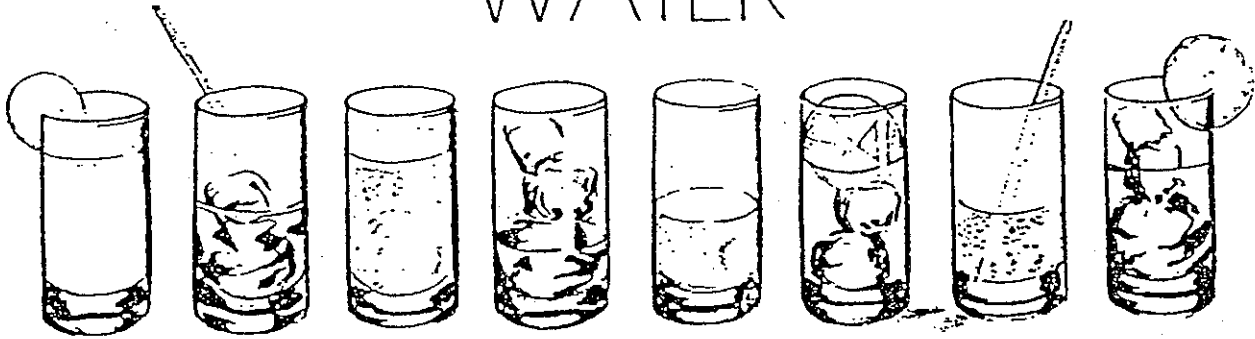



"4" EVER FIT

# WATER




## HOW 8 GLASSES A DAY KEEP FAT AWAY

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss.

 Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

 Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.


Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the


condition quickly returns.


The best way to overcome the problem of water retention is to give your body what it needs—plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it.


But getting rid of unneeded salt is easy—just drink more water. As it's forced through the kidneys, it takes away excess sodium.

 The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

 Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

 Water helps rid the body of waste. During weight loss, the body has a lot more waste

to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

 Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

So far, we've discovered some remarkable truths about water and weight loss:

- The body will not function properly without enough water and can't metabolize stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss.

How much water is enough? On the average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.

Water should preferably be cold—it's absorbed into the system more quickly

than warm water. And some evidence suggests that drinking cold water can actually help burn calories.

To utilize water most efficiently during weight loss, follow this schedule:

*Morning:* 1 quart consumed over a 30-minute period.

*Noon:* 1 quart consumed over a 30-minute period.

*Evening:* 1 quart consumed between five and six o'clock.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens, you have reached the "breakthrough point." What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.
- There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

## Proteins

### Meats and Poultry

#### *Best Choice*

Chicken, breast fat free slices  
 Chicken, breast skinless  
 Chicken, canned  
 Egg, large whites only  
 Turkey, breast  
 Turkey, breast fat free slices  
 Veal

#### *Fair Choice*

Bison  
 Canadian bacon, lean  
 Chicken dark meat skinless  
 Ham, very lean  
 Hamburger, lean  
 Pork, lean  
 Steak, filet mignon  
 Steak, ground round  
 Steak, sirloin

#### *Poor Choice*

Bacon  
 Beef, fatty cuts  
 Egg, large whole  
 Hot dog  
 Liver  
 Pepperoni  
 Pork sausage  
 Salami  
 Turkey, franks (sheltons)  
 Turkey, sausage

### Fish and Seafood

#### *Best Choice*

Bass  
 Bluefish  
 Calamari  
 Catfish  
 Clams, steamed  
 Cod  
 Crab, alaskan  
 Crab, Blue  
 Crab meat surimi  
 Fish, flounder  
 Fish, grouper  
 Fish, haddock  
 Fish, halibut  
 Fish, salmon steak  
 Fish, sardines  
 Fish, smoked salmon lox  
 Fish, swordfish  
 Fish, tuna canned  
 Lobster  
 Mackerel  
 Mussels, steamed  
 Shellfish, lobster, broiled  
 Shellfish, scallops  
 Shellfish, shrimp  
 Snapper  
 Trout  
 Tuna (steak)

### Dairy Products

#### *Best Choice*

Cheese, cottage low-fat  
 Cheese, fat-free  
 Milk 1% fat  
 Milk, skim  
 Yogurt, non-fat

#### *Fair Choice*

Cheddar cheese, reduced fat  
 Cheese, mozzarella  
 Cheese, ricotta  
 Cheese, stick non-fat  
 Milk 2% fat  
 Yogurt, low-fat

#### *Poor Choice*

Cheese, hard  
 Cheese, swiss  
 Milk, whole

### Vegetarian

#### *Best Choice*

Burger meatless fat free  
 Soy, burger  
 Soy, hot dog  
 Soy, sausage  
 Tempeh  
 Tofu  
 Tofu, lite

## Protein Meal Replacement Supplements

#### *Best Choice*

Low Carbohydrate Whey / Casein high Protein Powder  
 Supro Soy protein meal replacement Protein Powder

# Carbohydrates

Please note: For optimal results in achieving your goal, consideration must be given in the selection of the type of carbohydrate ingested in relation to activities prior to eating a meal as well as for the foregoing activity on an on going basis. For that reason all carbohydrates have been categorized in to 3 groups.

Class 1 carbohydrates are calorically sparse and nutritionally dense and for those individuals whose goal is to lose bodyfat these foods are the New-Generation Nutrition programs recommendation as a first choice. The Class 1 carbohydrates are also the lowest in glycemic rating, a rating that relates to the rate of blood sugar rise in response to digestion of a food. High blood sugar levels have been shown to maximize the likelihood of fat storage.

Class 2 carbohydrates generally contain a higher caloric density and are recommended in lesser quantities than Class 1 foods.

Class 3 carbohydrates are generally calorically dense and are easier to eat in excessive quantities. They are also high glycemic. Class 3 carbohydrates should only be eaten immediately following exercise since excess carbohydrates will be used for glycogen storage rather than fat storage at this time. New Generation recommends those clients whose main goal is fat loss to mainly eat Class 1 carbohydrates.

## Vegetables

### Class 1

Alfalfa sprout  
Artichoke  
Asparagus  
Beans, green  
Bell pepper-green  
Bell pepper-red  
Bell pepper-yellow  
Broccoli  
Brussel sprouts  
Cabbage, green  
Cabbage, red  
Cauliflower  
Celery  
Collard green  
Cucumber  
Eggplant  
Garlic, raw  
Horseradish

Kale  
Lettuce, romaine, bibb  
Mayonnaise, non-fat  
Mushroom, raw  
Parsley  
Peas, baby pea pods, frozen  
Pepper, jalapeno  
Pickle dill  
Radish, raw  
Salad in a bag  
Salsa  
Sauerkraut  
Spinach  
Squash, spaghetti  
Squash, summer  
Vegetables, mixed  
Vegetables, steamed  
Zucchini

### Class 2

Beans, cooked dry  
Onions, chopped  
Squash, winter  
Potato, baked  
Potato, sweet  
Tomato sauce

### Class 3

Beans, baked  
Beans, lima  
Beans, pinto  
Beans, refried  
Beets, sliced  
Carrot  
Corn  
Peas, green  
Potato, french fried  
Potato, mashed  
Squash, acorn

## Carbohydrates (continued)

### Fruit

#### Class 2

Apple  
Applesauce, unsweetened  
Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries, dark sweet frozen  
Fig, raw  
Fruit cocktail, light syrup  
Grapefruit  
Grapes  
Honeydew, melon  
Kiwi fruit  
Lemon, fresh

Lime, fresh  
Mango  
Nectarine  
Orange  
Papaya, raw  
Peach, fresh  
Pear  
Pineapple, fresh unsweetened  
Plum  
Raspberries  
Strawberry  
Tangerine  
Tomato  
Watermelon, cubed

#### Class 3

Banana  
Cranberries, dried  
Dates  
Fig, dried  
Mango, sliced dried  
Prune, dried  
Raisins  
Sauce, cranberry  
Raisins

### Breads, Grains, Cereals

#### Class 1

Bread, sprouted stone ground  
Cereal, bran  
Cereal, granola unsweetened  
cereal, oatmeal old fashioned

#### Class 2

Bagel, whole wheat  
Bread, whole wheat  
Crackers  
Cream of wheat  
French toast, whole wheat  
Granola fiber bar  
Grape nuts  
Hamburger buns, whole wheat  
Muffin, bran  
Pasta  
Rice, brown  
Rice, white  
Tortilla, wheat  
Waffle, whole wheat

#### Class 3

Bagel, white flour  
Bread, white flour  
Combread  
Croissant, plain  
Doughnut, plain  
Grits, cooked  
Rice cake  
Tortilla, white flour

## Fats

### Healthy Fat Sources

#### *Best Choice*

Almonds  
Almond butter  
Avocado  
Cream cheese, non-fat  
Guacamole  
Nuts, macadamia  
Oil, canola  
Oil, flax  
Oil, safflower  
Oil, olive  
Olives  
Pumpkin seeds  
Salad dressing, non-fat  
Sunflower butter  
Sunflower seeds

#### *Fair Choice*

Butter, low-fat  
Cheese, parmesan  
Cream cheese, low-fat  
Mayonnaise, low-fat  
Milk, whole  
Peanut butter, natural  
Peanut Oil  
Peanuts  
Salad dressing, low-fat  
Sesame butter  
Sour cream, low-fat  
Walnuts

#### *Poor Choice*

Butter  
Cream  
Cream cheese  
Bacon bits  
Mayonnaise  
Sour Cream  
Vegetable shortening

### Poor Choice High Calorie Food Sources

#### *Class 2*

Graham cracker, low-fat  
Gelatin dessert, sugar-free  
Jelly, sugar-free  
Mustard  
Popcorn, non-fat  
Pudding, low-fat  
Sauce, steak  
Syrup, low-fat

#### *Class 3*

Candy, bar  
Catsup  
Cracker, saltine  
Fruit juice  
Honey  
Ice cream, premium  
Jam  
Jelly  
Molasses

Popcorn, buttered  
Potato chips  
pretzels  
Relish, pickle sweet  
Sauce, barbeque  
Sauce, teriyaki  
Sugar, brown  
Sugar, white  
Tortilla chips

<b>Food</b> (description)	<b>Quantity</b> (amount)
alfalfa sprouts	4.0 cup
apple, fresh	2.5 whole
asparagus	8.0 spears
broccoli	2.0 cup
carrot	1.5 cup
celery	6.0 stalk
cheese, cottage	1.5 cup
cheese, cottage non-fat	3.0 cup
cheese, parmesan	2.0 Tbsp
cheese, swiss	2.0 slice
chicken, breast	13.5 whole
citrus, orange	1.0 med
corn	0.5 cup
cracker, Ryvita	2.0 slices
cracker, Wasa	1.0 slice
egg, whites only	58.0 lrg.
fruit juice	3.0 oz.
granola fiber bar	1.0 bar
green beans	1.0 cup
kiwi	1.0 whole
lettuce, romaine, bibb	24.0 oz.
mayonnaise	4.0 Tbs.
mixed frozen vegetables	1.5 cups
mushrooms, fresh	1.5 cup
oil, flax	1.5 Tbs.
onion, chopped	2.5 cup
peach	1.0 med
potato, medium baked	1.0 med.
Protein Meal Replacement Drink	1.5 serv.
protein powder	22.5 serv.
rice, brown uncooked	0.3 cup
salsa	2.0 Tbsp
seed, sesame	5.0 Tbs.
seed, sunflower	3.0 oz.
soy, bacon bits	8.0 Tsp.
squash, summer	1.5 cup
strawberry, frozen	13.5 berries
tempeh	8.0 oz.
tomato	10.0 med
tomato sauce	1.3 cup
tuna, canned	18.5 oz.
turkey, breast	7.0 oz.
vinegar	3.0 Tbsp.
yogurt, non-fat	6.0 oz.

Good quality nutrition is just as important as exercise. To make the most of your exercise you must eat the *right* way. We recommend eating 5 to 6 meals per day with none being consumed after 8:00 p.m. We also suggest a light cardio workout 10 to 30 minutes after your last meal. Following is a list of suggested foods from which to choose your meals.

Proteins	Carbohydrates Eaten only before 3:00 p.m.	Vegetables
Chicken breast	Sweet potato	Broccoli
Turkey breast	Yam	Asparagus
Lean ground turkey	Squash	Lettuce
Swordfish	Pumpkin	Cauliflower
Orange roughy	Steamed wild rice	Green beans
Haddock	Steamed brown rice	Mushrooms
Salmon	Oatmeal	Spinach
Tuna	Barley	Tomato
Crab	Beans	Peas
Lobster	Corn	Brussels Sprouts
Shrimp	Strawberries	Artichoke
Top round steak	Melon	Cabbage
Top sirloin steak	Apple	Celery
Buffalo	Fat free yogurt (bef 10:00)	Zucchini
Ostrich	Whole-wheat bread (10:00)	Cucumber
Egg whites or substitutes	Grits	Onion
Turkey bacon or sausage	Rice Cake	Bell Peppers

**LIQUIDS:** 75 or more ounces per day. O.K. to supplement with: Crystal Lite or diet soda. Coffee and tea (no sugar) in moderation.

**DO NOT EAT:** Sugar, soda, fruit juice, honey, cakes, cookies, muffins, potato chips, candy, donuts, pastries, etc.