

Tracking Dietary Intake Improves Results

We attribute much of our dietary success to using NutriBase software to track the results of our dietary intake. We are not alone. This important study* found that tracking your dietary intake is one of the most successful ways to lose weight. Those who recorded what they ate lost more than twice as much weight as those who did not. We have found the same to be true for the CR Way. Those who are willing to test their CR benchmarks with a physician and track other variables like glucose and heart health (see the heart icon on the toolbar) achieve the best results.

Take a look at the capabilities of the software you have just purchased. The illustration on the next page is a sample analysis of Paul's recent brunch at The CR Way Longevity Center.

***Freedom from fat: a contemporary multi-component weight loss program for the general population of obese adults.**

Stevens VJ, et al.

Kaiser Permanente Center for Health Research, Portland, Oregon 97215.

This report summarizes results for the first 2,037 participants in the Freedom from Fat (FFF) weight loss program... The best predictors of weight loss at 6 months were number of days per week in which food diaries were kept, baseline body mass index, number of minutes of exercise per week, and age.

Journal of the American Dietetic Association. 1989 Sep;89(9):1254-8.
PMID: 2768737

© 2010 Paul McGlothlin, Meredith Averill

Paul McGlothlin
 PERCENT OF GOALS
 Tuesday, January 26, 2010

Male		Age: 61 yrs		Height: 5 ft. 11 in.		Weight: 136.0 lb		Goal Weight: 136.0 lb	
NUTRIENT	ACTUAL	GOAL	%	0%	25%	50%	75%	100%	
General									
Calories	584	1900	31						
Protein (g)	26	43	61						
Carbohydrates (g)	58	280	21						
Dietary Fiber (g)	28	70	40						
Fat (g)	24	68	35						
Saturated Fat (g)	3	21	14						
Cholesterol (mg)	21	341	6						
Water (fl oz)	7	139	5						
Vitamins									
Vit-A (mcg_RAE)	63	900	7						
Vit-B1 Thiamine (mg)	0	1	34						
Vit-B2 Riboflavin (mg)	0	1	30						
Vit-B3 Niacin (mg)	7	16	46						
Vit-B5 Pantothenic Acid (mg)	1	5	18						
Vit-B6 Pyridoxine (mg)	1	2	39						
Total Folate (mcg)	86	400	22						
Folate, DFE (mcg_DFE)	63	400	16						
Vit-B12 Cyanocobalamin (mcg)	1	2	38						
Vit-H (mcg) Biotin	0	30	0						
Vit-C (mg)	23	90	26						
Vit-D (IU)	0	400	0						
Tocopherol, Alpha (mg)	1	15	5						
Vit-E (IU)	0	23	0						
Vit-K (mcg)	13	120	11						
Minerals									
Calcium (mg)	80	1200	7						
Magnesium (mg)	186	420	44						
Phosphorus (mg)	426	700	61						
Potassium (mg)	1174	4700	25						
Sodium (mg)	263	1300	20						
Chloride (mg)	0	2000	0						
Chromium (mcg)	0	30	0						
Copper (mg)	0	1	54						
Fluoride (mg)	0	4	0						
Iodine (mcg)	0	150	0						
Iron (mg)	5	8	59						
Manganese (mg)	1	2	41						
Molybdenum (mcg)	0	45	0						
Selenium (mcg)	16	55	30						
Zinc (mg)	3	11	32						

 Tuesday, January 26, 2010

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
tease - Happy mood						
100 gram	Wild rice, cooked	100	101	4	21	0
72 gram	Raspberries, frozen	72	31	1	7	0
4 gram	Olive oil, extra virgin	4	34	0	0	4
17 gram	LIME JUICE, UNSWEETENED	17	4	0	1	0
114 gram	Almond non-dairy beverage	114	19	0	1	1
breakfast - Happy mood						
2 gram	Walnut, english, dried, raw	2	13	0	0	1
131 gram	Very Veggie Juice	131	38	1	8	0
30 gram	Tomato, red, ripe, whole, no salt	30	6	0	1	0
63 gram	Sprouted Grain bread	63	148	7	9	4
50 gram	SNAP BEAN, FROZEN, NO ADDED SALT (GREEN B	50	14	1	3	0
30 gram	Salmon, atlantic, wild, cooked	30	55	8	0	2
10 gram	PUMPKIN & SQUASH SEED, DRIED	10	54	2	2	5
15 gram	Onion, boiled, no salt	15	7	0	2	0
6 gram	Olive oil, extra virgin	6	51	0	0	6
25 gram	Lemon juice, canned or bottled	25	5	0	2	0
3 gram	Garlic, cooked	3	4	0	1	0
DAILY TOTALS		672	584	26	58	24

CPF: 42-19-39