

Phys1que Nutrition helps you log foods, reach goals

By Elise Oberliesen

Need some accountability in your meal plan? Consider the Phys1que Nutrition online tool to help you track foods and eat more of the healthy ones.

People who log their foods lose more weight and maintain losses over a greater amount of time, say experts. Among success stories from the National Weight Control Registry, <http://www.nwcr.ws> (a database of members who lost at least 30 pounds) food logging was listed as a successful behavior modification for weight loss.

If you're looking for an affordable online food logging tool, look no further. At just \$4.95 per month, no contracts and anytime cancellation policy, it can help you take the reigns of your nutrition success.

With its unique grading system, A-F, you can instantly track progress and goals. That means you will gain awareness about what's going in your mouth, based on the nutritional value of the foods you eat.

"It's an interactive grading system. Instead of just counting calories it also calculates your vitamins and minerals. The program tells you how to increase your vitamins and minerals if you are not getting enough," said Zeke Bonasera, owner of Phys1que Nutrition. Zeke currently holds N.A.S.N (National Association of Sports Nutrition) and N.S.C.A (National Sports and Conditioning Association) certifications.

But don't just take it from the trainer. When Jen R. started using the tool, it opened her eyes to hidden salt.

"With frozen lunch entrees, I didn't realize how much sodium I was taking in," Jen said. Now Jen packs her own lunches and creates healthier choices with fresh foods from her kitchen.

"I'm starting to make sandwiches at home the night before," Jen said.

No one will kid you about making the commitment to log foods; it takes time. But Jen says the payoff is worth it.

"It benefits my health and my body," she said.

Features Include

- Meal planning at your fingertips
- Menus for pregnant or nursing moms
- Food suggestions based on your preferences
- Need more calcium? Correction options to fix vitamin and mineral deficiencies
- Recipe creation helps you stay on track while you try new foods
- Custom food entry
- Graphs to track weight loss or body fat loss
- Don't like our graphs? Create your own

Special features

Have a dairy allergy? Then eliminate those foods that offend your digestive system. Simply delete dairy foods from your food preferences list and click to see new options instead of dairy.

Stuck in a rut?

The tool offers suggestions that help renew your motivation and get you back on track. Many times we get bored with food choices and cannot seem to find new ones.

"People usually eat the same 50 foods," Zeke said. And that sets you up for boredom. This nutrition tool goes one step further to help you pick new foods that taste good to you.

"When you are out of your favorite foods, it gives you a list of alternatives," Zeke said. And that makes it quick and easy to make quick changes and add new foods to your grocery list.

Striving for more potassium? It makes good sense if you exercise, since excessive sweat depletes this vital nutrient. But don't forget, potassium boosts heart health, says the American Heart Association, www.americanheart.org. Jen came up short on potassium despite her continued efforts to pack more bananas for lunch. The tool taught her about other potassium-rich foods. Now she can choose tomatoes, strawberries, cantaloupe, dried fruits, beets, spinach, beans, peas, turkey, beef or fish.¹

Need more variety?

Simply take a look at what other members' are eating. You will have endless ideas about what you could be eating. It's a great way to spice up the menu and put a little adventure back on the plate.

¹ <http://www.americanheart.org/presenter.jhtml?identifier=331>

Get Started Now

Just go to www.phys1que.com, click sign up and you will be on your way to better health.

No pills, no gimmicks, no starvation. Just log your foods and start living a healthier lifestyle to realize your goals.