

# THE ABS DIET START-UP KIT

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**HIS SIMPLE SHOPPING LIST WILL** give you everything you need to dive right in to the Abs Diet and the Abs Diet Workout.

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## Buy Once

Blender	Ground flaxseed, 1 pint	Multivitamins, such as Solaray Men's Golden Multi-Vita-Min, 1 jar
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## Basic Shopping List—The ABS DIET POWER 12 and Related Foods

Almonds, slivered or whole	Peanut butter, all-natural (no added sugar)	Plus:	Lean fish of choice
Beans of choice	Olive oil	Canned tuna	Lean ground beef
Spinach, fresh or frozen	Whole-grain breads and cereals	Chicken breast	Long-grain rice
Dairy (fat-free or low-fat milk and vanilla yogurt)	Extra-protein (whey) powder, 1 quart container	Grapefruit or other fruit of choice	Whole-wheat pasta
Instant oatmeal (unsweetened, unflavored)	Raspberries, fresh	Green vegetables of choice	
Eggs			
Turkey, sliced			

## Shopping List—Ingredients for Recipes

(see recipes for individual amounts)

Baby carrots	Fresh ginger	Low-fat Italian salad dressing packet	Salsa
Balsamic vinegar	Garbanzo beans	Mexican-style tomatoes	Saltine crackers or bread crumbs
Bananas	Garlic	Mushrooms	Spaghetti sauce
Black beans	Green and red bell peppers	Navy beans	Stir-fry sauce
Brown rice	Guacamole	Onions	Sweet corn
Canadian bacon	Honey	Onion soup mix	Tabasco sauce
Canned chicken stock	Honeydew melon	Orange juice	Tomato
Canned peeled tomatoes	Honey-wheat English muffins	Paprika	Tomato sauce
Carnation Instant Breakfast packets	Italian seasoning	Parmesan cheese	Tortillas
Cayenne peppers	Jalapeño peppers	Reduced-fat cheese (cottage, cream, mozzarella, Swiss, American, Cheddar)	Trans fat-free margarine
Celery	Ketchup	Raisin bread	Turkey bacon
Chili powder	Lean sirloin steak	Raisins	Turkey sausage
Curry powder	Lean sliced roast beef	Romaine lettuce	Whole-wheat pitas
Dried chili mix	Lemon and lime concentrate, frozen		Worcestershire sauce
Fat-free mayonnaise			
Flour			

## For At-Home Exercise

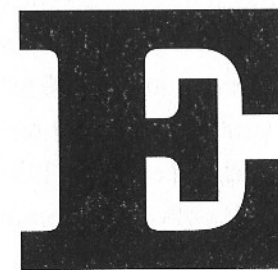
(if you belong to a gym, they should have all necessary equipment)

Exercise mat (optional)	One or two pairs of medium-weight dumbbells (5- to 25-pounds for someone with some experience lifting weights; lighter for beginners)	Running shoes
Flat bench (optional, but recommended)		Swiss ball (optional, but recommended)

# Chapter 2

## WHY THE ABS DIET? AND WHY NOW?

Shocking New Scientific Breakthroughs in Nutrition



EARLIER IN THIS BOOK, I OUTLINED half a dozen ways the Abs Diet will improve your life. And I told you about the unique and scientifically

proven promise of the Abs Diet, how it can strip off up to 20 pounds of fat in 6 weeks—starting with your belly. But the next steps are up to you.

If you're simply not interested in improving your life—if the idea of becoming a slimmer, fitter, healthier, pain-free, more successful, more sexually vital person doesn't appeal to you—then close this book right now, and return it. (After you wipe off the Cheetos grease

heard of omega-3 fatty acids. They're the fats found in fish, and a diet high in omega-3's has been shown to help protect the heart from cardiovascular disease. That's plenty enough reason to include seafood in your diet. But new evidence suggests that this type of fat can actually help you control your weight. In one study, subjects who took in 6 grams a day of fish oil supplements burned more fat during the course of a day than those who went without. Researchers suspect that a diet high in omega-3's actually alters the body's metabolism and spurs it to burn fat more efficiently.

Now, you can take fish oil supplements if you want, but you'll miss the muscle-building protein benefits of real fish. The fish with the highest levels of omega-3's are the fish you probably enjoy the most already—salmon and tuna, to name two. (To see where your favorite fish falls in the omega-3 sweepstakes, see the chart on the opposite page.) In addition to being packed with heart-healthy, fat-burning omega-3's, fish is also a great source of lean, muscle-building protein.

There's another amazing, secret Powerfood that bodybuilders know about but you may have never even heard of: flaxseed. Flax is a seldom-used grain that's *loaded* with omega-3's as well as cholesterol-busting fiber. You'll find flaxseeds and flaxseed oil in most health food stores. Grab it! I keep ground flaxseed in the fridge, and I toss it on breakfast cereals, into smoothies, and on top of ice cream. It's got a mild nutty flavor you'll like. It crushes cholesterol with its omega-3's, it adds artery-scouring fiber to your diet, and it might just be your best weapon against fat.

Omega-6 fatty acids also help lower bad cholesterol and raise good cholesterol. They're found in vegetable oils, meat, eggs, and dairy products. They're so common to so many foods, in fact, that only those of you currently shipwrecked on deserted islands living off flotsam and jetsam need worry about not getting enough in your diet.

## EAT MORE

Fish

Flaxseed and flaxseed oil

**Monounsaturated fats: GOOD.** Monounsaturated fats are found in nuts, olives, peanuts, avocados, and olive and canola oils. Like omega-3's, these fats help reduce cholesterol levels and protect against heart disease, but they also help you burn fat; in one study, researchers found that the body burns more fat in the 5 hours following a meal high in monos than after a meal rich in saturated fats.

Monounsaturated fats will not only lower your cholesterol and

## SEAFOOD WITH THE HIGHEST OMEGA-3 CONTENT

All data are for 3-ounce servings (except for sardines, which is for 3¾ ounces). Aim for a total of 2.5 grams (g) of omega-3's per day.

TYPE OF FISH	OMEGA-3 CONTENT	PREPARED
Shad	3.7 g	Baked
Sardines	2.4 g	Water-packed can
Mackerel	1.9 g	Broiled
Sablefish	1.9 g	Broiled
Salmon	1.6 g	Poached
Tuna	1.5 g	Grilled
Oysters	1.4 g	Boiled
Trout	1.2 g	Broiled
Shark	1.1 g	Grilled
Swordfish	1.1 g	Grilled
Tuna	0.07 g	9-oz water-packed can

move because that means you'll be eating too little carbohydrate and too much fat—probably saturated fat.” Instead, to maintain you're body's best glycemic response, center your meals around foods with GLs of 19 or less and shoot for a GL of less than 120 for the whole day.

Sound confusing? It doesn't need to be. The Abs Diet Powerfoods and the Abs Diet recipes all have low to moderate glycemic loads. All you have to do is follow the plan. And on those occasions when you are stuck and need to choose between two or more foods, refer to the chart on page 276.

## Calcium: The Future of Fat Fighting

**YOU'VE SEEN MORE** than enough milk moustaches to know that calcium strengthens your bones, but did you know that calcium can also firm up your gut? Researchers at Harvard Medical School showed that those who ate three servings of dairy a day—which in conjunction with other foods provides about 1,200 milligrams of calcium (about the daily recommendation)—were 60 percent less likely to be overweight. In studies at the University of Tennessee, researchers put subjects on diets that were 500 calories a day less than what they were used to eating. Yup, the subjects lost weight—about 1 pound of fat a week. But when researchers put another set of subjects on the same diet but added dairy to their meals, their fat loss doubled, to 2 pounds a week. Same calorie intake, double the fat loss.

Calcium seems to limit the amount of new fat your body can make, according to the University of Tennessee research team. In another study conducted at the same lab, men who added three servings of yogurt a day to their diets lost 61 percent more body fat and 81 percent more stomach fat over 12 weeks than men who

didn't eat yogurt. A study in Hawaii found that teens with the highest calcium intakes were thinner and leaner than those getting less calcium.

Some researchers speculate that dairy calcium helps fight fat because it increases the thermic effect of eating—in other words, you burn more calories digesting calcium-rich foods than you would if you ate something with equal calories but no calcium. That's one reason why calcium supplements, though good for bone-building and other bodily functions, don't have the same effect as dairy—fewer calories to digest, so fewer calories to burn.

And calcium has its benefits beyond stronger bones and leaner bodies. After analyzing data from 47,000 men involved in the Health Professional's Follow-Up Study, Harvard researchers found that men whose diets included 700 to 800 milligrams of the mineral a day were up to 50 percent less likely to develop some forms of colon cancer than men whose diets contained less than 500 milligrams. For best effect, shoot for about 1,200 milligrams (mg) of calcium per day.

The Abs Diet recommended calcium-rich foods are:

- ▶ 1 ounce grated Parmesan cheese (314 mg)
- ▶ 1 cup large-curd cottage cheese (126 mg)
- ▶ 8 ounces low-fat yogurt (415 mg)
- ▶ 8 ounces low-fat milk (264 mg)
- ▶ 1 ounce (1-inch cube) Swiss cheese (224 mg)
- ▶ 1 ounce (1 slice) Cheddar cheese (204 mg)
- ▶ 1 ounce mozzarella cheese (143 mg)
- ▶ 1 scoop (28 g) whey powder protein (110 mg)

another mantra has begun to take hold in American society: EAT LESS FAT.

This directive comes not from a book-peddling diet doc but from the U.S. government, in the form of a revised food pyramid designed by the Food and Drug Administration. Fat has been fingered as the root of all dietary evils: Simply put, fatty foods translate into fatty people. Diet experts race to defend this idea, which on the face of it sounds pretty logical: Dietary fat is more easily transformed into body fat, whereas carbohydrates are preferentially burned off for energy. Hence, swap your fat calories for carb calories, and voilà, you've entered into the magical weight loss zone.

Quickly, food manufacturers move to capitalize on these exciting developments. As sales of fat-free milk rise, packages of reduced-fat, low-fat, and fat-free cheeses, spreads, yogurts, ice creams, cakes, and cookies begin to fill the supermarket shelves. Some taste okay. Some taste like sugar-crusted cardboard. But what the hell—no fat, no foul. *Carbo-loading* becomes a byword of amateur athletes all across the country.

However, this whole low-fat theory comes with one big but. (Actually, it comes with millions of big butts, as the obesity rate

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## FIVE WAYS TO ADD MORE FIBER

**To your eggs:** A third of a cup of chopped onion and a clove of garlic will add 1 gram of fiber to a couple of scrambled eggs.

**To your sandwich:** Hate whole wheat? Go with rye. Like wheat, it has 2 grams of fiber per slice. That's more than twice the amount of fiber in white.

**To your dinner:** Have a sweet potato. It has 2 grams more fiber than a typical Idaho potato.

**To your cereal:** Half a cup of raspberries adds 4 grams of fiber.

**To your snack:** Eat trail mix. Half a cup of Raisin Bran, 1 ounce of mixed nuts, and five dried apricot halves give you almost 7 grams of fiber.

has risen 15 percent in the past 10 years.) Like today's low-carb craze, the low-fat craze originally appears to work because it creates a restrictive eating program that eliminates certain foods and, hence, a certain number of calories. If you suddenly have to cut out countless steaks, baked goods, slabs of butter, nuts, dairy products, and desserts, presto, you lose weight.

But, as with carbohydrates, our bodies crave fat. Fatty foods (beef, fish, and dairy products, for instance) are usually high in muscle-building proteins and supply critical vitamins and minerals (the vitamin E in nuts and oils, the calcium in cheese and yogurt). So you can go on a low-fat diet for only so long before you wind up facedown in a pint of Chunky Monkey. That's the way Mother Nature planned it.

What she didn't plan for, however, was the craftiness of food marketers. Knowing that low-fat dieters are secretly pining for the old days when a nice slice of cake and a scoop of ice cream ended every celebratory meal, grocery manufacturers go into the laboratory and come out with hundreds of new low-fat foods. And that leads to what should go down in history as The Great Snack-Well's Debacle.

Nabisco conceives SnackWell's as the ultimate answer to the low-fat diet craze. SnackWell's, which you can still find on grocery shelves today, are fat-free and low-fat cookies that somehow carry nearly all the flavor of full-fat cookies. The secret is that Nabisco loads up the cookies with extra sugar (except in the sugar-free varieties), so consumers can indulge their sweet tooth without ever missing the fat. How this development plays out in the mind of the average consumer is simple to predict:

"All I have to do to lose weight is to cut out fat."

"Yo! These cookies have no fat. Let's buy two packages!"

"Honey, did you eat that second package of cookies for breakfast? I wanted it!"

Candy. But if you want to look slimmer, feel fitter, and—not coincidentally—live longer, then you need to eat more often. In the same study, subjects who added three snacks a day to three regular meals balanced out their energy better, lost fat, and increased lean body mass (as well as increased their power and endurance).

In a similar study, researchers in Japan found that boxers who ate the same amount of calories a day from either two or six meals both lost an average of 11 pounds in 2 weeks. But the guys who ate six meals a day lost 3 pounds more fat and 3 pounds less muscle than the ones who ate only two meals.

There's science to support the fact that more meals work, but the plain-speak reason it works is because it does something that many diets don't do: It keeps you full and satiated, which will reduce the likelihood of a diet-destroying binge.

**How it works:** For scheduling purposes, alternate your larger meals with smaller snacks. Eat two of your snacks roughly 2 hours before lunch and dinner, and one snack roughly 2 hours after dinner.

Sample time schedule:

8 A.M.: breakfast

11 A.M.: snack

1 P.M.: lunch

4 P.M.: snack

6 P.M.: dinner

8 P.M.: snack

For a complete 7-day meal plan, check out page 104. It's not something you need to stick to religiously, just a suggestion for how you can make the Abs Diet work for you. It also shows how to incorporate the recipes you'll find in chapter 9 into your everyday life.

## Guideline 2: Make These 12 Abs Diet Powerfoods the Staples of Your Diet

The Abs Diet will teach you to focus on (not restrict yourself to) a handful of food types—the Abs Diet Power 12—to fulfill your core nutritional needs. These foods are all good for you. They're so good, in fact, that they'll just about single-handedly exchange your fat for muscle (provided you've kept your receipt). Just as important, I've designed the Power 12 to include literally thousands of food combinations. There are hundreds of dairy products, fruits and vegetables, lean meats, and other choices to satisfy your tastes. Incorporating these Powerfoods into your six meals a day will satiate your tastes and cravings and keep you from feasting on the dangerous fat promoters in your diet.

You'll read more about these Powerfoods in chapter 8. For now, I just want you to remember:

**Almonds and other nuts**

**Beans and legumes**

**Spinach and other green vegetables**

**Dairy (fat-free or low-fat milk, yogurt, cheese)**

**Instant oatmeal (unsweetened, unflavored)**

**Eggs**

**Turkey and other lean meats**

**Peanut butter**

**Olive oil**

**Whole-grain breads and cereals**

**Extra-protein (whey) powder**

**Raspberries and other berries**

**12!**

## THE 7-DAY ABS DIET MEAL PLAN

Unlike most diet plans, which are laden with complex, hard-to-follow rules and verboten foods you love but have to live without, the Abs Diet lets you eat the foods you love, keeps your cravings at bay, and helps you control stress—all at the same time. Here's an example of how you can structure a week of eating. It's not written in stone, by any means: Mix up the meals. Substitute whenever you want. Heck, I don't care if you eat the same thing every day for a week. The purpose of this chart is simply to show you how to follow the principles of the Abs Diet. So enjoy!

### MONDAY

**Breakfast:** One tall glass (8 to 12 ounces) Abs Diet Ultimate Power Smoothie (page 136); make extra for later

**Snack #1:** 2 teaspoons peanut butter, raw vegetables (as much as you want)

**Lunch:** Turkey or roast beef sandwich on whole-grain bread, 1 cup 1% or fat-free milk, 1 apple

**Snack #2:** 1 ounce almonds, 1½ cups berries

**Dinner:** Mas Macho Meatballs (page 145)

**Snack #3:** 8 to 12 ounces Abs Diet Ultimate Power Smoothie

### TUESDAY

**Breakfast:** Eggs Beneficial Sandwich (page 139)

**Snack #1:** 2 teaspoons peanut butter, 1 bowl oatmeal or high-fiber cereal

**Lunch:** The I-Am-Not-Eating-Salad Salad (page 142)

**Snack #2:** 3 slices deli turkey, 1 large orange

**Dinner:** Bodacious Brazilian Chicken (page 145)

**Snack #3:** 1 ounce almonds, 4 ounces cantaloupe

### WEDNESDAY

**Breakfast:** One tall glass (8 to 12 ounces) Strawberry Field Marshall Smoothie (page 137); make extra for later

**Snack #1:** 1 ounce almonds, 1 ounce raisins

**Lunch:** Guac and Roll (page 142)

**Snack #2:** 1 stick string cheese, raw vegetables (as much as you want)

**Dinner:** Chile-Peppered Steak (page 146)

**Snack #3:** 8 to 12 ounces Strawberry Field Marshall Smoothie

### THURSDAY

**Breakfast:** 1 slice whole-grain bread with 1 tablespoon peanut butter, 1 medium orange, 1 cup All-Bran cereal with 1 cup 1% or fat-free milk, 1 cup berries

**Snack #1:** 8 ounces low-fat yogurt, 1 can low-sodium V8 juice

**Lunch:** Guilt-Free BLT (page 142)

**Snack #2:** 3 slices deli roast beef, 1 large orange

**Dinner:** Philadelphia Fryers (page 146)

**Snack #3:** 2 teaspoons peanut butter, 1 cup low-fat ice cream

### FRIDAY

**Breakfast:** One tall glass (8 to 12 ounces) Banana Split Smoothie (page 137); make extra for later

**Snack #1:** 1 ounce almonds, 4 ounces cantaloupe

**Lunch:** Hot Tuna (page 143)

**Snack #2:** 3 slices deli roast beef, 1 large orange

**Dinner:** Chili Con Turkey (page 146)

**Snack #3:** 8 to 12 ounces Banana Split Smoothie

### SATURDAY

**Breakfast:** One tall glass (8 to 12 ounces) Halle Berries Smoothie (page 137); make extra for later

**Snack #1:** 1 bowl high-fiber cereal, 1 cup low-fat yogurt

**Lunch:** Leftover Chili Con Turkey

**Snack #2:** 2 teaspoons peanut butter, 1 or 2 slices whole-grain bread

**Dinner:** *Cheat meal!* Have whatever you've been craving this week: beer and wings, beer and pizza, beer and bratwurst—anything you can dream of.

**Snack #3:** 8 to 12 ounces Halle Berries Smoothie

### SUNDAY

**Breakfast:** The I-Haven't-Had-My-Coffee-Yet Sandwich (page 140)

**Snack #1:** 2 teaspoons peanut butter, 1 can low-sodium V8 juice

**Brunch (relax—it's Sunday):** 2 scrambled eggs, 2 slices whole-grain toast, 1 banana, 1 cup 1% or fat-free milk

**Snack #2:** 3 slices deli roast beef, 1 slice fat-free cheese

**Dinner:** BBQ King (page 148)

**Snack #3:** 1 ounce almonds, 1 cup low-fat ice cream

## DUMBBELL SMARTS

When it comes to versatility, ease of use, and pure effectiveness, no piece of equipment is more effective at building muscle than a pair of dumbbells. On a practical level, they're inexpensive (\$50 and up), virtually indestructible, and, if you work out at home, pretty compact. (Just try stuffing a Soloflex under the bed!) But that's just the obvious stuff. Here are eight reasons why smart folks surround themselves with dumbbells.

**1. Dumbbells give you a more complete workout.** You may think of dumbbells only in terms of biceps curls, but they're effective for working your legs (Lunges, Calf Raises), back (Deadlifts), and abdominals (Side Bends, Weighted Crunches) as well.

**2. Dumbbells challenge your muscles more.** One of the biggest challenges to weight lifters is a phenomenon called plateauing. When your body becomes used to a given workout, it stops being challenged, and your muscles stop growing. Because there are hundreds of different exercises you can do with dumbbells, you can keep changing and updating your workout, so your muscles stay challenged—and keep growing. For example, there are 15 or 20 variations of biceps curls you can do with dumbbells, as opposed to only a handful you can do with a barbell and only one or two at most on an exercise machine.

**3. Dumbbells build greater strength.** Because they allow for a greater range of motion during exercise, dumbbells challenge your muscles in ways no other equipment can. For example, a barbell becomes restricting during a bench press because you can bring the weight down only so far before your chest gets in the way. But when you're holding a dumbbell in each hand, you can bring the weight down lower during each repetition, calling into play more muscle fiber and stimulating more growth.

**4. Dumbbells build strength faster.** Negative resistance training refers to the stress you put on your muscles during the lowering, or negative, phase of an exercise. And negative resistance may grow muscle even more effectively than the positive, or lifting, phase of an exercise. With dumbbells, you can add extra negative resistance into your workout. Let's say you've done 10 biceps curls with your left hand and you can't possibly lift the weight one

more time. You can now cheat, using your right hand to help your left lift the weight one more time, and simply lower the dumbbell using your left hand only. Doing so will help you squeeze out that last little bit of benefit from your workout.

**5. Dumbbells can give you a healthier heart.** Plenty of studies have shown that weight training reduces blood pressure and indirectly strengthens the heart. More recently, researchers have shown that a dumbbell workout can yield additional benefits, including a lower lipid profile (less gum for your arteries) and increased oxygen uptake. Dumbbells do a better job at this type of inner-body workout than other types of weight training, again because of the greater range of motion they allow.

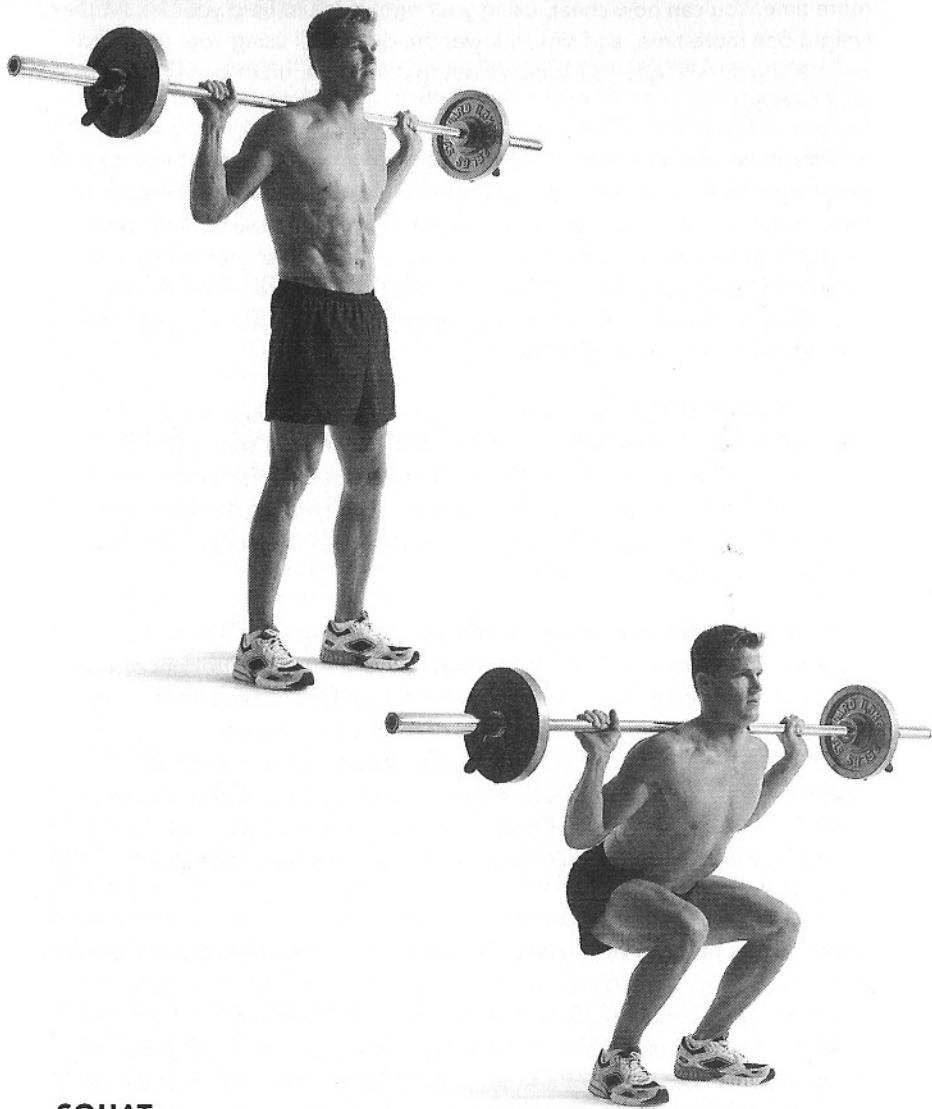
**6. Dumbbells make you smarter.** Your muscles, anyway. Dumbbells make you work in three dimensions: They don't lock you into the static up-and-down or side-to-side motions that exercise machines do. That means your muscles learn to function in real life as well as in the gym. And that's important whether you're catching the winning pass in the Super Bowl or catching the kids before they fall off the swings.

**7. Dumbbells keep your body in balance.** By forcing each arm to lift its fair share, dumbbells help to immediately identify strength imbalances that may have developed from sports, from simple acts like driving or carrying a briefcase, or from lifting with barbells or machines. When pressing a barbell overhead, for example, you can compensate for a weaker left arm by pushing more with your right side—and just making the imbalance worse. When you're pressing two dumbbells overhead, however, each side of your body has to work independently—and each side gets the same amount of exercise.

**8. Dumbbells help prevent injury.** Exercise machines are calibrated to target one muscle exclusively, to maximize growth. That's fine if your only daily activity is flexing, but on a practical level, it's important to strengthen the small muscles, ligaments, and tendons that act to stabilize the joints. Machines may miss these secondary muscles and supporting tissues, which can set you up for an injury. Dumbbells, on the other hand, strengthen you everywhere and protect your body from harm.

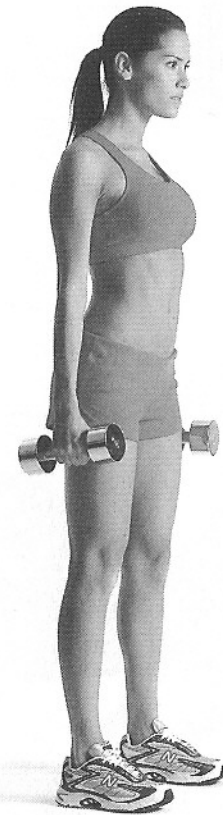


## BASIC EXERCISES

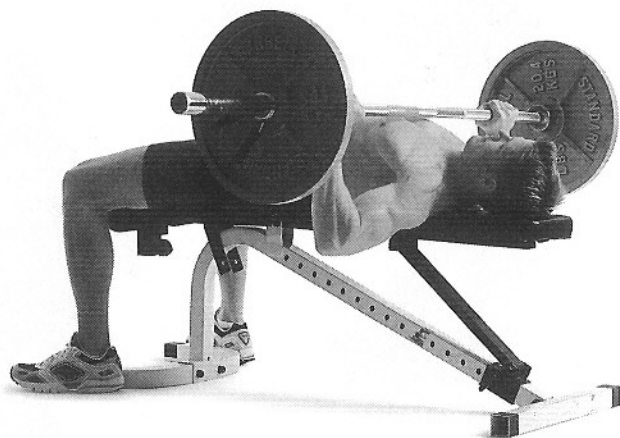
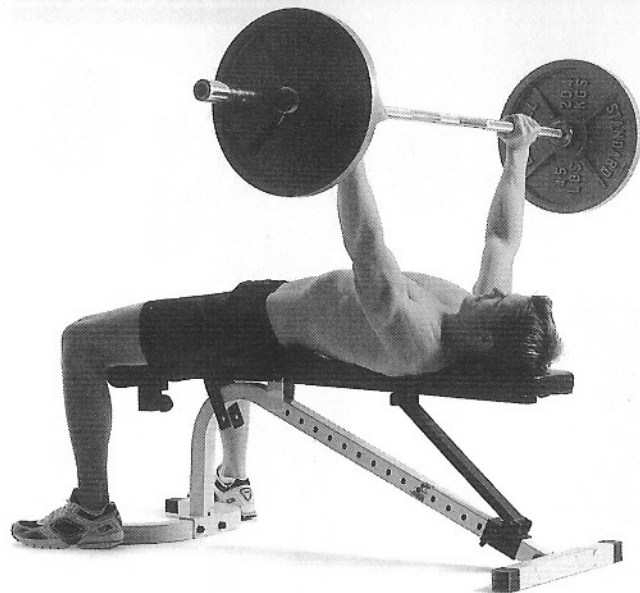


### SQUAT

Hold a barbell with an overhand grip so that it rests comfortably on your upper back. Set your feet shoulder-width apart, and keep your knees slightly bent, back straight, and eyes focused straight ahead. Slowly lower your body as if you were sitting back into a chair, keeping your back in its natural alignment and your lower legs nearly perpendicular to the floor. When your thighs are parallel to the floor, pause, then return to the starting position.

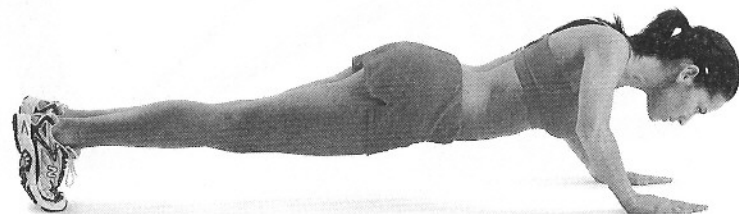
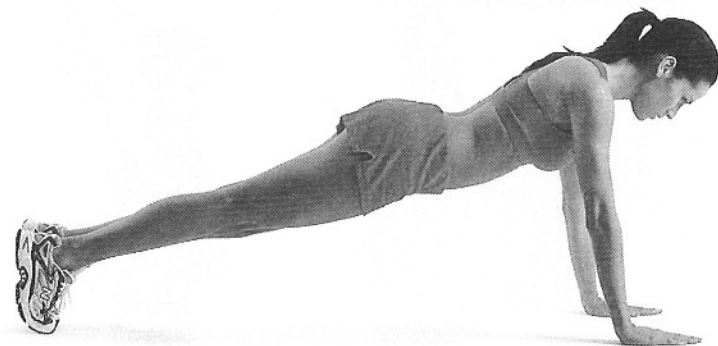


**HOME VARIATION:** Same, but with one dumbbell in each hand, your palms facing your outer thighs.

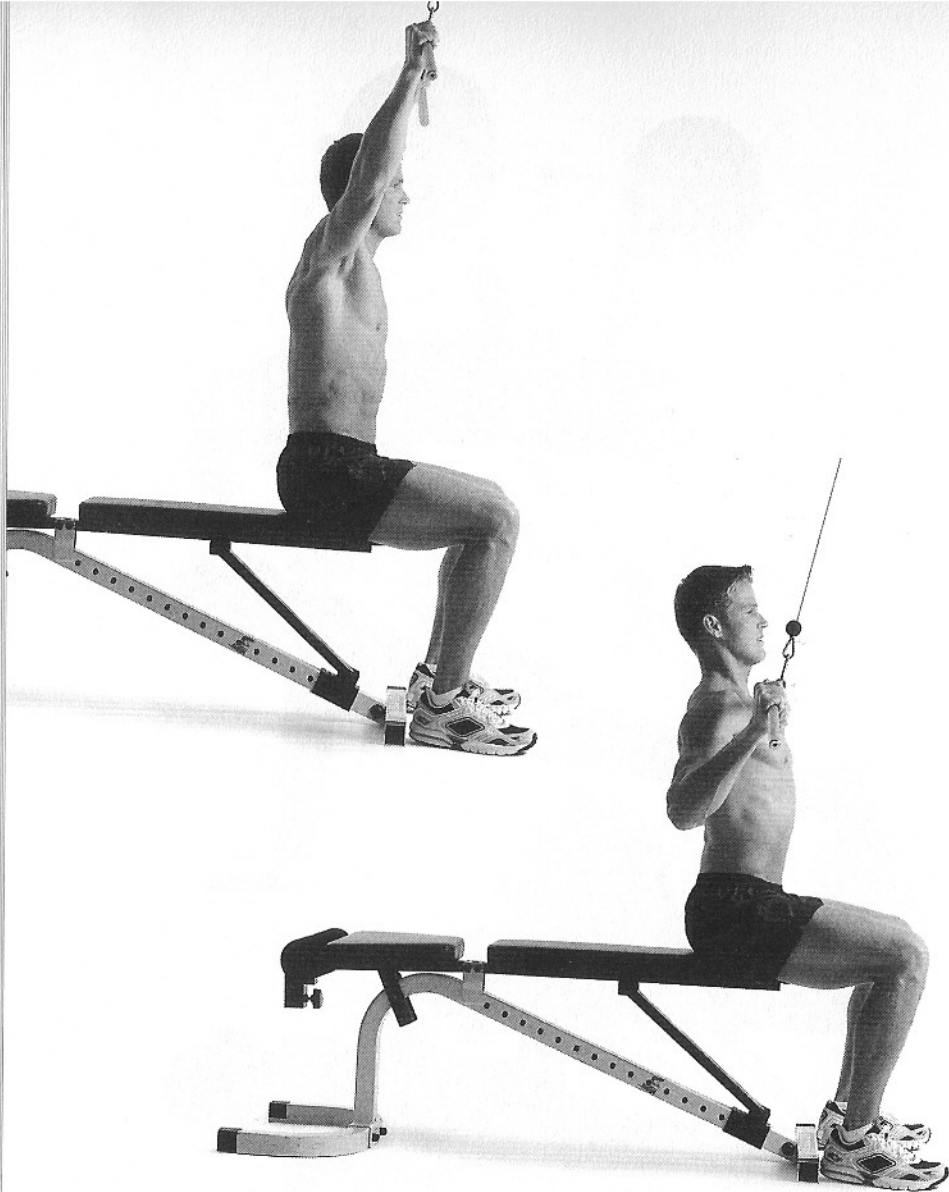


## BENCH PRESS

Lie on your back on a flat bench with your feet on the floor. Grab the barbell with an overhand grip, your hands just beyond shoulder-width apart. Lift the bar off the uprights, and hold it at arm's length over your chest. Slowly lower the bar to your chest. Pause, then push the bar back to the starting position.

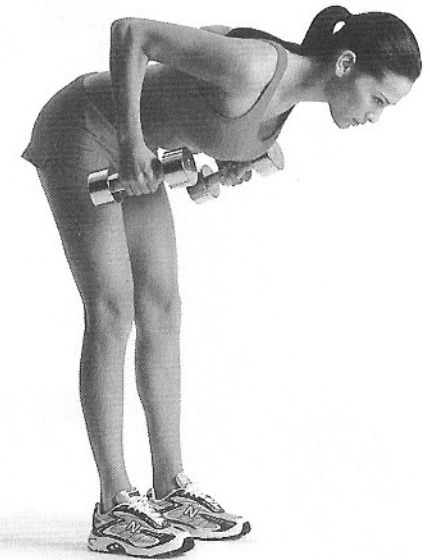
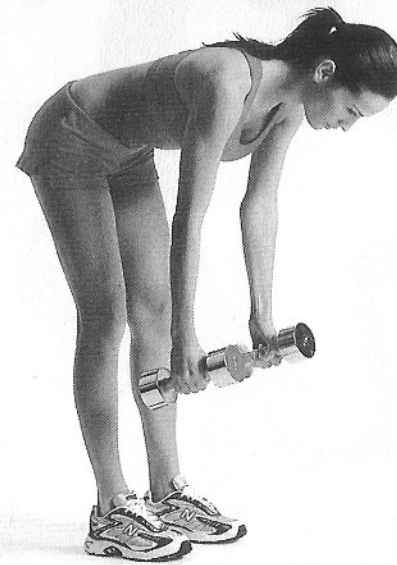


**HOME VARIATION:** *Just do standard Pushups: Get in a Pushup position with your hands about shoulder-width apart. Bend at the elbows while keeping your back straight, until your chin almost touches the floor, then push back up.*

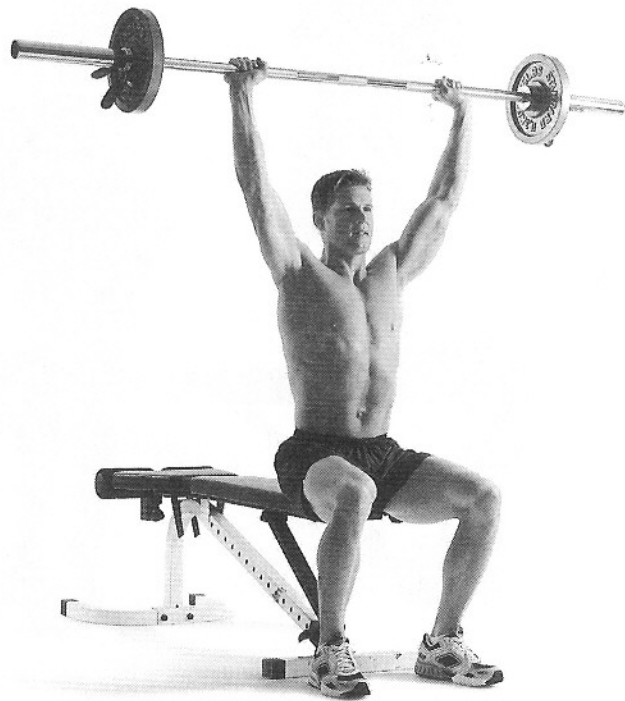
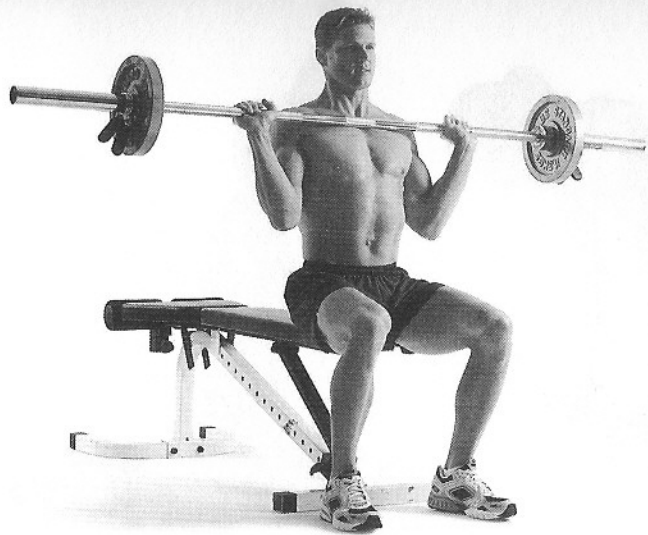


## **PULLDOWN**

Stand facing a lat pulldown machine. Reach up and grasp the bar with an overhand grip that's 4 to 6 inches wider than your shoulders. Sit on the seat, letting the resistance of the bar extend your arms above your head. When you're in position, pull the bar down until it touches your upper chest. Hold this position for a second, then return to the starting position.



**HOME VARIATION:** *Bent-Over Row.* Stand with your knees slightly bent and shoulder-width apart. Bend over so that your back is almost parallel to the floor. Holding a dumbbell in each hand, let your arms hang toward the floor. With your palms facing in, pull the dumbbells toward you until they touch the outside of your chest. Pause, then return to the starting position.



### **MILITARY PRESS**

Sitting on an exercise bench, hold a barbell at shoulder height with your hands shoulder-width apart. Press the weight straight overhead so that your arms are almost fully extended, hold for a count of one, then bring it down to the front of your shoulders. Repeat.

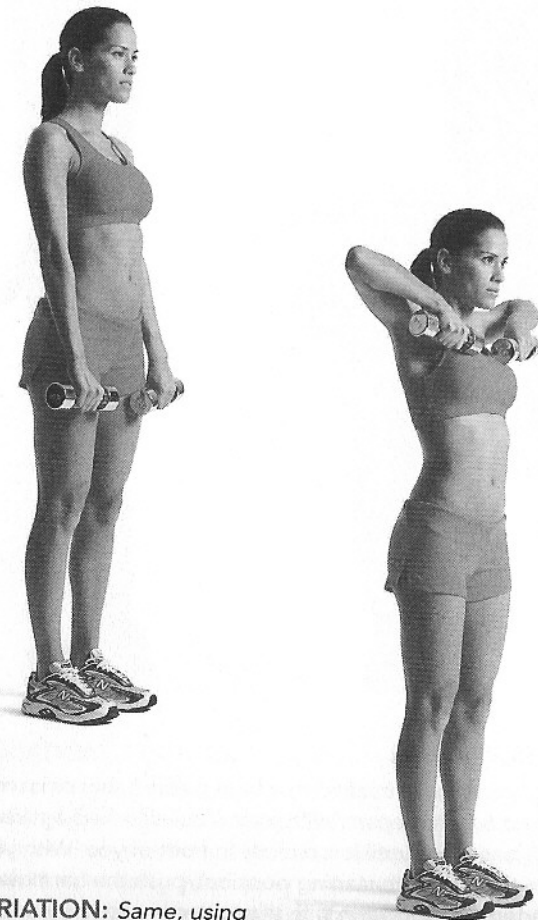


**HOME VARIATION:** *Sitting on a sturdy chair instead of a bench, hold one dumbbell in each hand, about level with your ears. Push the dumbbells straight overhead so that your arms are almost fully extended, hold for a count of one, then return to the starting position. Repeat.*

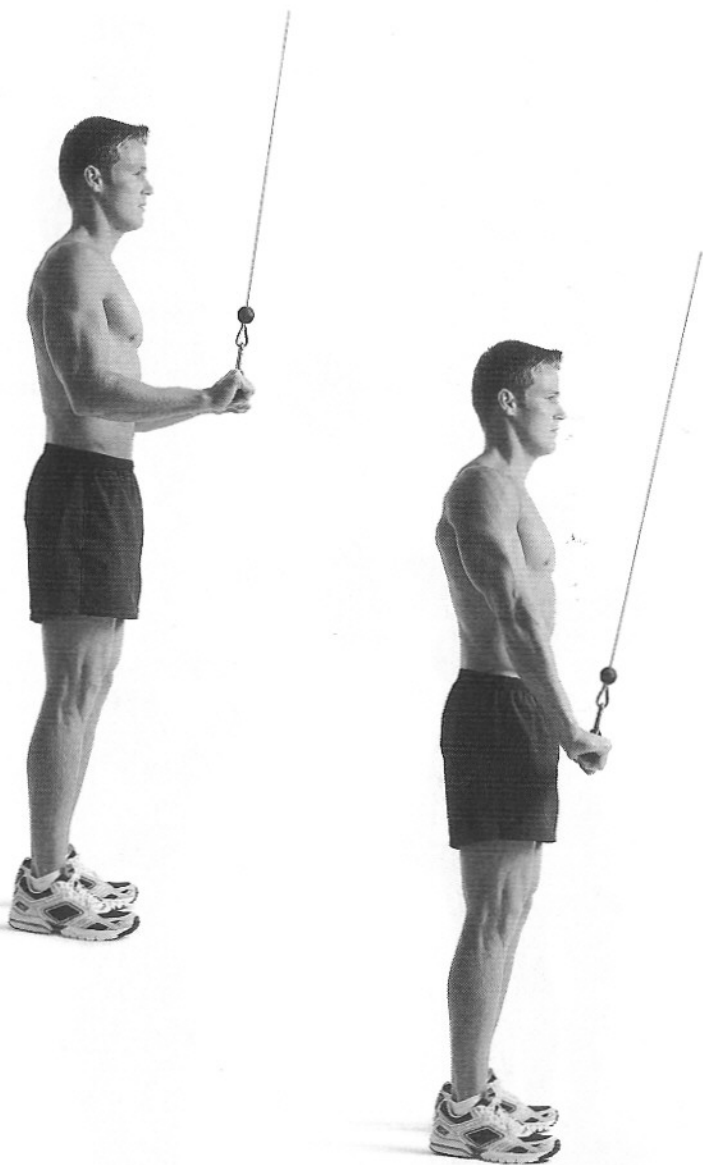


### UPRIGHT ROW

Grab a barbell with an overhand grip, and stand with your feet shoulder-width apart and your knees slightly bent. Let the barbell hang at arm's length on top of your thighs, thumbs pointed toward each other. Bending your elbows, lift your upper arms straight out to the sides, and pull the barbell straight up until your upper arms are parallel to the floor and the bar is just below chin level. Pause, then return to the starting position.



**HOME VARIATION:** Same, using one dumbbell in each hand.

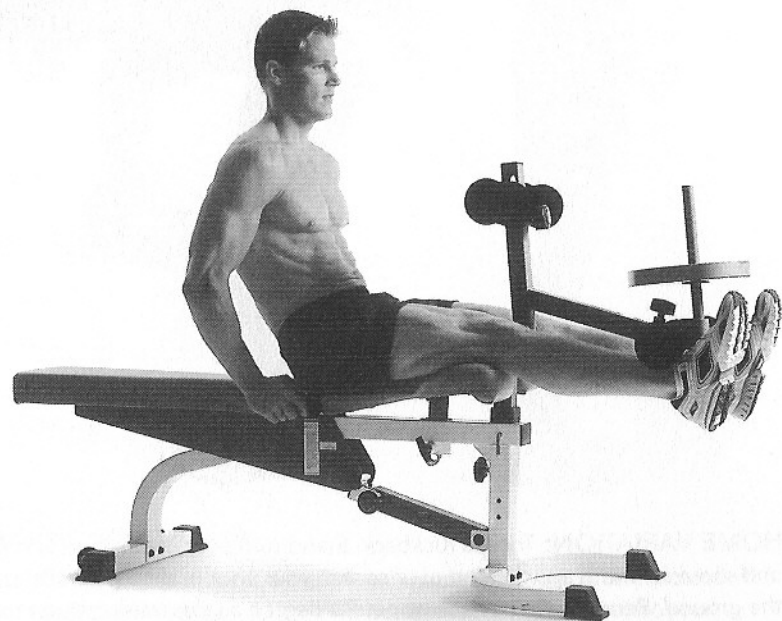
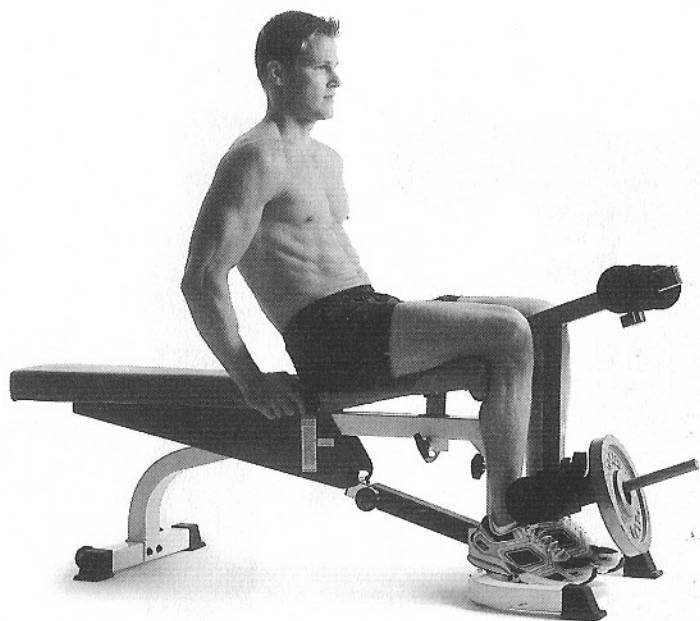


### TRICEPS PUSHDOWN

While standing, grip a bar attached to a high pulley cable or lat machine with your hands about 6 inches apart. With your elbows tucked against your sides, bring the bar down until it is directly in front of you. With your forearms parallel to the floor (the starting position), push the bar down until your arms are extended straight down with the bar near your thighs. Don't lock your elbows. Return to the starting position.

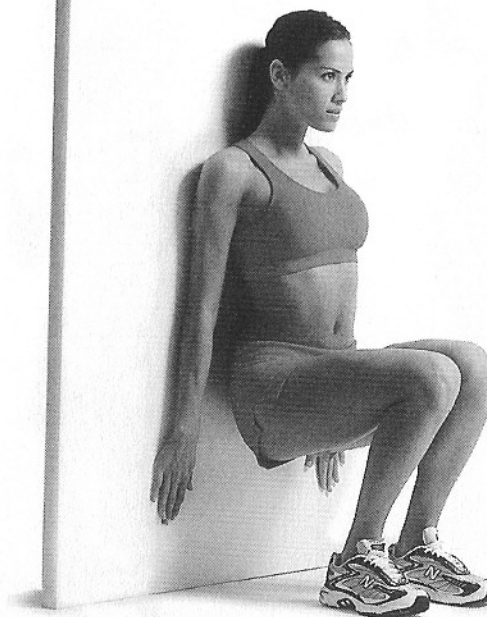


**HOME VARIATION:** *Triceps Kickback.* Stand with your knees slightly bent and shoulder-width apart. Bend over so that your back is almost parallel to the ground. Bend your elbows to about 90-degree angles, raising them to just above the level of your back. This is the starting position. Extend your forearms backward, keeping your upper arms stationary. When they're fully extended, your arms should be parallel to the ground. Pause, then return to the starting position.



### LEG EXTENSION

Sitting on a leg extension machine with your feet under the footpads, lean back slightly, and lift the pads with your feet until your legs are extended.

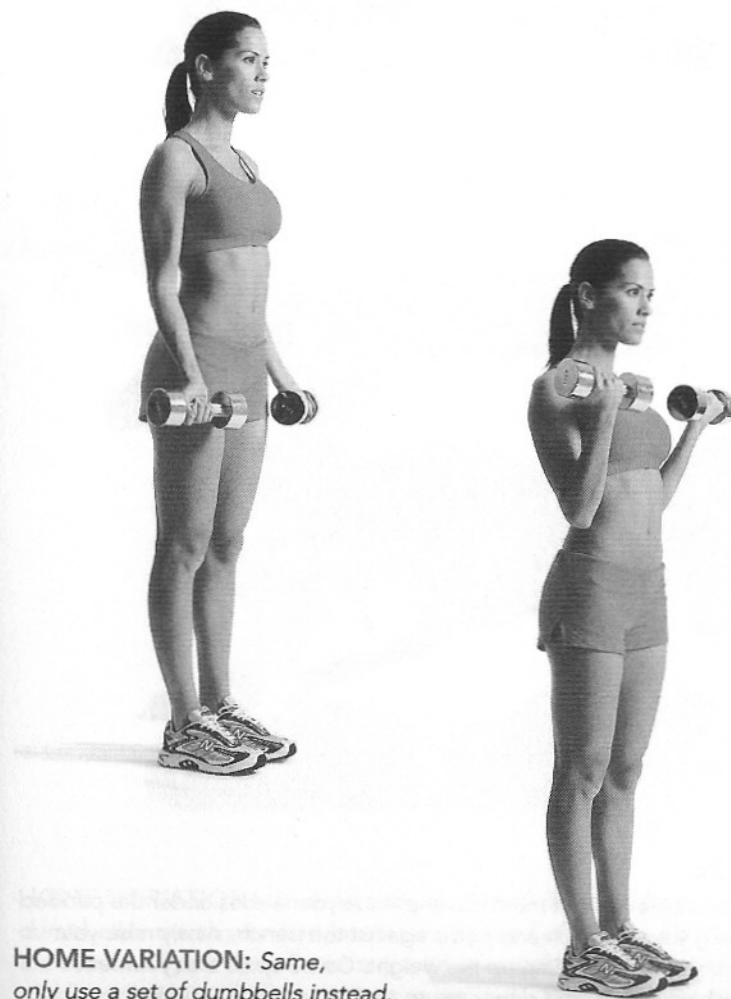


**HOME VARIATION:** *Squat Against the Wall.* Stand with your back flat against a wall. Squat down so that your thighs are parallel to the ground. Hold that position for as long as you can. That consists of one set. Aim for 20 seconds to start, and work your way up to 45 seconds.



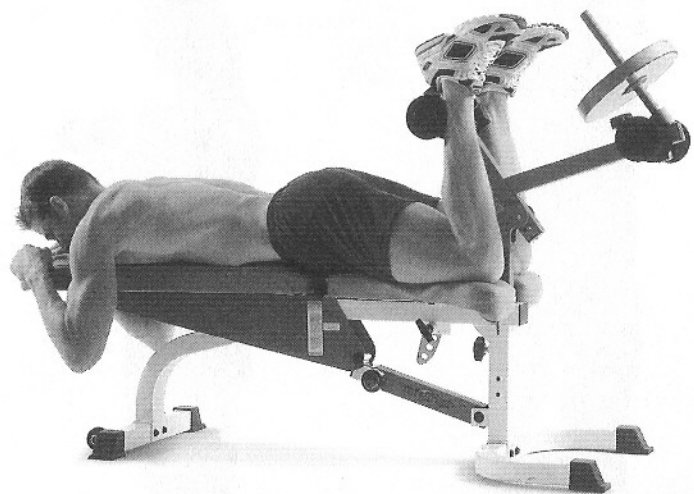
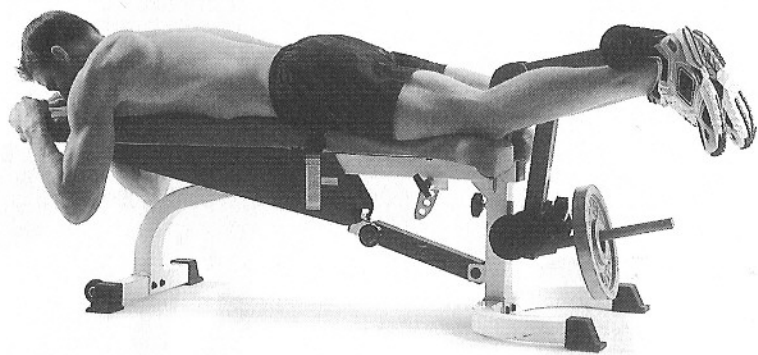
### BICEPS CURL

Stand while holding a barbell in front of you, palms facing out, with your hands shoulder-width apart and your arms hanging in front of you. Curl the weight toward your shoulders, hold for a second, then return to the starting position.



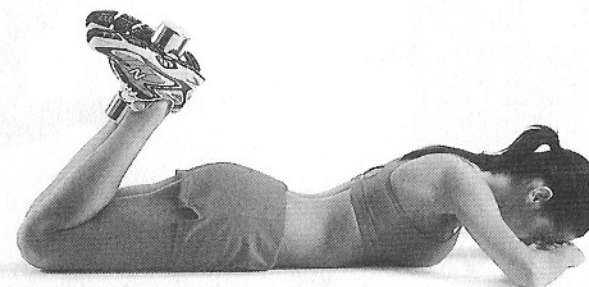
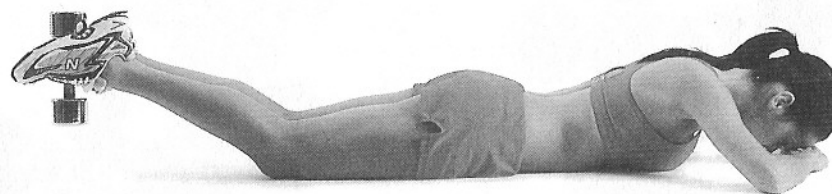
**HOME VARIATION:** Same, only use a set of dumbbells instead.



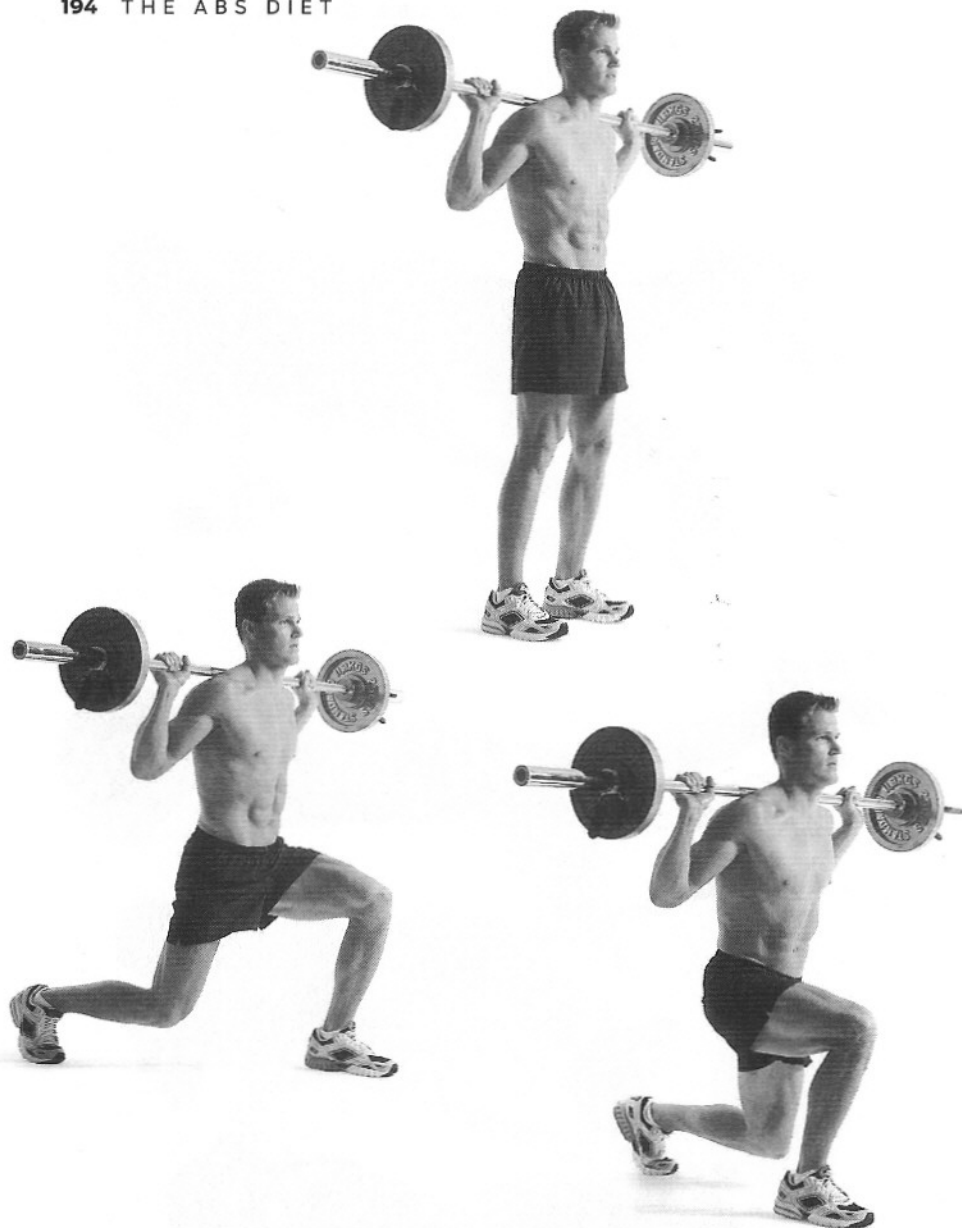


### LEG CURL

Lie facedown on a leg curl machine, and hook your ankles under the padded bar. Keeping your stomach and pelvis against the bench, slowly raise your feet toward your butt, curling up the weight. Come up so that your feet nearly touch your butt, and slowly return to the starting position.

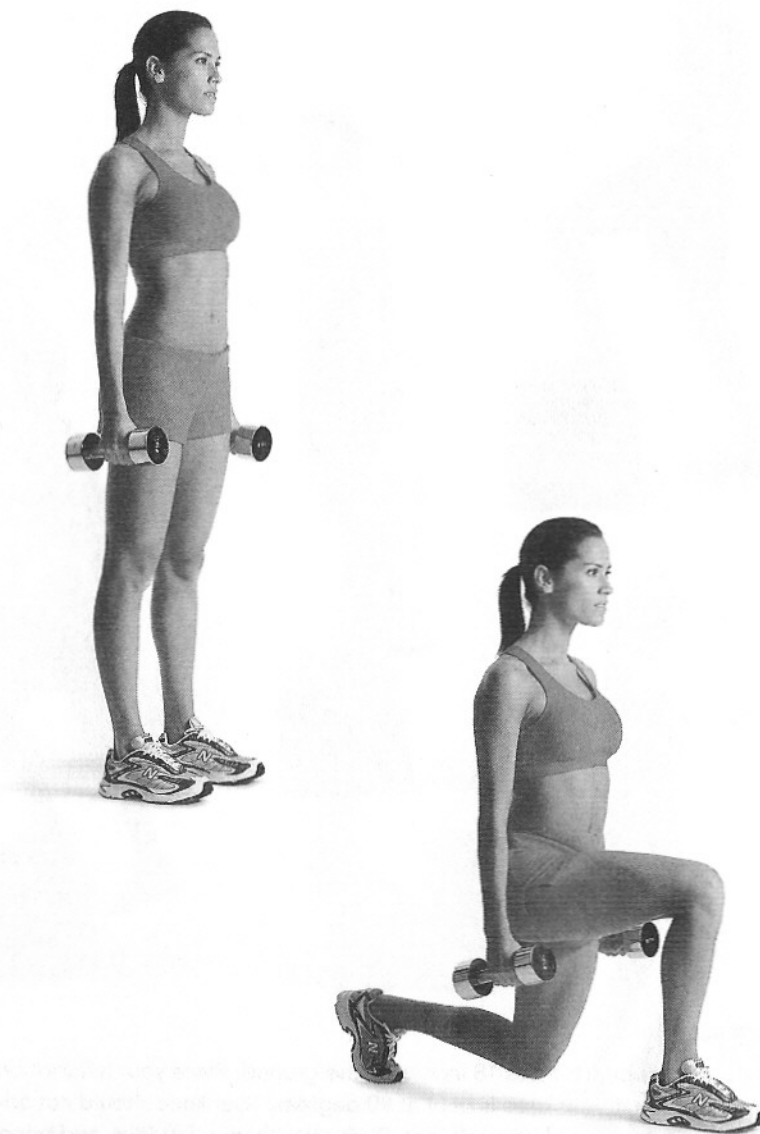


**HOME VARIATION:** Lie down with your stomach on the floor. Put a light dumbbell between your feet (so that the top end of the dumbbell rests on the bottom of your feet). Squeeze your feet together, and curl them up toward your butt.

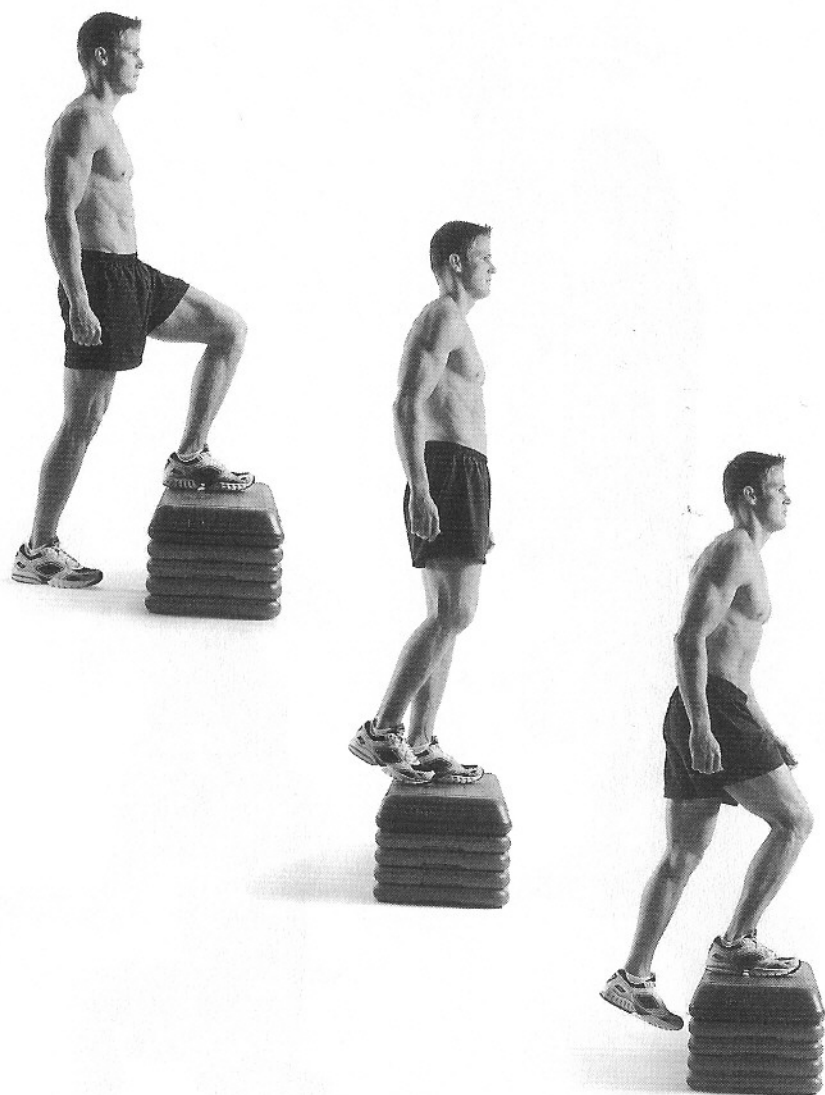


### TRAVELING LUNGE

Rest a barbell across your upper back. Stand, with your feet hip-width apart, at one end of the room; you need room to walk about 20 steps. Step forward with your left foot, and lower your body so that your left thigh is parallel to the floor and your right thigh is perpendicular to the floor (your right knee should bend and almost touch the floor). Stand and bring your right foot up next to your left, then repeat with the right leg lunging forward.

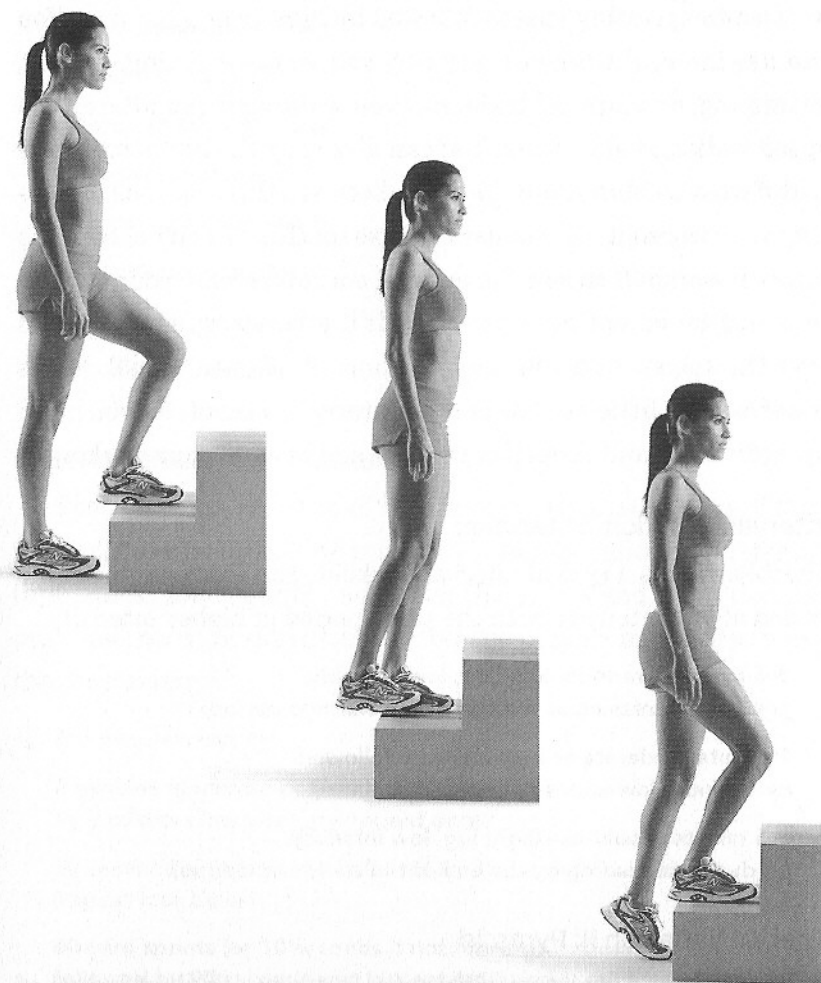


**HOME VARIATION:** Use dumbbells, holding one in each hand with your arms at your sides. If you don't have enough space, do the move in one place, alternating your lead foot with each lunge.



### STEP-UP

Use a step or bench that's 18 inches off the ground. Place your left foot on the step so that your knee is bent at 90 degrees. Your knee should not advance past the toes of your left foot. Push off with your left foot, and bring your right foot onto the step, keeping your back straight. Now step down with the left foot, followed by the right. Alternate the leading foot, or do all of the repetitions leading with one foot and then alternating. Once you're comfortable, add dumbbells.



**HOME VARIATION:** Same, only use a staircase instead of a step (if you don't have one).

**Go slow.** Each rep of an ab exercise should last slightly longer than you lasted on prom night—4 to 6 seconds. Any faster, and you run the risk of letting momentum do the work. The slower you go, the higher the intensity. The higher the intensity, the stronger the stomach.

In this chapter, you'll find 56 exercises—a 50-“6-pack” of exercises—so that you'll never get bored and so that you'll work your abdominals as efficiently as possible. Remember that this portion of the workout is what will make your abs pop out of your skin the way Janet Jackson pops out of her wardrobe. Think of the ab exercise portion of the plan as the toy at the bottom of the cereal box, the paycheck at the end of the week, the finish line at the end of the marathon. It's the motivation. It's the reward. It's the goal that no scale could ever show.

### How to Do the Workout

**PICK ONE EXERCISE** from each group of the listings below, and do the exercise for the specified number of repetitions. Do one set of each exercise, and then repeat the circuit.

*Note:* Many of these exercises target different regions of the abdominals during the same movement, but they're grouped based on what areas they primarily target. They've also been grouped by levels of difficulty so that you can change your workouts as you get stronger. For each exercise, pause at the end of the movement, and return to the starting position. That counts as one repetition, unless otherwise noted.

### The Abs Circuit

Upper Abs

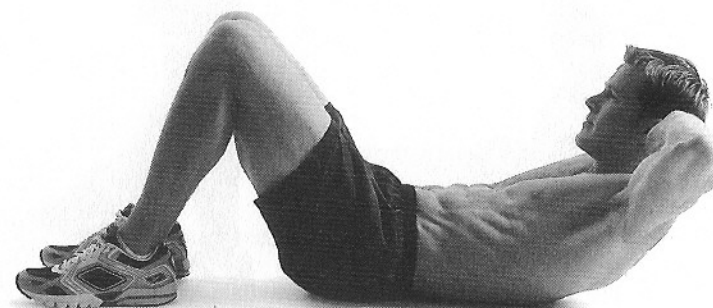
Lower Abs

Obliques

Transverse Abdominis

Lower Back

## Upper Abs

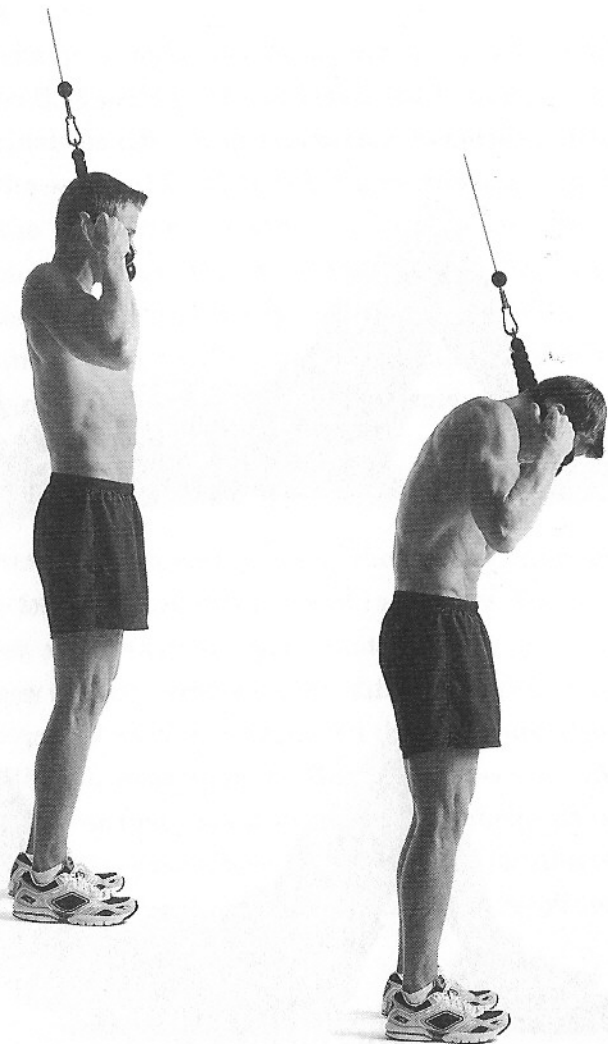


### TRADITIONAL CRUNCH

Lie on your back with your knees bent and your hands behind your ears. Slowly crunch up, bringing your shoulder blades off the ground.

12–15 repetitions [ Beginner ]

## Upper Abs

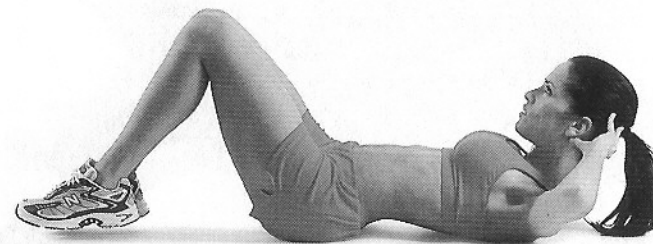
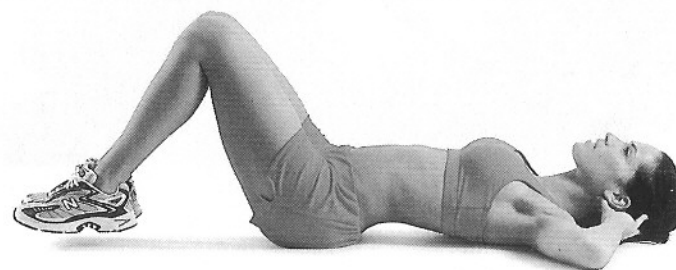


### STANDING CRUNCH

Attach a rope handle to a high cable pulley. Stand with your back to the weight stack, and hold the ends of the rope behind your head. Crunch down.

12–15 repetitions [ Beginner ]

## Upper Abs

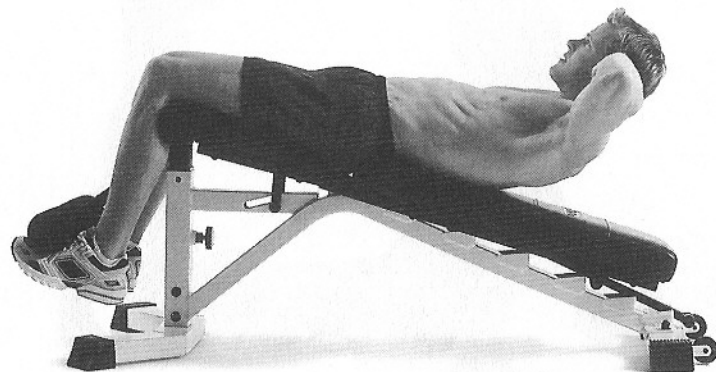
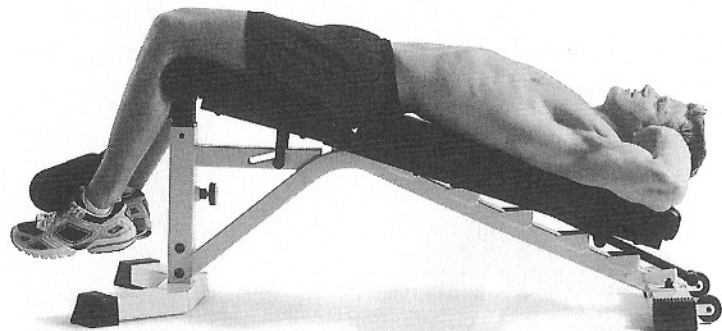


### MODIFIED RAISED-FEET CRUNCHES

Lie on your back with your knees bent and your hands behind your ears. Raise your feet just a few inches off the floor, and hold them there. Crunch up, then lower your torso back to the floor, keeping your feet raised throughout the movement.

12–15 repetitions [ Beginner to intermediate ]

## Upper Abs

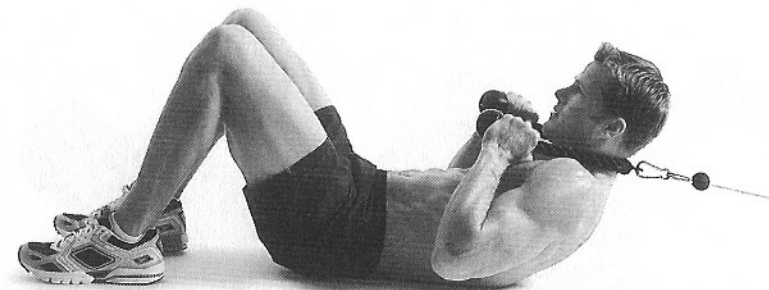
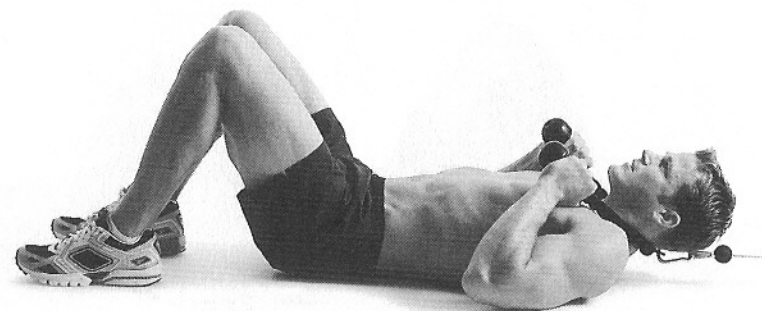


### DECLINE CRUNCH

Lie on your back on a decline board, with your ankles locked under the padded support bars and your fingertips cupped behind your ears. Lift your shoulder blades off the bench, keeping your lower body flat. Don't jerk your body to build momentum. Hold the contraction for a second.

**12–15 repetitions** [ *Beginner to intermediate* ]

## Upper Abs

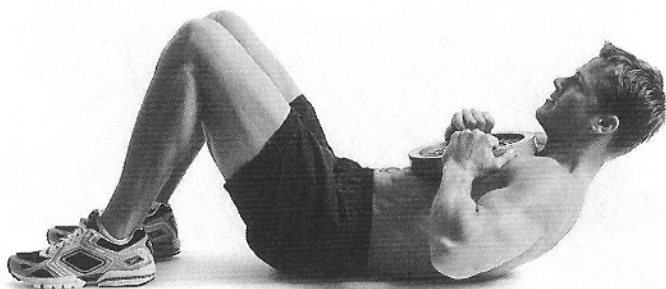
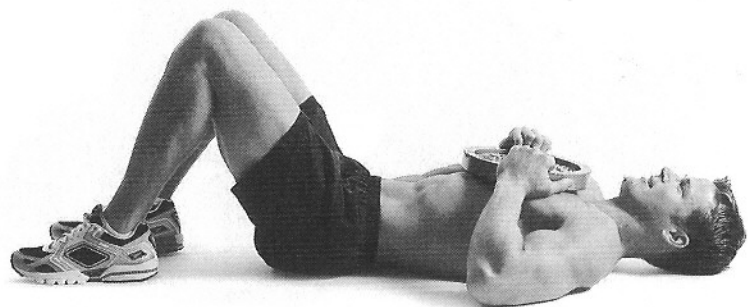


### LYING CABLE CRUNCH

Attach a rope handle to the low pulley. Lie on the floor with your head near the low pulley, your knees bent, and your feet flat on the floor. Hold the handle over your chest so that the point of the rope attachment is at the base of your neck. Crunch your rib cage toward your pelvis, lifting your shoulder blades a few inches off the floor.

**12–15 repetitions** [ *Intermediate to advanced* ]

## Upper Abs

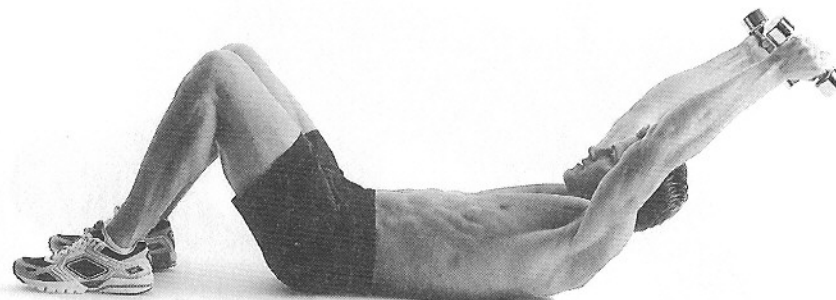
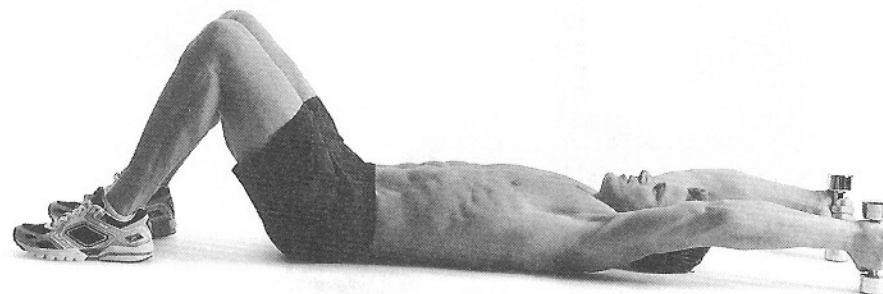


### WEIGHTED CRUNCH

Lie on your back with your knees bent, holding a weight plate or dumbbell across your chest. Slowly crunch up, bringing your shoulder blades off the ground. Use progressively heavier weight.

**12–15 repetitions** [ *Intermediate to advanced* ]

## Upper Abs

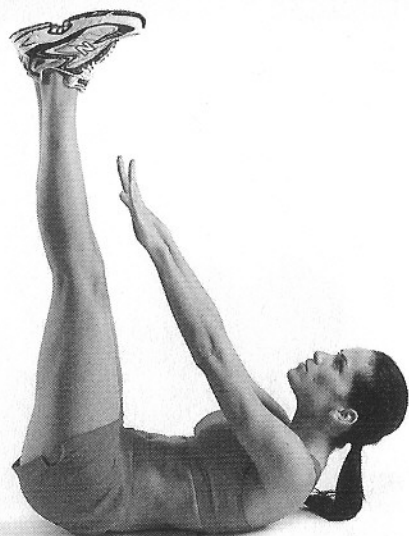
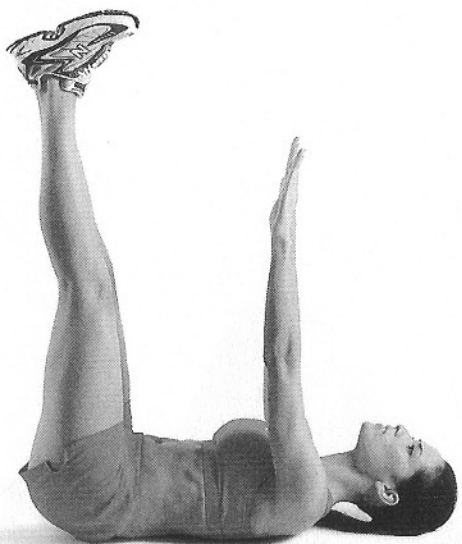


### LONG-ARM WEIGHTED CRUNCH

Lie on your back with your knees bent. Hold a light dumbbell in each hand, and stretch your arms straight back behind you. Crunch your rib cage toward your pelvis. Don't generate momentum with your arms.

**12–15 repetitions** [ *Intermediate to advanced* ]

## Upper Abs

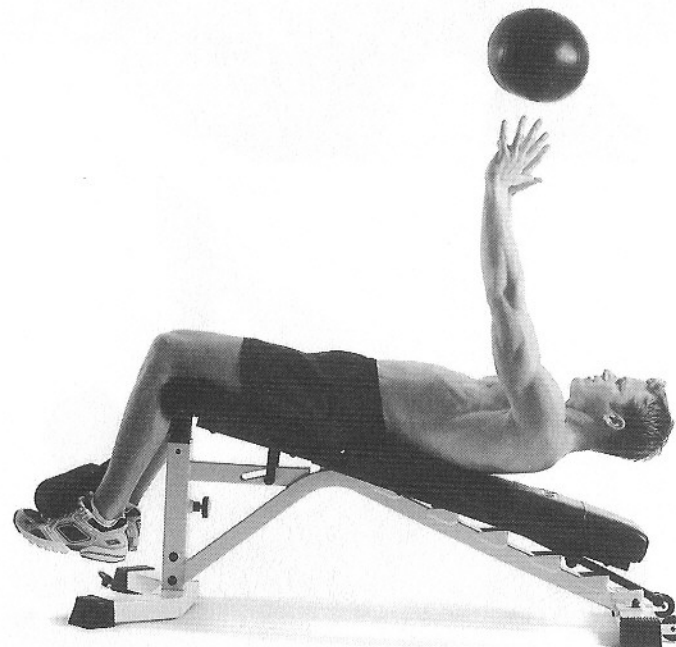
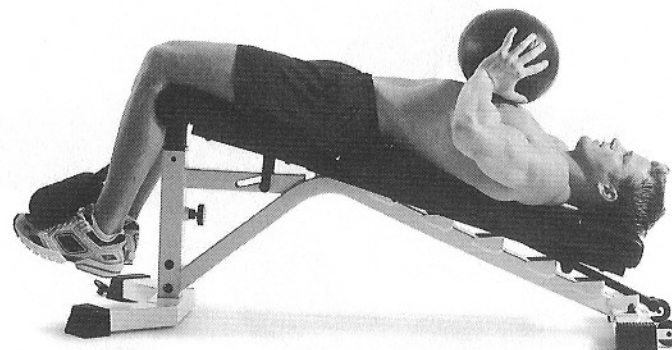


### TOE TOUCH

Lie on your back with your legs raised directly over your hips; your knees should be slightly bent. Raise your arms straight up, pointing toward your toes, and relax your head and neck. Use your upper abs to raise your rib cage toward your pelvis, lift your shoulder blades off the floor, and reach toward your toes. Hold for a second. Lower your shoulders to the floor and repeat.

**12–15 repetitions** [ *Intermediate to advanced* ]

## Upper Abs



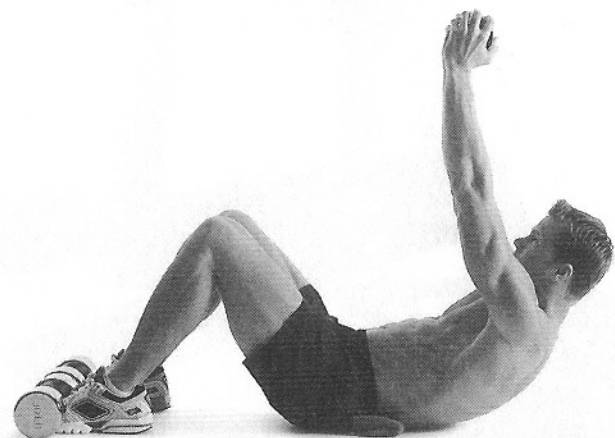
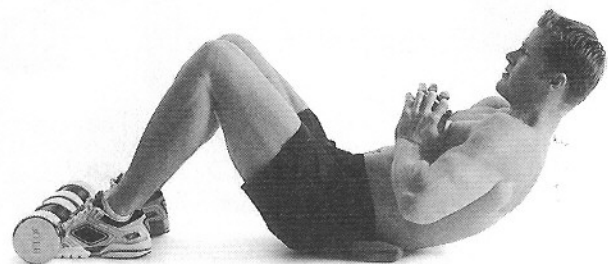
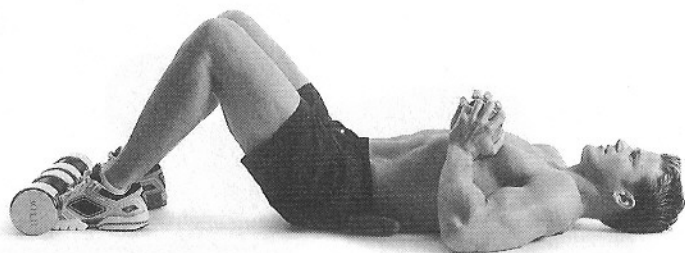
### MEDICINE BALL BLAST

Set an adjustable ab bench at a 45-degree angle. Lie down on it with your head toward the floor, and hook your feet under the padded support bars. Hold a medicine ball at your chest as you lower yourself. As you come up, chest-pass the ball straight up over your head. Catch it at the top of the movement, then lower yourself and repeat.

**12–15 repetitions** [ *Advanced* ]



## Upper Abs

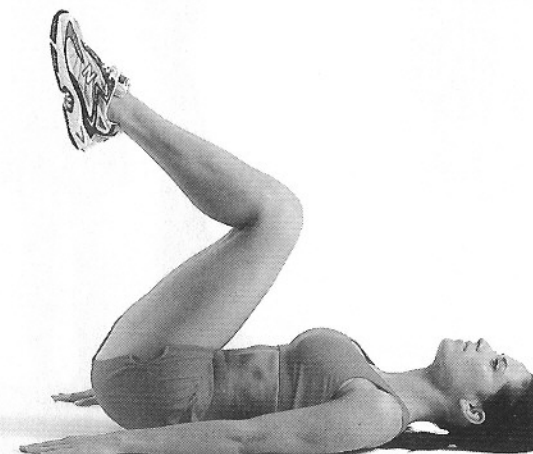
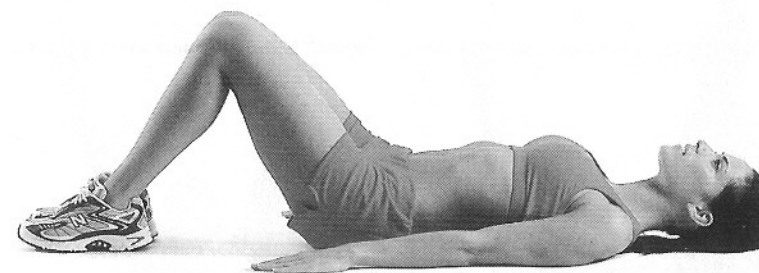


### SICILIAN CRUNCH

Slide your feet under the handles of heavy dumbbells. Place a rolled-up towel under your lower back, and hold a dumbbell across your chest. Raise your upper body as high as possible by crunching your rib cage toward your pelvis. At the top of the move, straighten your arms and raise the dumbbell above your head. Keep the dumbbell above your head, and take 4 seconds to lower your body to the starting position.

**10 repetitions** [ *Advanced* ]

## Lower Abs

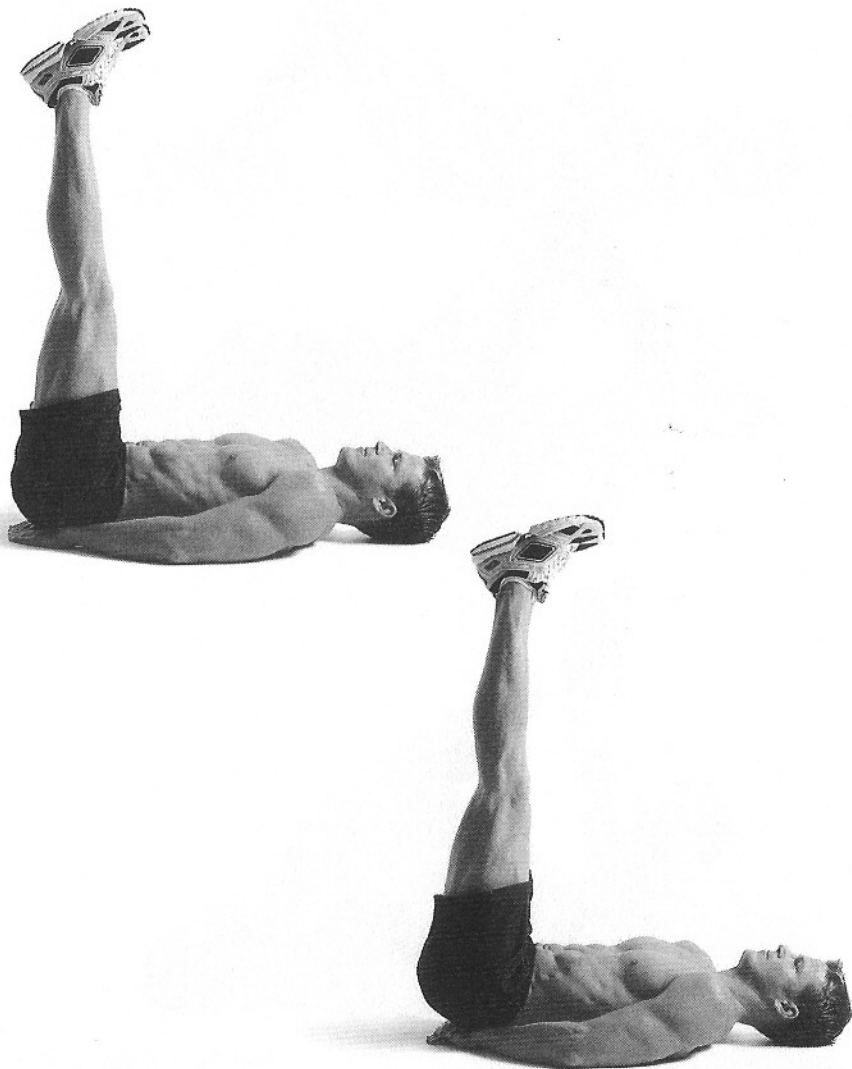


### BENT-LEG KNEE RAISE

Lie on your back with your head and neck relaxed and your hands on the floor near your butt. Your feet should be flat on the floor. Use your lower abdominal muscles to raise your knees up toward your rib cage, then slowly lower your feet back to the starting position. As your feet lightly touch the floor, repeat.

**12 repetitions** [ *Beginner* ]

## Lower Abs

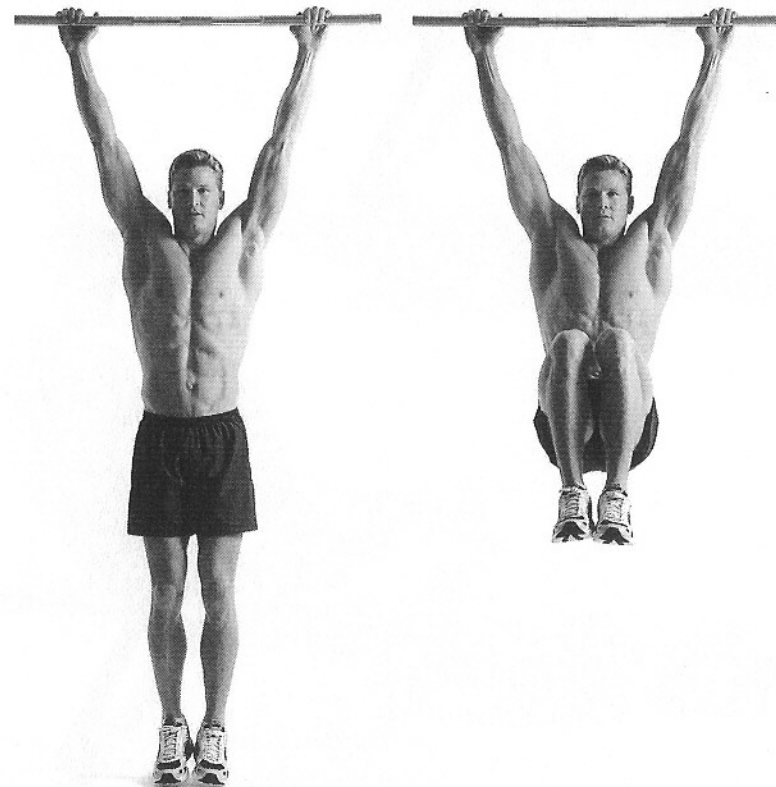


### PULSE-UP

Lie with your hands underneath your tailbone and your legs raised and pointed straight up toward the ceiling, perpendicular to your torso. Pull your navel inward, and flex your glutes as you lift your hips just a few inches off the floor. Then lower your hips.

**12 repetitions** [ *Beginner* ]

## Lower Abs

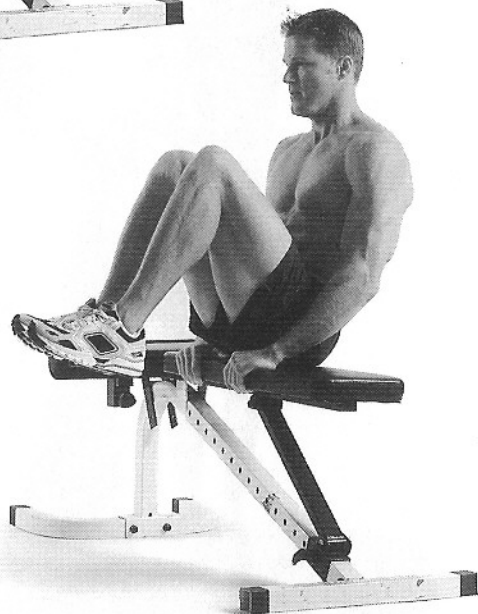
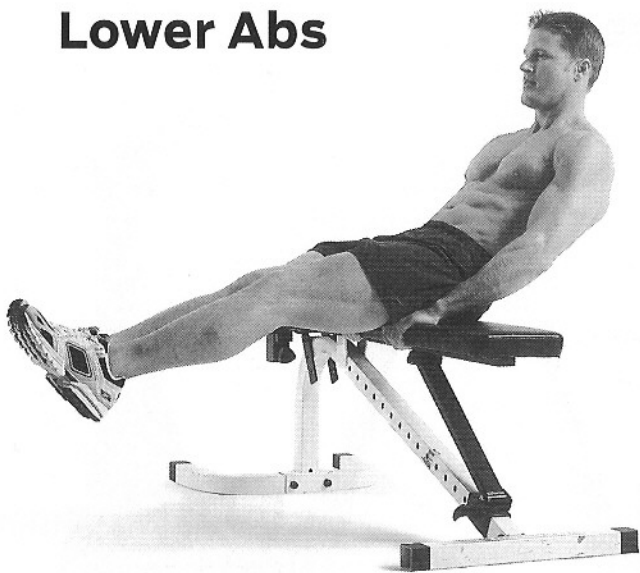


### HANGING KNEE RAISE

Hang fully extended from a chinup bar, with your palms facing out and your hands a little farther than shoulder-width apart. (Your feet may lightly touch the floor.) Raise your knees toward your chest, curling your pelvis upward at the end. When you can do that for 12 repetitions, make it tougher by keeping your legs straight instead of bending your knees or by holding a medicine ball between your knees.

**12 repetitions** [ *Beginner to intermediate* ]

## Lower Abs

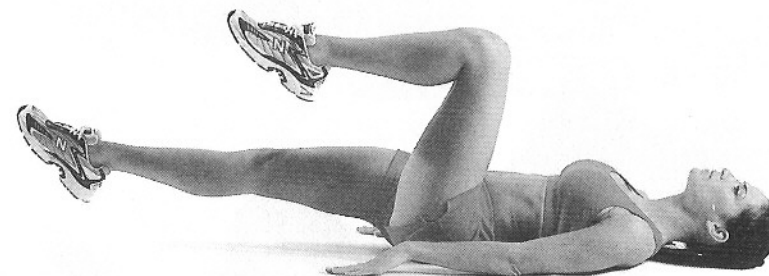
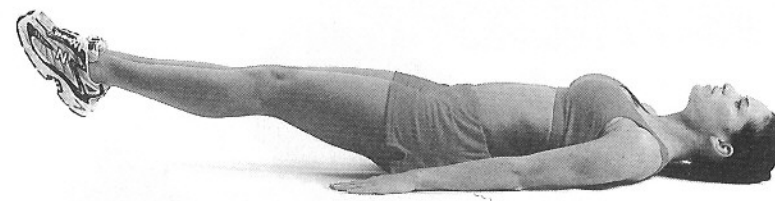


### SEATED AB CRUNCH

Sit on the edge of a stable chair or bench. Place your hands in front of your butt, and grip the sides of the seat. Lean back slightly and extend your legs down and away, keeping your heels 4 to 6 inches off the floor. To begin the exercise, bend your knees and slowly raise your legs toward your chest. At the same time, lean forward with your upper body, allowing your chest to approach your thighs.

**12 repetitions** [ *Beginner to intermediate* ]

## Lower Abs

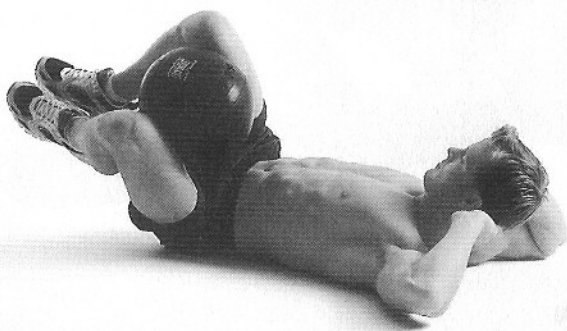
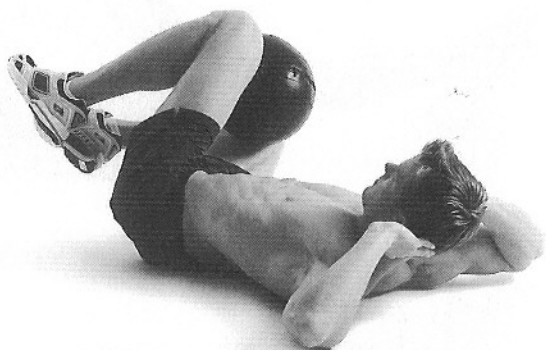


### RAISED KNEE-IN

Lie on your back. Your arms should be close to your sides, with your palms down and just under your lower back and butt. Press the small of your back against the floor, and extend your legs outward, with your heels about 3 inches above the floor. Keeping your lower back against the floor, lift your left knee toward your chest. Your right leg should remain hovering above the floor. Hold, then straighten your left leg to the starting position and repeat with your right leg. Keep your abs tight throughout the exercise.

**8–12 repetitions each side** [ *Intermediate* ]

## Lower Abs

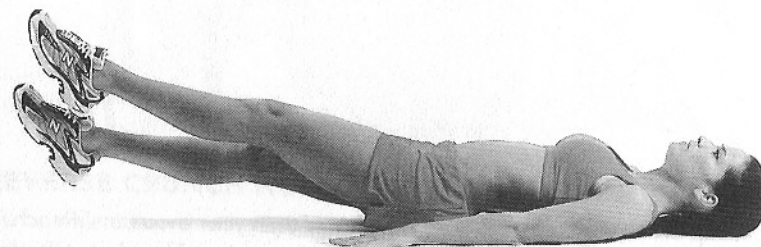
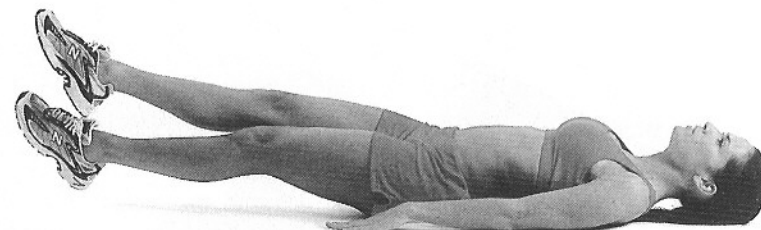
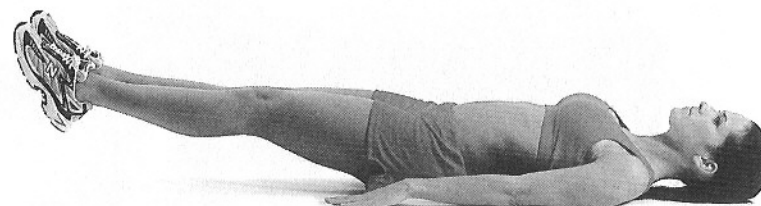


### FIGURE-8 CRUNCH

Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Squeeze a light medicine ball tightly between your knees. Cup your hands lightly over your ears, then slowly raise your head, shoulders, and feet off the floor. Move your knees in a wide figure-8 motion. Do 3 repetitions in one direction, then reverse the motion for 3 repetitions.

**6 repetitions** [ *Intermediate* ]

## Lower Abs

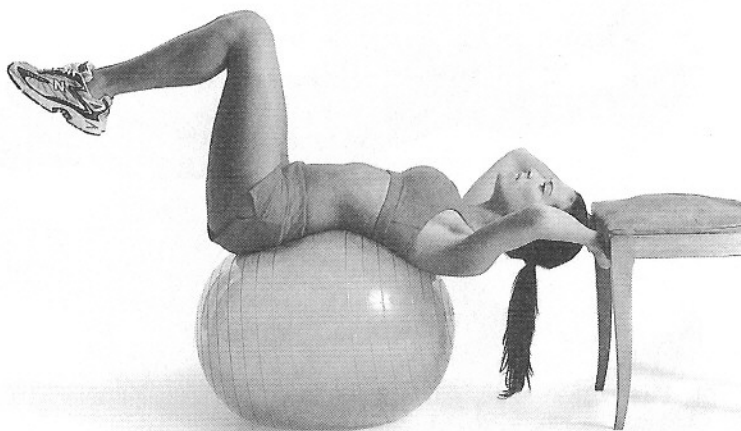
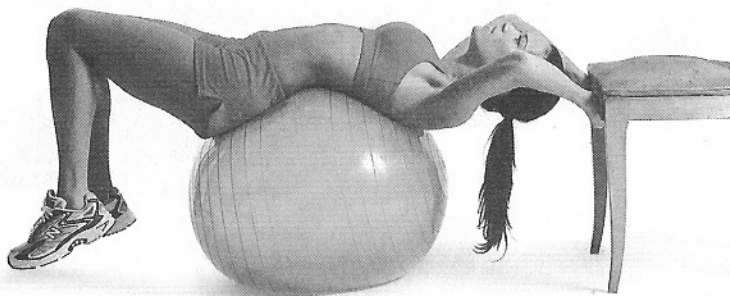


### FLUTTER KICK

Lie on your back, raise both feet about a foot off the ground, and scissor-kick one leg over the other.

**20 repetitions** [ *Intermediate* ]

## Lower Abs

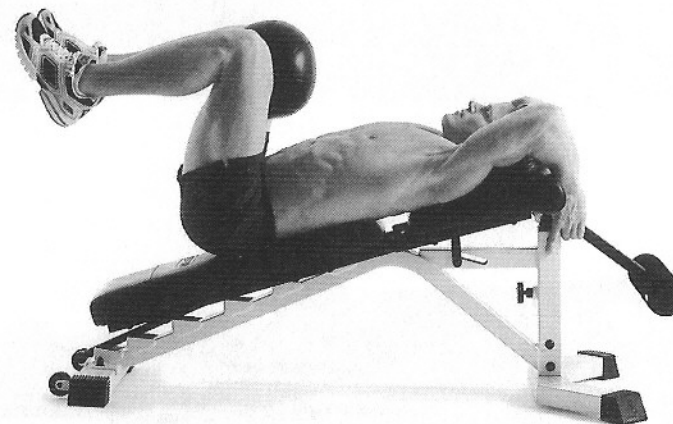
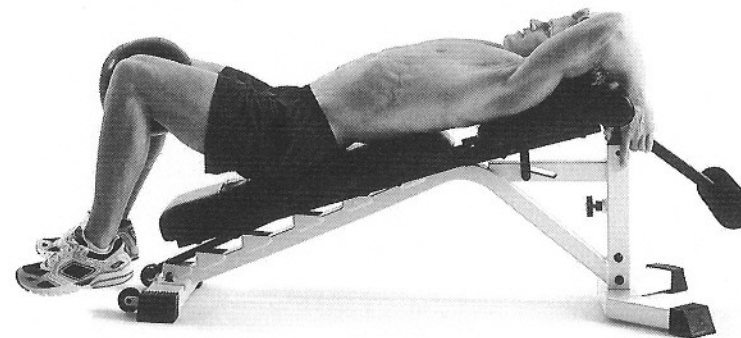


### SWISS BALL KNEE RAISE

Lie faceup on a Swiss ball, with your hips lower than your shoulders. Reach back and grab something that won't move, such as a bench or desk. Lift and bend your legs so that your feet are off the floor and the lower parts of your legs point ahead. (To make it more difficult, hold your legs straight out.) Do a standard Bent-Leg Knee Raise, using your abs and hip flexors to curl your knees toward your chest.

**12 repetitions** [ *Intermediate to advanced* ]

## Lower Abs

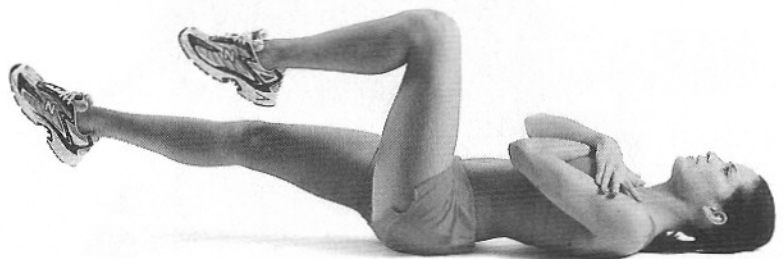
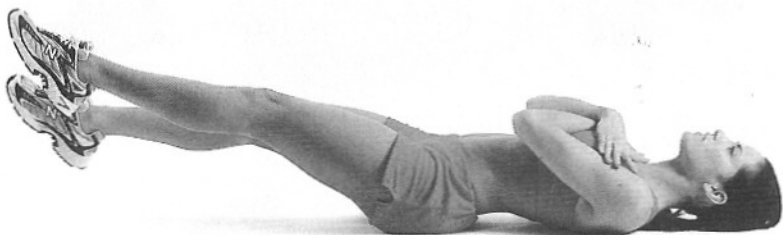


### REVERSE CRUNCH HOLDING MEDICINE BALL

Lie on a slant board with your hips lower than your head. Grab the bar behind your head for support. Bend your hips and knees at 90-degree angles, and hold a small medicine ball between your knees. Start with your butt flat against the board. Pull your hips up and in toward your rib cage. Curl them as high as you can without lifting your shoulders off the board, and keep your hips and knees at 90-degree angles.

**12 repetitions** [ *Intermediate to advanced* ]

## Lower Abs

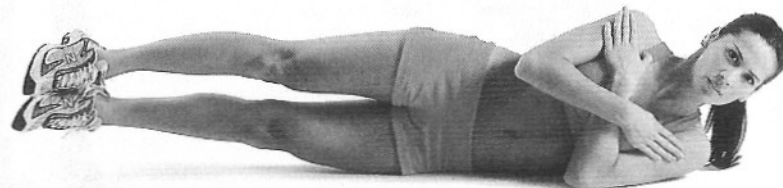


### PUSH-AWAYS

Lie on your back with your hands on your chest, legs extended, feet raised off the floor. Alternately bring each knee toward your head, then forcefully kick forward. Don't let your feet touch the floor. (If you feel any discomfort in your lower back while performing this exercise, try lifting your head and tucking your chin toward your chest.)

**10 repetitions each side** [ *Intermediate to advanced* ]

## Obliques



### OBLIQUE V-UP

Lie on your side with your body in a straight line. Fold your arms across your chest. Keeping your legs together, lift them off the floor as you raise your top elbow toward your hip. The range of motion is short, but you should feel an intense contraction in your obliques.

**10 repetitions each side** [ *Beginner* ]

## Obliques

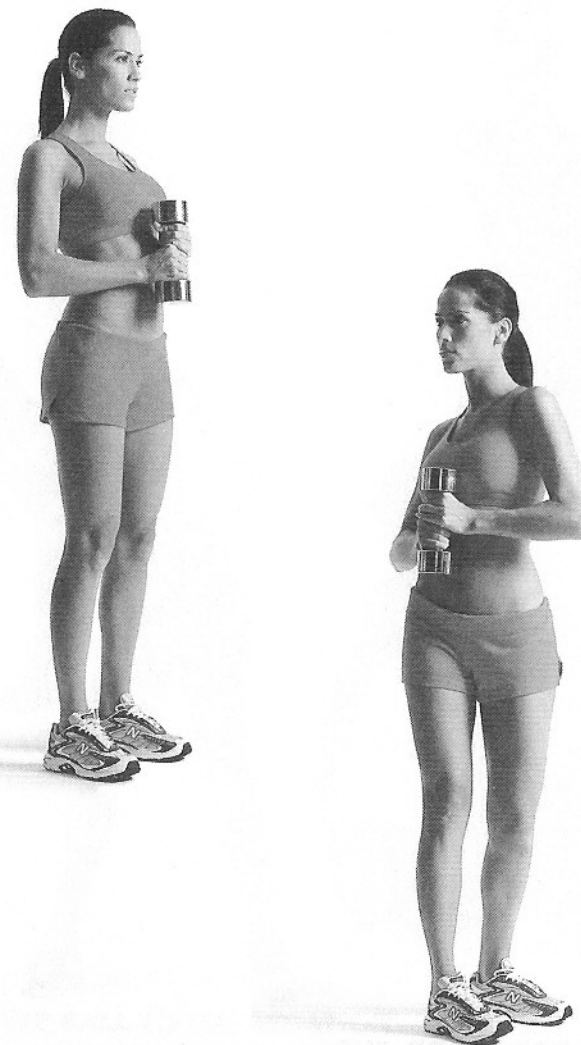


### SAXON SIDE BEND

Hold a pair of lightweight dumbbells over your head, in line with your shoulders, with your elbows slightly bent. Keep your back straight, and slowly bend directly to your left side as far as possible without twisting your upper body. Pause, return to an upright position, then bend to your right side as far as possible.

6–10 repetitions on each side [ Beginner to intermediate ]

## Obliques



### SPEED ROTATION

Stand while holding a dumbbell with both hands in front of your midsection. Twist 90 degrees to the right, then 180 degrees to your left. Keep your abs tight and move fast. Bring to center. Alternate the side you start with.

10 repetitions each side [ Intermediate ]

## Obliques

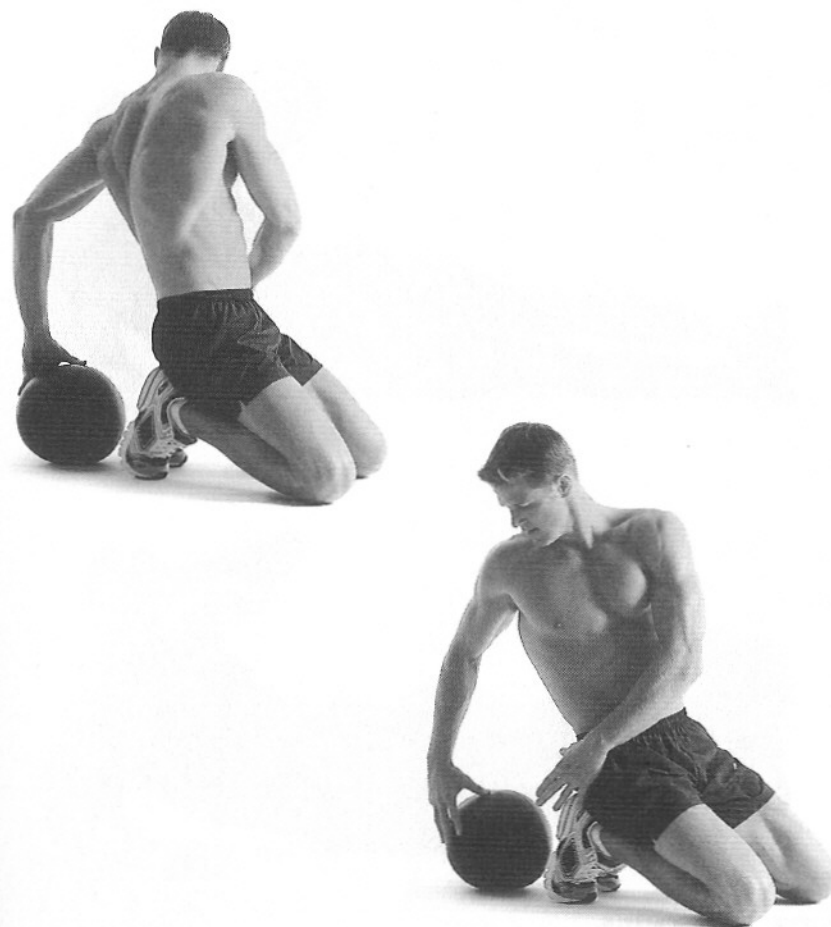


### TWO-HANDED WOOD CHOP

Stand while holding a dumbbell, with both hands next to your right ear. Flex your abs and rotate your torso to the left as you extend your arms and lower the dumbbell to the outside of your left knee. Lift it back, finish the set, and repeat on the other side.

**10 repetitions each side** [ *Intermediate* ]

## Obliques



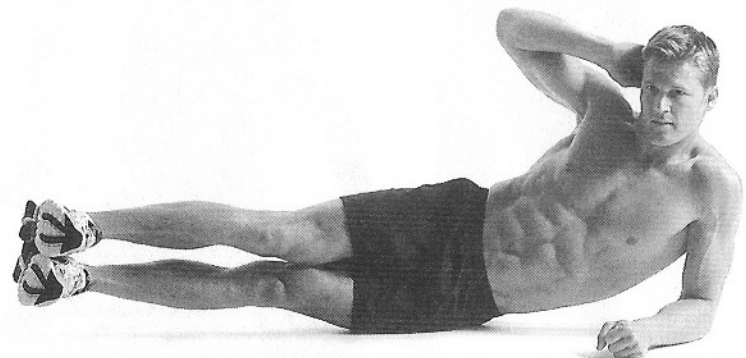
### MEDICINE BALL TORSO ROTATION

Hold a medicine ball or basketball in front of you. Sit with your knees bent and your feet on the floor. Quickly twist to your left, and set the ball behind your back. Twist to the right, and pick up the ball. Bring the ball around to your left, and set it down again. Repeat. Do the same number of repetitions in which you first twist to the left side as you do when you twist to the right side.

**10 repetitions each side** [ *Intermediate to advanced* ]



## Obliques

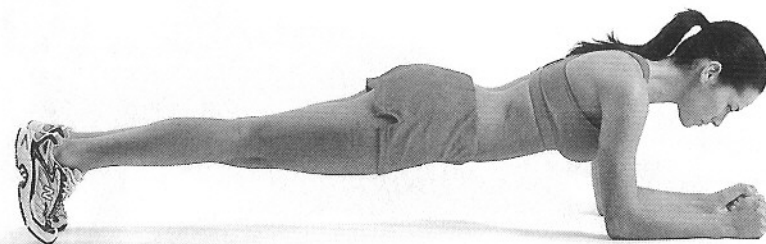


### SIDE JACKKNIFE

Lie on your left hip, with your legs nearly straight and slightly raised off the floor. Also raise your torso off the floor, with your left forearm on the floor for balance. Hold your other hand behind your right ear, with your elbow pointed toward your feet. Lift your legs toward your torso while keeping your torso stationary. Pause to feel the contraction on the right side of your waist. Then slowly lower your legs and repeat. Finish the set on that side, then lie on your right hip and do the same number of repetitions.

**10 repetitions each side** [ *Intermediate to advanced* ]

## Transverse Abdominis



### BRIDGE

Start to get in a Pushup position, but bend your elbows and rest your weight on your forearms instead of your hands. Your body should form a straight line from your shoulders to your ankles. Pull your abdominals in; imagine you're trying to move your belly button back to your spine. Hold for 20 seconds, breathing steadily. As you build endurance, you can do one 60-second set.

**1–2 repetitions** [ *Beginner to intermediate* ]

## Transverse Abdominis

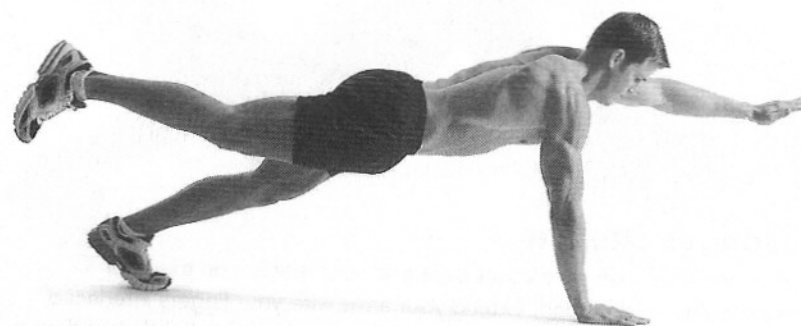
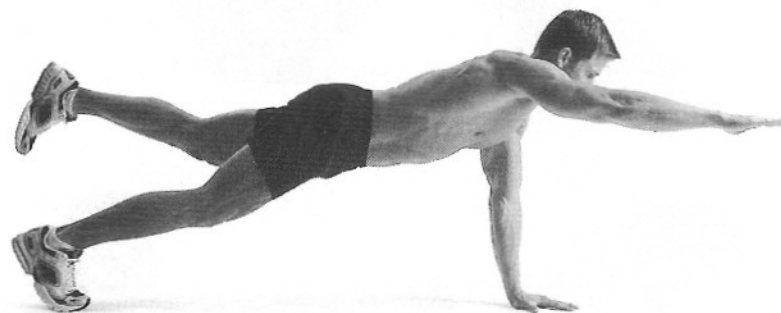
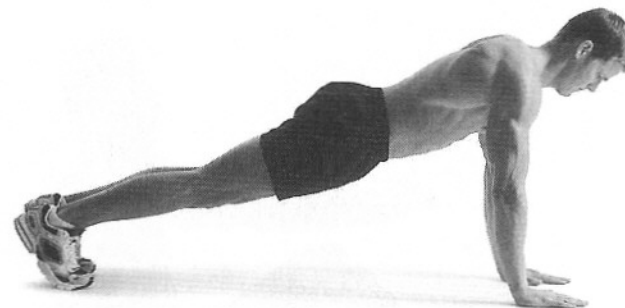


### SIDE BRIDGE

Lie on your nondominant side. Support your weight with that forearm and the outside edge of that foot. Your body should form a straight line from head to ankles. Pull your abs in as far as you can, and hold this position for 10 to 30 seconds, breathing steadily. Relax. If you can do 30 seconds, do one repetition. If not, try for any combination of reps that gets you up to 30 seconds. Repeat on your other side.

1–2 repetitions on each side [ *Beginner to intermediate* ]

## Transverse Abdominis

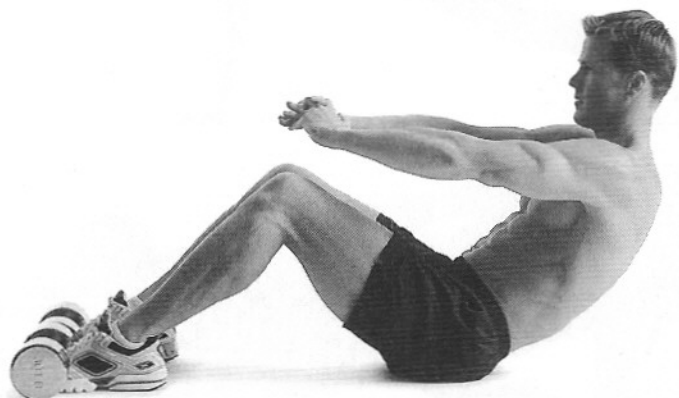
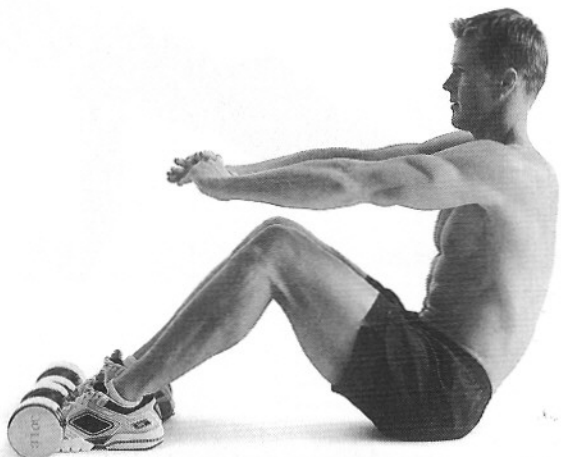


### TWO-POINT BRIDGE

Get into the standard Pushup position. Lift your right arm and your left leg off the floor at the same time. Hold for 3 to 5 seconds. That's one repetition. Return to the starting position, then repeat, lifting your left arm and right leg this time.

6–10 repetitions each side [ *Intermediate* ]

## Transverse Abdominis

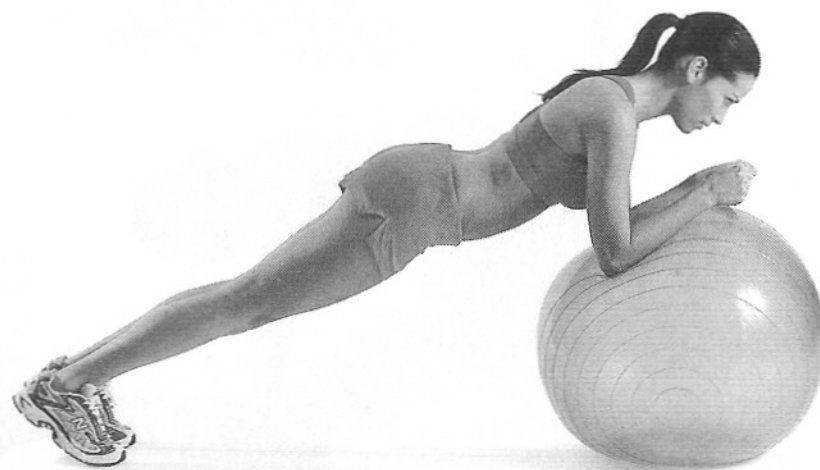


### NEGATIVE CRUNCH

Sit on the floor with your knees bent and your feet flat on the floor and shoulder-width apart. Extend your arms with your fingers interlaced, palms facing your knees. Begin with your upper body at slightly less than a 90-degree angle to the floor. Lower your body toward the floor, curling your torso forward, rounding your lower back, and keeping your abs contracted. When your body reaches a 45-degree angle to the floor, return to the starting position. (Note: You may need to tuck your feet under a set of weights to help maintain balance throughout the exercise.)

**10 repetitions** [ *Intermediate* ]

## Transverse Abdominis

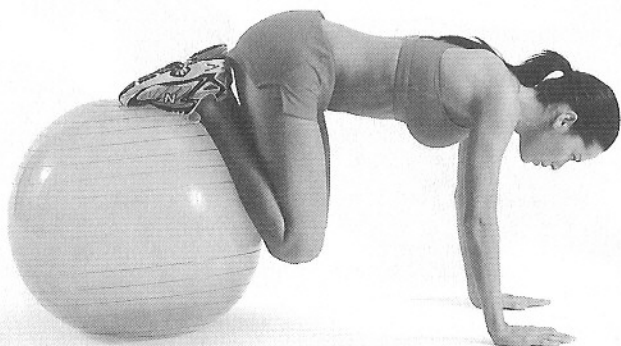
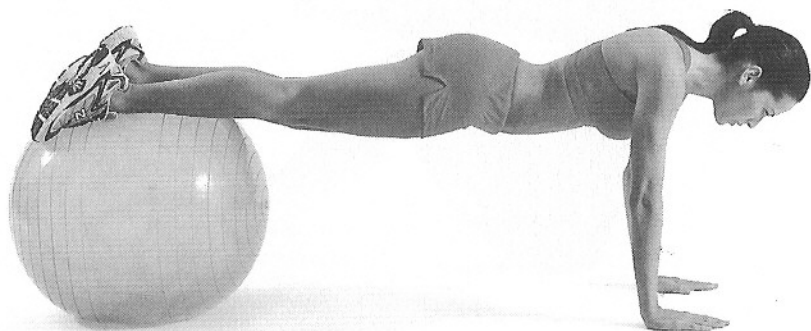


### SWISS BALL BRIDGE

Rest your forearms on the ball and your toes on the floor, with your body in a straight line. Pull your stomach in, trying to bring your belly button to your spine. Hold for 20 seconds, breathing steadily. As you build endurance, you can do one 60-second set.

**1–2 repetitions** [ *Intermediate to advanced* ]

## Transverse Abdominis

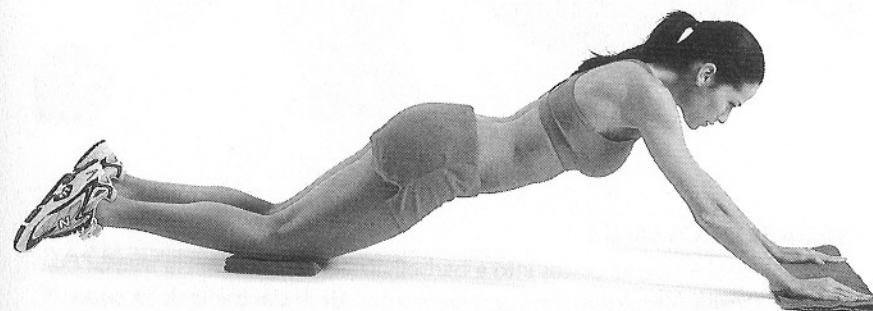
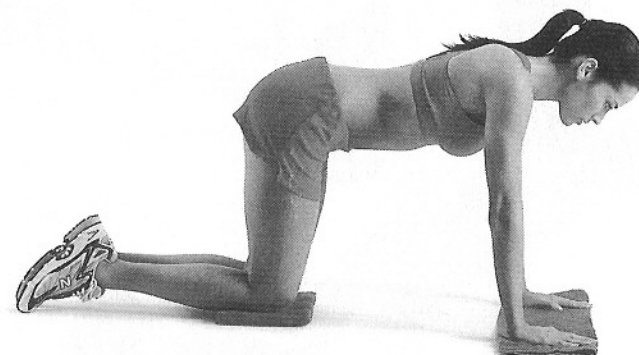


### SWISS BALL PULL-INS

Get into the Pushup position—your hands set slightly wider than and in line with your shoulders—but instead of placing your feet on the floor, rest your shins on a Swiss ball. With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles. Roll the Swiss ball toward your chest. Pause, then return the ball to the starting position by extending your legs to the starting position and rolling the ball backward.

**5–10 repetitions** [ *Intermediate to advanced* ]

## Transverse Abdominis

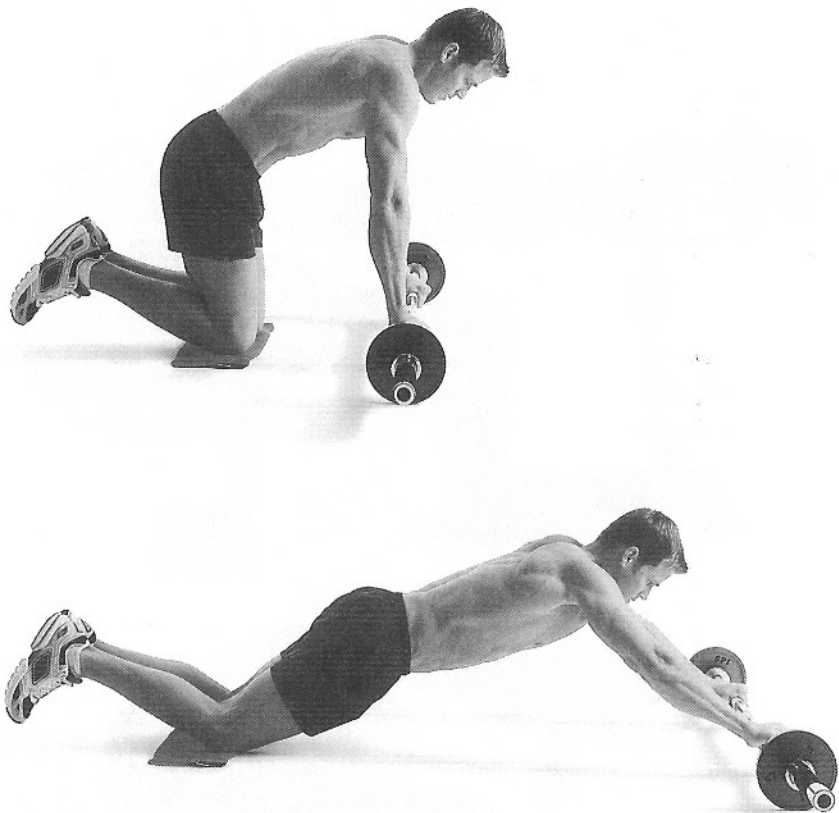


### TOWEL ROLL

Kneel on a towel or mat on a tile or wooden floor. Put a towel on the floor in front of you, and place your hands on it. Slide the towel across the floor until your body is fully extended. Your body should look as if you're in a diving position. Slowly slide back up.

**5–10 repetitions** [ *Advanced* ]

## Transverse Abdominis

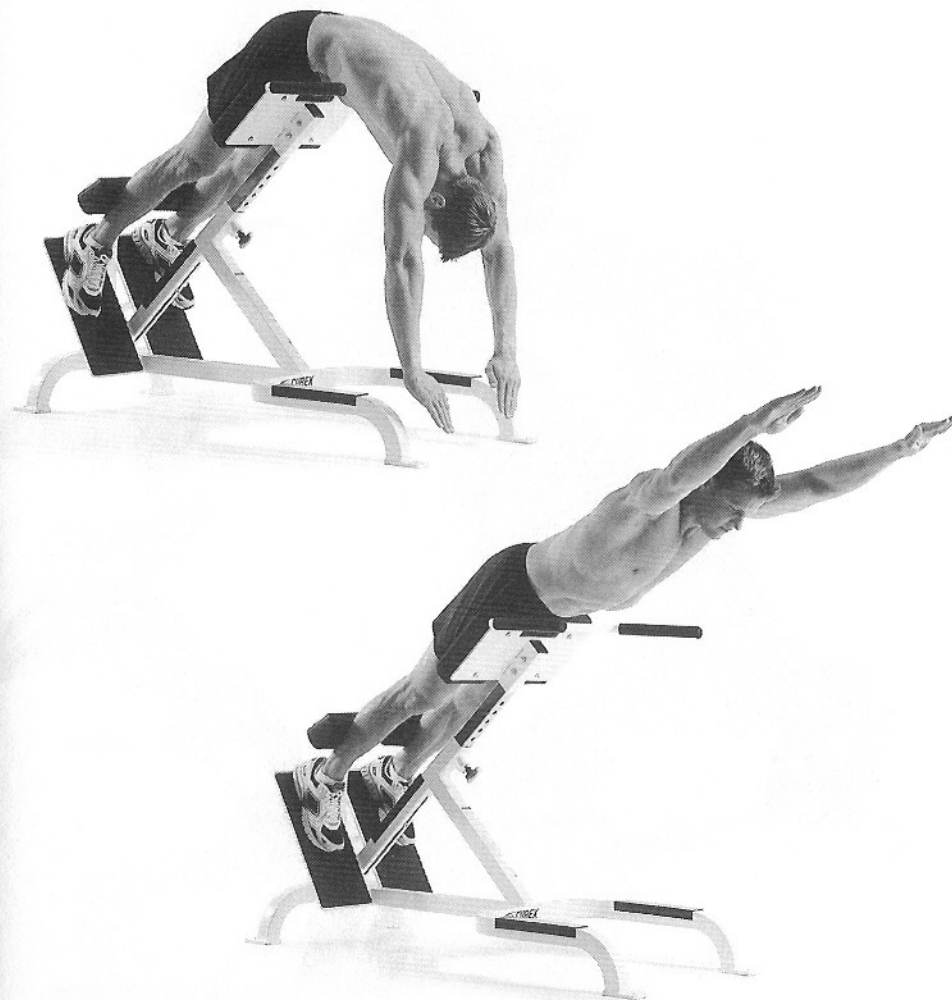


### BARBELL ROLLOUT

Load a pair of 5-pound plates into a barbell. Kneel on an exercise mat or towel, with your shoulders directly over the bar. Grab the bar with an overhand, shoulder-width grip. Start with your back in a slightly rounded position, allowing it to extend into a more neutral position as you execute the movement. Roll the bar out in front of you, holding your knees in place as your hips, torso, and arms go forward. Keeping your arms taut, advance as far as you can without arching your back or touching the floor with anything above your knees. Pause for a split second, then pull back to the starting position.

**5–10 repetitions** [ *Advanced* ]

## Lower Back

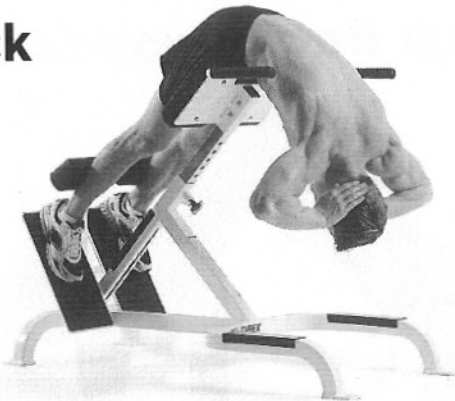


### BACK EXTENSION

Position yourself in a back extension station, and hook your feet under the leg anchor. Hold your arms straight out in front of you. Your body should form a straight line from your hands to your hips. Lower your torso, allowing your lower back to round, until it's just short of perpendicular to the floor. Raise your upper body until it's slightly above parallel to the floor. At this point, you should have a slight arch in your back, and your shoulder blades should be pulled together. Pause for a second, then repeat.

**12–15 repetitions** [ *Beginner to intermediate* ]

## Lower Back

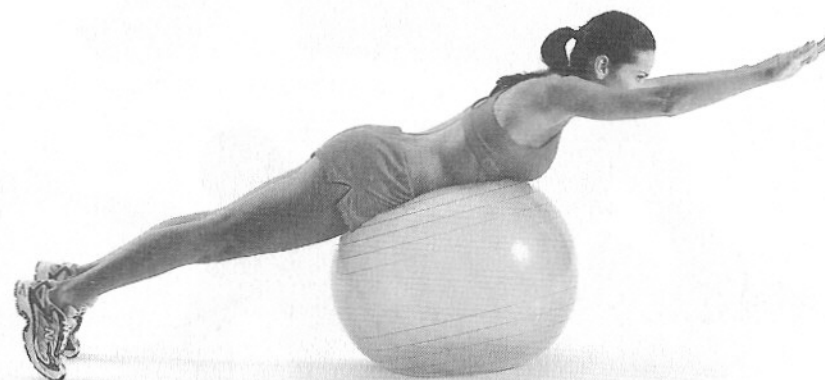
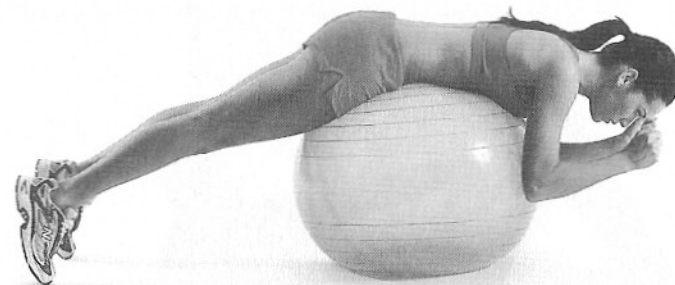


### TWISTING BACK EXTENSION

Position yourself in a back extension station, and hook your feet under the leg anchor. Place your fingers lightly behind or over your ears. Lower your upper body, allowing your lower back to round, until it's just short of perpendicular to the floor. Raise and twist your upper body until it's slightly above parallel to the floor and facing left. Pause, then lower your torso and repeat, this time twisting to the right.

12–15 repetitions [ *Intermediate* ]

## Lower Back

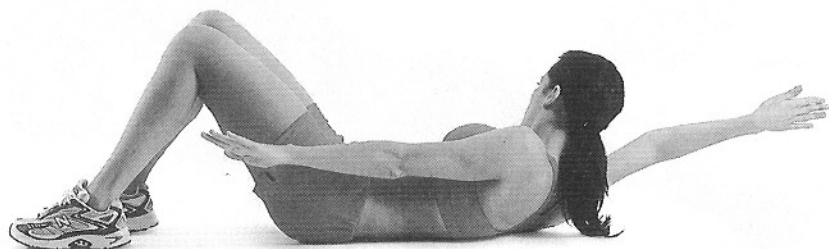
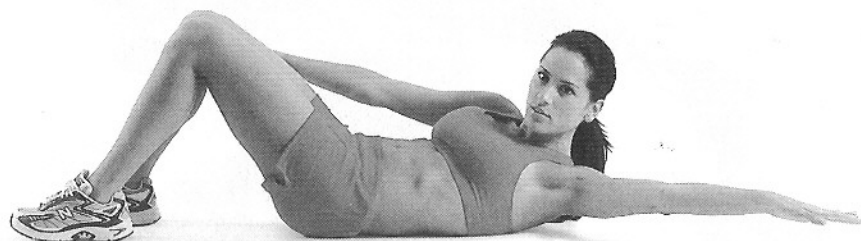


### SWISS BALL SUPERMAN

Lie facedown over a Swiss ball so that your hips are pressed against the ball and your torso is rounded over it. Lift your upper arms so that they're parallel to your body, and bend your elbows 90 degrees so that your fingers are pointing forward and your elbows are pointing back. Slowly extend your back until your chest is completely off the ball, extend your arms forward, and hold that position. Draw your arms back into position as you return your torso to the ball.

12–15 repetitions [ *Intermediate* ]

## Lower Back



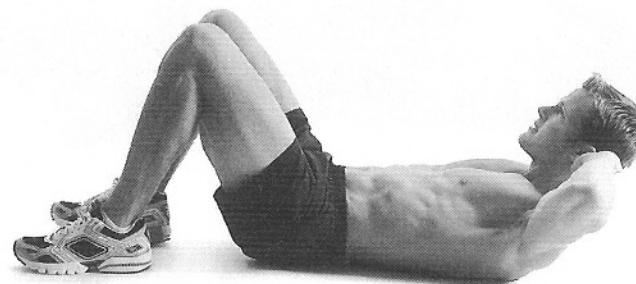
### SWIMMER'S BACKSTROKE

Lie faceup on the floor, with your knees bent and feet flat. Flatten your lower back against the floor. Now do a crunch to flex your trunk forward, and lift your shoulder blades as high off the floor as you possibly can. Keeping your chest high, perform a backstroke with one arm at a time, allowing your torso to twist toward the arm that's reaching back. Work up to 5 repetitions of 45 seconds each, alternating arms. The higher you lift your chest off the floor, the better your exercise will work. Add light dumbbells when the move becomes too easy.

1–5 repetitions [ *Intermediate to advanced* ]

### **BONUS! THE 18 ABOVE-THE-BELT TIME SAVERS!**

Looking to shave even more time off your workout while shaving fat from your waistline? The remaining 18 moves of our 50-“6-pack” plan work several areas of your midsection simultaneously. Use any one of the following substitutions to cover two or three areas with one exercise, and you can reduce your workout plan to just a few exercises instead of five!

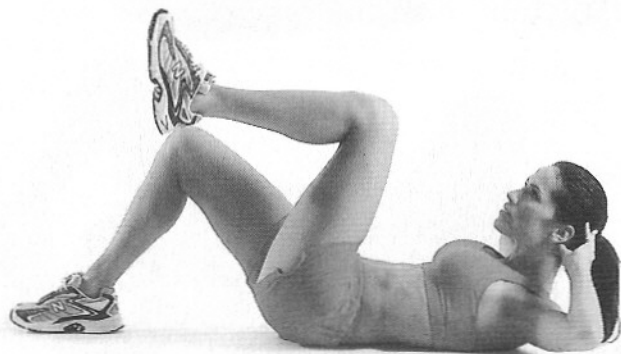
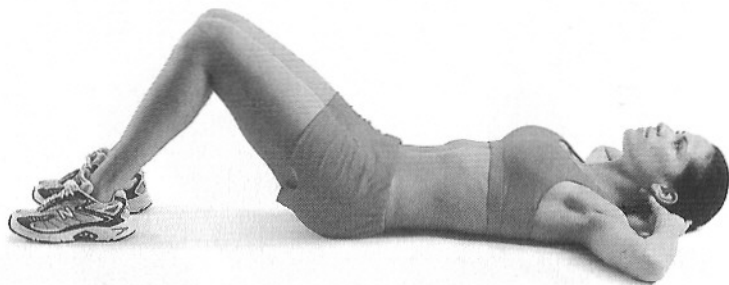


### CRUNCH/SIDE BEND COMBO

Targets both the upper abs and obliques

Lie on your back, with your knees bent and your hands behind your ears. Curl up so that your shoulder blades are off the floor. Bend at the waist to the left, aiming your left armpit toward your right hip. Straighten, then bend to your right.

8 repetitions to each side [ *Beginner* ]

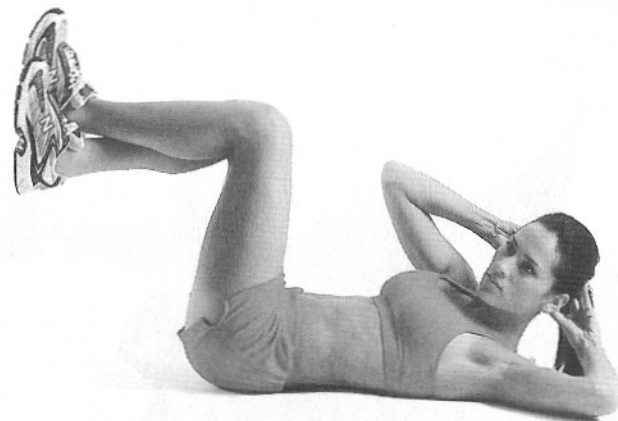
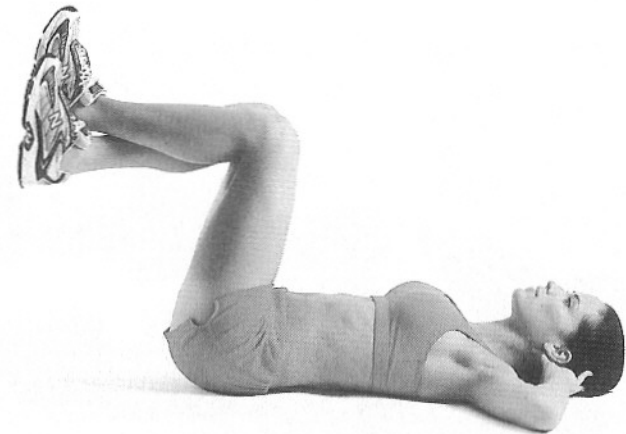


### SINGLE-KNEE CRUNCH

Targets both the upper and lower abs

Lie on your back, with your hips bent 90 degrees and your feet flat on the floor. Touch your fingers to the sides of your head, with your elbows bent. Raise your head, shoulders, and butt off the floor as you simultaneously bring your left knee toward your chest. Lower your torso and leg back down, then repeat the exercise, this time drawing your right knee up instead as you crunch.

**10 repetitions each side** [ *Beginner to intermediate* ]



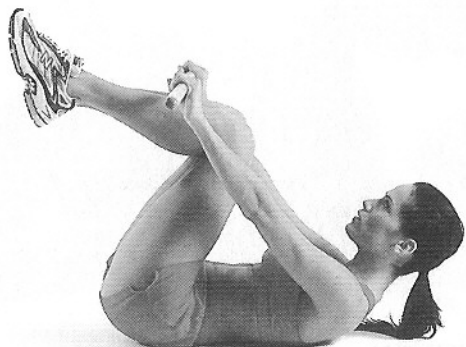
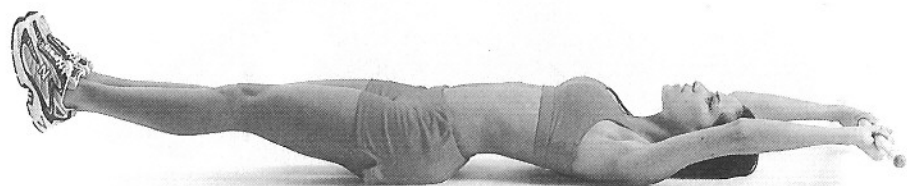
### TWISTING CRUNCH

Targets both the upper abs and obliques

Lie on your back on the floor, with your hands cupped behind your ears and your elbows out. Cross your ankles, with your knees slightly bent, and raise your legs until your thighs are perpendicular to your body. Bring your right shoulder off the floor as you cross your right elbow over to your left knee. Return to the starting position and repeat, beginning with the left shoulder, crossing your left elbow over to your right knee.

**8 repetitions to each side** [ *Beginner to intermediate* ]



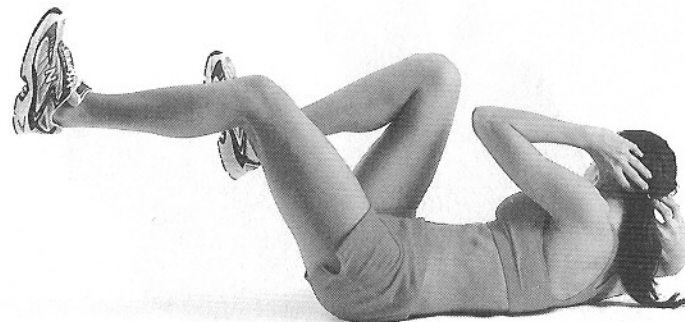
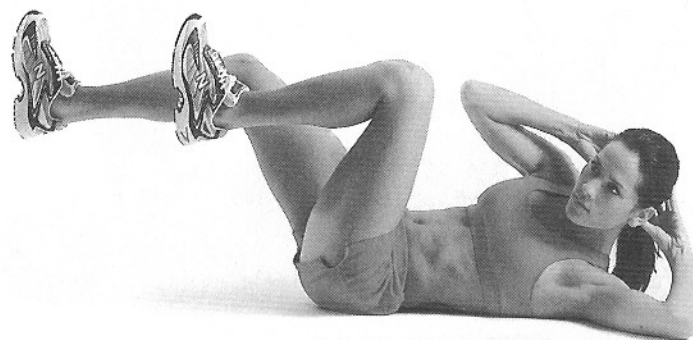


### STICK CRUNCH

Targets both the upper and lower abs

Lie on your back, with your feet raised off the ground and your knees slightly bent. Hold a broomstick behind your head, with your arms extended and off the ground. Crunch your torso up, and draw your knees up so that the stick extends past your knees. Pause, then return to the starting position.

**12 repetitions** [ *Intermediate* ]

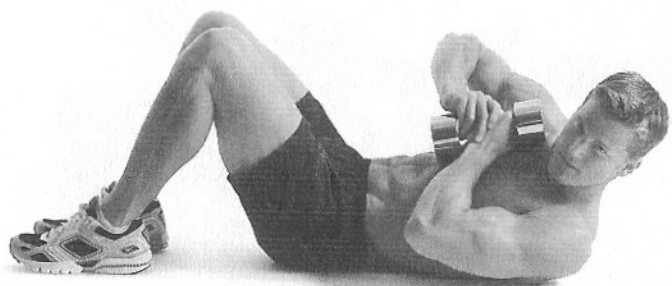
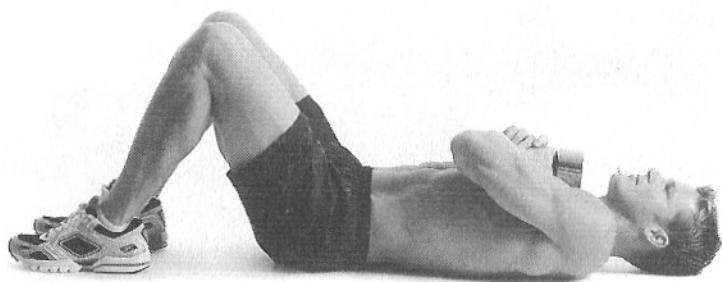


### BICYCLE

Targets both the upper and lower abs

Lying on your back with your knees bent 90 degrees and your hands behind your ears, pump your legs back and forth, bicycle-style, as you rotate your torso from side to side by moving an armpit (not an elbow) toward the opposite knee.

**20 repetitions** [ *Intermediate* ]

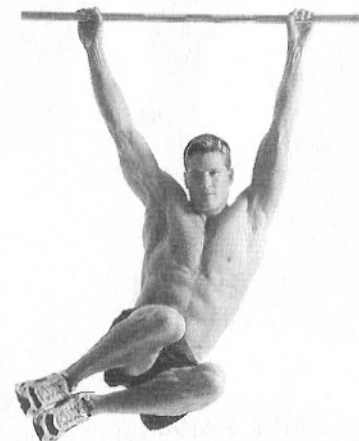
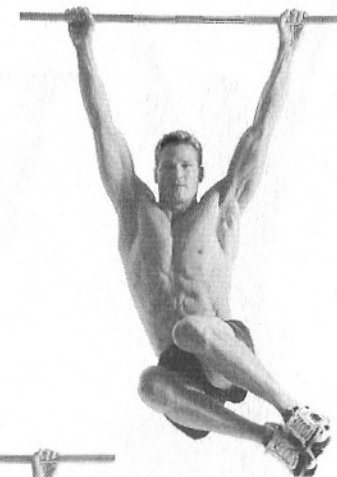


### WEIGHTED ONE-SIDED CRUNCH

Targets both the upper abs and obliques

Lie with your knees bent and feet flat on the floor. Hold a dumbbell by your right shoulder with both hands. Curl your torso up and rotate to the left. Lower yourself, finish the set, then repeat, placing the dumbbell next to your left shoulder.

8 repetitions to each side [Intermediate]



### OBLIQUE HANGING LEG RAISE

Targets both the lower abs and obliques

Grasp a chinup bar with an overhand grip and hang from it at arm's length, with your knees bent. Keep your knees bent, and lift your left hip toward your left armpit until your lower legs are nearly parallel to the floor. Pause, then return to the starting position, and lift your right hip toward your right armpit.

10 repetitions each side [Intermediate]



### HANGING SINGLE-KNEE RAISE

Targets both the lower abs and obliques

Hang fully extended from a chinup bar, with your palms facing out and your hands a little farther than shoulder-width apart. Your feet should lightly touch the floor. Without swinging to pick up momentum, raise your right knee toward your left shoulder as far as you can, using your abs for power. Slightly thrust your pelvis forward to help, but don't rock. Hold for a second, then lower to the starting position. Repeat with your left leg, raising it toward your right shoulder.

8–12 repetitions each side [ Intermediate ]

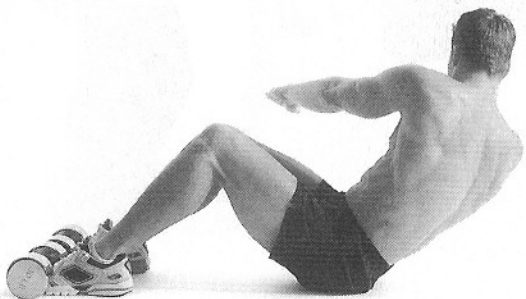
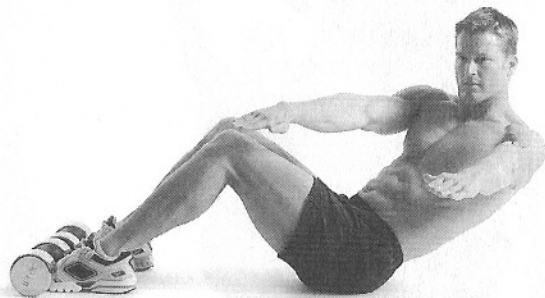
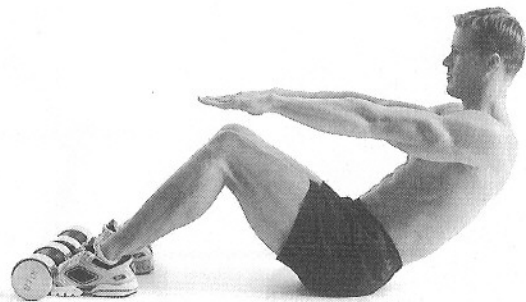


### KNEELING THREE-WAY CABLE CRUNCH

Targets both the upper abs and obliques

Attach a rope to the handle of the high pulley. Kneel facing the pulley, and grab the ends of the rope, with your palms facing each other. Hold the rope along the sides of your face, with your elbows slightly bent. Bend forward at the waist, rounding your back and aiming your chest at your pelvis. Stop when you feel a contraction in your abdominal muscles. Return to the starting position, then repeat the movement, this time aiming your chest toward your left knee. Stop when you feel a contraction in your left obliques. Return, then repeat the movement to your right. That's one repetition.

8 repetitions [ Intermediate to advanced ]

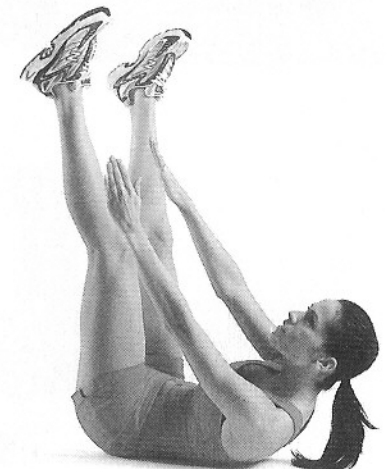
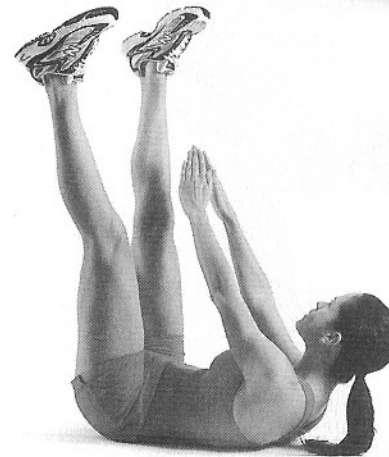


### RUSSIAN TWIST

Targets both the upper abs and obliques

Sit on the floor, with your knees bent and your feet flat. Hold your arms straight out in front of your chest, with your palms facing down. Lean back so that your torso is at a 45-degree angle to the floor. Twist to the left as far as you can, pause, then reverse your movement and twist all the way back to the right as far as you can. As you get stronger, hold a light weight in your hands as you do the movement. (Note: You may need to tuck your feet under a set of weights to help maintain balance throughout the exercise.)

**10 repetitions each side** [Intermediate to advanced]



### V-SPREAD TOE TOUCH

Targets both the upper abs and obliques

Lie flat on your back, with your legs straight up in a V position without locking your knees. Raise your arms toward the ceiling. Curl your shoulder blades up, and reach toward your right foot with both hands. Hold for a second, concentrating on your abs, then lower to the starting position. Repeat, this time reaching for your left foot. Don't pause at the lower position.

**12-15 repetitions** [Intermediate to advanced]

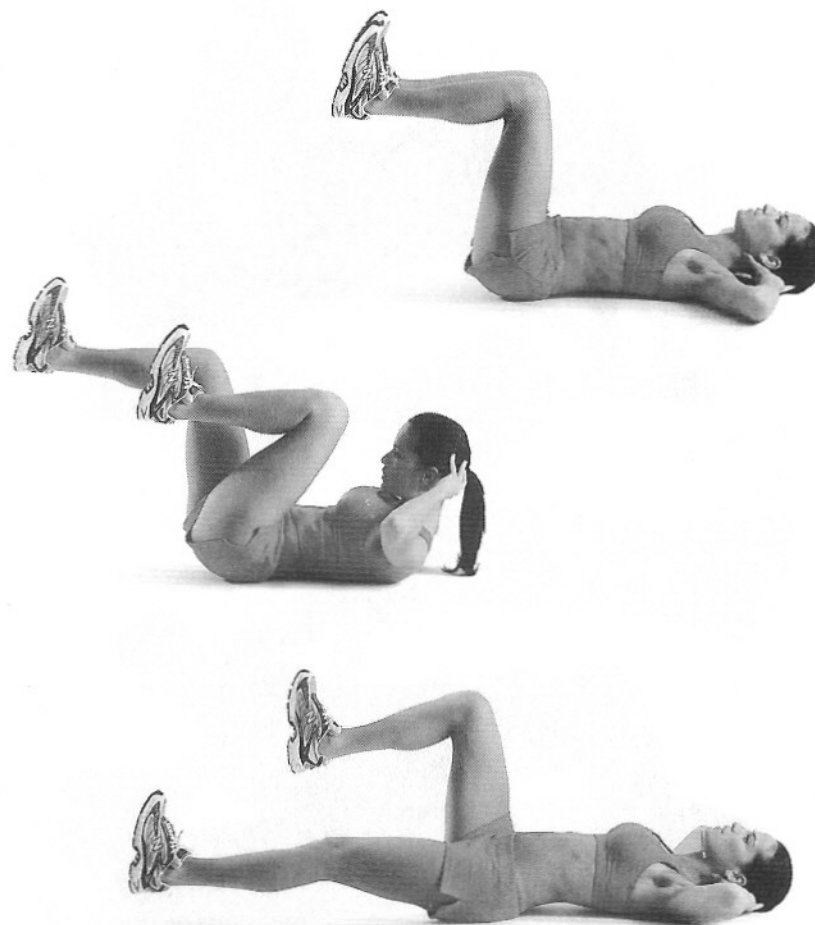


### CORKSCREW

Targets both the lower abs and obliques

Lie on your back, with your legs raised directly over your hips; your knees should be slightly bent. Place your hands with the palms down at your sides. Use your lower abs to raise your hips off the floor and toward your rib cage, elevating your hips straight up toward the ceiling. Simultaneously twist your hips to the right in a corkscrew motion. Hold, then return to the starting position. Repeat, twisting to the left.

**10 repetitions** [ *Intermediate to advanced* ]

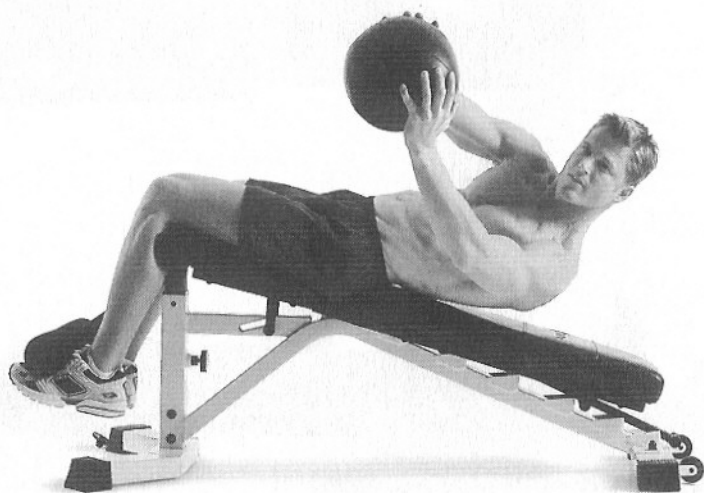
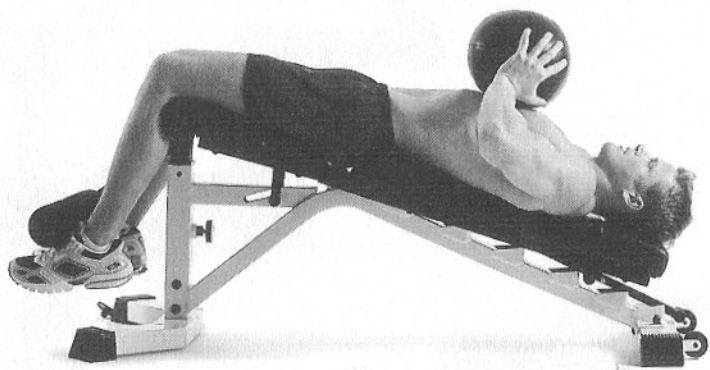


### STRAIGHT-LEG CYCLING CRUNCH

Targets both the upper and lower abs

Lie on your back, and bend your hips and knees 90 degrees so that your feet are in the air. Place your hands behind your ears, and perform an abdominal crunch by lifting your head and shoulders off the floor. At the same time, lift your left leg to your chest. Lower your torso to the floor as you straighten your left leg, keeping it a few inches off the floor. Repeat the exercise, this time drawing your right knee up as you crunch. Alternate from left to right throughout the exercise.

**10 repetitions each side** [ *Advanced* ]

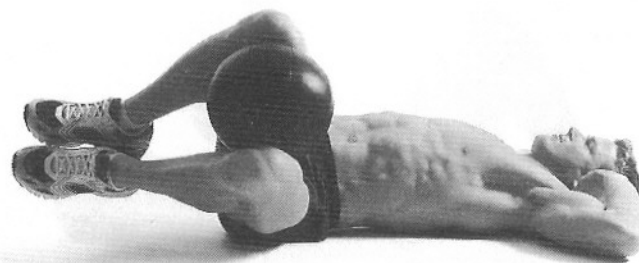
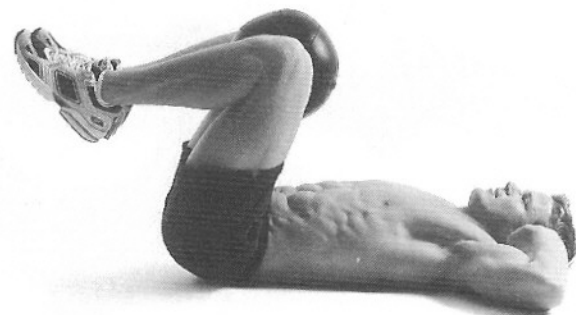
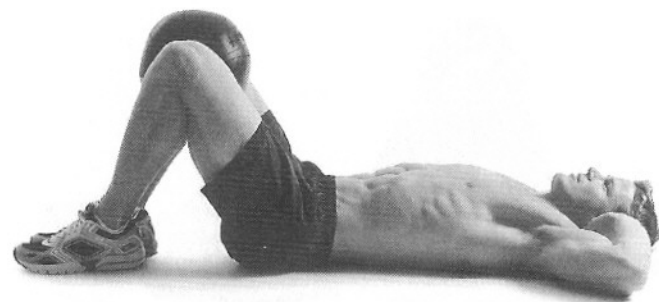


### LATERAL MEDICINE BALL BLAST

Targets both the upper abs and obliques

Set an adjustable ab bench at a 45-degree angle. Lie down on it, and hook your feet under the padded support bars. Hold a medicine ball or weight plate against your chest. As you come up, twist to the left and extend your arms as if you were throwing the ball or weight. Pull it back to your chest as you untwist and lower yourself. Repeat, twisting to the right.

5 repetitions each side [Advanced]

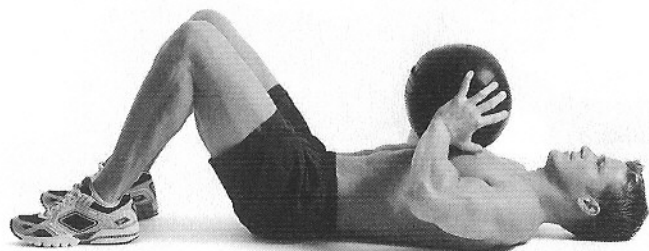
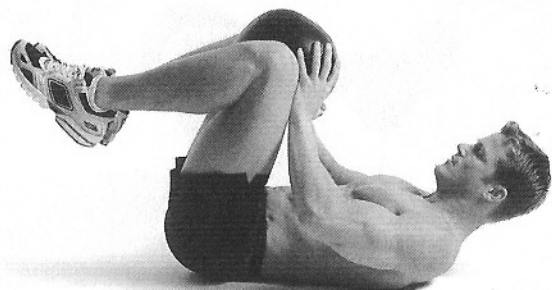
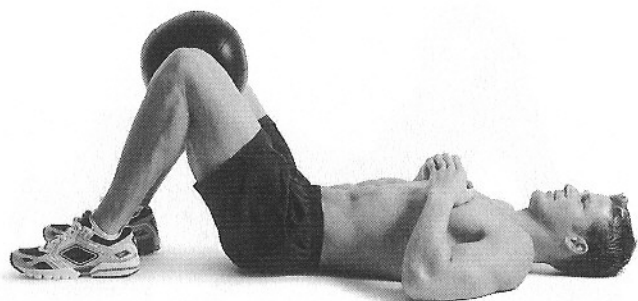


### KNEE RAISE WITH DROP

Targets both the lower abs and obliques

Lie on your back, with your hands behind your ears, hips and knees bent, and feet on the floor. Position a medicine ball between your knees. Keep your lower back on the floor throughout the exercise. Contract your abdominals, and pull your knees to your chest. Lower your knees to the left, bring them back to center, then return to the starting position. Drop your knees to the right on the next repetition, and alternate sides for each rep.

12 repetitions [Advanced]

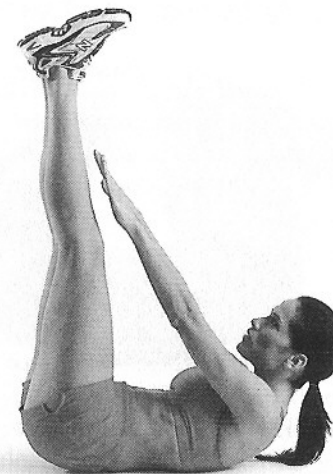
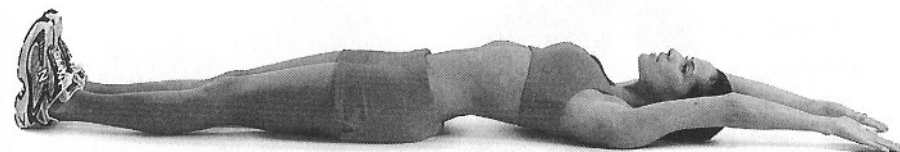


### DOUBLE CRUNCH

Targets both the upper and lower abs

Lie on your back, with your hips and knees bent and your feet on the floor. Rest your hands lightly on your chest. Position a medicine ball between your knees. Exhale as you lift your shoulders off the floor and bring your knees to your chest. Grab the ball with your hands, and bring it to your chest as you inhale and return your shoulders and legs to the starting position. Transfer the ball back to your legs on the next repetition, and keep alternating ball positions for the entire set.

**12 repetitions** [ *Advanced* ]

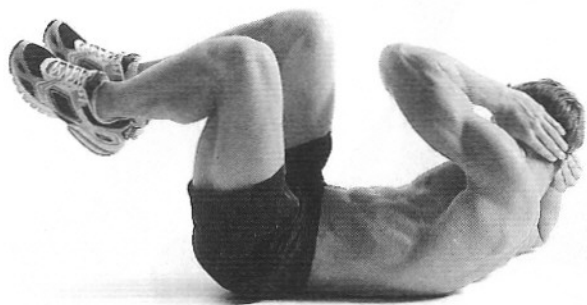


### V-UPS

Targets both the upper and lower abs

Lie on your back, with your legs and arms extended. Keeping your knees and elbows locked, simultaneously raise your upper body while trying to touch your fingers to your toes.

**5-10 repetitions** [ *Advanced* ]



### DOUBLE CRUNCH WITH A CROSS

Targets both the upper and lower abs, plus the obliques. Lie on your back with your knees bent, your feet flat on the floor, your head and neck relaxed, and your hands behind your ears. Use your lower abs to lift both knees, and cross them toward your left shoulder as you simultaneously use your upper abs to raise your left shoulder and cross it toward your right knee. Hold for a second. Lower your legs and torso to the starting position, and repeat to the other side.

**10 repetitions each side** [ *Advanced* ]

## The Abs Diet Maintenance Plan

# Y

**OU'VE REACHED YOUR GOAL, AND** that's reason to celebrate. But it doesn't give you license to go back to breakfasts of leftover jalapeño

poppers. However, you have earned a reprieve. You've built your body to churn fat and turn it into muscle, and with a muscular base, you're at the point where your body is doing a lot of the work for you. Here's a primer for maintaining the body you've built.

SUBJECT	GUIDELINE
Diet basics	You've adjusted well, and you can continue eating six meals a day by focusing on the Powerfoods—and the super ingredients, like protein, fiber, and whole-grain carbohydrates. Keep drinking smoothies regularly and adding a source of protein to every snack.
Cheating	You can up your cheating meal to a cheating day where you treat yourself to anything you want. Just keep it confined to 1 day, rather than spreading it out over several meals on several days. That will increase the chances you'll stay focused and maintain good eating habits.
Exercise program	You're in maintenance mode now. Keep going with the program if you like, but you can also scale back to 1 or 2 days a week of strength training and 1 day a week of interval training. Research at the human performance laboratory at Ball State University has shown that lifters can maintain their muscle with just one workout a week.



## Vitamin and Mineral Values

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)
RDAS FOR MEN/WOMEN	900/700	1.2/1.1	1.3/1.3	400/400
Almonds (1 oz)	0	0.05	0.03	11
Apple (1 medium)	8	0.02	0.06	4
Apricot (1)	67	0.01	0.02	3
Artichoke (1 medium)	0	0.10	0.15	87
Asparagus (1 medium spear)	12	0.02	0.01	8
Avocado (1)	122	0.20	0.60	124
Bacon (3 slices)	0	0.08	0.07	0.40
Bagel (4")	0	0.15	0.05	20
Banana (1 medium)	7	0.04	0.40	24
Beans, baked (1 cup)	13	0.40	0.34	61
Beans, black (1 cup cooked)	1	0.40	0.12	256
Beans, kidney (1 cup cooked)	0	0.28	0.21	230
Beans, lima (1/2 cup)	32	0.12	0.16	22
Beans, navy (1 cup cooked)	0.36	0.40	0.30	255
Beans, pinto (1 cup cooked)	0	0.17	0.16	294
Beans, refried (1 cup)	0	0.07	0.36	28
Beans, white (1 cup cooked)	0	0.20	0.17	145
Beef, ground lean (3 oz)	0	0.06	0.24	7
Beer (12 oz)	0	0.02	0.18	21
Beets (1/2 cup)	3	0.02	0.05	74
Blueberries (1 pint)	17	0.11	0.15	17
Bran, wheat (1 cup)	0	0.14	0.35	14
Bread, rye (1 slice)	0.26	0.14	0.02	35
Bread, white (1 slice)	0	0.11	0.02	28
Bread, whole-grain (1 slice)	0	0.11	0.10	30
Breakfast sandwich, fast-food (bacon, egg, and cheese)	0	0.53	0.16	73

VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
90/75	15/15	1,000/1,000	420/320	3,500/3,500	55/55	11/8
0	6	71	86	180	0	1
6	0.25	8	7	148	0	0.06
3.50	0.30	5	3.50	90	0.03	0.07
15	0.24	56	77	474	0.26	0.60
1	0.18	4	2	32	0.37	0.10
16	3	22	78	1,204	0.80	0.84
0	0.06	2	6	107	12	0.70
0	0.04	16	26	90	28	1
10	0.12	6	32	422	1	0.20
8	1.35	127	81	752	12	4
0	0.14	46	120	610	2	1.90
2	0.05	62	74	717	2	1.80
9	0.12	27	63	485	1.70	0.70
1.64	0.73	127	107	670	11	1.90
1.37	1.61	72	70	495	19	1.70
15	0	88	83	675	3	3
0	1.74	161	113	1,004	2.30	2.50
0	0.15	7	19	265	0	4
0	0	18	21	89	2.50	0.04
3	0.03	11	16	221	0.50	0.24
28	1.65	17	17	223	0.30	0.50
0	0.54	26	220	426	28	3
0.13	0.11	23	13	53	10	0.36
0	0.06	38	6	25	4.30	0.20
0.08	0.09	24	14	53	8	0.30
2	0.60	160	25	211	36.0	2

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)	VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
<b>RDAS FOR MEN/WOMEN</b>	<b>900/700</b>	<b>1.2/1.1</b>	<b>1.3/1.3</b>	<b>400/400</b>	<b>90/75</b>	<b>15/15</b>	<b>1,000/1,000</b>	<b>420/320</b>	<b>3,500/3,500</b>	<b>55/55</b>	<b>11/8</b>
Broccoli (1 cup)	213	0.05	0.11	50	66	0.33	34	18	230	2	0.30
Brussels sprouts (½ cup)	60	0.08	0.14	47	48	0.34	28	16	247	1.17	0.26
Cake, coffee (1 piece)	20	0.10	0.03	27	0.11	0.11	76	10	63	9	0.25
Cake, frosted (1 piece)	10	0.01	0.02	7	0.04	0	18	14	84	1.40	0.30
Canadian bacon (2 slices)	0	0.40	0.20	2	0	0.16	5	10	181	11	0.80
Candy, non-chocolate (1 package)	0	0	0	0	0	0	0	0	0	0	0
Cantaloupe (1 medium wedge)	345	0.04	0.07	21	37	0.05	9	12	272	0.40	0.18
Carrot (1)	734	0.04	0.08	12	4	0.40	20	7	195	0.06	0.15
Cauliflower (1 cup)	2	0.06	0.22	57	46	0.08	22	15	303	0.60	0.30
Celery (1 cup, strips)	55	0.03	0.10	45	4	0.33	50	14	322	0.50	0.16
Cereal, whole-grain, with raisins (½ cup)	3	0.16	0.10	22	0.55	0.40	33	70	207	10	1
Cheddar cheese (1 slice)	75	0.01	0.02	5	0	0.08	204	8	28	4	0.90
Chef's salad with no dressing (1½ cups)	146	0.40	0.40	101	16	0	235	49	401	37	3
Cherries, sweet, raw (1 cup)	30	0.07	0.05	5.80	10	0.20	21	16	325	0.90	0.09
Chicken, skinless (½ breast)	4	0.04	0.32	2	0.71	0.08	6.50	16	150	11	0.50
Chickpeas (1 cup cooked)	4	0.19	0.22	282	2	0.60	80	79	477	6	2.50
Chili with beans (1 cup)	87	0.12	0.30	59	4	1.46	120	115	934	3	5
Chips, potato, lite (1 oz)	0	0.05	0.22	8	3.40	0.62	10	18	285	2	0.17
Chocolate (1.45 oz)	20	0.05	0.01	5	0	0.83	78	26	153	2	0.83
Cinnamon bun (1)	0	0.12	0	17	0.06	0.48	10	3.60	19	5	0.10
Citrus fruits and frozen concentrate juices (12 oz)	7	0.17	0.30	31	324	0.24	85	68	1,336	1	0.41
Clams, fried (¾ cup)	101	0.11	0.07	41	11.25	0	71	16	366	33	1.60
Coffee (1 cup)	0	0	0	5	0	0.05	2	5	114	0	0.02
Collards (1 cup cooked)	1,542	0.08	0.24	177	35	1.67	266	38	220	1	0.50
Cookie, chocolate chip (1)	0.04	0.01	0.01	0.90	0	0.26	2.50	3	14	0	0.06

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)
<b>RDAS FOR MEN/WOMEN</b>	<b>900/700</b>	<b>1.2/1.1</b>	<b>1.3/1.3</b>	<b>400/400</b>
Corn (1 cup)	0.26	0.06	0.16	115
Cottage cheese, low-fat (1 cup)	25	0.05	0.15	27
Crackers (12)	0	0.17	0	0
Cranberry juice cocktail (1 cup)	1	0.02	0.05	0
Cream cheese (1 Tbsp)	53	0	0	2
Cucumber with peel (1/2 cup)	10	0.01	0.02	7
Doughnut (1)	17	0.10	0.03	24
Egg, whole (1 large)	84	0.03	0.06	22
Eggplant (1 cup)	4	0.08	0.09	14
English muffin, whole-wheat (1)	0.09	0.25	0.05	36
Fig bar cookies (2 bars)	3	0.05	0.02	11
Fish, white (1 fillet)	60	0.26	0.50	26
French fries (10)	0	0.07	0.16	8
Fruit, dried (11 oz)	380	0.14	0.50	13
Fruit juice, unsweetened (1 cup)	0	0.02	0.06	35
Garlic (1 clove)	0	0	0.04	0.09
Graham cracker (1 large rectangular piece)	0	0.03	0.01	6
Granola bar (1)	2	0.06	0.02	6
Grape juice (1 cup)	1	0.07	0.16	8
Ham (1 slice)	0	0.20	0.10	1
Hamburger, fast-food, with condiments and vegetables (1)	4	0.30	0.12	52
Hot dog, fast-food (1)	0	0.44	0.09	85
Ice cream (1 serving)	6	0.03	0.04	11
Jam or preserves (1 Tbsp)	0.20	0	0	2

VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
<b>90/75</b>	<b>15/15</b>	<b>1,000/1,000</b>	<b>420/320</b>	<b>3,500/3,500</b>	<b>55/55</b>	<b>11/8</b>
12	0.15	8	44	343	1.54	1.36
0	0.02	138	11	194	20	0.86
0	0	28	12	48	2.40	0.20
90	0	8	5	46	0	0.18
0	0.04	12	1	17	0.40	0.10
2.76	0	7	6	75	0	0.10
0.09	0.90	21	9	60	4	0.30
0	0.50	25	5	63	15	0.50
1	0.40	6	11	122	0.10	0.12
0	0.26	101	21	106	17	0.61
0.10	0.21	20	9	66	1	0.12
0	0.39	51	65	625	25	2
6	0.12	4	11	211	0.20	0.20
12	2	119	121	2,482	1.50	1.56
40	0	160	9	154	0	0.20
0.90	0	5	0.75	12	0.40	0
0	0.05	3	4	19	1	0.10
0.22	0.32	15	24	82	4	0.50
0.25	0	23	25	334	0.25	0.13
0	0.10	2	5	94	6	0.50
2	0.42	126	23	251	20	2
0.09	0.10	108	27	190	29	2
0.46	0	72	19	164	1.65	0.40
2	0	4	0.80	15	0.40	0

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)	VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
<b>RDAS FOR MEN/WOMEN</b>	<b>900/700</b>	<b>1.2/1.1</b>	<b>1.3/1.3</b>	<b>400/400</b>	<b>90/75</b>	<b>15/15</b>	<b>1,000/1,000</b>	<b>420/320</b>	<b>3,500/3,500</b>	<b>55/55</b>	<b>11/8</b>
Kale (1 cup)	955	0.07	0.11	18	33	1	180	23	417	1.17	0.23
Ketchup (1 Tbsp)	7	0	0.02	2	2	0.20	3	3	57	0.04	0
Kiwi fruit (1 medium)	3	0.02	0.07	19	70	1	26	13	237	0.15	0.10
Lasagna, meat (7 oz)	61	0.19	0.20	16	12	0.94	220	41	372	28	3
Lentils (1 Tbsp)	0.05	0.02	0.02	22	0.19	0	2	4	46	0.35	0.16
Lettuce, iceberg (1 cup)	8	0.02	0.03	31	2	0.02	11	4	84	0.28	0.10
Lettuce, romaine (1/2 cup)	81	0.02	0.02	38	7	0.04	9	4	69	0.10	0.06
Liver, beef (3 oz)	8,042	0.16	0.86	215	1.62	0.43	5	18	300	31	4.50
Lunchmeat, salami (3 slices)	0	0.10	0.08	0.34	0	0.05	1.34	2.86	63	4	0.54
Macaroni and cheese (8 oz)	48	0.25	0	0	0	0	102	0	111	0	0
Meat loaf (1 slice)	20	0.10	0.14	12	0.62	0.10	43	22	295	0	4
Melon, honeydew (1 cup)	5	0.07	0.16	34	32	0.04	11	18	403	1.24	0.16
Milk, fat-free (1 cup)	5	0.10	0.10	12	2	0.10	301	27	406	5	1
Milk, soy (1 cup)	0	0.15	0.16	40	0	0	80	60	440	3	0.90
Muffin, blueberry (1)	13	0.10	0.01	42	0.63	0.47	32	9	70	6	0.30
Mushrooms (1 cup sliced)	0	0.09	0.10	12	2	0.10	5	10	355	8	0.70
Nachos with cheese (6-8)	170	0.20	0.20	12	1	0	311	63	196	18	2
Nectarine (1)	23	0.05	0.03	7	7	1	8	12	273	0	0.23
Oatmeal (1 cup)	0.12	0.12	0.10	13	0	0.26	19	51	175	0	1.43
Olives (1 Tbsp)	1.70	0	0	0	0	0.14	7	0.30	0.67	0.08	0
Onion rings (10 medium)	0.98	0.10	0.07	64	0.68	0.39	86	19	152	3	0.41
Oyster (1 medium)	4.20	0.01	0.01	1.40	0.52	0.12	6	7	22	9	13
Pancakes (2)	7.60	0.16	0.07	28	0.15	0.65	96	15	133	10	0.30
Pasta with red sauce (4.5 oz)	0	0.13	0.10	4	6	1.40	41	13	207	11	0.66
Peach (1 medium)	16	0.02	0.02	4	6	0.70	6	9	186	0.10	0.17
Peanut butter (2 Tbsp)	0	0.03	0.15	24	0	0	12	51	214	2	1
Peanuts (1 oz)	0	0.12	0.07	41	0	2	15	50	186	2	1
Pear (1 medium)	1.60	0.02	0.05	12	7	0.20	15	12	198	0.17	0.17

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)
RDAS FOR MEN/WOMEN	900/700	1.2/1.1	1.3/1.3	400/400
Pepper, chili, raw (½ pepper)	21.6	0.03	0.23	10.35
Peppers, sweet (10 strips)	78	0.04	0.13	13
Pie, apple (1 piece)	37	0.03	0.04	32
Pizza, cheese (1 slice)	74	0.20	0.04	35
Pizza, vegetable (1 slice)	58	0.40	0.50	116
Plum (1)	21	0.03	0.05	1.45
Popcorn (1 cup)	0.80	0.02	0.02	2
Pork (3 oz)	—	0.80	0.30	3
Potato salad (1 cup)	2.93	0.20	0.40	19
Potatoes, mashed (1 cup)	8.40	0.20	0.50	17
Pot pie, chicken	256	0.30	0.20	41
Pretzels (10 twists)	0	0.30	0.07	103
Raisins (1.5 oz)	0	0.05	0.08	1.28
Raspberries (10)	0.38	0.01	0.01	4
Rice, brown (1 cup)	0	0.20	0.30	8
Rice, white (1 cup)	0	0.03	0.15	5
Ricotta cheese, part skim (½ cup)	132	0.03	0.02	16
Salad dressing, light Italian (1 Tbsp)	0	0	0	0
Salmon (3 oz)	9.84	0.20	0.71	22
Salsa (½ cup)	44	0.05	0.16	21
Sauerkraut (1 cup)	1.42	0.03	0.18	34
Sausage (1 link)	0	0.05	0.01	0.26
Shrimp (4 large)	0	0.01	0.03	0.77
Soft drink with caffeine (12 oz)	0	0	0	0
Soup, cream of chicken (1 cup)	179	0.07	0.07	7

VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
90/75	15/15	1,000/1,000	420/320	3,500/3,500	55/55	11/8
65	0.30	6	10	145	0.20	0.12
70	0.36	7	6.46	105	0	0
4	1.78	13	8	76	1	0.20
1	0	117	16	113	13	1
79	2	189	65	548	23	2
6	0	3	5	114	0.30	0.07
0	0	1	11	24	0.80	0.30
0	0.20	6	15	253	14	2
19	0.14	14	36	551	10	0.60
13	0.04	46	38	621	2	0.60
2	4	33	24	256	0.70	1
0	0.21	22	21	88	3	0.50
2.30	0.30	12	13	350	0.26	0.08
5	0.17	5	4	28	0.04	0.08
0	0.06	20	84	84	19	1
0	0.06	16	19	55	12	0.80
0	0.09	337	19	155	21	1.70
0	0	0	0	2	0.20	0
0	0.95	11	28	475	35	0.60
18	1.53	39	17	275	0.50	0.30
21	0.14	43	18	241	0.90	0.30
0	0.03	1.30	1.56	25	1.87	0.24
0.48	0	9	7	40	9	0.30
0	0	10	3	3	0.34	0
1.24	0.25	181	17	272	8	0.67

	VITAMIN A (mcg)	VITAMIN B <sub>1</sub> (THIAMIN) (mg)	VITAMIN B <sub>6</sub> (mg)	FOLATE (mcg)
<b>RDAS FOR MEN/WOMEN</b>	<b>900/700</b>	<b>1.2/1.1</b>	<b>1.3/1.3</b>	<b>400/400</b>
Soup, tomato (1 cup)	29.28	0.09	0.11	15
Soybeans (1 cup cooked)	14	0.47	0.10	200
Spaghetti with meatballs (1½ cups)	46	0.38	0.43	101
Spareribs (3 oz)	1.91	0.26	0.22	3
Spinach (1 cup)	140	0.02	0.06	58
Steak (different cuts)	0	0.10	0.30	6
Strawberries (1 cup)	1.66	0.03	0.09	40
Submarine sandwich	71	1	0.10	87
Sunflower seeds (1 cup)	1.28	0.14	1	303
Sweet potato (1)	350	0.09	0.25	9
Taco salad (1.5 cups)	71	0.10	0.20	83
Toaster pastry (1)	148	0.20	0.20	15
Tofu (½ cup)	4.96	0.10	0.06	19
Tomato (1 medium)	26	0.02	0.05	9
Tuna salad (1 cup)	49	0.06	0.17	16
Turkey, skinless (½ breast)	0	0.16	2.26	31
Vegetable juice (1 cup)	188	0.10	0.30	51
Walnuts (1 cup)	37	0.27	0.70	82
Watermelon (1 wedge)	104	0.20	0.40	6
Wheat germ (¼ cup)	0	0.20	0.40	81
Whey protein powder (2 tsp)	0	0	0	0
Wine, red (3.5 oz)	0	0	0.03	2
Wine, white (3.5 oz)	0	0	0.01	0
Yogurt, low-fat (8 oz)	2	0.10	0.09	24

VITAMIN C (mg)	VITAMIN E (mg)	CALCIUM (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	SELENIUM (mcg)	ZINC (mg)
<b>90/75</b>	<b>15/15</b>	<b>1,000/1,000</b>	<b>420/320</b>	<b>3,500/3,500</b>	<b>55/55</b>	<b>11/8</b>
66	2	12	7	263	0.50	0.24
31	0.02	261	108	970	3	1.64
24	4	138	66	718	39	5
0	0.20	30	15	204	24	3
8	0.60	30	24	167	0.30	0.16
0	0.11	4	19	250	12	3.26
97	0.50	27	22	253	1	0.20
12	0	189	68	394	31	2.60
1.79	27	89	165	1,088	101	6.77
19	1.42	41	27	348	0.30	0.30
4	192	51	416	4	3	—
0	0.90	17	12	57	6.30	0.30
0	0.01	434	37	150	11	1
8	0.33	6	7	146	0	0.11
5	2	35	39	365	84	1
0	0.30	39	109	1,142	95	5
67	12	26	27	467	1	0.50
4	0	73	253	655	21	4.28
31	0.40	41	31	479	0.30	0.20
0	0	27	275	166	91	14
0	0	0	0	260	0	0
0	0	8	13	111	0.20	0.10
0	0	9	10	80	0.20	0.07
1.70	0	415	37	497	11	1.88

## Glycemic Loads for Selected Foods

Peanuts	1	Grapefruit juice	9
Low-fat yogurt, artificially sweetened	2	Hamburger bun	9
Carrots	3	Kidney beans, canned	9
Grapefruit	3	Lentil soup	9
Green peas	3	Oatmeal cookies	9
Fat-free milk	4	Sweet corn	9
Pear	4	American rye bread	10
Watermelon	4	Cheese tortellini	10
Beets	5	Frozen waffles	10
Orange	5	Honey	10
Peach	5	Lima beans, frozen	10
Plum	5	Low-fat yogurt, sweetened with sugar	10
Apple	6	Pinto beans	10
Kiwi fruit	6	White bread	10
Tomato soup	6	Bran Chex cereal	11
Baked beans	7	Apple juice	12
Chickpeas, canned	7	Banana	12
Grapes	7	Kaiser roll	12
Pineapple	7	Orange juice	12
Whole-wheat bread	7	Saltine crackers	12
Popcorn	8	Stoned Wheat Thins	12
Soy milk	8	Bran flakes	13
Taco shells	8	Oatmeal	13
All-Bran cereal	9	Graham crackers	14

Special K cereal	14	Total cereal	17
Vanilla wafers	14	Brown rice	18
Bran muffin	15	Fettuccine	18
Cheerios cereal	15	Angel food cake	19
French bread	15	Cornflakes cereal	21
Grape Nuts cereal	15	French fries	22
Mashed potatoes	15	Jelly beans	22
Shredded wheat cereal	15	Macaroni	22
Bread stuffing mix	16	Rice Krispies cereal	22
Cheese pizza	16	Couscous	23
Whole-wheat spaghetti	16	Linguine	23
Black bean soup	17	Long-grain rice	23
Blueberry muffin	17	White rice	23
Corn chips	17	Bagel	25
Doughnut	17	Baked potato	26
Grape Nuts Flakes cereal	17	Spaghetti	27
Instant oatmeal	17	Raisins	28
Rice cakes	17	Macaroni and cheese	32
Sweet potato	17	Instant rice	36

### How to Use This Chart

The numbers in this chart represent the glycemic loads (GLs) of common foods. The GL is the product of a food's glycemic index and the amount of carbohydrates available per serving. Essentially, the GL estimates the projected elevation in blood glucose caused by eating a particular food. The higher a food's GL, the higher it is likely to be in both calories and carbs, so try to center your meals around foods with a GL of 19 or less and shoot for a total GL of less than 120 for the whole day.