DIET FOR LIFE

THE SECRET TO LOSING WEIGHT AND KEEPING IT OFF!!! YOU ARE HOW YOU EAT – NOT JUST WHAT YOU EAT

By Dr. Susan E. Mackinnon

There are a number of fad diets which offer short-term fixes and that will let you lose weight but only while you're on them. What we propose is a way of eating for the rest of your life. If you follow our suggestions, you will be on a path toward normal weight for life. Take a look at the body mass index (BMI, weight) chart. We can almost guarantee you that if you don't do what we're telling you; the likelihood is that your BMI is going to slowly increase over your lifespan. By contrast, if you follow our directions, your BMI is going to decrease over your lifespan. We can't tell you how fast, but it is going to go in the "right direction". Consider the following to be a very "can do" diet for life (literally and figuratively).

This is a five step process with the following 5 general steps:

- 1. Stop eating the things you know are "garbage" or "junk" foods.
- 2. Start eating foods you know are healthier, e.g. fruits, vegetables, grains, protein and lots of water.
- 3. Start eating the foods in "2" more *frequently*, e.g. every 3-4 hours. This is hard to do and takes planning ahead.
- 4. Eat smaller *portions* of the foods in "2" always with a bit of protein with each "meal".
- 5. Tweak the quality of the fruits and vegetables you eat to choose those with less sugar by going to www.glycemicindex.com.

This "diet" is not about weight loss per-say. It is about being healthy. Weight loss is just a pleasant by-product. Note that number three is perhaps the most difficult (and important). You will need to <u>PLAN AHEAD</u> so you can do this during your busy day.

The normal tendency if you are obese is to try to starve yourself. Eventually you break this fast and eat when you are starving. If you are starving, you will likely eat fast, eat lots, and eat the

wrong food. Another way of expressing this is "fasting" will encourage "binge eating". You are not only what you eat but how you eat.

The secret to losing weight is counterintuitive to what we all think.

- You need to eat when you're not hungry.
- *Never leave eating until you're hungry.*
- This means you need to eat frequently, not starve yourself.

Why?

If you're eating when you're not hungry, you will

- eat slower
- eat less
- eat more carefully
- eat the "right" foods

If you are "never hungry",

- your metabolism will increase because your body "trusts" that you will never starve it.
- your body doesn't need to slow metabolism to a starvation mode because it trusts you not to starve it.

Eating when you're not actually hungry allows you to

- initially eat the "right foods" and eventually learn to eat the right amount of the right food.
- after you've learned to eat the right foods or the 'go' foods and avoid the 'no' foods, then you can learn to eat <u>smaller</u> portions.

Think about how a baby eats. They eat little amounts very frequently. You need to eat like a baby.

This is a paradigm shift for most busy people.

Here are some practical points that you are going to master.

- Eat within an hour of getting up.
- Eat every three or four hours.
- Eat a bit of protein with every meal and drink more water.
- You need to bring food with you so that you can eat the 'go' foods and avoid the 'no' foods.
- look up www.glycemicindex.com. This site will tell you the lower sugar fruits and vegetables.

What to eat

Let's talk about what to eat. We like to talk about the 'no' foods and the 'go' foods. The 'no' foods tend to be white: donuts, cake, cookies, ice cream, pasta, potatoes, rice. The 'go' foods tend to be green and protein. Let's take a look at a table below which looks at the no foods and the go foods.

NO FOODS GO FOODS

Fried Chicken Grilled Chicken

White Rice Brown Rice

Pasta Grains

Corn Broccoli

Carrots Beets

Watermelon Raspberries

Cashews Almonds

Bananas Blueberries

Orange Juice Oranges

Apple Juice Apples

"Breakfast Cereals" Irish Steel Cut Oatmeal

In case you didn't know, there are some 'goods' that have to go (except on your Birthday):

Cake Pie

Cookies Potato Chips

Muffins Pretzels
Chocolate Bars Popcorn

Butter Salt

Candy Fudge

For many people on the go, adding protein to the first meal of the day is problematic, so

- plan ahead
- hard boil some eggs ahead of time and then consider eating just the egg whites
- eat a bit of chicken or fish with your morning oatmeal and frozen blueberries

Let's talk about the cost of this. Blueberries are excellent, but they're expensive. So pick up an apple. Apples are readily available and they are not that expensive, or take a look at frozen blueberries. It's no longer about what tastes good and what you deserve. It's about what's good for you and what's going to prevent obesity with all the health side effects that go with obesity.

Once you move along in this direction, you'll fairly quickly notice that you feel better. Initially your weight will not change. Your size, however, is going to decrease. At some point in time, however, you're likely to get stalled. This is probably going to be about month three to six. At this point in time the best thing to do is to take another serious look at the 'no' foods and the 'go' foods. There is something that you need to break away from, something that you have become attached to and passionate about. It could be white bread, it could be ice cream, it could be bagels, but it is something. You've got to own up to it and move away from it.

We recommend that you purchase a paperback book by Barry Sears, PhD, "A Week in the Zone" (Harper, 3/1/2000) and study this small but important book.

Let's talk about protein:

- It moves, it swims, it flies, it runs, and it walks. If you're a vegetarian, it rolls (beans, nuts)
- Divide the protein you eat in a day so that you eat it throughout the day in smaller portions. It's like throwing the dog a bone. Unlike something like a donut or cookie that is quickly metabolized and digested, protein takes longer to digest. Your body is "more satisfied" for a longer time.

A trick about eating salads

- Don't use salad dressing.
- If you must use dressing, put your dressing in a bowl, dip your fork into the bowl of dressing, then into the salad. You will eat much less dressing that way and eventually "wean" yourself off the taste.

Some other practical points

What to drink

You have to drink water more often than you currently do. With respect to what you drink, you need to understand:

- a. Tea/coffee are diuretics (i.e., increase urination), meaning that although you are getting fluid, you are also increasing the amount of fluid that you excrete.
- b. You need to drink eight glasses of water a day or more. You have all heard this. You need to do it. Tap water is every bit as good as bottled water, so get to it.
- c. Diet drinks have no calories but they encourage a "taste" for "sweets"; therefore, drinking "diet" drinks will encourage you to chose and go after sweet 'no' foods.
- d. A stool softener is good (e.g., Metamucil).
- e. Juice Plus is good www.juiceplus.com.
- f. Fish oil is good.

What you'll notice

Initially your weight won't change. You'll shift fat to muscle *before* you drop actual weight. So for a few weeks your size will change, but not your weight. Don't despair as this is a *lifelong commitment*, so no urgency here.

Exercise

When most people discuss weight loss, they talk about decreasing calories and increasing exercise in the same sentence. Do not be discouraged if you are not able to exercise and work out and don't use the inability to exercise because of some physical ailment as an excuse for not losing weight. We're not saying that exercising isn't important. It is from a health point of view. But you can lose weight without exercising, and don't use the inability to exercise as an excuse not to lose weight.

Take a look at the following: Running a half an hour uses up the same amount of calories that are in a small bag of potato chips, so if you throw away that bag of potato chips, you're getting rid of the same calories as if you ran for a half an hour. There are lots of examples like this, but no more excuses about not being able to exercise because your foot hurts or your knee hurts. If you are starting an exercise program, get walking and if you want something more interesting, try Yoga. Yoga has been around for 2,000 years. It's all about mind, body, spirit. What could be wrong with that?

My favorite yoga spots in St. Louis are: Yoga Source, 1500 South Big Bend, 2nd Floor, Richmond Heights, MO 63117, Ph. 314/645-9642, www.stlouisyogasource.com. Marbles Yoga, Lafayette Square, 1905 Park Ave, St. Louis, MO 63104, Ph. 314/621-4744, www.marblesyoga.com. Big Bend Yoga, 88 North Gore at Kirkham, Webster Groves, MO, 63119, Ph. 314/918-YOGA, www.bigbendyoga.com, and Southtown Yoga, 3719 Kingshighway, St. Louis, MO 63109, Ph. 314/353-1004 www.southtownyoga.com. However, there are yoga studios everywhere. I suggest taking a couple of private classes to get started, then sign up for

some beginner group classes. You can find these outstanding instructors in the St. Louis area: Kim Kaplan, 314/680-9171, kkyoga@yahoo.com; Bridgette Niedringhaus, 314/355-1004; Jan Esterly, 314/781-7111; and Keith Mitchell astangi70@yahoo.com.

It is helpful to determine the amount of movement you do in a day. I suggest you order an NL-800 Basic Bundle Pedometer (Digiwalker.com) or its' equivalent. Use it to get a baseline and then increase to at least 10,000 steps per day.

Two other suggestions are to rent FOOD Inc., a very invormative documentary on our American "food industry". As well; meditation, for just a few minutes a day will calm you down and make you more mindful as you make these important changes in the way you eat. Rent a meditation tape and try it out.

Remember, this is a lifetime commitment. Be in **NO** hurry. You should aim for a 10%-15% weight loss a year. **SLOW** is the only safe and sure way to accomplish your goal. It may take 3 years to reach a normal weight. Just turn around **SLOWLY**, go in the other direction.

Body Mass Index (BMI)

											WEIG	HT (I	b)											
9	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	35
4' 5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88
4' 6"	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63	65	68	70	72	75	77	80	82	84
4' 7"	28	30	33	35	37	40	42	44	46	49	51	53	56	58	60	63	65	67	70	72	74	77	79	81
4' 8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	69	72	74	76	78
4' 9"	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	74	70
4' 10"	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	7.1	7.
4' 11"	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	7
5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	6
5′ 1″	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	6
5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	6
5′ 3″	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	6
5' 4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	6
5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	5
5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	5
5' 7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	5
5' 8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	5
5' 9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	5
5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46	47	49	5
5′ 11″	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45	46	47	4
6' 0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	4
6' 1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	4
6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	4
6' 3"	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37	39	40	41	42	4
6' 4"	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	4
6' 5"	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36	37	38	39	40	4
6' 6"	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	4
6' 7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	3
6' 8"	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	33	34	35	36	37	3
6' 9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	3
6' 10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	3
							Less	risk															More	ris

Overweight

High Risk with the medical diagnosis of obesity

☐ Underweight

Low Risk