

# Saturday Eating Realities

## Week 1

### Congratulations!

You completed the first week of The Reduce Diet.

Surprise, you did not starve to death!

Your daily food intake has averaged 1200-1500 calories/day, made up of foods high in protein and fiber, and low in fat. Most Americans eat more than 2500 calories/day made up of low fiber, high fat foods. Your body needs at most 2000 calories/day so the excess is stored in fat cells, building up over time. Reducing your daily food intake to a reasonable level lets your body use the calories as energy with little left over to store. Eating smaller meals several times a day with snacks in between should wipe out your hunger.

**KEEP IT UP!**

# Saturday Eating Realities

## Week 2- Nutrition Basics

In order for you to take your health seriously you must have some basic understanding of what you are putting into your body. A simple place to start is by reviewing the basic food groups (carbohydrates and proteins this week, then fats next week).

**Carbohydrates** – otherwise known as “sugars”.

Good Effects – supply energy to the cells of the body.

Bad Effects – causes insulin release which leads to weight gain and diabetes.

### Types of Carbohydrates

1) Complex Carbs – Natural carbohydrates found in breads, pasta, rice, cereals, and vegetables. These tend to cause less insulin release and therefore less weight gain and diabetes. Vegetables are the preferred source for carbs because they also contain fiber (see below).

2) Simple Carbs

- a. Natural – honey, fruits – these cause a large amount of insulin release, but, are better than processed carbs. Fruit also contains fiber which is good.
- b. Processed – Man made sugar which is added to foods – candies, soft drinks, icing, cakes, cookies, pies. These cause extreme insulin release which greatly increases diabetes and weight gain.

3) Fiber - nondigested carbohydrates found in fruits and vegetables. Since they are not digested the body cannot use them for energy. Their good effects come through improving bowel function and by reducing the amount of insulin released when you eat, which decreases diabetes and weight gain. Since fiber is found in large amounts in fruits and vegetables these are the best overall sources of energy.

**Proteins** – Build and repair the body tissues, supply energy.

These are found in meats (beef, pork, chicken), fish, eggs, dairy products, beans, nuts. Since most of the foods with high protein content have large amounts of fat, a high protein diet usually has a high fat content.

## Week 2- Nutrition Basics

Recommendations:

- 1) Eat carbs that are high in fiber so there is not as great an insulin release. This will decrease the risk of diabetes and weight gain. Try to eat 5 servings (1cup=a serving) of fruits and vegetables daily.
- 2) Limit processed carbs - candies, soft drinks, icing, cakes, cookies, pies. Instead eat fruits/vegetables for snacks.
- 3) Increase fiber intake by increasing fruits and vegetables.
- 4) Try to replace protein from meat(especially red meat) with protein from fish, beans, and nuts which have less fat.

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## Week 3 - Nutrition Basics

### Fats - Fatty Acids

Good Effects - supplies energy to the body, carries vitamins, helps to build cell walls.

Bad Effects - are stored in the body as fat cells (adipose tissue) which accumulate around the organs. In large amounts they will clog up the blood vessels (clogged arteries).

Types of Fats:

- 1) Transfat - partially hydrogenated fatty acids - Found in cooking oils used to fry foods (French fries, chicken nuggets, chips, etc.) and in processed foods like commercially baked goods such as cookies, cakes, pies, donuts, fast foods, margarine, vegetable shortening). This type of fat is the most likely to raise the bad cholesterol and lead to heart attacks and strokes.
- 2) Saturated Fatty Acids - mainly come from animal products (dairy products such as milk and cheese or meats such as beef, pork, or chicken). Raises the bad cholesterol, increasing the risk of heart disease.
- 3) Monounsaturated Fatty Acids - Found in olive oil and canola oil used for cooking. May improve cholesterol slightly.
- 4) Polyunsaturated Fatty Acids - Found in sunflower oil and corn oil used for cooking, and nuts eaten for snacks. May improve cholesterol by lowering the bad cholesterol and raising the good.
- 5) Fish Oils (Omega 3 Fatty Acids) - Found in all fish. Herring, mackerel, salmon, trout, and tuna have the highest amounts. Have good overall health benefits by lowering cholesterol and reducing heart disease risk.

Simple Recommendations about Fat Consumption:

- 1) Eliminate Trans Fats - NO fried foods or commercially processed baked goods (cookies, cakes, chips, donuts, pies)
- 2) Limit Saturated Fats - Limit red meat to once a week. Limit cheese and use only skim milk.
- 3) Monounsaturated/Polyunsaturated Fats are ok in moderation. Use olive and canola oil for cooking. Eat nuts for snacks.
- 4) Increase Fish Oils (Omega 3 Fatty Acids). Eat fish as much as possible (not fried).

# Saturday Eating Realities

## Week 4

### Congratulations!

You completed the first 3 week cycle of the REDUCE Diet.

Take Notice.

There is nothing special about the food you have been eating. The foods themselves are not what are important. What is important is that the nutritional content of what you are eating is very balanced, the portion sizes are small, and you are spreading your food intake out over the course of the day. (3 small meals and 2 snacks instead of 1 large meal each day)

By eating this way your body can easily metabolize the food with little excess to store. Your body can use the extra metabolism to burn fat instead of storing it, leading to weight loss. So over the next 3 weeks cycle you should not be thinking about having to eat these same foods for the rest of your life. Just pay attention to the nutritional content of the food, the amount you are eating, and the structured way you are eating. That is what you want to continue.

Through eating in a structured way you are establishing new routines, new patterns. New eating patterns are crucial to the way in which you reduce frustrations over the number of eating decisions you must make everyday. So, pay attention to the patterns.

# Saturday Eating Realities

## Week 5

### Motion

If you have stuck faithfully to the Diet you will probably notice a few pounds of weight loss by now. As the pounds come off you should feel more energetic and have less joint problems. If you have not already started, this is the time to begin exercising regularly. Read over the simple exercises in the Diet and strive to get some exercise at least 15 minutes a day this next week. Make sure you chart your exercise time on the chart in the Diet so you can keep yourself honest.

Recently in clinic we had a husband and wife team who began very slowly to put their bodies in motion. The results have been truly transforming: they're talking to each other. Their oxygen levels are now normal. They have hope. Their Spirits are alive. It is amazing what movement can do.

In fact, regularly putting your body in motion is probably the single best thing that you can do for your body – God's Temple. So, when you know about a remedy that has the power to sharpen your senses, to protect your memory, to inspire your self-esteem, and you consciously reject it – you'll have to justify your decision someday. That's the bottom line.

# Saturday Eating Realities

## Week 6

### **Never eat to fullness.**

I doubt if since starting the Diet you have ever finished a meal and felt miserably full. The impulse from your stomach to your brain signaling it is full takes 15-20 minutes. So, if you are eating quickly and without limits, by the time you feel full you have eaten about twice as much as your body needs. Spiritually that is GLUTTONY. Medically it is destructive. The body cannot process and metabolize all of that food so it is stored as fat and glucose leading to obesity, high cholesterol, and diabetes.

Pay attention to how much you have eaten at each meal over the past week. Notice that while eating enough to satisfy your bodily needs, you have not eaten to fullness.

# Saturday Eating Realities

## Week 7

### Plan what you will eat.

A good habit to get into is to plan out your meals Monday through Friday. While it probably has been boring eating the same thing each day, you should notice how liberating it is not to have to worry about what you will eat. If you plan simple small meals Monday to Friday you can take control over the nutritional content and amount of what you and your family are eating. Also, you will not be tempted to stop for a quick burger and fries for lunch or on the way home. And remember, the weekends are a free time. Go to your favorite restaurant and eat whatever you want.

# Saturday Eating Realities

## Week 8

### Low Fat Eating

A simple way to improve your health is to pay attention to how much fat you are eating. Fat tends to clog up your arteries increasing the risk of heart disease and stroke. It also adds to the fat around your organs, leading to an ever enlarging waist line. You have been eating under 30 grams of fat a day which is a reasonable goal to strive for. Most Americans eat more than 60 grams of fat per day promoting the epidemic of obesity and cardiovascular disease.

Here are some simple tips you can use to start watching your fat intake. For a comprehensive list of the fat content of foods visit the USDA website and select Fat, sorted alphabetically.

<http://www.ars.usda.gov/Services/docs.htm?docid=9673>

### The Ten Commandments of Low Fat Eating

- 1) **Eat no more than 30 grams of fat/day. (Nuts eaten as snacks are not counted)**
- 2) Know the fat content of everything you eat.
- 3) Limit Visible Fats
  - A) Do not use mayonnaise. If you have to use some, then use only Lite (low fat) Mayo.
  - B) Switch from regular butter or margarine to Non fat butter substitutes.
  - C) Switch from regular milk to skim milk.
- 4) No fried foods (French fries, fried chicken, regular potato chips).
- 5) Limit cheese.
- 6) Only fat free dressing.

- 7) Choose fat free or low fat products when possible. (ex. Non fat hotdogs, 96% lean ground beef, baked chips, etc)
- 8) Choose LEAN meats that are grilled, broiled, or baked. (Not fried)
- 9) Use PAM for cooking instead of oil, butter, or lard.
- 10) Use egg whites when cooking instead of whole eggs.

Most Fast Food Restaurants have a nutrition section on their websites where you can check the nutritional values of your favorite foods and decide what may be a healthier choice. Here are some examples of how many grams of fat are in some common foods.

# Saturday Eating Realities

Week 9

Read Smart Moves 1-22

Online Resources

[www.ChristianHealthForums.com](http://www.ChristianHealthForums.com)

# Saturday Eating Realities

Week 10

Read Smart Moves 23-47

Online Resources

[www.ChristianHealthForums.com](http://www.ChristianHealthForums.com)

# Saturday Eating Realities

## Week 11

### Motion (Phase 2)

By this point you should feel better and lighter and be more able to start a routine exercise program. By aggressively exercising while maintaining the strict Diet or eating with the same general diet principles you should see an increase in weight loss.

Your goal should be 150 minutes per week. This is usually broken down into 30 minutes 5 days a week.

The type of exercise you do is not as important as just doing it. Find something you enjoy that is simple to do.

Here are some ideas to get you started:

#### At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer – buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

#### At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

# Saturday Eating Realities

## Week 12 Congratulations

Now that you have finished the first 12 weeks of the REDUCE plan you should have a general understanding of the basic principles of nutrition. You have been eating a low calorie, low fat diet rich in fiber and protein. (review the Nutrition Information page). You have been eating in a structured way – 3 average sized meals and 2 snacks a day. Hopefully you are eating more fruits and vegetables and are limiting your intake of “pleasure foods” (deserts, sweets, chocolate, etc.). You have probably also noticed that your weight loss has leveled out and you are not losing as much weight as when the diet started. Welcome to Resistance. Your body’s natural reaction to a change is to slow down the metabolism and try to retain as much excess weight as possible. Your job is to not get discouraged and continue to work towards a goal of better health. You have taken a monumental step by completing the 12 week diet and hopefully lost 10-20 pounds or more. If you never lose another pound your overall health will still be improved by the initial 10-20 pounds lost. Your first goal is to use the skills you have learned about diet and exercise to sustain you initial weight loss. Use the techniques below for the next 12 weeks and just try to maintain your weight loss. Eventually the other pounds will come off, but, it is a slow process. Look for 1-2 pounds of weight lose each month and remember – the goal is not necessarily to lose a lot of weight. Your main goal is to feel better physically, mentally, and spiritually and have better overall health.

Maintenance. If you are happy with your current progress and are on your way to your goal weight you can continue the same general diet principles indefinitely. Eat 3 meals and 2 snacks a day consisting of the Diet foods or nutritionally similar meals for at least 5 days a week. (See the Nutrition Breakdown). Continue to weigh yourself daily, and if you see any significant increase in weight, restart the strict diet. Here are some suggestions on how to continue healthy eating.

Breakfast – Pick 1 or 2 simple breakfasts such as All Bran or Oatmeal and stick to these most days of the week.

Lunch – Choose something under 400 calories. A simple sandwich, salad, or prepackaged meal (Weight Watchers Smart Ones, Lean Cuisine, Healthy Choice, Lean Gourmet) are good options.

Dinner – Stay under 500 calories. Keep it simple. Use the Diet choices, homemade meals, prepackages meals, along with experimenting with fish meals. Read labels and try to match your meals with what you have been eating. Avoid eating out and deserts.

Snacks – Continue nuts as 1 snack a day and work on increasing your fruit intake.