

Week 1 – Welcome & Protein

Welcome

Welcome and congratulations for taking step in the right direction to a better and healthier you!

We are very happy that you have accepted our invitation to join us with our Weight Loss Challenge (WLC)! We believe you will be more than happy with your results and that it will exceed your expectations.

The WLC is a 12-week program where we meet together once a week for an hour. You will learn about proper nutrition, how to improve your eating habits and find out exactly how many calories a day your body burns. This new information will result in teaching you how to lose weight and keep it off. Our goal is to have our participants enjoy a healthy energetic life for the rest of their life. Because of all the helpful information, your attendance at our weekly meetings is a KEY factor in ensuring your success.

We want to help you lose those unwanted pounds and inches and as part of our commitment, we will assign you a Personal Weight Loss Coach who will monitor and guide you to make sure you meet your goals. Your Coach will also be in communications with you so you may know each other better and to answer any questions you may have.

We envision the WLC as a place where you will feel comfortable to come together with others just like you, be able to compete in a friendly way with one another, and be able to keep track of your progress!

Most of all, it will be FUN!!!

So please be as active as you can... join our discussion groups! Some of the topics we will have in the next few weeks are:

- Protein intake
- Calorie intake
- Cleansing/autointoxication
- Carbohydrates
- Drinking Water
- Dining Out
- Exercise & Stress
- Heart Health

We strongly urge you to keep in constant contact with your coach for ultimate results. The WLC is where the Biggest Losers become the Biggest Winners!

Warmest Regards,
FSS WLC Coaches

References

The facts that will be noted in FSS-WLC class are referenced in the following books, DVD's and websites:

- **“Born To Be Healthy and Thin – Your Body’s Own Manual,”** by Dr. Steve Komadina
- **“The L.A. Shape Diet”** by Dr. David Heber, Director of the UCLA Center for Human Nutrition, <http://www.lashapediet.com/>
- **“N.O. More Heart Disease”** by the Nobel Prize laureate, Dr. Louis Ignarro
<http://www.nitehelp.com/nomoreheartdiseases.htm?qclid=CKme2pW74pECFQKPPAodCCurfq>
- **“Your Personal Guide to Wellness – What Your Doctor Doesn’t Have Time To Tell You,”** by Jamie McManus, M.D.
- **“What Color is Your Diet?”** by Dr. David Heber, a director of the UCLA Center for Human Nutrition, Watch CBS News capture on-line,
<http://www.cbsnews.com/stories/2002/07/19/earlyshow/health/main515724.shtml>
- **Digestive Health DVD** – If you struggle w/acid reflux, indigestion (gas, burping, heart burn) trouble losing weight. (Ask your coach to borrow this DVD)
- **“Personalize Your Program” DVD** – an overview of all of Herbalife’s Health & Nutrition Products. (Ask your coach to borrow this DVD)
- **“Super Size Me” DVD** – A documentary
- <http://www.calorieking.com>
- www.sparkrecipes.com
- www.chefmd.com
- www.startherbalife.com



Protein 101

*By David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N.
Director of the UCLA Center for Human Nutrition*

A necessity for everybody

Protein is an important component of every cell in the body. It is an organic compound, composed of 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones. Proteins also make it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a “macronutrient,” meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10% to 35% of our total caloric intake, with men needing slightly more than women. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

How protein affects your weight

The widespread popularity of high-protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. Another benefit of protein is that it raises your resting metabolism by maintaining muscle mass. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Protein also leads to a much less rapid rise and fall of blood sugar and insulin, so you avoid the “sugar highs and lows” after eating sweets without adequate protein. Certain foods, however, provide a healthier resource for protein than others.

Consider the source

You can obtain healthy sources of protein without high levels of saturated fat. For example, soybeans, nuts and whole grains provide protein without much saturated fat and offer plenty of healthful fiber and micronutrients as well. If you’re looking for yet another great way to obtain healthy protein, vegetable sources of protein found in Herbalife’s Formula 1, are high-quality and have lower calorie levels with virtually no added fat. Herbalife® products personalize your daily protein intake to match your body’s needs. With a variety of shakes and snacks, the ShapeWorks® program helps you build or maintain lean muscle while providing healthy weight management support.

Now that you’ve increased your knowledge of protein, you can effectively enhance your diet and allow good health to take shape.

Protein in Food

		unit: grams
Dairy Products	Non fat Cottage Cheese 1/2 C	14
	Milk, 1 C	8
	Cheddar/Swiss, 1 oz	7
	Yogurt, 1 C	7
Meats	Turkey Breast, 3 oz.	25
	Chicken, 3 oz.	25
	Pork, 3 oz.	21
	Beef, 3 oz.	20
	Lean Red Meat, 3 oz (Cooked weight)	25
	Egg (1)	6
	Egg Whites (7)	25
Fish	Halibut, 3 1/2 oz.	26
	Salmon, 3 oz.	17
	Haddock, 3 oz.	16
	Tuna (Water Pack) 4 oz	27
	Shrimp, Crab, Lobster 4 oz	22-24
Nuts	Walnuts, 1/4 C	6
	Peanut Butter, 1 tbsp.	4
Beans	Navy, Kidney, Pinto Beans, 1/2 C.	7
	Tofu (firm) 1/2 C	20
		(Varies)
	Lentles 1/2 C Cooked	9
	Black Beans 1/2 C Cooked	15
Herbalife Foods	Shake w/ milk	17
	Instant Healthy Meal Shake	20
	Soup Mix	16
	Drink Mix	15
	Soy nuts	11
	Snack Bars	12
	Deluxe Snack Bars	10

Protein Snacks

**By David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N.
Chairman of the Herbalife Nutrition and Scientific Advisory Boards**

It is well established that the typical person eating a western type diet consumes more daily calories than he needs. High-calorie snacks filled with fats and sugars contribute to these extra calories. Protein packed bars, drinks, soups, and nuts are far superior to other snacks because of the inherent differences between protein and sugars and fats.

First off, protein is more satisfying than the other two macronutrients because of specific signals it sends to the brain. When we snack on protein instead of sugars and fats, the body feels more full which helps people control their appetite between meals, thus cutting calories and controlling their weight. Recent clinical research has supported this physiologic phenomenon.

A second reason for choosing protein as a snack is its thermogenic effect. This refers to the metabolic tax a food puts on the body after we eat it. This metabolic tax for protein is much higher than sugar or fat because the body uses more energy to digest it. This means that when you choose protein over the other two, you are burning more calories during the process of digestion. Having this higher tax rate is good because protein tends to be low in caloric content, so the body is working harder on fewer calories.

A third reason to choose protein snacks over sugars and fats is the body's need to replenish the building blocks of muscle tissue. Muscle is important for our daily activities and it determines our metabolism. So the more we maintain our healthy lean muscle mass, the higher we maintain metabolism.

So the next time you reach for a snack, choose a protein-rich bar, drink, or soup. Avoid high-calorie chips, cookies, candies and sweets. They are generally much higher in calories, and they offer little nutritional value to the body.