



The Beef WISE Study: What To Eat

Participants in the Beef WISE study followed the *State of Slim*¹ three-phase, 16-week comprehensive weight management program designed to reignite, rebuild and reinforce your metabolism and integrate what you eat with how you move. The plan is higher in protein, lower in fat and emphasizes whole-grain and non-starchy (i.e. vegetable) carbohydrates.

The Beef WISE study found that lean beef is just as effective as other protein choices to help people achieve important health goals such as weight loss while maintaining muscle mass and supporting a healthy heart, as part of a healthy lifestyle plan that included exercise.

This diet plan is structured into 3 distinct phases with phase-specific food choices from which participants can choose to eat in defined portions rather than counting calories.

PHASE
1

Reignite Your
Metabolism

PHASE
2

Rebuild Your
Metabolism

PHASE
3

Reinforce Your
Metabolism

The 5 *State of Slim* “Diet Rules” to encourage weight loss



Eat 6 times
per day



Have breakfast
within 1 hour
of waking



Don't count
calories, instead
measure portions



Have the right
carbohydrate and
protein mix at
every meal



Eat a healthy
fat twice a day

¹Hill JO, Wyatt H, Aschwanden C. *State of Slim: Fix Your Metabolism and Drop 20 Pounds in 8 Weeks on the Colorado Diet*. New York: Rodale Books, 2013.

PHASE 1

Reignite Your Metabolism

Shift your body out of fat-storing mode and into fat-burning mode

The Leanest Proteins – Have one at every meal and snack.

Lean Beef*	4-6 ounces
Chicken or Turkey Breast (without skin)	4-6 ounces
Extra Lean Ground Turkey Breast	4-6 ounces
Fish**	4-6 ounces
Egg Whites	1 cup (5-6 whites)
Plain, Nonfat Greek Yogurt	8 ounces
Nonfat Cottage Cheese	8 ounces
Protein Powder	1 scoop

*Extra Lean Ground Beef, Bottom Round Steak or Roast, Eye of Round Steak or Roast, Top Round Steak or Roast, Sirloin Tip or Top Sirloin Steak

**Cod, Mahi Mahi, Salmon, Snapper, Tilapia, Tuna, White Fish

“Reignite” Carbohydrates – Have one at a maximum of 3 meals or snacks per day.

Oatmeal	1/2 cup dry old-fashioned oats or 1/4 cup dry steel-cut oats (uncooked)
Nonfat Milk or Unsweetened Almond Milk	1 cup
Pumpkin	1 cup mashed

Vegetable Carbohydrates – These should be the only carbohydrate source at 3 meals or snacks a day.

Non-starchy Vegetables: Artichoke, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, dark leafy greens, eggplant, fennel, green beans, mushrooms, onions/scallions, parsnips, peppers, salad greens, summer squash, tomato/tomato sauce, turnips/rutabagas, zucchini	No limit
---	----------

Only the Healthiest Fats – Include fat in 2 meals or snacks per day.

Almonds or Walnuts	15-18 almonds or 8-9 walnut halves (Count them!)
Olive Oil or Canola Oil	1 tablespoon

Beverages

Calorie-free drinks like unsweetened coffee or tea, sparkling or still water, diet sodas or zero-calorie flavored waters are all fine. We recommend drinking two cups of water before each of the six meals. (No sugar or calorie containing juices, sodas or sports drinks, and no alcohol.)

PHASE 2

Rebuild Your Metabolism

(Incorporate these foods in addition to all foods included in Phase 1)

Train your metabolism to use more energy, further increase its capacity to burn fat, and develop the ability to switch rapidly between fuel sources

The Leanest Proteins – Have one at every meal or snack.

Shellfish	4-6 ounces
Buffalo, Ostrich or Venison (all lean cuts)	4-6 ounces
Pork (Tenderloin or Canadian bacon)	4-6 ounces
Whole Eggs	1 whole egg plus 3-4 egg whites

“Rebuild” Carbohydrates – Have one at a maximum of 3 meals and snacks per day.

Ezekiel Bread	1 slice
Whole Grain Pita or Tortilla	1 pita or tortilla*
Brown or Wild Rice, Barley, Rice Cakes	1/2 cup cooked or 2 rice cakes
Quinoa	1/2 cup cooked
Beans	1/2 cup whole beans or 1/3 cup nonfat refried
Sweet Potato or Winter Squash	4 ounces or 1/2 cup mashed
Nonfat and Low-fat Cheese	1-2 low-fat string cheese pieces or 1/2 cup nonfat or part-skim ricotta
Select Fruits	1 medium apple, 1 medium grapefruit, 1 cup of blueberries, strawberries, blackberries or raspberries

*No more than 150 calories, at least 12 g of fiber; may also consume 3 small corn tortillas as one serving

Healthy Fats – Include fat in 2 meals or snacks per day.

Avocado	1/3 of a medium avocado (about 3 1/2 ounces)
Pistachios	25 pistachios
Olives	3 1/2 ounces, about 10 olives

Beverages

Limit alcoholic beverages to special occasions.



Reinforce Your Metabolism

(Incorporate these foods in addition to all foods included in Phases 1 and 2)

Solidify your new habits to maintain your weight and rebuilt metabolism

The Leanest Proteins – Have one at every meal or snack.

Lean Beef*	4-6 ounces
Turkey Bacon or Turkey Sausage	1/2 to 1 cup of turkey sausage or 2 turkey sausage patties, 4 slices of turkey bacon
Lean Deli Meat or Lean Ham	4-6 ounces
Trout or Sea Bass	6-8 ounces
Flavored Nonfat Greek Yogurt	8 ounces
Protein Bars	1 bar

*Filet Mignon, New York Strip Steak

“Reinforce” Carbohydrates – Have one at a maximum of 3 meals or snacks per day.

Whole Grain Bread and English Muffins	1 slice regular calorie bread (about 100 calories per slice), 2 slices reduced-calorie bread (45-50 calories per slice), 1 English muffin (100-150 calories)
Whole Grain Bagel Thin	1 bagel thin
High-fiber, Low-sugar Cereals	1 cup (around 150-200 calories)
Whole Grain Couscous or Pasta	1/2 to 1 cup cooked
Low-fat or Reduced-fat Cheese	1/4 cup grated or 1 ounce
Nonfat or Low-fat, Regular Yogurts (Plain or Flavored)	6-8 ounces
Baked Potato	1 medium (6-8 ounces)
Corn	1 cup or 1 medium ear
Edamame	1/2 cup shelled
Peas	1 cup
Fruit	3 apricots, 1 banana, 1 cup of cherries or grapes, 1 1/2 tablespoon of dried cherries, 1 kiwifruit, 1 cup of mango, 1 orange, 1 peach, 1 pear, 1 plum

Only the Healthiest Fats – Include fat in 2 meals or snacks per day.

Almond or Peanut Butter	1 tablespoon
Hummus	1/4 cup

Beverages

Limit alcoholic beverages to special occasions.