

STARCHES

WHAT'S IN A NAME?

Your meal plan allows for only 2 servings of starch per day. Foods in this group include breads, rice, pasta, potatoes, rolls, English muffins, tortillas, wraps, buns, hot cereals (oatmeal, grits, cream of wheat), cold cereals, pretzels, chips, crackers, popcorn, granola bars.... need we go on? Limiting to just 2/day takes planning!



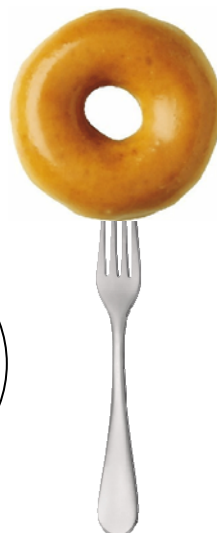
STARCHES SLIDE

Imagine you put a cracker in your mouth but don't chew it. It dissolves because the chemicals or enzymes in our saliva start to break down those starches immediately so by the time they get to the pouch/sleeve, they 'go down easy', allowing you to eat too much and get hungry again too soon.



TOO MUCH AND TOO LITTLE

Starchy foods are high in calories at 80 calories per serving (compared to 60 cal for a piece of fruit, 35 - 55 cal for an ounce of meat or 25 cal for a serving of veg). But by limiting them, you are also cutting back the healthy fiber sources in your diet so choosing fiber rich choices is a must. Just remember that the calories aren't any less in the high fiber choices. When you choose 'light wheat' bread, that one slice of toast costs you half the calories.



Watch Out!

If starchy foods weren't high calorie enough, they often also act as vehicles for extra fat or sugar in our diet (think greasy biscuit or sugary donut), which is a double whammy.

You can eliminate most junk starches from your diet by using utensils to eat. Ever try to eat nabs with a fork?

Plan Your Day to Keep Starches Away

At breakfast,

start the day starch free

Instead of toast, biscuits, waffles, cereals:

- Eggs: scrambled, boiled, filled with veggie
- Greek style yogurt, cottage cheese or ricotta cheese topped with berries
- Rolled up deli meat &/or fat free cheese

At lunch and dinner,

cut the starchy 'carriers'

Instead of bread, buns, wraps, crackers:

- Roll your deli meat & cheese together, put a pickle in the middle, dip in mustard
- Wrap your sandwich filling in a lettuce leaf or put it on top of a salad
- Top sliced cucumbers, carrot chips, or apples with low-fat cheese or bean dip
- Fill the inside of a hollowed tomato, hardboiled egg or center of a celery stalk with tuna salad, chicken salad or shrimp salad (made with low fat mayo, of course)

Between meals,

cut the starchy snacks

Instead of popcorn, pretzels, goldfish, crackers, chips, granola bars, nabs, etc:

- A piece of fruit & yogurt or cottage cheese
- Homemade bean dip with carrots, celery, bell pepper, broccoli, etc.
- Laughing cow cheese wedge & apple
- Cup of bean or veggie soup

Best Bets

1 serving = how much you can eat for 80 cal:

- Whole Grain Cereal (≥ 5 g fiber/serving)
- 100% whole grains (ie: brown rice, quinoa)
- Whole grain or reduced calorie breads, wraps, tortillas, pitas, English muffins, etc.
 - Whole grain pasta
 - High fiber crackers