

Eat Right For Life

PHASE 2: Do Your Carbs Right

It seems everyone these days is completely carb confused. Is bread good or bad for me? Can I eat sweet potatoes if I want to lose weight? Beans are starchy and fattening, right? With all of the carb-focused diet plans made famous in recent years and the seemingly endless media coverage about this famous food group, how could you not be confused? Your task now is to strive for the right carbs!

SURVEY

Simply check (✓) "Yes" or "No" in response to each of these questions

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you consume two or more whole grain foods each day? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat legumes such as black beans, lima beans, black-eyed peas and hummus at least twice a week? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you avoid sugar-sweetened beverages like fruit punch, soda, lemonade and sports drinks most days? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you avoid eating most carbohydrates that are white in color? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a clear understanding of good and bad carbohydrates? |

Reflect on your answers to the survey questions and then select a goal for Doing Your Carbs Right. If you answered yes to most of the questions, your carb consumption is right on. Try the intermediate or advanced goal. If carbs confuse you and your carb intake could use some improvement, start with the beginner goal and work toward the intermediate goal when you are ready.

GOALS

Simply check (✓) your goal

- Beginner:** Consume at least 3 whole-grain foods each day.
- Intermediate:** Consume legumes at least twice per week.
- Advanced:** Eliminate sugar-sweetened beverages from your diet.

TRACKING

Simply check (✓) each day you met your goal

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DATE: _____						