

Week 2

White *OUT*

Starches = Sugars

A 2-cup serving of spaghetti or white rice contains about 90grams of carbohydrates, which in turn will turn into the equivalent to over 22 teaspoons of sugar in your blood. YIKES!!

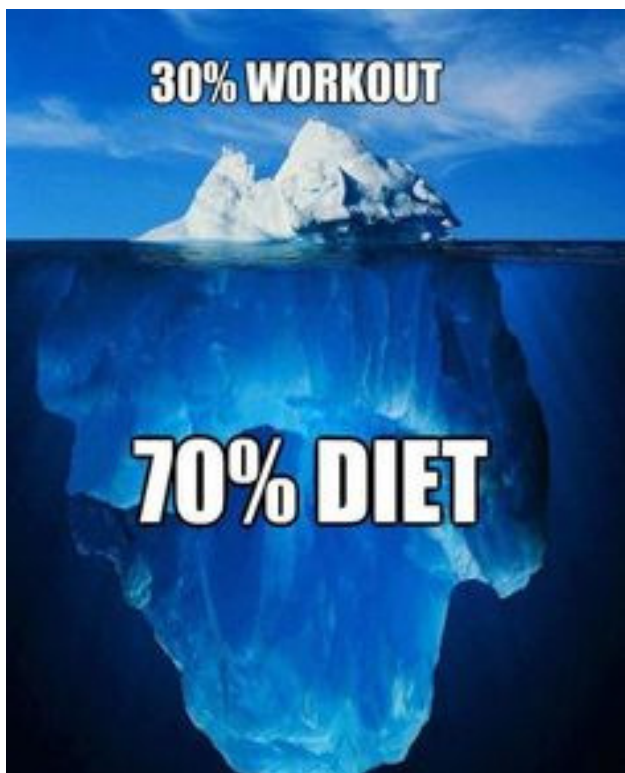


A 2-cup serving of spaghetti squash contains only 14 grams of carbohydrates, which means only about 3 teaspoons of sugar.

Eyeballing serving size of carbs

- One cup = a fist, tennis ball
- Half cup = a light bulb
- Quarter cup = a small handful
- Two tbsp. = one shot glass
- One tsp. = one dice

Weight *DOWN*



Practice Portion Control

*It's really easy to **eat** a lot of calories but much harder to **burn** a lot of calories.*

Regularly eat foods that focus on calories from fruits, vegetables, lean proteins, whole grains and healthy fats. Remember that what and how much you eat has a greater impact on weight loss than any form of exercise you do!