

## Homework Module 4

Get your sugar intake below 20 grams

Reduce your total carbohydrates below 30grams. (total carbs – total fiber)

Increase fiber to 30 grams per day.

Drink  $\frac{1}{2}$  of body weight in ounces and drink only water and limit coffee to 1 cup in the morning.

Eat protein, fat and complex carbohydrates each meal.

Watch your calories if you're trying to lose weight. Take note of serving numbers in food items as well.