

Introducing:

CARB CONSCIOUS



Carb Conscious is Made for Those Who:

- Habitually consume processed carbs
- Generally crave bread, pasta, cereal, or chips over sweet foods
- Are looking to improve their insulin or cholesterol levels



This Guide Includes:

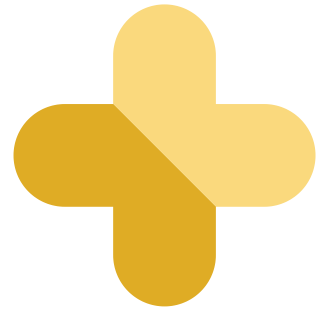
A Carb Conscious sample meal plan

Four snack options

A Zero-BITE food list

And a how-to guide to get you started today!





- 1** Introduction
- 4** The BITE System
- 7** The Science
- 10** Is it for You?
- 11** Food Recommendations
- 15** How-To Guides



Getting Started

Some say your body works like a machine. Others say it operates like a car. Whatever metaphor you prefer, one thing is for sure: the wrong fuel source can lead to operation failure.

You can think of our main fuel source as carbohydrates. Out of the three macronutrients our body needs, carbs are its preferred energy source. Of course, there are better types of carbs to fuel your body with than others, but which one should you choose? Complex or simple carbs? Which carbohydrate choices are best for sustained weight loss? Which carbohydrate choices are the best for disease prevention and overall longevity? The Carb Conscious diet plan satisfies these concerns and more as it guides you in your journey to making better carbohydrate choices.



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The BITE System

What is a BITE?

A BITE is calculated from a proprietary equation that distills every food and drink item into a numeric value. This is different from strict calorie counting because it rewards factors that are relevant to your diet plan. After all, not all calories are created equal.



This hexagon/number combination is often used to denote a BITE count.



Look for this Carb Conscious symbol to denote extra important information

On the Carb Conscious Plan:

- Carbs, fat, and protein drive BITES up
- Fiber drives BITES down

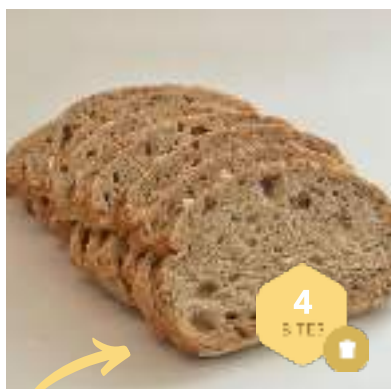


The BITE System

If a food has a high BITE value you know you should probably stay away from that type of food. If a food has a low BITE value you know it is a good choice for your diet plan. Throughout Healthi you will see BITE values identified in a hexagon. The magic sauce on the Carb Conscious plan is fiber. Food sources with fiber are more than likely to be a better carbohydrate choice since fiber indicates that the product hasn't been stripped of its nutritional qualities. These are known as your complex carbs (whole grains, fruits, & veggies) and provide you with longer lasting energy versus your simple carbs (chips, cookies, and sodas).

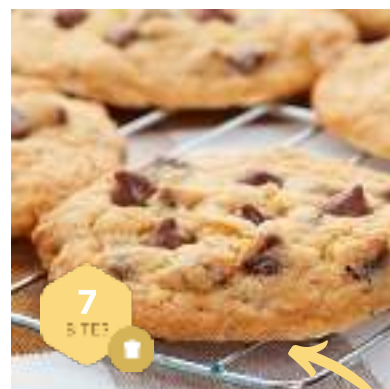
Compare the BITES between a slice of whole grain bread with 6 grams of fiber versus a cookie with virtually no fiber. That said, Carb Conscious does not aim to lower your carbohydrate intake, moreover, it targets a better, higher quality, carbohydrate intake.

200 CALORIE COMPLEX CARB



High Fiber

200 CALORIE SIMPLE CARB



Low Fiber



The BITE System

What are BITE allowances?

- Your Daily BITE allowance is the number of BITES you can eat that day. This number will be personalized to you based on your age, gender, height, weight and activity level.
- Your Weekly BITE allowance is an extra allowance of BITES that you can divide up how you would like (split them up evenly, save them for the weekend, or don't use them at all). This is your opportunity to cater the Carb Conscious diet to your lifestyle.
- Activity BITES are similar to Weekly BITES and are awarded to you when you exercise. There's a balance between what you consume and what you expend. Therefore, when you exercise we reward you with BITES because your body expended more calories.

What are Zero BITE foods?

- Last but definitely not least are your Zero-BITE foods. These foods were selected since they build the foundation for the Carb Conscious plan. The majority of these foods are high in fiber and tend to be very low calorie. The best part? When you track these foods, they don't count toward your BITE allowance! Use these foods strategically to fill up the majority of your plate.

Check out page 14 to view the FULL list of Zero-BITE foods!



The Science

Fiber can be defined as a plant constituent that cannot be degraded by the stomach. Choosing complex carb sources containing fiber is most commonly known to help with digestion; however, it also offers benefits in terms of **weight management** and **disease prevention**.

Fiber for Weight Management

Intake of fiber will **promote that feeling of fullness** through gastric distension from the gel-like complex that arises from soluble fiber or activation of stretch receptors that signal fullness from insoluble fiber. Fiber also has a low energy density (less than 2 calories per gram as opposed to the 9 calories per gram in fat)¹. That means, you could consume much more fiber for the same amount of calories in fat. In addition, fiber is thought to induce the production of satiety signaling gut hormone glucagon-like peptide-1. If you're still not convinced, a study conducted by Rebello and other researchers from Louisiana State University compared the satiety impact of oatmeal versus a low fiber breakfast cereal and found that oatmeal had a significantly greater increase in fullness and hunger reduction in comparison to the low fiber cereal. Now if you're an oatmeal fanatic, that's great. But if not, there are a ton of other high fiber foods that can produce that same effect.



The Science

Fiber for Disease Prevention

Fiber has been suspected to play a large role in disease prevention. In a systematic review of 58 clinical trials conducted by Reynolds from the university of Otago in New Zealand and other medical researchers, there was a suggested 15-30% decrease in the incidence of **coronary heart disease, stroke, type 2 diabetes, and colorectal cancer** when comparing high dietary fiber consumers with the low fiber consumers.

Diabetes

Most of the research points to fiber having a big impact on diabetes management and prevention through its ability to **increase insulin sensitivity** and alter gut microbiota to produce beneficial hormonal and molecular factors in the subject. In fact, according to researchers Weickert and Pfeiffer, large prospective cohort studies consistently show associations of a high dietary fiber intake (>25 g/d in women and >38 g/d in men) with a 20–30% reduced risk of developing type 2 diabetes!



The Science

Heart Disease

Fiber intake and cholesterol levels are also closely associated. In a meta-analysis of 14 studies, subjects who received a median dose of β -glucan (a soluble fiber) for four weeks saw significantly **reduced LDL cholesterol and non-LDL cholesterol levels**.⁴ β -glucan sounds like a foreign entity, but it is the same fiber that is found in healthy carbohydrates such as barley and oats! Intake of fiber could help one manage their cholesterol levels and ultimately prevent cardiovascular disease.

Cancer

Lastly, there seems to be a protective association with dietary fiber intake and cancer risk. Proposed mechanisms include fibers potential to **bind to harmful and carcinogenic substances in the gut** and promote their discharge and decomposition. Furthermore, fiber has the possibility to promote the growth probiotics and inhibit the growth of pathogenic bacteria, thereby inhibiting production of carcinogens and promoting their decomposition in the intestine. A meta-analysis of 24 epidemiological studies conducted by Chen and other medical researchers found that every 10 g/d increment in dietary fiber intake was associated with a 4% reduction in breast cancer risk!



Is this for you?

Carb Conscious is a well rounded diet plan that **will redefine your relationship with carbs**. Those who over indulge in breads, pastas, cookies, sugary drinks, and sodas tend to find success on this plan. Nevertheless, this plan will also work well for those who are not sure where to start but want a diet that supports a healthy overall wellbeing. More specifically, Carb Conscious is well positioned to help those who are diabetic or pre-diabetic, have hypercholesterolemia, are at cancer risk, or have polycystic ovary disease (PCOS).



Food Recommendations

To get the most out of the Carb Conscious weight loss plan, it is best to choose foods that are **high in fiber**.

Key Food Guidelines

Choose complex over simple carbs.

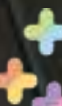
The complex ones supply you with longer lasting energy and more fiber.

Go with unrefined grains.

The darker the grain, the more vitamins and minerals it has.

Be thoughtful at restaurants.

Find a plate that doesn't skimp on the fruit and veggies.



1 Day Sample Meal Plan



Breakfast: Blueberry Chia Oats

- 1/2 cup old fashion oats
- 1/2 cup fresh blueberries
- 1 banana
- 1 tbsp. chia seeds
- 1 cup water
- 1/4 cup low-fat milk
- 1 dash cinnamon
- honey to taste

Star your day off right with a fiber filled meal. This bowl boasts 10 grams of fiber (about a third of the recommended daily intake) to insure you'll stay full the entire morning.



Lunch: Vegetable Soup

- 1/4 cup yellow onions
- 1/2 cup sliced carrots
- 1/4 cup celery
- 1 clove garlic
- 1 cup vegetable broth
- 1/2 can diced tomatoes
- 1/2 cup diced potatoes
- 1/4 cup green beans
- 1/2 cup frozen or fresh corn
- parsley to taste

Try out this low BITE and flavor packed, vegetable soup! Throwing your favorite veggies into a broth or stock is a great way to strategically manage your BITES allowance.



Dinner: Chicken with Avocado Sauce

- 4 oz. chicken breast
- 2 tbsp. blackened seasoning
- 1/2 cup barley
- 1/4 cup avocado
- 1/4 cup plain greek yogurt
- 1 tsp. lemon juice
- 1/2 tsp. garlic powder
- dash of salt

Change up your average blackened chicken with this creamy avocado sauce variation. Pair this meal with a smart carbohydrate choice, such as barley, to give you a stable stream of energy.



Snack Ideas



Best in Show: Avocado Toast

- 1 slice 100% whole wheat bread
- 1/2 medium avocado
- Salt and Pepper

Avocado toast comes in as one of the best snack options on this plan. Not only do you get the stable energy from the whole wheat bread, the avocado will fill your body with healthy fats that will keep you full. Simply toast a slice of bread, spread the avocado paste, and season with salt and pepper. To finish it off, top it with your favorite, Zero-BITE, veggies!



Tangy Cucumber Salad

- 1 fresh english cucumber
- 1/2 tbs olive oil
- 1 tbs. apple cider vinegar
- 1 tsp. granulated sugar
- black pepper



Low-Fat Granola Bars

- 1 low fat granola bar
- can also make your own



Strawberries & Cream

- 1/2 cup lite cool whip
- 1/2 cup low-fat strawberry yogurt
- 1/2 cup strawberries



Zero BITE Foods List

Check out these Zero-BITE foods! (Must be fresh, frozen or canned without any added oils). To find these items listed correctly, search exactly as shown on this list and select the 0 BITE option from the pocket guide results. Some items are 0 only up to the amounts listed. Any amount over that must be counted.

<u>A</u> lalfa Sprouts	<u>E</u> gg Whites (up to 2 ONLY)	<u>N</u> ectarines	<u>W</u> ater Chestnuts
Apples, all varieties	Eggplant	Nopales (cactus)	Watercress
Applesauce, unsweetened	Endive		Watermelon
Apricots	Escarole	<u>O</u> kra	
Artichokes		Onion, all varieties	<u>Z</u> ucchini
Artichoke Hearts	<u>F</u> ennel	Oranges, all varieties	
Arugula	Figs, FRESH only		
Asparagus	Fruit Cocktail, unsweetened	<u>P</u> apaya	Diet Soda
		Passion fruit	Tea
<u>B</u> amboo Shoots	<u>G</u> arlic	Peach	Coffee, black
Bananas	Ginger	Pear, all varieties	Club Soda / Seltzer
Bean Sprouts	Grapefruit		
Beets	Grapes, all varieties	Peppers, all varieties	Chili/Sriracha Sauce (1tbsp)
Beet Greens	Grape Leaves	Persimmon	Horseradish Sauce (1tbsp)
Berries, mixed	Guava	Pickles, unsweetened	Hot Sauce (1tbsp)
Blackberries	Green Beans	Pico de Gallo	Ketchup (1tbsp)
Blueberries		Pineapple	Mayo, fat free (1tbsp)
Boysenberries	<u>H</u> earts of Palm	Plums	Mustard (1tbsp)
Bok Choy	Honeydew	Pomegranate	Soy Sauce (1tbsp)
Broccoli	Horned Melon	Pomelo/Pummelo	Steak Sauce (1tbsp)
Broccoli Rabe		Prickly Pear	Taco Sauce (1tbsp)
Broth and Bouillon, any	<u>J</u> ackfruit	Pumpkin	Teriyaki Sauce (1tbsp)
Brussel Sprouts	Jerusalem Artichokes (Sunchoke)		Vinegar, all varieties (1tbsp)
	Jicama	<u>R</u> adicchio	Worcestershire Sauce (1tbsp)
<u>C</u> abbage, all varieties		Radish	
Cantaloupe	<u>K</u> ale	Raspberries	Creamer, fat free (1tbsp)
Capers	Kiwifruit	Rhubarb	Half n' Half, fat free (1tbsp)
Carrot	Kohlrabi	Rutabaga	Margarine, fat free (1tbsp)
Cauliflower			Sour Cream, fat free (2tbsp)
Celeriac	<u>L</u> eeks	<u>S</u> auerkraut	Cream Cheese, fat free (1tbsp)
Celery	Lemons	Scallions	Syrups, sugar free (1tbsp)
Chard, Swiss or Rainbow	Lettuce, all varieties	Seaweed, Nori	Whipped Topping, fat free (2tbsp)
Chayote Squash	Limes	Shallots	
Cherries	Lychee	Snow Peas	
Clementines		Spinach, all varieties	Salsa, fat free (1/2 cup)
Chicory	<u>M</u> andarin Orange	Squash, all varieties	Tomato Sauce, canned, no added sugars or oils (1/2 cup)
Coleslaw Mix (cabbage and carrot only - no dressing)	Mango	Starfruit	Tomato puree (1/4 cup)
Collard Greens	Mangosteen	Strawberries	
Cranberries, FRESH only	Microgreens	Sugar Snap Peas	
Cucumbers	Mixed Salad Greens		
Currants, FRESH only	Mulberries	<u>T</u> amarinds	Gelatin, sugar free (1 snack cup or up to 2 servings = 1/2 box prepared)
	Mung Bean Sprouts	Tangelo	
<u>D</u> andelion Greens	Mushrooms	Tangerine	
Dates, FRESH only	Mustard Greens	Tomatillos	
Daikon		Tomatoes, all varieties	
Dragonfruit		Turnips	
		Turnip Greens	



How to Get Started

We know that starting a new diet is challenging so we created a step-by-step list of things to keep in mind as you ease your way into this new way of eating.

1. Go Easy on Yourself



New diets take a while to get used to and you may not be successful from the get-go. If you go over your BITE allowance the first day, do not be discouraged. Your body will need time to adjust. It may take some experimenting but eventually you will find what works best for you!

2. Plan Meals Strategically



Zero BITE foods should be prioritized in your meals in order to add bulk to your plate without draining your BITES. Use non-Zero BITE foods strategically to fill in the rest of your plate. A good rule of thumb is to have 1/2 of your plate as non-starchy vegetables, 1/4 of your plate as whole grains, and the other 1/4 as a lean protein source.

3. Use Your Weeklies



Members lose best on this plan when they utilize at least 50-100% of the Weeklies each week (with some using them all). They are simply set aside as Weeklies to divide as you need. (PRO users can turn on secondary calorie tracking to help make sure you are hitting your daily calorie targets.)

4. Read the Labels



When shopping for healthy, complex carbs, start with the food label. Make sure that "whole grain" or "whole wheat" are at the top of the ingredient list. If instead you see terms like "enriched", "refined", or "bleached", you can be certain that the product is highly processed and probably a bad carb choice.

5. Drink Water



There are many benefits to drinking water. Fiber works best in the body when accompanied with an ample supply of water. Aim for at least 8-10 cups a day, but this number may increase depending on the heat, exercise, and medications. Check with your doctor if you aren't sure.



How to Be Successful

Lastly, here are a few key habits that will undoubtedly help you find success in your weight loss journey.

1. Get Moving



Exercising doesn't have to be a chore. Find something you enjoy that gets your blood pumping. It's a great way to let off some steam and release those coveted endorphins. Another plus: in-putting your activity into the app will grant you extra BITES!

2. Connect with the Community



We all need a little motivation here and there. Check out the community feature in the Healthi app to get your questions answered, find recipe inspiration, or receive praise on a recent milestone you achieved. We're all in this together.

3. Track your Progress



It's important to document your weight loss (or maintenance) journey. After-all, that is why Healthi was created in the first place! Make it a habit to input your weight onto the app on a consistent basis and check out the weight trend graph (located on the profile tab) to see exactly how far you've come!

4. Celebrate



When you've come to a place in your journey when you've been hitting your goals and feel especially accomplished, it's okay to celebrate! Pat yourself on the back and reward yourself! It's important to let loose and remember to have fun.



CARB CONSCIOUS

Starter Guide

¹ Reynolds A, Mann J, Cummings J, Winter N, Mete E, Te Morenga L. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses [published correction appears in Lancet. 2019 Feb 2;393(10170):406]. Lancet. 2019;393(10170):434-445. doi:10.1016/S0140-6736(18)31809-9

² Rebello CJ, Johnson WD, Martin CK, et al. Acute effect of oatmeal on subjective measures of appetite and satiety compared to a ready-to-eat breakfast cereal: a randomized crossover trial. J Am Coll Nutr. 2013;32(4):272-279. doi:10.1080/07315724.2013.816614

³ Weickert MO, Pfeiffer AFH. Impact of Dietary Fiber Consumption on Insulin Resistance and the Prevention of Type 2 Diabetes. J Nutr. 2018;148(1):7-12. doi:10.1093/jn/nxx008

⁴ Ho HV, Sievenpiper JL, Zurbau A, et al. A systematic review and meta-analysis of randomized controlled trials of the effect of barley β -glucan on LDL-C, non-HDL-C and apoB for cardiovascular disease risk reduction-i-iv [published correction appears in Eur J Clin Nutr. 2016 Nov;70(11):1340]. Eur J Clin Nutr. 2016;70(11):1239-1245. doi:10.1038/ejcn.2016.89

⁵ Chen S, Chen Y, Ma S, et al. Dietary fibre intake and risk of breast cancer: A systematic review and meta-analysis of epidemiological studies. Oncotarget. 2016;7(49):80980-80989. doi:10.18632/oncotarget.13140

Published July 2020

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