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## Weight Loss Success

This depends on YOU. Our job is to provide you with the **tools** and **support** to reach your weight loss goals. Keep in mind the greater goal is to improve your *metabolic health*. Typically this entails *changing habits*. Changing your dietary habits and incorporating healthy lifestyle changes is **REALLY HARD**. If you focus on improving your metabolic health through healthy eating and an active lifestyle, this will decrease your risk of future disease. This may not be reflected as quickly on the scale as you hope!

## Body Composition

Therefore, in addition to the “number on the scale”, we are now offering body composition measurements using a bio impedance scale. Body composition measures your body fat, muscle weight, and water component. Although your total weight can fluctuate, we can track the decrease of your *body fat* percentage, which provides more insight to your metabolic health. Instead of focusing on weight loss alone, focus on *body recomposition* = losing fat and gaining muscle at the same time!

## Appointments

If you need to **reschedule or cancel** your appointment, please do so **within 24 hours** for the **courtesy** of other patients who may want your appointment time. Please email Dawn or call the office and leave a message for Dawn. Our Cancellation/No Show Policy requires that you notify us within 24 hours to avoid a no-show fee.

We encourage you to schedule your appointments every 2 weeks for the first month and then every 4 weeks. We have found that these initial frequent visits translate into greater success. Feel free to come in for simply a “weigh-in” with Dawn each week you do not have a visit with one of our providers. This visit is not billed to your insurance but offers accountability to add to your success.

Please note, since weight loss medications may have effects on vital signs as well as potential side effects, all patients on a prescription weight loss medication must be seen by one of our providers in the office at least on a monthly basis.

## HealthTrac App

We will provide you with this app track your food diary and activity. The HealthTrac App is available as a free download to anyone using an iPhone or Android phone. HealthTrac can sync to your favorite fitness tracker such as Apple Health, FitBit, and Garmin. A key function of HealthTrac is the “Color My Day” feature offering daily accountability. We will provide you with your unique user ID and password. **Do not contact your provider through this app as it is NOT monitored.**

## Contact the Office

Feel free to contact us through the **patient portal**. Make sure your account is activated.

## Before we begin....a nutrition update

For the past 50 years, advice for losing weight has been to “eat less and exercise more.” This was based on the assumption that all calories affect our body, our metabolism, the same way. Although this is true in a laboratory setting, our body is built to survive famine and not this world of excess calories. Some calories lead to satiety (they make us full) while others work on the part of our brain that simply tell us to eat more! We have been (trying to) eat less and exercise more! Yet when we did not lose weight, the experts simply blamed us—we did not have willpower. They did not even consider that their advice could be wrong. Now we know that weight loss is due to a hormonal, rather than energy, imbalance. When you pit hormones against willpower, hormones will win 99% of the time because they drive our survival!

Many hormones are involved in hunger and satiety. The 2 key hormones that drive weight gain are INSULIN and CORTISOL. Known as our stress hormone, CORTISOL stores body FAT in our midsection for instant energy as our “fight or flight” hormone. Intended for an occasional episode of stress, we are now chronically stressed and this hormone is chronically elevated stealing resources from our female hormones. This leads to more turbulent peri- and/or menopausal symptoms as well as weight gain. INSULIN is the main hormone that drives hunger, causes cravings and simply makes us FAT! When we eat sugar, or any food that is broken down into sugar, INSULIN is released to remove the excess, unutilized glucose from our blood to store as FAT! If, instead of counting calories, you make dietary and lifestyle changes that keep your INSULIN and CORTISOL low, you will be working with your hormones rather than fighting against them. This strategy will help you lose and maintain a healthy weight.

## NUTRIENTS

There are 3 macronutrients—protein, fat and carbohydrates. The RDA has set guidelines for a balanced diet but there is no ideal blend for weight loss. No food contains 100% of any given macronutrient. It is more important to choose high quality foods providing these macronutrients than simply a percentage of each in efforts to achieve a balanced diet or a low-carb or a low-fat regimen.

## PROTEIN

Serving as the building blocks of our body—muscle, bone, brain and more—PROTEIN is **satiating** (keeps us full) and there are 13 **essential** (must obtain from food sources) amino acids (PROTEIN precursors). Adequate amounts of PROTEIN do not affect our INSULIN levels but excessive amounts will be converted into INSULIN (and then make us hungry, crave and fat). However, the amount of PROTEIN we need is variable and based on size, gender, age, and activity level. This may lead to the confusion regarding how much PROTEIN we need each day. The RDA recommends 46 grams daily for the average woman but this is a minimal amount to avoid deficiencies. The PALM of your hand is a 3 ounce portion of PROTEIN and most women need 4-6 PALM size servings throughout the day. Higher levels of PROTEIN, up to 100 grams a day, can be part of a short-term plan to lose weight quickly but perhaps not a great long-term strategy based on longevity data. There are more plant based sources of PROTEIN available and it is probably best to get a mixture of both animal and plant proteins. Choose high quality sources. Look for words such as USDA organic, non-GMO, sustainable seafood, grass-fed, pasture-raised and certified humane.

## FAT

Not only is FAT **satiating** and **essential**, it also tastes really good! But FAT has been picked on for the past 50 years as the villain. We were led to believe that the FAT in our food led to the FAT in our body AND that saturated FAT (fat from mostly animal sources) caused heart disease. When they took the FAT out of food it did not taste good, thus sugar and/or artificial sweeteners were added. These low-fat or non-fat pseudo-foods were deemed “heart healthy” and were endorsed by the American Heart Association (AHA). Now we know that NOT all FAT is bad and, in fact, most (naturally occurring) FATs are GOOD for us.

So what do the experts say? They all do (mostly) agree on the **healthy fats** (omega-3 fatty acids, olive oil, avocado, nuts and seeds) as well as the **unhealthy fats** (trans fats such as margarine, Crisco and other partially hydrogenated vegetable oils as well as industrial based seed oils including corn, soybean, cottonseed, safflower and sunflower oils). Invented as a possible substitute for lard (pork fat) to be used in soap making, Crisco was introduced by Procter & Gamble (P&G) in 1911. Crisco is a coined word, short for CRYStallized cottonseed oil. Cottonseed oil was a byproduct from the production of cotton previously discarded as WASTE. In 1948, P&G sponsored a radio contest and all the funds (\$1.7 million) went to the AHA for their endorsement of Crisco, virtually launching the AHA as a nation-wide powerhouse. Unfortunately, it is now commonplace for corporate sponsors to buy health endorsements for their products whether proven healthy or not. Although these **unhealthy fats** are now known to be highly inflammatory and are the major link to heart disease, they are still widely used in many processed, packaged foods as they prolong shelf life and are cheap = good for business.

The experts do have a difference of opinion regarding saturated FAT. Based on the Seven Countries Study (SCS) initiated in 1958 by Ansel Keys, saturated FAT was “proven” to cause heart disease. Although Keys had data from 22 countries, he threw out the data from 15 countries that did not support his hypothesis!! Imagine submitting your high school science project omitting two-thirds of the data, you would fail the class. Sadly much of modern nutrition is based on the results of this landmark study linking heart disease with saturated FAT. To this day, the AHA vehemently advises you to avoid all saturated FAT, even coconut oil. Whereas, the European Cardiology Society (ESC) advises some saturated FAT, but not too much. European data shows that consuming 40 grams (about 1½ ounce) of full-fat cheese a day is linked to longevity compared to eating less as well as eating more! We have always been enamored of the French being able to eat cheese, drink wine yet maintain a healthy size. What we once labeled the “French Paradox” is now believed to be the healthy approach!

Most saturated fat is obtained from animal products particularly meat and dairy. But most of these animals are industrially raised on concentrated animal feeding operations, known as CAFO. They are confined (so they are stressed) and have elevated CORTISOL. They are fed cheap grains. This makes them sick so they are given antibiotics, which makes them fat, as well as hormones to make them fatter. They produce more amounts of less expensive meat and dairy. But since they are sick we are eating foods they make us sick. These animals are meant to graze on a pasture and eat grass. So “Pay your farmer now or your pharmacist later”. It pays to select animal based foods that are grass-fed, pasture-raised, certified humane and sustainable seafood. Because of the perfect storm of faulty nutritional research, cheap sources of seed based processed oils and industry’s financial and political influence on the USDA guidelines for “healthy eating”, we are eating further from mother nature’s original plan. If you are not mad yet, read on!

## **CARBOHYDRATES**

Because all CARBOHYDRATES are converted into sugar, they are neither **satiating** nor **essential**. They raise our INSULIN levels and make us hungry, crave more carbs and fatter (you know the drill). They are not essential because they are simply a source of energy and we already have plenty of stored energy (the fat in our bodies). Our stored fat is the energy we did not burn yesterday, last week, last month.

The Glycemic Index (GI) is a relative ranking of CARBOHYDRATES in foods according to how they affect blood glucose levels. Carbs with a low GI value (55 or less) are more slowly digested and absorbed. They cause a lower and slower rise in blood glucose and thus lower INSULIN levels. Avoid high GI foods which include most processed foods—cookies, cakes, candies as well as white rice, pasta and white bread. Yes, all of your “favorites” and do not think this is coincidental or that it is your fault. In the 1960s, the sugar industry funded research that downplayed the risks of sugar and highlighted the hazards of fat. I don’t know about you, but this made me REALLY mad when I first read about it. These foods have been purposely manufactured to make you crave more of them. They are designed to be addictive. They are engineered for texture, “mouth feel”, and palatability. This is great for business! Sugar, and all foods that are quickly broken down into sugar, raises your INSULIN and sabotages your efforts to lose weight and keep it off. Plus INSULIN and becoming insulin resistant is the main cause of inflammation that causes ALL major chronic illness including heart disease, Alzheimer’s disease AND cancer.

But NOT all CARBOHYDRATES are bad. Choose low GI carbs such as dark leafy green vegetables as these foods are high in fiber as well as vitamins and minerals. The fiber in these foods slows their break down into sugar thus there is less of an INSULIN response. Fiber absorbs cholesterol and protects your heart. Fiber is filling and keeps us from getting constipated. All the experts love fiber! You may have heard about probiotics. These are the “good bacteria” that we have in our body from our heads to our toes. They produce 100x more DNA than our own human DNA. So you might say that they rule our bodies. And we want to keep them happy and well-fed for good digestion, vaginal balance and improved mental health. But our good bacteria need nourishment and they rely on prebiotics. Prebiotics are fiber (yes, they are CARBOHYDRATES) but not all fiber are prebiotics.

Resistant starches are a type of prebiotic that are resistant to digestion. This means they go through your upper intestine mostly intact and then become food for your good bacteria in the large intestine. More importantly you cannot EXTRACT all the calories from these foods and you minimize the INSULIN response! It’s pretty much having your cake and eating it too! If you eat a hot baked potato (a starch) it breaks down into sugar and raises your INSULIN. But if you boil that same white potato and then cool it (think potato salad) it becomes resistant starch. The cooling changes the chemical bonds to make the starch difficult to digest. But heat it back up and it is easily digestible again. Hot white rice is a starch which breaks down into sugar raising INSULIN. But cool it and it becomes resistant starch. Because sometimes a girl just needs her carbs!

## **Which Diet is the Best?**

The short answer is the diet YOU can stick to. Whatever diet or food you pick make sure to take out the C.R.A.P. This is a great acronym for all the foods that raise your INSULIN. Eliminate Carbonated sugary beverages, Refined sugar and flour (high GI foods), Artificial sweeteners (no calories but still raises your INSULIN) and all Processed foods. If you look at the popular diets of the day—Mediterranean, Paleo, and Vegan, **none** include refined sugar, refined oils or processed foods but all include whole fruits and vegetables, olive oil, nuts and seeds. So don’t, for example, fall into the trap of being a “junk food” vegan (including refined carbs) or eating “dirty keto” (including refined oils) as refined sugar and oils are C.R.A.P. (i.e. man-made) and will sabotage your weight loss goals and your health. In other words, focus on the QUALITY of your food.

If your GOAL is to lose weight then you can choose either a low-calorie or a low-carb plan. The low calorie, low fat strategy of the last 50 years has led to elevated INSULIN resulting in overeating and persistent weight gain. On the other hand, a lower carb, higher fat plan helps keep INSULIN low. This decreases hunger and provides more energy AND improves METABOLIC HEALTH. When we eat **refined carbohydrates AND processed industrial oils**, this double whammy leads to inflammation and all chronic illnesses associated with poor metabolic health particularly heart disease, Alzheimer’s disease and cancer, oh yeah, and WEIGHT GAIN.

At your visit today we will review the TOOLS used for weight loss. Weight loss surgery and other devices such as balloons are helpful tools but are not in the scope of this program. **The most significant tool is FOOD.** We will start with guidelines for building your plate at each meal. We will review weight loss medications. ALL medications have side effects and none are magical. They can be helpful in controlling appetite and cravings. We will also review meal replacements as these are the most effective non-surgical weight loss tool. They combine calorie AND carbohydrate control with some, but limited, options and portion control. This is a powerful combination for quick weight loss. Often medication is used in conjunction with meal replacements. Research has shown when we lose more weight initially it is very motivating and leads to sustained weight loss.

We have reviewed your paperwork ahead of time so we can jump right in to finding the right tools to help you lose weight and keep it off! This will involve major habit changes and what worked for your friend may not work for you. Our job is to help you figure that out.

## Weight Loss & Wellness: Nutrition

- We have been taught that one pound of body fat = 3500 calories
  - ✓ This is true in a laboratory setting but what about in the human body? NO, all calories are NOT equal
- For years, dietary advice focused on counting and cutting calories
  - ✓ If you eat 500 calories less a day, you will lose 1 pound per week (500 calories per day x 7 days = 3500 calories)
- Are all calories are equal? It is probably more “calculus” than simple addition and subtraction
  - ✓ All foods have carbohydrate, protein, and/or fat but there is no ideal blend for weight loss

### Hormones and Weight

- Excess weight is NOT a caloric imbalance (i.e. calories in > calories out) but a **hormonal imbalance**
  - ✓ Counting calories takes willpower but our HORMONES are stronger than our willpower
- There are many hormones that are involved in hunger and satiety
  - ✓ **INSULIN** is the main hormone that drives hunger, cravings and make us FAT
    - When we eat sugar, insulin is released to remove the excess glucose from our blood to store as FAT
  - ✓ **CORTISOL** is our stress hormone that stores body fat in our midsection for energy for “fight or flight”
- Instead of counting calories, make dietary and lifestyle changes that keep your insulin and cortisol low

### Protein provides **4 calories** per gram

- Protein is **satiating** = will make you feel full
- Protein intake maintains lean body mass which burns calories more efficiently than fat mass
  - ✓ If you don't take in enough protein your body will break down your lean body mass first
- Protein is built from amino acids
  - ✓ 13 **essential** amino acids = you must get through your diet
  - ✓ Make sure you eat enough protein to maintain your lean body mass
  - ✓ The average-sized woman needs 50-60 grams of protein each day
- When you are losing weight you should have 1.2 grams of protein/kg/day of ideal body weight ≠ goal weight
  - ✓ For the average size woman at 5'4", she requires 65 grams protein during weight loss
  - ✓ Use your palm as a gauge and have **4-6 palm-sized portions** of protein per day
- Protein, at adequate levels, does not raise insulin → However, excess protein will be turned into glucose and raise insulin levels

### Fat provides **9 calories** per gram

- Fat is also **satiating** plus it makes food taste really good
  - ✓ With the low-fat, not-fat trend, food didn't taste good, so sugar and artificial sweeteners have been added
- Essential fatty acids = must obtain from our diet and needed for basic body functions
  - ✓ Not all fats are bad, in fact we **need fat**
- Eat healthy fats such as oily fish, olive oils, nuts and seeds, and avocados
  - ✓ Eat moderate amounts of saturated fats such as coconut oil, meat and dairy from pasture raised animals
- **Eliminate** trans-fats and refined oils → The only bad fats are man-made
  - ✓ Manufactured trans-fat, also known as partially hydrogenated oils
  - ✓ Refined oils such as corn oil and vegetable oil
- Fat NEVER raises your insulin level

### Carbohydrates provide **4 calories** per gram

- Carbohydrates increase the craving for food and makes you want to eat more
  - ✓ The **only** purpose of carbohydrates is to act as a fuel source = it is NOT essential
  - ✓ If you do not burn all the fuel, the excess carbohydrates will be converted into FAT
- Carbohydrates are either simple or complex
- **Simple carbohydrates** includes sugar
  - ✓ Table sugar, found in cookies, cakes and candies, but also sugars found in fruits and milk
- **Complex carbohydrates** include starches and fiber
  - ✓ Starches include grains, legumes and starchy vegetables
  - ✓ Fiber is important for weight loss and maintenance = eat 25-30 grams daily → found in fruits, non-starchy vegetables and whole grains
- Carbohydrates ALWAYS raise insulin (but to different degrees)
- **Glycemic Index** = a scale from 1-100 that ranks carbs based on their effect on blood sugar levels and insulin
  - ✓ Higher the score the greater the blood insulin raising effect = leads to insulin resistance and diabetes
  - ✓ Choose carbohydrates with a lower glycemic index
- **Net carbs** = total grams carbohydrate minus grams of fiber
  - ✓ Reflects the grams of carbohydrate that significantly impact your blood sugar level

### Water

- As women, over 50% of our bodies are composed of water
- When you are trying to reach or maintain a healthy weight, drink water as you may be thirsty and not hungry
  - ✓ Water has no calories so do not sneak in calories with sugary beverages

- Eliminate the C.R.A.P. from your diet and eat REAL food

- ## Weight Loss Tools

- ## Structured Eating

- You need protein and fat. You do not need (although you may WANT) carbohydrates

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## Dinner

Bake, broil, steam or lightly grill your healthy protein of choice

- ✓ Add lots of cruciferous vegetables (broccoli, cauliflower, spinach, etc.)

Make some healthy swaps

- ✓ Swap out starchy carbs with cauliflower instead such as riced cauliflower and mashed cauliflower
- ✓ Instead of pasta have spiralized zucchini or spaghetti squash

Serve yourself a smaller portion so if you go back for seconds you end up eating a normal sized portion

- ✓ Half-way through your meal, take a break and drink some water

## Snacks

Snacks are simply another opportunity to overeat – “The more often the snacks the bigger the slacks”

Try to limit yourself to 3 eating events each day

- ✓ If you are going to snack, make sure you have healthy snacks around
  - **Empty** your cabinets of chips, pretzels, cookies and ice cream!!
  - First have a glass of water or cup of tea, then assess if you are really hungry

To be satisfying, a snack probably needs to be around 200 calories

- ✓ 2 sticks of full-fat string cheese
- ✓ 2 tbsp of nut butter
- ✓ 2 hardboiled eggs
- ✓ 28 almonds
- ✓ 4 tbsp of hummus/salsa/guacamole + 3 oz baby carrots, cucumber chips, pepper slices, zucchini strips, or jicama sticks

## Meal Timing

**When** you eat matters as much if not more than **what** you eat

- ✓ **Eating window** = eat your meals in a 12-hour eating window (or less)
  - Keeps insulin levels down
  - Allows your body to clear out damaged and precancerous cells
- ✓ Eat breakfast like a Queen, lunch as a Princess and dinner like a pauper
  - Eat your larger meal of the day before 2pm
  - If you restrict all day and then start eating in the evening when you are most hungry, you will OVEREAT
  - Prepare your food in the evening but save a larger portion for the next day
- ✓ Carb timing
  - Eat your carbs later in the day and later on your plate to avoid insulin spikes leading to overeating

**Meal Replacements** = The **most effective nonsurgical** weight loss tool

- ✓ Greater initial weight loss boosts confidence
- ✓ Portion controlled as well as carbohydrate AND calorie controlled
- ✓ Eliminates food prep and guess work
- ✓ Cost effective

Very Low Calorie Diet (VLCD) = designed for QUICK weight loss

- ✓ Replaces all meals with physician grade meal replacements
- ✓ A true frequent but small meals approach
- ✓ 800 calories per day, 100 g protein, 50 net carbs, 50 g fat

Fresh Steps Meal System

- ✓ A hybrid program including the benefits of a low calorie day but incorporating fresh ingredients
- ✓ 1,000-1,200 calories per day, 100 g protein, 50 net carbs, 50 g fat

ProLon Fasting Mimicking Diet

- ✓ A 5-day plan that gives you all the benefits of a 5-day water fast
- ✓ Decreased inflammation, lower levels of cholesterol and improved health markers
- ✓ Shown to increase longevity by reducing chronic illnesses
- ✓ The remainder of the month a Longevity Diet is followed

## Medications (not magic pills)

Are you a candidate for medication?

- ✓ BMI > 30 or
- ✓ BMI > 27 with at least one co-morbidity, such as high blood pressure, high cholesterol, etc.

Helps **decrease appetite** and **control cravings** but you must ALSO incorporate dietary and lifestyle changes

## Self-monitoring

- HealthTrac program

Follow-up visits will include the following topics

### Lifestyle

- Movement = walking, running, jumping, dancing, biking, swimming, yoga...just MOVE
- Breathing = meditation, mindful eating
- Restorative sleep
- Behavior change

# 10 Simple Daily Diet & Lifestyle Hacks for Weight Loss & Wellness

## 1. Eat your carbs late in the day...and late on your plate

Eat protein early in the day and **punt your carbs** to later in the day. This might be contrary to what you have been told. But a high healthy fat, low-carb breakfast with a moderate amount of protein will reduce your appetite for the rest of the day. Having carbs early in your day will increase your insulin levels and stimulate appetite making it harder to control your eating. In one study, young men were given instant oatmeal for breakfast one day, and on another day, they were given eggs. On the day they had the oatmeal, they ate 80 percent more than on the day they had eggs and were still hungry, even though they were eating more. So skip the bagels and cereal for breakfast, and eat your carbs later in the day when they will have less effect on your appetite.

Order matters. Start each meal with the protein and vegetables and then have the carbohydrate. The worst thing you can do is to start a meal with bread. At any meal during which you plan to eat starchy food, hold off and eat it last. You will eat less if you fill up on vegetables and protein first. You will delay the response of insulin by changing the order in which the food is eaten. In another study, subjects were given bread to eat at the beginning of their meal (think bread basket before ordering your dinner). They then ate chicken and vegetables fifteen minutes later. On another day, the same people were given the same meal but this time ate the chicken and vegetables first, followed by the bread. On those days bread was eaten first, there was a greater rise in glucose levels and subsequent release of insulin versus only a slight rise in glucose in the bread last meal! The order in which you eat your food, even if you eat the same food, can affect your insulin levels! Louis Aronne. *The Change Your Biology Diet*

## 2. Shorten your "eating window"

Timing matters. **When** you eat may be just as important as **what** you eat. Traditionally we ate our 3 meals between 7am and 7pm and "fasted" for 12 hours. Over the years, we have shortened the fasting period to 7 hours or less (only as we slept). These increased number of hours eating has led to increased secretion of insulin (the hunger, craving and fat storage hormone). Intermittent fasting incorporates this concept of eating between a shortened range of time and thus decreasing our secretion of insulin.

Studies assigning the same number of calories to an 8-hour feeding window versus a 12-hour window showed that subjects following an 8-hour feed/16 hour fast regimen, lost more weight and had improved cholesterol and blood sugar levels. Fasting has been part of many cultures and religions for centuries. Start with a 12-hour fast. Eat all your meals between 7am and 7pm. For more magic, try a 10am to 6pm eating window. During your fasting hours, drink non-caloric beverages such as water, black tea or coffee. Avoid beverages that are artificially flavored as they still can raise your insulin. Jason Fung. *The Guide to Intermittent Fasting*.

## 3. Eat breakfast like a queen, lunch like a princess and dinner like a pauper

Try to eat when your body is ready to eat. In other words, try to align your meals with your circadian rhythm. Our bodies evolved to be primed for food during daylight hours. The changing light cycle that trains our circadian rhythms helps set the cycle of our hormones. As evening comes, cortisol starts to drop and melatonin starts to rise preparing our body for sleep. Also, our insulin resistance increases throughout the day and is at maximum capacity overnight when we are sleeping. It turns out that breakfast and lunch are the two most important meals—not necessarily one or the other. An important study examined the effect of meal timing in overweight women. Groups were assigned to either eat the largest proportion early in the day (at breakfast) or late in the day (at dinner). The group that consumed more of their calories for breakfast lost more weight and inches off their belly by the end of the 12-week study. The "eat early" group also had lower levels of fasting glucose, insulin, and ghrelin (the hunger hormone). Between lunch and dinner, try to get 3/4 of your daily calories before 2 pm. Michael Roizen and Michael Crupain. *What to Eat When*.

## 4. Cook your pasta al dente

When a carbohydrate is more easily digested, it will raise your blood sugar then your insulin more quickly. This will lead to fat storage, hunger and weight gain. Starches, such as pasta, are made up of strands of glucose connected to each other. Cooking time affects your body's ability to absorb these strands. The longer you cook a starch, it becomes almost like sugar and is very easy for the body to digest. Cook your pasta al dente, so it is "still firm when bitten". Raw vegetables will take longer to digest than cooked vegetables. When eating fruit, the riper the fruit is, the sugar content is more readily digestible. A green banana is more slowly digested (resistant starch) than a very ripe banana.

Add **resistant starch** to your diet. Resistant starch resists digestion (hence, the name) so it passes through the small intestine without being digested. Resistant starch feeds healthy gut bacteria, leading to prolonged feelings of fullness and more efficient fat oxidation. Some foods contain natural resistant starch such as beans and lentils. The best way is to create the starch in your kitchen by transforming your highly digestible starches like pasta, rice, and potatoes into resistant starch powerhouses. All you have to do is cook them (preferably boil) and let them cool before serving. The temperature change alters the chemical bonds and this causes some of the food's highly digestible starch to convert into resistant starch. But if you heat it back up again the starch is no longer resistant! Louis Aronne. *The Change Your Biology Diet*.



## 5. Eat fat to burn fat

Add a serving of healthy fat to each meal. These include coconut oil, olive oil, avocados, as well as grass-fed butter and ghee. Also nuts, seeds and nut butters are a healthy source of fat. But keep away from partially hydrogenated oil (trans fats) and refined oils such as vegetable, corn and even canola oil. Did you ever wonder why you can get so hungry when your body has plenty of fat stores (stored energy)? Why don't we have access to this stored energy? The answer is insulin. This is the hormone that takes the sugar (glucose) out of your blood stream and stores it as fat. When you ingest carbohydrates (broken down into glucose) your body releases insulin. Insulin effectively locks up your stored energy (fat) as it stores your newly ingested sugar (as fat). On the other hand, the healthy fats you ingest do not contain sugar and do not increase your insulin. This will unlock your stored fat to be converted back into energy. So add a serving of healthy fats to each meal. But, beware of "sweet fat"! When you eat bread with butter, French fries, fast food hamburgers, etc., this is a deadly combination of carbohydrates and fat. David Ludwig. *Always Hungry?*

## 6. Eat slowly

Give your body a chance to get the message you are full. Stretch receptors in the stomach are activated as it fills with food or water; these signal the brain directly through the vagus nerve that connects gut and brainstem. Hormonal signals are released as partially digested food enters the small intestine. The theory is that, by eating too quickly, people may not give this intricate hormonal cross-talk system enough time to work. Sit down at a table to eat your meal. No, NOT at your desk, NOT in front of a computer, and NOT in front of any other screen (i.e. your smart phone, tablet, or TV). Even if you are dining alone, set down a placemat and set your table. Make it a meal. Sit down. Taste your food. Chew it many times to aid in digestion. Drink water throughout your meal.

## 7. Move a little more throughout the day

We are all busy and often the reality of fitting an hour workout at the gym is not possible. Simply moving more and sitting less can boost your health because of the calorie burning called NEAT, or non-exercise activity thermogenesis. All the little movements throughout the day such as walking up the stairs, walking to our car, even fidgeting at our desk, they all add up. Breaking up a 30-minute exercise goal in to 3 separate 10-minute bouts of movement is helpful. Even standing more throughout the day is beneficial. In fact, sitting has been deemed the new smoking! The famous London Bus Study published in 1953 compared the rates of heart disease between the bus drivers and the conductors. "Men in physically active jobs [conductors] have a lower incidence of coronary heart-disease in middle age men than have men in physically inactive jobs [drivers]."

## 8. Brush your teeth after eating

After you eat, brush your teeth. Rinse your mouth with pre-brush mouthwash, brush your teeth, floss, and then use post-brush mouthwash. Make your mouth extra clean. Doing this serves two purposes: 1. You practice good hygiene and keep bacteria from getting too comfortable in their new home. 2. You deter further eating because of all the effort you have put into cleaning your mouth plus anything you eat after doing such a thorough cleaning will be minty fresh. Think of drinking orange juice after brushing your teeth!

## 9. Do not buy junk food

If you do not buy junk food, you cannot eat it. It does not matter how much you are craving chips, ice cream, or something that will make you feel guilty after eating, you cannot eat it if it is not physically in your house or within your reach. And if you do not pack it in your lunch, then you have to make a significant effort to get it from somewhere else. Clean out your cabinets and refrigerator at home. If the junk is there we are going to eat it. That is human nature. When you are shopping at the grocery store, always stick to the perimeter of the store; whereas the aisles contain all the processed sugary foods. Make a list ahead of time and stick to it.

## 10. Get enough sleep to avoid weight gain

Evidence shows that the less you sleep, the hungrier you get and the more weight you gain. Sleep deprivation causes changes to hormones that regulate hunger and appetite. The hormone leptin suppresses appetite and encourages the body to expend energy. Sleep deprivation reduces leptin. On the other hand, the hormone ghrelin triggers hunger and is increased when you are short on sleep. Lack of sleep also affects which foods you are interested in eating, creating more intense cravings for fat and sugar-laden foods. And it does not take a long time or a lot of sleep deprivation to bring on the pounds. A study from the University of Colorado found that simply one week of sleeping about 5 hours a night led participants to gain an average of 2 pounds.

Establish good sleep hygiene and try to get at least seven hours of restorative sleep per night. Go to bed at that the same time each night and wake up at the same time even on weekends. Remember that your bed is for sex and for sleeping. It is not for watching TV or checking your emails on your cell phone. The blue light from your screen inhibits the hormone melatonin, which signals the body that it is time to go to sleep, and disrupts the brain's natural sleep-wake cycles. Getting blue light (especially from the sun) is crucial in the daytime to keep us alert and improve performance and mood but is a complete disaster at night!

# Get ready, get set....GO!!

Take 1-2 days to prepare yourself and your surroundings for your healthy lifestyle changes.

## Step 1

Sit down with your **support team** – your family, friends and other support

- Household members
  - ✓ Advise them of your plan for a healthier lifestyle
  - ✓ You would like them to join you or at least support you
- Friends and co-workers
  - ✓ Appeal to friends and co-workers to join you and perhaps be your exercise buddy, etc.

## Step 2

Start with a **kitchen makeover!**

- If you have junk “food” (processed, sugary foods) in your kitchen you will eventually eat it!
- Go through your cabinets and refrigerator and **THROW OUT**
  - ✓ All fake food
    - This includes anything that comes in a bag or a box
    - Contains preservatives, additives or dyes, MSG, colors
    - Labeled fat-free or low-fat
  - ✓ All foods and any drinks that contain sugar including high-fructose corn syrup
  - ✓ All foods containing refined flour or salt
  - ✓ Anything containing artificial sweeteners
  - ✓ Anything containing hydrogenated oils or refined vegetable oils
- Organize your kitchen
  - ✓ Good set of pots and pans
  - ✓ Good set of knives
  - ✓ Blender
  - ✓ Slow cooker
  - ✓ Food processor
  - ✓ Sealable containers (choose glass containers rather than plastic)

## Step 3

Preparation is everything

- **Plan your meals** for the week, including snacks
  - ✓ Take a day (i.e. Sunday) to plan, shop and prep for the week
    - Use online resources, cookbooks, etc.
- Make a shopping list AND **STICK TO IT**
  - ✓ Shop the perimeter of the store, not the aisles where all the junk food is
  - ✓ Don't be afraid to buy fruits and vegetables in bulk
    - You can always freeze what you do not use this week

## Step 4

Make an **exercise plan**

- Organize your **fitness apparel**
  - ✓ Find a comfortable pair of sneakers
  - ✓ Get out your t-shirts and shorts, leggings and sweatshirts
  - ✓ Get a PBA-free water bottle
- Stick to your exercise plan
  - ✓ If you don't like the gym, go for a walk at lunchtime
  - ✓ Consider online exercise regimens from You-Tube to on-demand classes or dig out your old DVDs
  - ✓ Add meditation or a daily breathing regimen to your day
  - ✓ Find an exercise buddy for motivation and accountability

# HALT!

Consider WHY you are having this CRAVING!

- ☐ Are you HUNGRY?
- ☐ Are you ANGRY?
- ☐ Are you LONELY?
- ☐ Are you TIRED?

## Mindful eating. Be, Breathe, and Relax

**Be.** Before you eat, enjoy a meditative moment. Look at your food. Smell your food. You may want to whisper a quiet grace. Be thankful.

**Breathe.** Take 3 relaxing, slow breaths before you start eating. You are setting the pace for a leisurely digestive tempo.

**Relax.** Once you start eating, focus on the tastes, the textures and “mouth feel” of your food. After your first few bites, take a break, rest your hands on your lap.

**Repeat:** Be, breathe and relax.  
Savor the pause at your plate.

## Make your Plate 🍽️

- 👉 **Protein portion:** size of your palm  
choose \*quality proteins  
“Pay your farmer now OR your pharmacist later”
- 👐 **Non-starchy veggies:** 2 hands full  
eat the rainbow: choose a variety of colorful veggies
- 👊 **Starch:** limit to the size of your fist  
high-carb veggies, grains, legumes, fruits
- 👍 **Healthy fats:** size of your thumb  
oily fish, avocado, olive oil, nuts & seeds

\*Quality: choose grass-fed, pasture-raised, certified humane, sustainable seafood, USDA organic

## Where to start?

1. Begin your meal with some of the low-carb veggies and some protein
2. Once you have taken the edge off your appetite, have some of the starchier food
3. Repeat

If you are still hungry just keep the above proportions

## Daily Food Journal

Time of wake-up: \_\_\_\_\_ Quality of sleep: \_\_\_\_\_

meal \_\_\_\_\_  
time \_\_\_\_\_

What I ate:  
Hunger level before (0-10):  
Hunger level after (0-10):  
How I felt before:  
How I felt after:  
Other events:

meal \_\_\_\_\_  
time \_\_\_\_\_

What I ate:  
Hunger level before (0-10):  
Hunger level after (0-10):  
How I felt before:  
How I felt after:  
Other events:

meal \_\_\_\_\_  
time \_\_\_\_\_

What I ate:  
Hunger level before (0-10):  
Hunger level after (0-10):  
How I felt before:  
How I felt after:  
Other events:

## Notes for Journaling

- ✓ List all foods, beverages, supplements and medications
  - Time of each meal
  - Approximate quantities
- ✓ EAT no more than 3 times a day
  - Eat your LARGER meal before 2 pm
  - Have a light SUPPER
  - STOP eating by 7pm
- ✓ Note physical as well as emotional symptoms
  - Bloating, tired, energetic, cheerful, craving a certain food, irritable, jittery, etc.
- ✓ Establish a consistent BEDTIME
  - The hours of sleep you get before midnight are more restorative
  - Note any sleep disturbances
  - Status on waking in the AM
- ✓ Get moving
  - Try to get in 30 minutes of exercise 5 days
  - All moving counts
  - Breathing exercises count as well

# Congratulations and Welcome to the HealthTrac Program

You will get started with your weight loss goals by making healthy choices and tracking the food you eat every day. Keeping track of your weight and what you eat is an **IMPORTANT** part of changing your behavior.

## Lose Weight, Improve Your Life

Did you know that a weight loss as little as **5-10%** can greatly improve your overall health and decrease your lifetime risk of illnesses such as Type 2 diabetes, heart disease and certain types of cancer. In this program, we will work towards a healthy balance between two parts of your lifestyle:

- ✓ **What and how much we eat** – GOAL: Lose weight through healthy eating
- ✓ **How active we are** – GOAL: Be more physically active

## How Our Program is Different

We will provide you with the right combination of tools, products and support that you need to reach and maintain your goal weight. Together, we will help you choose from three nutritionally sound eating plans that best meets your needs. This will help you lose weight, stay satisfied and maintain muscle mass.

## Getting Started with the HealthTrac App

The HealthTrac App is available as a free download to anyone using an iPhone or Android phone

1. To download to an **iPhone** or **Android**: Go to the App Store or Google Play and search “HealthTrac”
2. Tap “GET” and then “INSTALL” to download the HealthTrac App
3. Once downloaded, the HealthTrac App can be accessed on your phone

The first screen you will see after logging in is called the Dashboard

- ✓ **Username** – your email address
- ✓ **Password** – your First name (capitalized) 3030 i.e. Mary3030
- ✓ **Select “Remember me”** if you would like your login information to be saved

You can log onto HealthTrac from your desktop/laptop computer at <https://donewithdieting.sphpro.com>

## Stay on Track with Easy-to-Use ONLINE TOOLS

A key feature of our program is its focus on creating healthy behaviors for sustainable results. Our online tools and resources help build new and necessary skills that lead to a holistic, healthy lifestyle.

<b>My Tracker:</b>	A simple way to text your activity and stay on track
<b>My Plan:</b>	Easy to follow eating plans to ensure you get the right portions and nutrition
<b>Educational Materials:</b>	Weekly learning modules to enhance your counseling experience
<b>Meal Builder:</b>	Search our extensive library to find recipes for home-prepared meals
<b>Resource Center:</b>	An extensive library of information to help you get the most of your mobile app

## Color My Day

On the first day of your program and each day after that you will receive a **text message** in the evening asking you to Color My Day. This is a very simple way to track how well you are following the program each day. Choose one of 3 responses

- ✓ Reply “G” for green, for days that you are on track with your program
- ✓ Reply “R” for red when you are off track
- ✓ Reply “Y” for yellow when it is a mixed bag