

# DFG TEEN FOOD CHALLENGE

Let's just get this out of the way right now...

## **THIS IS NOT ABOUT LOSING WEIGHT!!**

You don't need to lose weight. I don't care if you want a "six-pack" or if you are worried about how you look in a bathing suit on Spring Break. The fact is that if you put too much importance on the number on the scale or on how you look, then you are missing the point. We do all this to be healthier - to feel better, to do more, to suck less. When I say "diet" I'm talking about what you eat, not eating less to lose weight. You may not want to hear it but consider the following: Do you think that you will lose weight if you eat better? Improve the quality of food going into your body and lots of good things will happen!

## **I'm in. Tell me what to eat!**

Eat real food that doesn't come packaged in a box, can or bag. If there is an expiration date more than one month in the future it probably isn't "real food". If you have to cook it yourself, it probably counts.

<i>Yes</i>	<i>Maybe</i>	<i>No</i>
Meat Fish Eggs Nuts Fruit Veggies Water	Dairy Beans Rice Potatoes	Sugar Junk Food Soda/Energy Drinks Pop Tarts Cereal Bread

## **Yeah, that's not happening...**

Yes, it is generally difficult for the average teenager to eat like this on a regular basis. You have too many variables that are beyond your control to stick to this sort of diet, but this is what you should be eating!!! You need to understand the ultimate goal of food before you starting adding in cheats. This is what you should be aiming for even though we understand that you may not be able to stick to it right now. But you can always try!

## **So Fix the Biggest Problem!**

What's the one change that will give you the most bang for your buck?



Sugar is probably the one thing that you eat that screws up your body more than anything else. If you need science (or just want to learn about what is happening inside your body) look up "insulin resistance". I bet you also have some experience with the highs and lows of eating sugar (think post-Halloween sugar crash!). Unless you are very diligent about watching your sugar intake, this is the best place to start!

## Contest Rules

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1. You must write down what you eat on a food log. This has to be on the honor system!
2. Points are Monday through Friday only! You can eat whatever you like on the weekends but you still have to do the Food Log.
3. The Challenge lasts 3 weeks (i.e. you need to turn in 3 food logs).
4. Most points wins!

Here is how you earn points.

	<b>Points (per day)</b>	<b>What?</b>	<b>Why?</b>
<b>No Sugar</b>	+3 each day w/ no sugar +1 each day w/ only 1 cheat	No sugar No sugar substitutes Read your labels!	Sugar will kill you.
<b>2 Veggies/Day</b>	+1	If you aren't sure if it is a vegetable then it probably isn't. Beans don't count (they're legumes).	You need those vitamins and minerals
<b>2 Protein/Day</b>	+1	Meat, Fish, Eggs and maybe beans if you're in a pinch and have no other choice. Try to avoid highly processed meat like Spam and hot dogs.	You need it for muscles!
<b>Not Eating Enough</b>	-1 if under 2000 calories/day	I'll ballpark your calories based on your food log. If you think that you are close, then calculate calories yourself using something online like FitDay.	You need energy!

### Prizes

Winner = Free Month of Teens Class

Anyone with > 40 points at the end will get a gift bag of mostly homemade and healthy treats to keep you on track as you transition out of the Food Challenge!

### Agreement

If you choose to partake in the Food Challenge, please sign the agreement and have a parent/guardian do so as well! You will get the instructions back as long as I see that everyone has signed off on your participation!

I, \_\_\_\_\_, agree to participate in the Food Challenge to the best of my abilities. I will exert all my willpower to avoid sugar and making bad food choices. I will plan ahead like a Grandmaster Chess player to ensure that I eat enough of the good stuff that keeps me healthy and strong. I will also learn to love Brussel Sprouts. I also attest that my family knows about my desire to improve what I eat and will not tempt me with doughnuts and triple macchiato caramel lattes unless they are doing so out of love in an effort to increase my dietary discipline. Most importantly, I will be honest in writing down everything that I eat and drink during this challenge because I understand that cheating on a Food Log not only corrupts my body but also the depths of my soul.

Participant Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_