324–325

## • D •

daily requirement  
 for carbohydrates, 39  
 for fat, 48  
 for fiber, 49  
 for protein, 46, 57  
 dairy day menu, 144  
 dairy products. *See also* cheese; yogurt  
 butter, 119, 344  
 milk, 94, 111, 197  
 100-calorie servings, 343–344  
 shopping for, 93–94  
 dancing, 171  
 deli sandwiches, 261, 262  
 depression, 183  
 deprivation diets, 30, 183, 185  
 dessert  
 Cannoli Creme Topping, 303  
 Chocolate Bread Pudding, 308–309  
 Chocolate-Frosted Frozen Banana, 306  
 Cocoa Meringues, 307  
 100-calorie servings, 302–309  
 Oranges in Spicy Syrup, 304  
 Raspberry Baked Apple, 305  
 dessert day menu, 150–151  
 diabetes, 316–317  
*Diabetes For Dummies* (Rubin), 317  
*Diet and Health with Key to the Calories*  
 (Peters), 38  
 diet beverages, 111  
 diet buddy  
 described, 207  
 motivation from, 141, 210  
 success story, 325–326  
 diet habits  
 examining, 61–63  
 family and, 319–320  
 self-defeating behavior and, 63–65  
 diet history, 29–30  
 diet limits, knowing, 66–67  
 diet products, commercial, 85–86  
 dietary guidelines, USDA, 84–85  
 dietary lifestyle versus “going on a diet,”  
 40–41  
 dietitian, locating, 220  
 digestion, 43

dining out  
 holidays, 191  
 parties, 190–191  
 restaurants, 189–190  
 success story, 323  
 traveling, 191–192  
 dinner  
 family members and, 271  
 meat dishes, 279–284  
 planning, 270  
 poultry dishes, 271–278  
 dips  
 Peanut Dipping Sauce, 274–275  
 Yogurt-Cheese Dip, 300–301  
 doctor  
 checkups with, 10, 70, 156, 210  
 weight-loss programs supervised by,  
 214–216  
 when to see, 210–211, 212–213  
 dog walking, 163  
 drinking water  
 benefits of, 50, 188  
 drinking during exercise, 164  
 as “free food,” 111  
 jazzing up, 191  
 Duenwald, Mary (*Pregnancy For Dummies*),  
 205

## • E •

easy-to-carry foods, 192  
 eating disorders, 18, 175, 186–187  
 eating on the run, 228–229  
 Eddleman, Keith (*Pregnancy For Dummies*),  
 205  
 egg whites, 242, 308  
 eggs  
 Baby Spinach Scramble with Toast, 242  
 calorie count for, 242  
 Crustless Bacon Quiche, 248  
 Huevos Rancheros, 244  
 Potato, Bacon, and Cheddar Omelet, 243  
 Spanish Tortilla, 245  
 substitute for, 242  
 Toast Topped with Ham, Tomatoes,  
 Asparagus, and Hard-Cooked Egg, 236  
 800-calorie diet plan (medically  
 supervised), 214–215

- 80-calorie grains and vegetable servings, 342–343
  - emotional eating
    - boredom and, 181
    - low confidence and, 182
    - meal schedules and, 182
    - recognizing, 180–181
    - sorrow and, 183
    - stress and, 181–182
    - tips for avoiding, 184
    - true hunger versus, 183
  - emotions, fear of, 222
  - “empty calorie” foods, 45
  - endorphins, 183
  - energy, boosting, 314
  - English Muffin with Apple and Cheese, 235
  - equipment and tools
    - calorie counters, 172
    - heart monitor, 165, 172
    - knife, 98
    - skillets, saucepans, woks, 97–98
    - small appliances, 99–101, 229–230
    - utensils and bakeware, 98–99
  - ethnic cuisine, 189–190
  - exercise. *See also* aerobic exercise; strength training; walking
    - accessories, 165, 172
    - addiction to, 175
    - alternatives, 171
    - anaerobic, 157, 158
    - balanced with diet, 155–156
    - benefits of, 15, 156, 157–158
    - breathe and, 164
    - drinking water during, 164
    - endorphins and, 183
    - everyday-life activities as, 162–163
    - fears about, 221–222
    - finding time for, 159
    - goals for, 72, 160
    - interval training, 161
    - maintaining, 199
    - mind-body, 173–174
    - overexercising, 161, 174–175
    - personal trainer for, 159, 169
    - plateaus and, 188
    - stretching and, 169–170
    - success story, 321–322
    - warming up and cooling down, 163–164, 170
    - workout schedule, 159–162
  - “exercise for treats” rule, 88
  - exercise log, 161–162
  - experienced dieters, 29–30
- **F** ●
- FAA (Food Addicts Anonymous), 217
  - fad diets, 141–142, 320
  - failure, fear of, 221
  - family
    - diet habits and, 319–320
    - dinner and, 271
    - support from, 208–210
    - weight history of, 25
  - fast-food day menu, 152–154
  - fat
    - calorie count, 47, 56
    - daily requirement for, 48
    - decreasing intake of, 57
    - excess weight and, 11
    - 45-calorie servings, 344
    - Omega-3 essential fatty acids, 204
    - types of, 47
  - fat cells, 24
  - fat-free foods, 28, 89, 90
  - fatigue, 294, 314
  - fat-soluble vitamins, 48
  - fears, facing, 221–222
  - fennel, 286
  - fennel seed, 285
  - Feuerstein, Georg (*Yoga For Dummies*), 173
  - fiber
    - daily requirement, 49
    - high-fiber diet, 38
    - high-fiber menu, 143–144
    - increasing consumption of, 50
    - sources of, 49, 235, 239
  - 50-calorie snacks, 301–302
  - 55-to-75 calorie protein servings, 342
  - Fitness For Dummies* (Schlosberg and Neporent), 156
  - fitness vacations, 163
  - flexibility
    - importance of, 40
    - meal schedules and, 182

open mindedness and, 68–69  
 what works for you and, 200–201, 322

Folan, Liliias (*Yoga For Dummies*), 173

folic acid, 204

Food Addicts Anonymous (FAA), 217

food diary, 13–14, 74–77

food labels, 89–92

food processor, 100

forbidden foods, limiting, 293

fortified foods, 115

“free condiments,” 55

“free foods,” 53–55, 111

French cuisine, 190

friends, support from, 208–210

frozen foods  
 Chocolate-Frosted Frozen Banana, 306  
 microwaving, 104  
 shopping for, 94  
 turkey sausage, 247  
 Watermelon Freezies, 296–297

fruit  
 Blueberry Breakfast Bars, 234  
 Chocolate-Frosted Frozen Banana, 306  
 Cranberry Pork Chops, 282  
 as dessert, 302, 304  
 fruit spread substitutes, 119  
 as good carbohydrate, 46  
 Homemade Granola with Pecans and Dried Cherries, 241  
 Oranges in Spicy Syrup, 304  
 Peanut Butter–Banana Shake, 230  
 Pear and Blue Cheese Salad with Walnuts, 260  
 Raspberry Baked Apple, 305  
 shopping for, 92  
 60-to-80 calorie servings, 340–341  
 Watermelon Freezies, 296–297

fruit fast menu, 145

fruit juice, 116

frustrations, 181–182

## • G •

gaining weight  
 calories needed to gain a pound, 191  
 overview, 22  
 preventing, 44

gardening, 163

Garlicky Herb Pita Chips, 298

gastric bypass surgery, 320

genetic predisposition, 202

getting started. *See also* assessing body weight; exercise; kitchen basics; low-calorie menus  
 beginners and, 27–29  
 experienced dieters and, 29–30  
 food diary for, 13–14, 74–77  
 goal setting, 70–74  
 weight history and, 23–26  
 weight tracking, 77–79

ginger shrimp, 288

Glazed Ham Steaks, 284

glucose, 39

goal organizer, 72–74

goals  
 assessing, 135–136  
 exercise, 160  
 psychological, 72  
 unrealistic, 11, 313–314  
 weight loss, 70–71  
 writing down, 72–74

Good Morning Cake, 240

Graf, Martin (*Controlling Cholesterol For Dummies*), 316

grains. *See also* bread; pasta; rice  
 80-calorie servings, 342–343  
 as source of fiber, 235, 239

granola, with pecans and dried cherries, 241

grazing day menu, 145–146

Greek cuisine, 190

grilling  
 described, 107  
 Grilled Steak with Blue Cheese–Mashed Potatoes, 281  
 pregrilling with microwave oven, 105

## • H •

Ham and Cheese Breakfast Strata, 246–247

Health Management Resources (HMR), 215, 216

healthy weight range chart, 10, 31–33

heart disease, 316

heart monitor, 165, 172

Herbed Roast Pepper and Goat Cheese on Crusty Rolls, 262

Herbed Tuna–White Bean Spread, 264

Herman, Ellie (*Pilates For Dummies*), 173  
 high blood pressure, 157, 315  
*High Blood Pressure For Dummies*  
 (Rubin), 315  
 high-calorie treats, 88  
 high-fat food, 344  
 high-fiber diet, 38  
 high-fiber menu, 143–144  
 high-protein diet, 38–39, 57  
 high-protein menu, 142–143  
 Hirshkowitz, Max (*Sleep Disorders For Dummies*), 314  
 HMR (Health Management Resources), 215, 216  
 holiday celebrations, 191  
 Homemade Granola with Pecans and Dried Cherries, 241  
 hormones, 46  
 Hot Turkey Sandwiches, 277  
 housework, 163, 171  
 Huevos Rancheros, 244  
 hunger  
   breakfast and, 227  
   emotional eating versus, 183–184  
   levels of, 184  
   low-calorie diet and, 111, 184  
   snacks and, 295  
 hydrogenated fat, 47

## • I •

ice cream, 88, 130  
 Iknoian, Therese (*T'ai Chi For Dummies*), 173  
 immersion blender, 99, 229–230  
 Indian cuisine, 190  
 Indonesian Chicken and Vegetables with Peanut Dipping Sauce, 274–275  
 international foods menu, 149–150  
 interval training, 161  
 Italian cuisine, 190

## • J •

Jamaican Jerk Chicken Kabobs with Rice, 276  
 Japanese cuisine, 190  
 jellybeans, 54, 55

journaling, 74–77, 182  
 juice, 116  
 Just a Little S'More, 297

## • K •

kabobs  
   Asian Beef Kabobs, 280  
   Jamaican Jerk Chicken Kabobs with Rice, 276  
 kale  
   chopping, 268  
   White Bean Soup with, 267  
 ketosis, 39  
 kitchen basics  
   knife, 98  
   skillets, saucepans, woks, 97–98  
   small appliances, 99–101, 229–230  
   stocking foods, 14, 270  
   utensils and bakeware, 98–99

## • L •

lamb, 92  
 late-night eating, 28  
 leftovers, 250–251, 270  
 leg pain, 169  
 legumes, 127  
 lentils, 127  
 lifespan, 318  
 lifestyle, low-calorie  
   assessing, 137  
   beginning with small changes, 65–66  
   boredom and, 67–68, 181  
   described, 41–44  
   “going on a diet” versus, 40–41  
   knowing your diet limits, 66–67  
   setting goals for, 71–74  
 light bread, 123  
 limitations, knowing, 66–67  
 low-calorie diet. *See also* lifestyle, low-calorie  
   balanced with exercise, 155–156  
   other diets versus, 38–39  
   personalizing, 40–41  
 low-calorie menus  
   convenience food day, 154  
   dairy day, 144

- dessert day, 150–151
  - 800-calorie plan (medically supervised), 214–215
  - exchanging menus and, 112
  - fad diets day, 141–142
  - fast-food day, 152–154
  - fruit fast day, 145
  - grazing day, 145–146
  - high-fiber day, 143–144
  - high-protein day, 142–143
  - international food day, 149–150
  - 1,000-calorie plan, 122–132
  - 1,500-calorie plan, 112–115, 203
  - 1,400-calorie plan, 115–116
  - 1,300-calorie plan, 116–118
  - 1,200-calorie plan, 119–122
  - overview, 12, 14–15
  - preparing for, 110–111
  - recipes from this book, using, 112
  - safe calorie range for, 12–13
  - salad day, 149
  - shakes and smoothies day, 147–148
  - snack day, 146–147
  - substitutions, 112
  - 2,000-calorie plan, 84, 196–199
  - weight maintenance and, 195–199
  - wine with dinner day, 151
  - low-carbohydrate diet, 38
  - low-fat diet, 38
  - low-fat food, 48
  - lunch
    - leftovers for, 250–251
    - packing, 250
    - salad for, 251
    - sandwiches for, 261–264
    - soups for, 265–267
- **M** •
- maintaining weight. *See* weight maintenance
  - male menopause, 206
  - marinade
    - roasting with, 107
    - soy sauce-based, 280
    - teriyaki, 106
  - mashed potatoes, 131, 281
  - mayonnaise, 263
  - meal-replacement products, 86
  - measurements. *See also* weighing yourself
    - Body Mass Index (BMI), 33–34
    - cooking, abbreviations for, 345
    - cooking conventions, 2
    - Metric Conversion Guide, 345–347
    - waist-to-hip ratio, 34–36
  - meat
    - Asian Beef Kabobs, 280
    - Grilled Steak with Blue Cheese–Mashed Potatoes, 281
    - marinating, 107
    - seasonings for, 96
    - shopping for lean cuts, 92
    - spice rubs for, 279
  - meatloaf, 131
  - Meaty Potato Salad, 253
  - medically supervised diet programs, 214–216
  - men
    - cravings and, 185
    - daily protein needs, 46
    - male menopause, 206
  - menopause, 206
  - menu plans. *See* low-calorie menus
  - metabolic rate
    - breakfast and, 227
    - caffeine’s stimulation of, 232
    - defined, 156
    - interval training and, 161
    - resting, 42
  - metabolism
    - aging and, 22
    - breastfeeding and, 205–206
    - drinking water and, 188
    - food and, 43
    - ketosis and, 39
    - weight loss and, 20–21
  - Metric Conversion Guide, 345–347
  - Mexican food, 190
  - microwave oven
    - cooking in, 102–105
    - poultry cooking times, 271
    - vegetable cooking times, 103–104
  - midlife changes, 15, 206
  - milk, 94, 111, 197
  - mind-body exercises, 173–174
  - mindful living, 80–82, 89, 184

minerals, 48, 115  
 morbidly obese, 31  
 motivation  
   attitude and, 68  
   buddy system for, 141, 210  
   exercise and, 159  
   maintaining, 179, 187  
   overeating and, 139–141  
   overexercising and, 174  
   rewards of weight loss and, 138–139  
 muffins, 131, 235  
 muscle weight, 31  
 mushrooms, stuffed Portobello, 291  
 myths about dieting, 27–28

## • N •

nachos, bean and cheese, 300  
 National Association of Social Workers, 220  
 natural foods, 86  
 Neporent, Liz (*Fitness For Dummies*), 156  
 new ideas, resources for, 201–202  
 nutrition. *See also* fiber; vitamins and minerals  
   balance in, 51, 203  
   carbohydrates, 45–46  
   cutting calories and, 12, 203  
   maintaining weight and, 203–206  
   phytochemicals, 46, 50–51  
   protein, 46–48  
   variety of foods and, 51–52  
 Nutrition Facts label, 89, 90–92  
 nutritional therapy, 219  
 nuts  
   Chicken Salad with Roasted Peppers and Toasted Pine Nuts, 254  
   Homemade Granola with Pecans and Dried Cherries, 241  
   Peanut Butter–Banana Shake, 230  
   Peanut Dipping Sauce, 274–275  
   Pear and Blue Cheese Salad with Walnuts, 260

## • O •

OA (Overeaters Anonymous), 216, 217  
 obesity, 31  
 Omega-3 essential fatty acids, 204

omelet  
   Potato, Bacon, and Cheddar Omelet, 243  
   Spanish Tortilla, 245  
 100-calorie servings  
   dairy products, 343–344  
   dessert, 302–309  
   fats and high-fat food, 344  
   snacks, 296–301  
 1/3 cup serving, 125  
 1,000-calorie meal plan  
   Week 4, 128–132  
   Week 3, 123–128  
   Week 2, 122–123  
 1,500-calorie meal plan, 112–115, 203  
 1,400-calorie meal plan, 115–116  
 1,300-calorie meal plan, 116–118  
 1,200-calorie meal plan, 119–122  
 Optifast (Web site), 215  
 oranges, 303, 304  
 ordinary activities as exercise, 162–163  
 osteoarthritis, 315  
 osteoporosis, 204  
 Oven “Fried” Fish Fillets, 286  
 Overeaters Anonymous (OA), 216, 217  
 overeating  
   avoiding, 139–141  
   facing your fears and, 221–222  
   late-night, 227  
   mindfulness and, 184  
   skipping breakfast and, 226  
 overexercising, 161, 174–175  
 overweight, 11, 30–31

## • P •

packing lunch, 250  
 pancakes, pumpkin, 238  
 parties, 190–191  
 pasta  
   Chinese Chicken Noodle Salad, 255  
   Pasta Salad with Tomato, Mozzarella, and Basil, 259  
   Pasta with Tuna, Olives, and Tomatoes, 287  
   substitutions, 128  
   Turkey Noodle Soup, 265  
 Payne, Larry (*Yoga For Dummies*), 173  
 Peanut Butter–Banana Shake, 230

- Pear and Blue Cheese Salad with Walnuts, 260
- pear-shaped person, 35
- pedometer, 171, 172
- perimenopause, 206
- Perkins, Sharon (*Breastfeeding For Dummies*), 206
- personal trainer, 159, 169
- personalized diet plan, 40–41, 112
- Peters, Lulu Hunt (*Diet and Health with Key to the Calories*), 38
- phytochemicals, 46, 50–51
- pilates, 173
- Pilates For Dummies* (Herman), 173
- pita chips, garlic-herb, 298
- Pita Pizza with Artichokes and Mozzarella Cheese, 261
- planning a diet program. *See* getting started
- plateaus, 187–188
- poaching
- described, 105
  - Poached Chicken Breasts with Spinach-Basil Sauce, 273
- popcorn, microwaved, 105
- pork and ham
- Cranberry Pork Chops, 282
  - Glazed Ham Steaks, 284
  - Ham and Cheese Breakfast Strata, 246–247
  - lean cuts of, 92
  - Meaty Potato Salad, 253
  - Risotto with Ham and Peas, 283
  - Toast Topped with Ham, Tomatoes, Asparagus, and Hard-Cooked Egg, 236
- portion size
- controlling, 52–53
  - dairy products (100-calorie), 343–344
  - dessert (100-calorie), 302–309
  - fat (100-calorie), 344
  - fruit (60-to-80 calorie), 340–341
  - grains (80-calorie), 342–343
  - importance of, 270
  - 1/3 cup serving and, 125
  - recipes and, 15
  - snacks (50-calorie), 301–302
  - snacks (100-calorie), 296–301
  - success story, 320–321
  - vegetables (80-calorie), 342–343
  - vegetables (25-to-45 calorie), 339–340
  - visual aids, 53, 54
- positive attitude, 69, 188
- pots and pans, 97–98
- potatoes
- Blue Cheese–Mashed, 281
  - mashed, 131, 281
  - Meaty Potato Salad, 253
  - Potato, Bacon, and Cheddar Omelet, 243
- poultry. *See also* chicken; turkey
- marinating, 107
  - microwaved, 271
  - overview, 271
  - poaching, 105
  - shopping for lean cuts, 92
- pounding chicken, 274
- preeclampsia, 318
- pregnancy, 205–206, 318, 324
- Pregnancy For Dummies* (Stone, Eddleman and Duenwald), 205
- pregrilling with microwave oven, 105
- prepared foods
- calorie counts and, 129
  - portion size and, 118
  - shopping for, 93–94
- problems. *See* challenges
- protein
- amino acids and, 46
  - daily requirement, 46, 57
  - 55- to 75-calorie servings, 342
  - increasing, 57
  - sources of, 46–47, 84
- psychological counseling, 219–220
- psychological goals, 72
- pudding, chocolate bread, 308–309
- Pumpkin Pancakes, 238
- pyramid eating plan, USDA, 85
- R •
- Raspberry Baked Apple, 305
- recipes in this book. *See also* low-calorie menus
- conventions for, 2–3
  - incorporating, 112
  - overview, 14
  - portion size and, 15

- reduced-calorie foods, 197
  - reduced-fat foods
    - cheese, 94, 121
    - cutting calories and, 57
    - weight loss and, 28
    - yogurt, 94
  - restaurant dining, 189–190, 266
  - resting metabolic rate, 42
  - rice
    - Curried Rice Pilaf, 292
    - flavorings for, 117
    - Italian Rice Salad, 258
    - Jamaican Jerk Chicken Kabobs with Rice, 276
    - Risotto with Ham and Peas, 283
    - Roasted Red Peppers Stuffed with Turkey Sausage and Rice, 278
  - rice cooker, 100
  - Rinzler, Carol Ann (*Controlling Cholesterol For Dummies*), 316
  - Risotto with Ham and Peas, 283
  - roasting
    - Chicken Salad with Roasted Peppers and Toasted Pine Nuts, 254
    - described, 106–107
    - Roasted Red Peppers Stuffed with Turkey Sausage and Rice, 278
  - role model, 210
  - Rubin, Alan
    - Diabetes For Dummies*, 317
    - High Blood Pressure For Dummies*, 315
- S •
- saccharin, 87
  - safety issues
    - cutting calories and, 12–13, 203
    - 800-calorie diet plan and, 214–215
    - very low-calorie diets, 216
    - weight loss limits, 44
    - when to see a doctor, 210–211, 212–213
  - salad
    - Beefy Romaine Salad with Basil Vinaigrette, 252
    - Chicken Salad with Roasted Peppers and Toasted Pine Nuts, 254
    - Chinese Chicken Noodle Salad, 255
    - Italian Rice Salad, 258
    - Meaty Potato Salad, 253
    - packing for work, 259–260
    - Pasta Salad with Tomato, Mozzarella, and Basil, 259
    - Pear and Blue Cheese Salad with Walnuts, 260
    - Salmon and Asparagus Salad, 257
    - Tuna Nicoise Salad, 256
  - salad day menu, 149
  - salad dressing
    - Asian, 255
    - Basil Vinaigrette, 252
    - options for, 120
    - packing for work, 259
    - when to add, 259, 260
  - Salad Scoops, 299
  - Salmon and Asparagus Salad, 257
  - sandwiches
    - condiments for, 263
    - deli, 261, 262
    - Herbed Roast Pepper and Goat Cheese on Crusty Rolls, 262
    - Hot Turkey Sandwiches, 277
    - for lunch, 261–264
    - Pita Pizza with Artichokes and Mozzarella Cheese, 261
    - spreads for, 263
    - Toasted Italian Bread with Herbed Tuna–White Bean Spread, 264
  - saturated fat, 47
  - saucepan, 97–98
  - saucers
    - Custard Sauce, 233
    - Peanut Dipping Sauce, 274–275
    - Spinach-Basil Sauce, 273
  - sausage
    - making, 247
    - Roasted Red Peppers Stuffed with Turkey Sausage and Rice, 278
    - White Bean Soup with Kale and Sausage, 267
  - sautéing, 101, 106
  - Schlosberg, Suzanne (*Fitness For Dummies*), 156
  - seafood
    - Cod Stew Provencal, 285
    - cooking in microwave oven, 104
    - marinating, 107

- Oven “Fried” Fish Fillets, 286
- Pasta with Tuna, Olives, and Tomatoes, 287
- poaching, 105
- shopping for, 93
- Steamed Ginger Shrimp with Snow Peas, 288
- Toasted Italian Bread with Herbed Tuna–White Bean Spread, 264
- Tuna Nicoise Salad, 256
- seasoning guidelines, 96
- sedentary activity level, 42
- self-criticism, 182
- self-defeating behavior, 63–65
- self-esteem, 182
- seltzer, 111
- serving size. *See* portion size
- shakes and smoothies
  - immersion blender for, 99, 229–230
  - menu plan for, 147–148
  - Peanut Butter–Banana Shake, 230
  - Tropical Fruit Smoothie, 231
- shopping
  - convenience foods, 95
  - dairy products, 93–94
  - frequency of, 87, 110
  - frozen foods, 94
  - fruits and vegetables, 92
  - lean meats and poultry, 92
  - overview, 88–89
  - prepared foods, 93–94
  - reading food labels and, 89–92
  - seafood, 93
- shopping list, 87–88, 110
- shrimp, steamed ginger, 288
- Simple and Savory Black Bean Chili with Cheese, 289
- simple carbohydrates, 45
- 60- to 80-calorie fruit, 340–341
- Skillet Chicken Parmesan, 272
- skillets, 97–98
- skipping breakfast, 226, 227
- sleep, 157, 314–315
- Sleep Disorders For Dummies* (Hirshkowitz), 314
- small appliances
  - blender, 99, 229–230
  - food processor, 100
  - microwave oven, 100–101
  - rice cooker, 100
  - steaming equipment, 100
  - toaster oven, 100
- smoothie. *See* shakes and smoothies
- s’mores recipe, 297
- snacks
  - balance for, 294–295
  - Bean and Cheese Nachos, 300
  - benefits of, 27, 294
  - 50-calorie servings, 301–302
  - Garlicky Herb Pita Chips, 298
  - Just a Little S’More, 297
  - menu for, 145–147
  - 100-calorie servings, 296–301
  - portion control and, 295
  - Salad Scoops, 299
  - Watermelon Freezies, 296–297
  - Yogurt–Cheese Dip with Spinach and Dill, 300–301
- sorrow, 183
- soup
  - calorie counts for, 124
  - Cod Stew Provencal, 285
  - for lunch, 265–267
  - restaurant dining and, 266
  - Spicy Corn Chowder with Ham, 266
  - Turkey Noodle Soup, 265
  - White Bean Soup with Kale and Sausage, 267
  - “soup greens,” 265
  - soy sauce-based marinade, 280
  - Spanish Tortilla, 245
  - spice rubs for meat, 279
  - Spicy Corn Chowder with Ham, 266
- spinach
  - Baby Spinach Scramble with Toast, 242
  - Poached Chicken Breasts with Spinach–Basil Sauce, 273
  - Yogurt–Cheese Dip with Spinach and Dill, 300–301
- Splenda (sucralose), 87
- split peas, 127
- spreads for sandwiches
  - calorie counts for, 263
  - Herbed Tuna–White Bean Spread, 264
- spritzers, wine, 191
- standing, calories burned from, 171
- starvation mode, 156

- steak
    - cutting, 281
    - Glazed Ham Steaks, 284
    - Grilled Steak with Blue Cheese–Mashed Potatoes, 281
  - Steamed Ginger Shrimp with Snow Peas, 288
  - steamers, 97, 100
  - steaming, 101–102
  - stews, 124, 285
  - stir-frying, 105–106
  - stocking basic foods, 14, 270
  - Stone, Joanne (*Pregnancy For Dummies*), 205
  - strength training. *See also* exercise
    - benefits of, 167–168
    - mind-body exercises, 173–174
    - personal trainer and, 169
    - types of, 168
  - stress, 181–182
  - stretching, 169–170
  - Stuffed Portobello Mushrooms, 291
  - substitutions, calorie-saving
    - for breakfast, 227
    - for cheese, 121
    - diet plan and, 112
    - for eggs, 242
    - for legumes, 127
    - for milk, 197
    - for pasta, 128
    - for sugar, 28
  - successful weight loss. *See also* weight maintenance
    - commercial weight-loss programs and, 211, 213–214
    - dealing with hunger and, 111
    - dieting versus adopting a dietary lifestyle, 40–41
    - doing what works for you, 200–201, 322
    - fear of success and, 221
    - inspirational stories, 319–326
    - maintaining flexibility and, 40
  - sucralose (Splenda), 87
  - sugar
    - compensating for, 111
    - food label listings, 90
    - “no added sugar” products, 89, 90
    - substitutions, 28
  - support network
    - commercial weight-loss programs, 210–214
    - counseling, 218–222
    - diet buddies, 141, 207, 210, 325–326
    - friends and family, 208–210
    - locating, 18
    - medically supervised programs, 214–216
    - role models, 210
    - support groups, 216–218
  - sweeteners, artificial, 87. *See also* sugar
  - Syndrome X, 316
- T ●
- t'ai chi, 173
  - T'ai Chi For Dummies* (Iknoian), 173
  - Taking Off Pounds Sensibly (TOPS), 216, 217
  - target heart rate, 165
  - tea, 111
  - television, 171
  - temperature, metric conversions, 346
  - teriyaki marinade, 106
  - Thai cuisine, 190
  - therapist, finding, 220
  - thinking mindfully, 81–82
  - toast
    - Baby Spinach Scramble with Toast, 242
    - Toast Topped with Ham, Tomatoes, Asparagus, and Hard-Cooked Egg, 236
    - toppings for, 236–237
  - Toasted English Muffin with Apple and Cheese, 235
  - toaster oven, 100
  - tomato
    - Pasta Salad with Tomato, Mozzarella, and Basil, 259
    - Toast Topped with Ham, Tomatoes, Asparagus, and Hard-Cooked Egg, 236
    - toppings for toast, 236–237
  - TOPS (Taking Off Pounds Sensibly), 216, 217
  - Tostadas with Avocado, Corn, and Refried Beans, 290
  - traveling, 191–192
  - Tropical Fruit Smoothie, 231

## turkey

- Hot Turkey Sandwiches, 277
- lean cuts of, 92
- Roasted Red Peppers Stuffed with Turkey Sausage and Rice, 278
- Turkey Noodle Soup, 265
- turkey sausage recipe, 247
- 25- to 45-calorie vegetable servings, 339–340
- 2,000-calorie meal plan, 84, 196–199

## • U •

- U.S. Department of Agriculture (USDA) dietary guidelines, 84–85
- utensils
  - shopping for, 98–99
  - traveling with, 192

## • V •

- Vannais, Carol (*Breastfeeding For Dummies*), 206
- variety of foods
  - need for, 111–112
  - nutrition and, 51–52
  - reducing fat intake and, 57
- vegetables. *See also* salad; *specific vegetables*
  - 80-calorie servings, 342–343
  - microwave cooking times, 103–104
  - shopping for, 92
  - “soup greens,” 265
  - starchy, 342–343
  - 25-to-45 calorie servings, 339–340
- vegetarian dishes, 3, 288–289
- vegetarians, 46
- very low-calorie programs, 214–215
- Vietnamese cuisine, 190
- vinaigrette, basil, 252
- vitamins and minerals
  - calcium, 197, 204
  - in fortified foods, 115
  - overview, 48
  - vitamin C, 204
- volume, metric conversions, 345–346

## • W •

- waist-to-hip ratio, 34–36
- walking. *See also* exercise
  - goal for, 172
  - interval training for, 161
  - pedometer for, 171, 172
  - with your dog, 163
- warm-up exercises, 163–164, 170
- water
  - benefits of, 50, 188
  - drinking during exercise, 164
  - as “free food,” 111
  - jazzing up, 191
  - water weight, 38
- Watermelon Freezies, 296–297
- water-soluble vitamins, 48
- Web sites
  - calorie counts for foods, 229
  - eating disorder treatment, 18
  - Health Management Resources (HMR), 215
  - for therapists, 220
  - USDA, 85
  - very low-calorie programs, 215
  - weight-management groups, 218
- Week 4, 128–132
- Week 1
  - 1,500-calorie menu plan, 112–115, 230
  - 1,400-calorie meal plan, 115–116
  - 1,300-calorie meal plan, 117–118
- Week 3, 123–128
- Week 2
  - 1,000-calorie meal plan, 122–123
  - 1,300-calorie meal plan, 118
  - 1,200-calorie meal plan, 119–122
- weighing yourself
  - benefits of, 77, 324
  - frequency of, 78
  - plateaus and, 188
  - weight-change chart for, 78–79
- weight
  - fluctuations in, 78
  - metabolism and, 20–21
  - metric conversions, 346
  - tracking, 77–79

- weight assessment
    - Body Mass Index (BMI) for, 33–34
    - deciding how much to lose, 10–11
    - degrees of being overweight, 30–31
    - healthy weight range chart for, 10, 31–33
    - waist-to-hip ratio and, 34–36
  - weight cycling (yo-yo dieting), 29–30, 39
  - weight gain
    - calories needed to gain a pound, 191
    - overview, 22
    - preventing, 44
  - weight history, 19, 23–26
  - weight loss. *See also* weight maintenance
    - benefits of, 138–139, 313–318
    - breakfast and, 226
    - calories and, 21–22, 27, 44
    - diets for, 38–39
    - goals for, 11, 70–71
    - initial, 128
    - losing a pound a week, 164
    - myths about, 27–28
    - plateaus, 187–188
    - pregnancy and, 324
    - safe limit for, 44
    - snacks and, 294
    - sugar substitutes and, 28
    - weight history and, 19
  - weight maintenance. *See also* challenges; support network
    - age and, 203–205
    - calorie allowance and, 194–195
    - commercial weight-loss programs and, 211
    - commitment to, 202
    - exercise and, 199
    - genetic predisposition and, 202
    - long-term, 200–202
    - menus for, 195–199
    - midlife changes and, 15, 206
    - new developments and, 201–202
    - nutritional needs, 203–206
    - overview, 16–18, 193–194
    - pregnancy and, 205–206
    - what works for you and, 200–201, 322
  - weight range chart, healthy, 10, 31–33
  - weight-change chart, 78–79
  - weight-loss diets
    - deprivation, 30, 183, 185
    - fads, 141–142, 320
    - high-protein, 38–39, 57
    - low-carbohydrate, 38
    - low-fat, 38
  - weight-loss programs, commercial
    - choosing, 213–214
    - locating, 210–211
    - pros and cons, 211
    - questions to ask, 212–213
    - safety issues, 210–211, 212–213
  - weight-management groups (Web site), 218
  - White Bean Soup with Kale and Sausage, 267
  - wine, 116, 151, 191
  - wok, 97–98
  - women
    - cravings and, 185
    - daily protein needs, 46
    - menopause and, 206
    - pregnancy and, 205–206, 318, 324
  - workout schedule, 160–162. *See also* exercise
- ♪ ●
- yoga, 173
  - Yoga For Dummies* (Feuerstein, Payne, and Folan), 173
  - yogurt
    - reduced-fat, 94
    - Yogurt-Cheese Dip with Spinach and Dill, 300–301
  - yo-yo dieting (weight cycling), 29–30, 39