



COIN Weight Loss Program

Omit and Increase for Weight Loss

Week 3:

This week you will:

- ✓ Use the COIN Approach to:
 - **O**mit and limit high-calorie and unhealthy foods from your diet
 - **I**ncrease heart healthy, low-calorie foods to your diet
- ✓ Learn about the DASH and Mediterranean approaches to eating

The 'O' and the 'I' in the COIN Approach

Last week, we discussed **cutting portions** to hit your daily calorie target. You learned about reading labels, the difference between servings and portion size, and the importance of measuring and estimating portions. This week, we will focus more on the '**O**' and the '**I**' in the COIN Approach. To remind you, the COIN Approach outlines 4 components of successful weight loss:

- **C**ommit to the program (and tracking!)
- **O**mit foods that are not heart healthy and cut portions
- **I**ncrease heart healthy foods and aerobic exercise
- **N**avigate weekends, holidays, and vacations

This table provides examples of the main categories of **less healthy/higher calorie** foods and drinks to omit, or limit, from your diet.

Sugar-sweetened beverages and alcohol	Soda, juice, sports drinks, specialty coffee and tea beverages, wine, beer,
High-fat foods	<p>Solid fats: Butter, margarine, animal fats, and semi-solid vegetable shortening</p> <p>Fried foods: French fries, fried chicken, chicken nuggets</p> <p>Sauces/dressings/spreads: Caesar dressing, mayonnaise, cream cheese</p> <p>Others: Potato chips, pizza, corn and tortilla chips</p>
High-sugar foods	<p>Baked goods: Cookies, cakes, muffins, pies</p> <p>Candy</p>

This table provides examples of the main categories of **healthier/lower calorie** foods that you can increase in your diet to help you achieve your calorie goal range.

Vegetables	Spinach, broccoli, kale, tomatoes, colored peppers, sweet potatoes
Fruits	Berries (e.g., blueberries, strawberries, raspberries, blackberries), citrus fruits (e.g., grapefruit, oranges)
Lean Proteins	Boneless/skinless white meat chicken or turkey, fish, egg whites/egg beaters, beans
Low-fat dairy and "good fats"	Skim-milk, 1% milk, Greek yogurt, low-fat cheese Extra virgin olive oil, nuts, avocados, seeds
Whole grains	Oatmeal, brown rice, bran, bulgur, quinoa

The DASH and Mediterranean Diets

The COIN Weight Loss Program focuses on a daily calorie target rather than a specific diet; however, it does rely on the Dietary Approaches to Stopping Hypertension (**DASH**) Diet and/or **Mediterranean Diet** to help guide your dietary choices. Some people like to follow the general guidelines of one or both of these approaches, while others like more structure, such as daily menus and recipes, offered by these approaches. Please see the handouts below for more information on these dietary approaches as a way to identify foods you should omit and increase your diet. You can also refer to the websites.

- **Mediterranean Diet**
 - 8 Simple Steps for Good Health: The Mediterranean Diet
 - <http://www.aicr.org/enews/2017/05-may/enews-mediterranean-diet-cancer-prevention.html>
- **DASH Diet**
 - The DASH Eating Plan
 - <https://www.nhlbi.nih.gov/health/health-topics/topics/dash/>
 - <https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?input-form=simple&v%3Asources=medlineplus-bundle&v%3Aproject=medlineplus&query=DASH+&x=37&y=15>