

Getting Started

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- 1. YOU HAVE ALREADY STARTED!!

The first step is to recognize the problem and look for a solution. By coming to this site, you have shown that you have an interest in doing something about a nutritional challenge that faces you. That challenge may be controlling your blood glucose levels, reducing high blood pressure, losing unhealthy excessive body fat, or a host of other medically based nutrition challenges.

- 2. BOOK MARK NUTRICOACH.NET

You need to come back to this website often to use the tools we offer. Once you are using the tools we provide there is the issue of support and encouragement. You will find that support and encouragement in our forum on Diabetic-Diet-Secrets.com. Facing a nutritional challenge can be a very scary proposition. It helps to know you are not alone!

- 3. BECOME EDUCATED ABOUT THE PROBLEM Knowledge

is the most powerful tool in our tool box. Defining and understanding the problem makes the solution more clear when it is presented. Get and read the book "The Insulin-resistance Diet";

This book helps to really understand the problem. I consider it **MUST READING!!!** When you purchase this and other books from this website, Amazon.com will send a portion of the purchase price back to NutriCoach to help further the work we are doing. Another new book with detailed instructions on how to optimize your diet can be found in the book Toma's Diabetic Diet, A layman's Guide to Controlling Blood Glucose with diet

- 4. Visit the Forum often and post your questions and your successes.

It is vitally important to have a thorough understanding of nutrition information when you get to later steps in the NutriCoach system.

- 5. START READING FOOD LABELS

When you shop or prepare food, read the labels. Compare one product to a similar product. You will be amazed at the differences. For example: I like Mexican food. I am on low sodium because I have high blood pressure. When comparing labels I noticed that Hatch green chiles had one half to one third the sodium of its competitors. Be aware that food labels are just a start. Also be aware that food manufacturers have found ways to hide and present misleading information in the food labels.

- 6. USE THE TOOLS ON THIS WEBSITE There are several tools on this site to help you accurately determine your BMI,

your healthy body weight, the proper nutrition for your present weight and what you need to do to set and accomplish your goals. Once you have this data, go over it with your Registered Dietician or Doctor to verify that it is right for you. They may wish to adjust one or more of the criteria to accommodate your medical condition and to keep you healthy.

- 7. PURCHASE AND USE THE NutriCoach RECOMMENDED SOFTWARE. The

software we recommend is the very best we have been able to find. This software will track 86+ nutrients and has 34,000+ foods in the database. See the software tab to see what all it can do for you.

- 8. ONCE YOU REALIZE JUST HOW POWERFUL THE NutriCoach system is, TELL ALL YOUR FRIENDS!