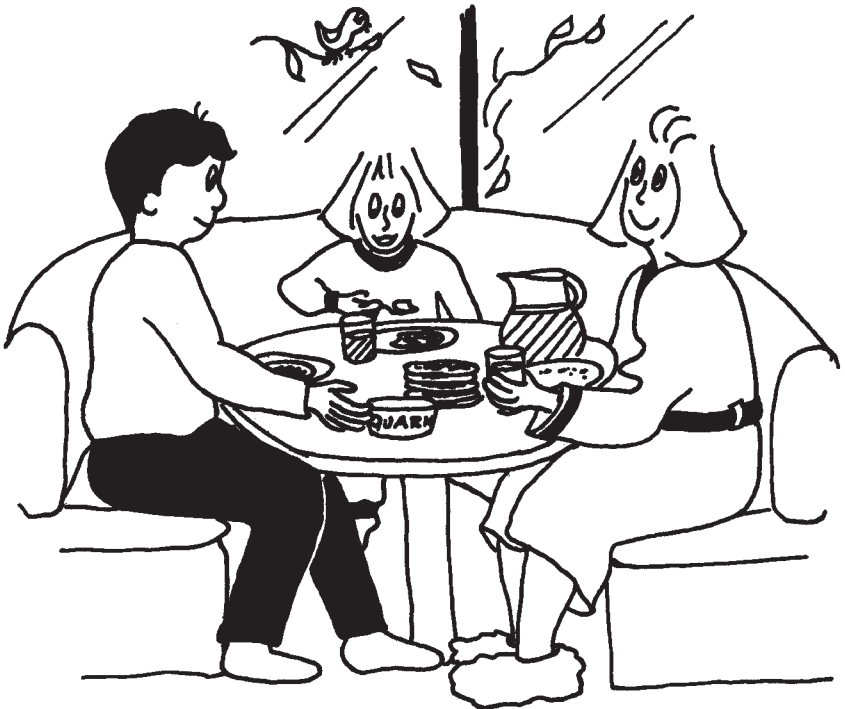


4

Healthy Eating the HUGS™ Way

Balance your meals to fill your needs for fullness and energy. Eat regularly starting with a balanced breakfast.



Part of the balance in the quality of life includes healthy eating. Most of us eat out for one third of our meals. Even the meals eaten at home are not the tasty home-cooked kind but are the quick-to-prepare kind because of our busy life-styles.

Yet healthy eating is important and it is the next step in giving you more energy to focus on your road to health. Don't worry, that doesn't mean eating salads and fruits alone. That would only set you up to binge. After all, it's human nature to want something that you can't have.



If you've been dieting, that will put you out of tune with your body and its signals of hunger and fullness. You must begin by eating regularly, starting with a breakfast in order to tune back in. One of my clients felt that when she started to eat breakfast, it made her more hungry by lunch time and she began to eat more frequently; whereas formerly she did not eat all day until supper. It takes 3 to 4 hours to digest a balanced breakfast, so you will be hungry by lunch. If you eat these meals and stop eating when you are full you will ultimately eat less at supper time and throughout the evening. Once you get "hooked" on eating breakfast, your body will find it difficult to do without it.

"I was in a hurry today, dashed out the door without breakfast and by noon I was starved. I really missed eating breakfast and noticed the difference in how I felt," Diane remarked. When you starve during the day or your body gets attuned to not eating until evening, you are usually famished by supper time and gobble your food down as fast as can. Your plate is empty but do you really feel satisfied?

People who skip meals actually lower their metabolism which is the energy required to keep your heart pumping, brain active, organs functioning, lungs breathing, and eyelids blinking. It's the level of energy needed to sustain your body's vital functions.

According to Dr. Wayne Callaway's research on overweight individuals, those who were breakfast-skippers had metabolic rates 4 to 5 percent below

normal. The meal-skipper had a mild form of starvation the same as you see in bingers. Under-eating early in the day inevitably leads to overeating later on. People who snack in the evening tend to cut back the next day to make up for it. They're not hungry until they start to eat, then their appetite goes up. If they eat breakfast, they are hungry at lunch because this is part of the normal body function that has been ignored due to dieting.

BREAKFAST BREAKTHROUGH

Regular eating, starting with breakfast, enhances the thermic effect of food. This can be defined as the energy expended above the resting metabolic rate for several hours after a meal. This makes you burn up more calories during and after the meal. On the other hand, extreme hunger and other factors can cause overeating in obese individuals who eat infrequently, and this may also reduce the number of calories burned because of diet-induced thermogenesis (the way individuals store and burn calories). With comparable total calories, people who eat just one meal a day have increased skinfold thicknesses (more fat), compared with those who eat more than 2 meals a day.¹

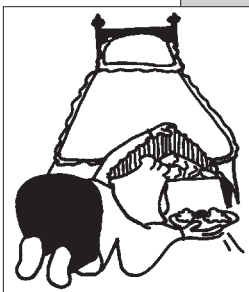
Studies by Dr. George Bray² and others have produced evidence that eating infrequent, large meals favors the storage of fat known as lipogenesis.³ In other words, if the same number of total calories are consumed in one large meal at supper time and there is also nibbling throughout the evening, more calories will be stored as fat. Eating frequently according to your actual hunger will rev up your system. In this way you will burn more calories because of the effect of increasing the metabolic rate.

Eating regularly increases your metabolic rate. You need to eat more, not less, in order to get your body working and your system revved up.

One of my clients felt famished only at the evening meal. Her system, accustomed to being without food until 6:00 o'clock was adjusted to that time frame. When I introduced her to eating at regular times of the day, she was amazed after a period of a few weeks that she actually felt hungry in a regular time frame. Her system adjusted to more frequent eating. The amount she consumed at the evening meal was much less.

HERE ARE SOME GUIDELINES TO HELP YOU INTRODUCE BREAKFAST

- Try cutting back on your evening snack. Your body stores carbohydrates as glycogen, primarily in the liver. Glycogen is converted in the liver to glucose, your energy source, and released into the bloodstream as needed. These energy stores in the liver run out after about 12 hours of rest⁴ (faster if you are more active, since a heavy workout can deplete your energy stores). By morning, your body will have gone about 8 to 12 hours without food, and you will be ready to break the fast and refuel your energy supply.
- Traditionally, breakfast-skippers are higher on calories but shorter on nutrients, especially vitamin C which you often get from fruit or juice in the morning.
- The brain needs a steady source of glucose, the breakdown product of carbohydrates, to function. Breakfast helps to replenish this source of energy. A recent study proved that children participating in the national school breakfast program improved more in achievement test scores than those who didn't participate. By eating breakfast you no longer need the caffeine boost to keep alert.
- Missing breakfast and starving all day, you are so hungry by dinner that you don't focus on your food or taste it, so you don't feel satisfied and may eat throughout the evening. Take the time to eat breakfast. After a few weeks, you won't be able to do without it. Taking time out for yourself will give you time back in improved productivity and you will feel better equipped to handle the unexpected situation.
- During a meal, it takes roughly 20 minutes for your stomach to register to your brain that you are full. If you eat too quickly it does not give you a chance to feel full. Eating regularly including breakfast allows you to bring more rhythm to your eating, allowing you to pace yourself and taste and enjoy the food.
- Without breakfast, your defense mechanism kicks in. Your body knows that you will feed it only once a day so it compensates by storing more of those calories as fat. It is like the squirrel who "squirrels away" the food for the winter. Just in case you starve yourself again, your body has something to call on.
- The brown fat that keeps the metabolic rate high is not as active without breakfast because you are not eating frequently enough, the result of which is a lower metabolic rate. In other words, it takes less calories or energy for your body to function, your heart to pump, your blood to flow, and your lungs to work.



Eating regularly involves resetting your internal clock to a regular pattern of meals. Once you begin to eat breakfast in the morning you will, within a few weeks, start to wake up hungry for the morning meal.

By shifting to 3 regular meals a day, you will feel more energetic due simply to the increased effect of metabolic rate.

CARBOHYDRATES IN CONTROL

Let's work through this system of empowering you to make eating choices that make you feel satisfied longer. Remember those foods that you often cut back on or cut out when you wanted to lose weight, those carbohydrates that you feel certain will put weight on you as soon as you eat them again? Did you ever wonder why you crave those foods? The answer is that all carbohydrates break down into sugar. If you are cutting them back, then your body makes you crave them as a defense mechanism. If you cut back on breads, cereals, potatoes, and pasta, then you will not be able to resist a candy bar or piece of cake, because your body needs sugar, natural or refined, in order to function.



Jean lamented, "I just have to look at a piece of cake and I gain weight." In reality, she was restricting her natural form of sugar, the carbohydrates, during the week, causing her to be in a dehydrated state due to water loss. Going out on weekends, Jean would lose control at the sweet table.

If you do not take in enough carbohydrates naturally, then your body will protect you by craving them from other sources, for example from cakes and cookies. When reintroducing carbohydrates into your body, you are rehydrating yourself and therefore the immediate weight gain that follows is merely water. It is impossible to gain a couple of pounds of fat overnight.

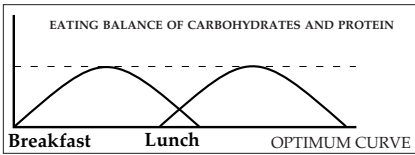
Just as your car needs gas to run, your body needs carbohydrates that break down into sugar to keep you going, to give you energy. Often people mistakenly believe that vitamins supply energy. Excess vitamins will not push the pace of biological

YOU COUNT,
CALORIES
DON'T

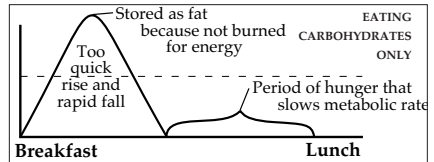
reactions faster, just as having a full tank of gas will not make a car go faster than its engine capacity will allow. Vitamins help you extract the energy from the carbohydrates, but the carbohydrates give the energy. Eating in a healthy manner provides you with a sufficient amount of vitamins and carbohydrates.

Protein is a nutrient used by the body to build and repair tissues, hormones, and enzymes. With regard to energy level, protein foods provide you with sustained energy. Foods such as meats, fish, poultry, peanut butter, eggs, and cheese give you stamina just as high octane gives mileage for the car. Protein foods allow you to extract the energy from the carbohydrates at a slower pace rather than all at once. Eating protein foods along with carbohydrates allows

Protein has the effect of making food "stick to your ribs."



Eat when pleasantly hungry. Waiting till blood sugar level has dropped too low causes overeating and nibbling.



the carbohydrates to break down into sugar at a slower rate, giving you more sustained energy.^{5,6} Protein foods slow down the release of sugar from the carbohydrates into your bloodstream. In this way eating some protein along with carbohydrates stabilizes the blood sugar swings that would otherwise lead to binges or feelings of hunger and irritability.



Fat is found hidden in protein foods as well as in recognizable fat foods such as butter, margarine, mayonnaise, or salad dressing. A certain amount of fat is necessary to obtain the essential fatty acids necessary for health and well-being. However, these fats are the most concentrated source of calories and convert to body fat very easily. The HUGS™ style of

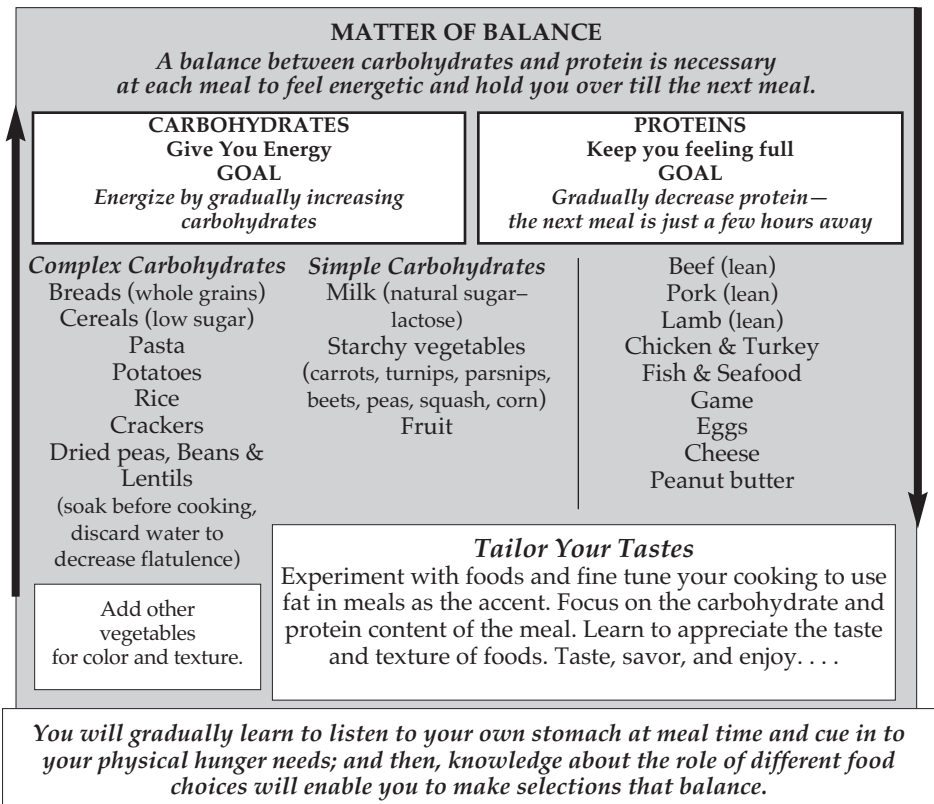
**Healthy Eating
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living gradually cuts back on these foods in meal preparation techniques and food choices without sacrificing flavor. It is important to emphasize to make the changes gradually in order to adopt them as a life-style change.

However, fat is fat, and contains the same number of calories whether it is fat around meat, margarine, butter, or oil. Vary the types of fat to decrease the total amount of saturated fat you take in. If you really like butter, do not cut it out completely. Experience has shown that individuals who cut butter from their diets eventually miss it so much that they binge on it. The result is weight loss followed by a larger weight gain and the starve/binge diet cycle rather than a new-found taste acquired from gradual changes. Attempting to cut out fat too quickly leads only to temporary change.

Learning to balance carbohydrate and protein choices at meals is easy. For example, is anything missing from a tomato and cucumber sandwich?

The principle of healthy eating can be demonstrated as follows:



YOU COUNT,
CALORIES
DON'T

Dieters have a different attitude to foods labeled “carbohydrates” and “protein.” For dieters these are divided into “legal” (those foods that are okay to eat when on a diet) versus “illegal” foods (those foods that are the “no no’s” of dieting). The meats and fruits are the “legal” foods and the breads, cereals, potatoes, and pastas are the “illegal” foods that should be eliminated or restricted according to the diet mentality.

Dieters are not used to eating carbohydrates. They are not aware that by taking in more protein sources that contain hidden fat, they are actually “hanging on” to fat and “letting go” of water, along with the carbohydrate restriction. This is one of the main reasons why diets do not last. The HUGS™ concept is a reverse of what dieters expect. HUGS™ shows you that you can eat in a healthy manner and lose body fat, not water. So learn from those former diet experiences and see them for what they are—a ploy to lose weight quickly to keep you motivated. **HUGS™ works on inner motivation that will make you feel better both inside and out. HUGS™ is for the long term.**

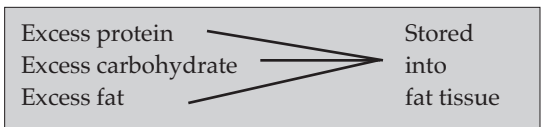


“I don’t like eating meat so can I use the HUGS™ concept with vegetarian meals?”

HUGS™—VEGETARIAN STYLE

Vegetarian eating is becoming more popular. With the emphasis on increasing carbohydrates and fiber and gradually decreasing fat content, vegetable proteins such as legumes offer those options. The function of protein with regard to health is that new protein is needed daily to allow a constant renewal of body cells and regulators, as well as to repair any damaged tissue. It’s a fact that the average person in our meat-eating society takes in about twice as much protein as their bodies need. This excess protein increases the overall fat content of your food intake and if it is above your energy needs for the day, it gets stored as fat.

If you eat more calories than your body needs, the excess gets stored as fat. High-fat foods such as the hidden fat in protein foods gets stored into fat more efficiently than high-carbohydrate foods that contain little fat.



Not all proteins are used equally by the body. The protein found in foods is not “ready-made” to be incorporated into body tissues. Instead, the body must break it down by digestion into individual amino acids, in order to build the proteins it needs.

Although there are over 20 amino acids, only 9 are essential for adults. These 9 cannot be made by the body, and therefore, must be available from food sources. Proteins from animal sources such as meat, fish, poultry, eggs, milk, and milk products contain the 9 essential amino acids in the proportions needed by the body. They are called “complete” proteins. On the other hand, vegetable sources of protein are termed “incomplete” and cannot be part of the building process unless they are combined with foods that contain the missing amino acids.



For example, legumes such as soybeans contain the highest concentration of protein in the plant world but cannot be utilized by the body unless combined with either nuts and seeds, grains, or a complete protein. You don't have to combine complementary foods at the same meal to get the effects of a complete protein. If you eat a wide variety of foods, especially if you eat even a small amount of meat or dairy products, you'll absorb a full complement of amino acids on any given day.⁷ From the available data, it is reasonable to conclude that protein adequacy can be achieved when different plant proteins are eaten at separate meals throughout the course of the day.⁸

To simplify these concepts and gradually incorporate more sources of vegetable protein into your eating pattern, here are a few tips:

- *Introduce vegetable protein gradually to make it a life-style change and to reduce the incidence of stomach distress due to the high-fiber content.* One of my clients was used to living on salads alone (lettuce is low in fiber). When she abruptly added more grains and carbohydrates to her meals, her system became plugged. It is crucial to increase your fiber content gradually so your system can adjust.

Note By increasing your intake of carbohydrates, you are automatically increasing the fibre content of your meals.

- *Beans and whole peas must be soaked before cooking because their skins are impermeable; water can only enter through the small end formerly attached to the plant.* (Split peas and lentils do not require pre-soaking.) To prevent gas in your stomach, soak legumes up to 5 hours or overnight. Drain, add fresh water, cook 1/2 hour, discard water. Add more water, cook until tender and discard water a third time. The more often you change the water, the more you will reduce the gas-producing qualities of the beans. You may be getting rid of some of the water-soluble vitamin content of the beans and some of the protein value but more importantly, you are getting rid of the component that is responsible for making you feel bloated. Adding a pinch of ginger may also help. Eat a small amount at a time until your system gets used to the fiber. In this way beans can be enjoyed for their wholesome flavor and nutrition without having the uncomfortable after-effects.

- *Drink plenty of fluids so that the fiber can allow increased movement of the intestine thereby improving regularity and bowel movements.* Fiber acts like a sponge soaking up water. If there is not enough water around, constipation instead of regularity may result.

- *Continue to eat eggs and dairy foods.* Vitamins B₁₂ and D are found only in animal products. Plants do not contain vitamin B₁₂. If the above foods are not eaten, soy milk or soy products fortified with vitamin B₁₂ could be consumed.

- *Introducing more legumes to your meals is a plus for nutrition and a decrease in grocery bills.* Beans, peas, and lentils are a cheap source of protein. Using legumes is fun. If you don't normally use them, gradually add them to sauces and soups that you enjoy. *Tailoring Your Tastes*, our new cookbook, contains excellent ideas to incorporate legumes into your meals.

- *Meat is a good source of iron.* If plant sources of iron which include legumes, whole or enriched grains, green leafy vegetables, and other vegetables and dried fruits are used, high sources of vitamin C can be used to make more of the iron available to the

body. Foods rich in vitamin C include berries, citrus fruits, tomatoes, and broccoli and could be eaten with the meal to enhance the absorption of iron.

FOOD SOURCES OF VITAMIN C		
Food	Portion	Vitamin C (mg)
Orange juice (fresh)	1 cup (250 ml)	130
Grapefruit juice (fresh)	1 cup (250 ml)	94
Papayas	1/2 medium	94
Strawberries (sliced)	1 cup (250 ml)	85
Kiwi fruit	1 medium	75
Oranges	1 medium	70
Green peppers (raw)	1 medium	94
Mangoes	1 medium	57
Cantaloupe	1/4 medium	56
Cranberry juice cocktail	1/2 cup (125 ml)	54
Brussel sprouts (cooked)	4 sprouts	70
Tomato juice	1 cup (250 ml)	45
Grapefruit (white)	1/2 medium	44
Broccoli (cooked, chopped)	1/2 cup (125 ml)	75
Kale (raw, chopped)	1/2 cup (125 ml)	41
Cauliflower (raw, chopped)	1/2 cup (125 ml)	43
Potato (baked)	1 medium	26
Tangerine	1 medium	26
Tomato (raw)	1 medium	34
Turnip greens (cooked)	1/2 cup (125 ml)	25
Beet greens (cooked)	1/2 cup (125 ml)	12
Cabbage (raw, shredded)	1/2 cup (125 ml)	22

If plant foods are your main source of iron known as non-heme iron (heme iron comes from animal-derived foods), then it is crucial that you do not drink tea with your meals. If you do, iron absorption, especially non-heme iron, decreases by 62 percent.⁹ More about this in Chapter 11 on fluids.

A vegetarian meal such as lentil soup with bread, will make you full sooner but will allow you to become hungry sooner. Because of the higher fiber and lower fat content of vegetable proteins when compared to animal proteins, it is normal to be hungry more quickly. As long as you understand that you may be eating more frequently throughout the day, this method of eating is an extremely healthy one.

If you use legumes as your protein source, the previous chart, "A Matter of Balance," on p 103 is modified.

CARBOHYDRATES

Grains:
wheat (bread, bulgar)
Kasha
Rice
Corn
Oats
Pasta
Cereal
Potatoes
Fruit+
Vegetables+

PROTEIN

Eggs
Cheese
Milk
Peanut Butter
Legumes:
dried peas
(yellow or green peas,
garbanzos or chick peas,
black-eye peas)
Dry beans:
kidney beans,
soy beans
Nuts*
Seeds*

+Simple carbohydrates such as fruits and vegetables can be added to meals for the feeling of fullness and the vitamins and minerals they offer. However, except for corn, these foods cannot be used to make a protein complete and usable by the body.

* Nuts and seeds are both high in carbohydrate and incomplete as vegetable protein and are also high in fat content. Use them sparingly.

Try using this concept of balance in your meals to give you more energy and hold you over to the next meal. If you feel hungry between meals, have a snack, otherwise overeating may occur at the next meal.

- *Focus on gradually increasing the carbohydrate content of your meals, but include enough protein to keep you feeling satisfied.* Note that due to the lower fat content of vegetable protein foods, you may feel hungry sooner than if you ate a balanced meal that included animal protein. The reason for this is that animal protein contains hidden fat that adds to the feeling of fullness. Remember, carbohydrates digest more quickly, giving you an immediate energy boost. Protein foods take longer to digest and keep you feeling satisfied longer. A balanced meal will probably be sufficient for 3 to 6 hours, depending on fat content.

Allow this period of time between meals and actually

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For some people, keeping a journal of what they eat (no quantities) and how they feel will help them on the process of self-discovery.

experience physical hunger. Constant eating will not allow you this experience. But do not go to extremes. Eating only 3 meals a day could leave you famished by mealtime, decreasing your opportunity to taste and savor your food.

I usually experience a dual reaction in my classes when participants are told that they can have any food they want, including the conventional “forbidden when dieting” list. People exhibit a sense of relief along with a sense of fear. A possible consequence without the new perspective is that a continued sense of restriction may cause them to overeat until they gain the confidence from their developing control over food.

WARNING

Giving yourself permission to eat what you want and not following a structured diet does not mean that there is no focus. Trust yourself to find your balance and beware of your pendulum swinging the other way.



Deprivation that occurred due to previous attempts to diet leads to a rebellion to dieting, causing overeating. If this is happening to you, become aware of why it is happening and focus on tuning into your true physical hunger, using the eating guidelines to reduce the number of urges that may occur. Eating more carbohydrates and obtaining natural sugar from them will decrease your urge for sweets. These foods will provide you with your energy source.

Have the light and dark forces got you teetering to the extremes? Find the balance of normalizing eating habits by learning to think like a nond Dieter.

CHECK your balance at each meal using the form provided on p110 to indicate the types of food you are eating.

If you would like to check out your understanding of the principles of healthy eating an individual assessment on your journal can be done to determine to what extent your eating habits are in balance. (See end of book for details.)

Many of our present eating habits are in the form of a triangle, that is we eat less during the day and more

YOU COUNT,
CALORIES
DON'T

in the evening. Try to gradually reverse this order. Start with a more hearty breakfast, a more substantial lunch, and even though your evening meal may be large, it probably will be less than you formerly ate.

PRINCIPLES OF HEALTHY EATING	
Breakfast	Carbohydrate Source _____ Protein Source _____
Lunch	Carbohydrate Source _____ Protein Source _____
Afternoon Snack	_____
Dinner	Carbohydrate Source _____ Protein Source _____
Evening Snack	_____
	Helpful Tips _____

Any weight gain that may occur may be due to one of the following reasons:

- Rehydration of water stores with reintroduction of carbohydrates because carbohydrates are stored with water. This is “water” weight, not “fat” weight.
- Overeating due to “permission to eat.”
- Not yet tuned into your natural hunger signals (more about this in Chapter 6).
- Overeating as a result of rebellion to dieting (starvation/binge cycle).
- Overeating since increasing carbohydrates. This implies being “off the diet” and time to binge on those foods long known to be forbidden (i.e. bread). You need to switch out of the diet mentality (see Chapter 6 and 7).
- Retaining water due to insufficient fluid intake (see Chapter 11).
- Retaining fluid due to excessive consumption of foods high in sodium (i.e. salt, convenience foods, carbonated diet drinks, pickles, soy sauce, some snack foods).
- Increase in muscle mass due to increase in activity. A positive outcome!

“I used to skip breakfast and eat very little, if anything, at lunch. This led to a huge supper, and people were amazed at how much I could devour. Then in my mid 20s the weight began to catch up

with me. I realized that this style of eating eventually catches up to even naturally slim people. It takes longer in men due to their greater muscle mass as a result of body composition.

The first step in HUGS™ is to learn how to satisfy your physical hunger by balancing your meals with carbohydrate and protein content that best suit your needs. You don't have to purchase a new set of cookbooks or recipe books or spend a lot of time preparing meals by following elaborate time-consuming recipes. Simply fine-tune your present eating habits to ensure that you are including a balance in eating. Turn to Chapter 14 for some ideas to help you accomplish this.

GETTING THE MOST ENERGY OUT OF FOODS

Here are some examples of meals with the right balance.

BREAKFAST Natural Jump-starters

Carbohydrate: bread, muffins,* fruit, crackers, pancakes, cereal, potatoes, milk, English muffins, bagels.

*Many store-bought or restaurant muffins may be high in fat content and contain up to 400-500 calories (see Chapters 5 and 10). However, fat is being purged from some commercial muffins as consumers become more health conscious. For example, "Mmmarvelous Mmmuffins" have developed tasty low-fat alternatives to please the palate.



Protein cheese, peanut butter, eggs, meat, crisp bacon.

Try toast with low-fat cheese melted on top (no butter or margarine since there is hidden fat in the cheese). To make it even more special, put onions, tomatoes, zucchini, pepper, or any other vegetable on toast before adding the cheese. Also great for lunch!

Try peanut butter and jam or banana on toast. If you have frozen raspberries on hand, pop in microwave just until defrosted and spread on top of peanut butter for a new taste sensation that is sure to be a hit!

Note No butter or margarine is needed since there is

hidden fat in peanut butter.

Try poached, scrambled, or fried egg (with little fat) on toast. Or try toast with quark, skyr, or ricotta cheese with jam, canned fruit (preserved in its own juice), or fresh fruit cut up on top.

Note Quark and skyr are low-fat cheeses that taste similar to cream cheese. However, they are very bland in flavor and therefore the jam adds just the right flavor stimulation. Try whole grain toast with skyr cheese and cut up strawberries. If strawberries are frozen, pop in microwave just until defrosted but still firm. This is refreshing and appealing! There are also a variety of other low-fat spreadable cheese products on the market (cheddar, garden vegetable, herb and garlic, swiss and almonds, cheddar and port wine, and French onion) that are full of flavor. Of course, cottage cheese is one of the cheeses lowest in fat content. The above cheeses provide variety and alternatives for those who leave cottage cheese to go moldy in the refrigerator.

Try pancakes and cheese. Incorporate your favorite type of fruit into the pancake mix for added moisture. When serving, spread quark cheese on top instead of syrup for some protein source at this meal. Tastes rich.

Add cereal and milk, fruit, or greater quantities of food to the food list to give you a feeling of satisfaction, without being overly full. The examples given will help you to understand the balance.

LUNCH

Gradually increase the carbohydrate content of your meals and gradually decrease your protein content so that you have energy and feel satisfied for a longer period of time. The word “gradual” is emphasized, because human nature tends to make you want everything to happen immediately. Focus on life-style change, not the diet mentality.

Note If you have been restricting carbohydrates in the past, it is normal to gain 3 to 4 pounds (1 to 2 kg) to replenish your carbohydrate stores. The body has to store carbohydrates with water. It takes 3 to 4 pounds (1 to 2 kg) of water to store 1 pound (0.5 kg)

**FOR A QUICK BREAKFAST CONTAINING A BALANCE OF
CARBOHYDRATE AND PROTEIN, TRY THIS:**

PUMPKIN CUSTARD

1	egg	1	<i>Combine all ingredients in a blender until smooth. Pour into a custard cup and place in a pan of water. Bake at 350°F (180°C) for 25 to 30 minutes. Bake the night before.</i>
1/3 cup	canned pumpkin	150 g	
1/3 cup	cottage cheese	150 g	
Dash	cinnamon, allspice, cloves, nutmeg	Dash	
1 tbsp	honey or sugar or sweeten to taste	15 mL	

If you like a liquid breakfast, milkshakes are easy to make. Try this.

Peanut Butter Milkshake

8 oz	1 percent milk	250 mL
1 tbsp	peanut butter	15 mL
1 small	banana	1 small

Add a little ice cream if you like.

OR TRY THIS.

FRUIT MILKSHAKE

4 oz	1 percent milk	125 mL	<i>Canned fruit adds texture to the milkshake and makes it thicker, plus it adds carbohydrates, vitamins, and flavor. Egg, peanut butter, and to a lesser extent milk, provide the protein. Add 1 to 2 tbs (15 to 30 mL) skim milk powder if you want to increase the protein content or to make the milkshake thicker.</i>
4 oz	canned fruit in its own juice (e.g. 2 peach halves plus a bit of juice)	125 mL	
1	egg or	1	
1/4 cup	quark cheese	50 mL	
2	ice cubes	2	

If you are using strawberries or raspberries from your freezer, you may need some skim milk powder to give more texture to the milkshake. You could also add a little vanilla ice cream. Add a bit of sugar to taste.

Note Since milkshakes are in liquid form they are more quickly digested and will not satisfy you for a long period of time. They can however, help you get hooked on breakfast and keep up your strength, metabolic rate, and nutrients when you are sick.

of glycogen (stored form of carbohydrates). When people begin to reintroduce carbohydrates into their way of eating, they often feel bloated. They do not recognize this sensation as a normal result of eating sufficient carbohydrates.

Carbohydrate: bread, bagels, pita bread, English muffin, fruit, pasta, potatoes, rice, milk, yogurt, vegetables.

Croissants may sound light and airy, but they contain twice the fat of a biscuit and 6 times the fat of an English muffin.



Note Those vegetables that you pull from the ground such as carrots, parsnips, beets, and turnips as well as corn, squash, and peas are the starchy ones. The other vegetables can be used as a filler. They contain vitamins and minerals, and are not considered part of the carbohydrate component of the meal due to high-water content with very little carbohydrate content. Include both complex and simple carbohydrates at each meal. (refer to Matter of Balance for examples p103).

Protein: leftover meat, canned fish, eggs, peanut butter, cheese, legumes (peas, beans, lentils), milk, yogurt. Gradually try some of the low-fat cheeses.

Sandwiches are great quick lunches. Sometimes people don't care for bread because they haven't given themselves a chance to experiment with the wide variety of tastes and flavors available today. You may like breads that are coarser (whole wheat or any form of whole grain such as cracked wheat or pumpernickel). However, beware of bread that is colored with caramel coloring and has a soft texture. Read the label. This bread probably is not whole grain.

Fillers in sandwiches can be anything. Try leftover chicken, beef, pork, canned tuna, salmon, or other canned fish, cheese, peanut butter, or egg. Luncheon meats are used less frequently because of higher fat content. If using canned fish, try to purchase it packed in water or if packed in oil, rinse, and use less fat to moisten the sandwich. If you use a light mayonnaise mixed with the canned fish, adding butter or margarine to the bread as well is not necessary.

Retrain your taste buds. Consider making toast. You take a piece of bread, toast it, and in this way get rid of the moisture in exchange for texture. Then you add butter or margarine to bring back the moisture and get rid of the texture. Does this make sense? Focus your taste on the texture and flavor rather than the greasy mushy taste.

Often when butter or margarine is cut back or even eliminated on toast and replaced with a protein food such as cheese or peanut butter that contains hidden

fat, in 9 out of 10 cases, the fat taste of butter or margarine is not missed. Was it more a habit than a desire? Changing the habit does not instill feelings of deprivation. Focus on progress and life-style adjustments rather than immediate temporary change.

Remember that weight is not necessarily an indicator of health. Alice, a client in her 20s, was referred to me for weight counseling. She weighed 311 pounds (141 kg) and had not been on many previous diets. Every time she even thought about going on a diet, she would crave food and binge so the diets were short-lived. But she was receptive to trying a life-style approach where the focus of success would be improved health. Months later, Alice made a number of remarkable changes: she reduced by half the number of times she had to take ventolin for her asthma, she ate differently because she wanted to, her food tasted better, and she prepared food that had a low-fat content. She began to walk regularly and enjoyed it. Her clothes were a little looser even though her weight was down only slightly. The physical improvement was gradual, not instant.

Alice was much healthier, but by society's measure of success, which is weight, she had failed. Focusing on weight, conventional counselors might have advised Alice to decrease her food intake and increase her activity. She would have been required to work above her comfort zone. This may have had a negative effect on her health.

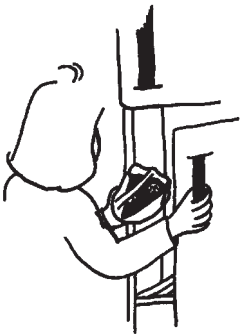
When Alice followed my advice to focus on her life-style adjustments, this created the momentum to continue with the plan. Her focus was entirely off weight. She accepted that it would take 2 to 5 years to internalize the life-style changes, but she was enjoying the process so time wasn't an issue.

Since both of Alice's parents were large, Alice had an 80 percent chance of being large as well. With life-style changes in place her body will naturally adjust to the weight it is genetically meant to be. Society's expectations that all women should be within a certain range of weights is not the issue here. It is this woman's long-term health that is important. This

YOU COUNT,
CALORIES
DON'T



It is not the quantity that counts, it is the balance in eating and the total fat content that will make the difference. Try adding mustard, light salad dressing, or tomato and lettuce to sandwiches instead of always using butter or margarine.



woman did not fail. She enjoyed striving to be the best that she could be!

Dieters are used to skimping on bread and making open-faced sandwiches, using the thinly sliced bread available in supermarkets. But you can be much more satisfied by eating more bread *without guilt*. If you allow yourself to feel guilty while consuming more carbohydrates, then you are not allowing yourself to experience the excitement of the moment of tasting and savoring your food. This will result in eating more quantity of food in order to feel satisfied.

Making sandwiches with thicker slices of bread makes you feel as if you have something in your hand. It can be very satisfying. Cut thick slices of bread and put enough filler to keep you satisfied or have 2 sandwiches.

Add soup or salad if you like. Try varying types of bread or using pita pockets. Another option that is quick for lunch is a stir-fry made with leftovers from the fridge. Use a teflon frying pan and a cover to maintain moisture which will reduce the total fat content needed. Leftover chicken, beef, potatoes, rice, and vegetables work well. If the mixture starts to stick, add a little liquid such as water, water with bouillon cube, juice, or leftover low-fat gravy.

Soups can be made hearty by adding a protein source such as cheese, leftover meat, chicken, legumes such as lentils, beans, and a carbohydrate source such as potatoes, rice, or barley. Eat the soup with some bread or rolls. If the soup is not substantial enough, you will probably be hungry a couple of hours later. Experiment and learn the quantity that you need.

SNACKS

Some form of complex carbohydrate such as bread, rolls, crackers, cold pizza, bulgur, lentils, or fruit alone, cheese with fruit, popcorn (watch the butter), milk, or yogurt is good for a snack. Milk and yogurt contain some protein as well and therefore may serve as a more satisfying snack. Milk products also ensure that you get enough calcium during the day.

SUPPER

Most people tend to eat balanced meals at supper but they usually emphasize the protein source. Try to ensure that you are increasing your carbohydrate source and gradually decreasing your protein source. However, eat enough protein to hold you over till the next meal. Find the right balance of carbohydrate and protein that works for you.

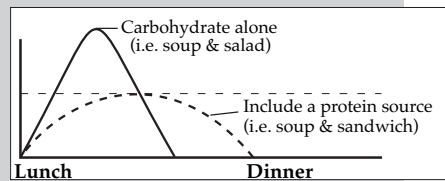
Carbohydrate pasta, potatoes, rice, bread, crackers, fruit, milk, yogurt, starchy vegetables. *Note* Milk does contain some protein but it is also very high in carbohydrate. Due to its liquid form and the fact that it is lower in protein content than those mentioned under “protein,” it is not as satisfying to be used as “holding over” power. For this reason, it is found under the carbohydrate section.

Protein lean beef, lean pork, lean lamb, lean chicken, turkey, fish, liver, game, eggs, cheese, peanut butter.

Do not eat only chicken and fish. Beef and pork are much leaner than they used to be (see Chapter 5). Where does portion control or measuring your 3 ounces (85 g) of meat fit into all of this you ask? Rather than becoming preoccupied with quantities, AIM FOR BALANCE.

- As a check for a healthy balance learn to observe what’s on your plate. Aim for 2/3 to 3/4 carbohydrates and 1/3 to 1/4 protein content. Learn to recognize the balance that is right for you rather than measuring how much you need. This balance will give you energy and keep you going.
- Tune into your internal signals of hunger and fullness for quantities that you need to satisfy you.

REMEMBER counting exchanges leaves you preoccupied with food and does not allow you the opportunity to work with your body. Getting back in touch with your body will give you the confidence to listen to it for the quantities you need to maintain energy and health.



COOKING FOR ONE OR TWO

Make a larger roast or cook greater quantities of food (more pork chops, larger chicken, more hamburgers) plus more rice, potatoes, or pasta. Portion meat in freezer containers, cool, add gravy (use ice cube tip as

YOU COUNT,
CALORIES
DON'T

explained in Chapter 5), package, and put in the freezer for those rushed days or those “I don’t feel like cooking days.”

Note Pasta and rice will freeze but potatoes do not freeze well. Reheat leftovers for breakfast or lunch. Add vegetables or a salad.

Note Meat and carbohydrates (pasta and rice) keep a few days in the fridge. Freezing them just gives you more variety, the easy way.



CARBOHYDRATES FOR THE MOST ENERGY

Even if you don’t like vegetables you can acquire a taste for them if you introduce them gradually.

Balance and variety are important to gradually introduce more vegetables as you experiment with foods. A way of eating that is rich in fruits, vegetables, and grains may protect you against many kinds of disorders including cancer. Promising research suggests that the so-called antioxidant nutrients such as beta carotene (which the body converts into vitamin A), vitamin C, and other substances in fruits and vegetables may help ward off certain cancers.

When Rod started the program, he didn’t like vegetables. In balancing carbohydrates and proteins, he would choose more grains than fruits and vegetables. Then gradually, without being forced, he acquired a taste for some of these other foods. By the end of the program, he was discovering the new taste sensations of vegetables for himself.

Try the darker green leaf lettuce. The darker the leaves, the more nutritious. For example, romaine lettuce has about 6 times as much vitamin C and 8 times as much beta carotene as iceberg lettuce.¹⁰ Be adventurous. Eat “cooking greens” raw sometimes (see vegetable dip in Chapter 14 to go along with the raw vegetables) and salad greens cooked (try recipe for wilted lettuce in Chapter 14).

Normally if you eat only carbohydrates at a meal, you will feel hungry very soon since carbohydrates are digested and absorbed into your bloodstream

Now you have discovered a way of eating that gives you more energy by providing a balance of carbohydrate and protein while gradually decreasing fat. The carbohydrate source gives you the energy to fuel your body; adding in the protein allows you to sustain your energy. The protein slows down the release of sugar into the bloodstream. In this way, instead of having a burst of energy from your food, you get the energy in continued spurts that keeps you going for a longer period of time.

quickly. But what about snacks? Carbohydrate foods make ideal snacks where the purpose is simply to hold you over to the next meal. However, when eating carbohydrates alone, you would like to prevent the immediate rise then fall in blood sugar. This effect of low blood sugar will make you feel tired and hungry again. To prevent this, choose those carbohydrates that give you a more gradual rise in blood sugar and are therefore more effective in holding you over till the next meal.

The complex carbohydrates (breads, pasta, potatoes, rice, legumes) consist of a longer chain molecule. Chemically, they take longer to break down than the simple carbohydrates (milk, vegetables, fruit, sugar, honey). Using this theory you should focus on consuming more complex carbohydrate foods.

The entire focus up to this point has been to increase the quantity of carbohydrates that you may be consuming. This has been done by including a variety of both complex and simple carbohydrates. With meals, a source of protein has been included to provide a better balance. In the process you may have discovered that certain carbohydrate foods are more effective than others in keeping you satisfied at snack time. Why is this?

Tests have been done using different carbohydrate foods to discover how these foods would affect blood sugar physiologically. Normal individuals ingested 1-ounce (28-g) portions of carbohydrate foods and were tested to see the effect this had on blood sugar levels. A glycemic index table was the result. This table provides a method of rating selected carbohydrate-rich foods according to how high they elevate blood sugar levels. The higher the glycemic

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index, the more the food elevates blood glucose levels, thereby releasing glucose (sugar) more quickly into the bloodstream.

The glycemic index indicates that your blood sugar

will shoot up faster following a snack of potatoes, carrots, or bread, than after a snack of fruit, legumes (beans, peas, or lentils), nuts, or pasta.

Some high-fiber foods can keep blood glucose from soaring after a meal by releasing glucose, our form of energy, in small doses. This prevents blood sugar from going on a roller coaster ride that will cause energy levels to dip.

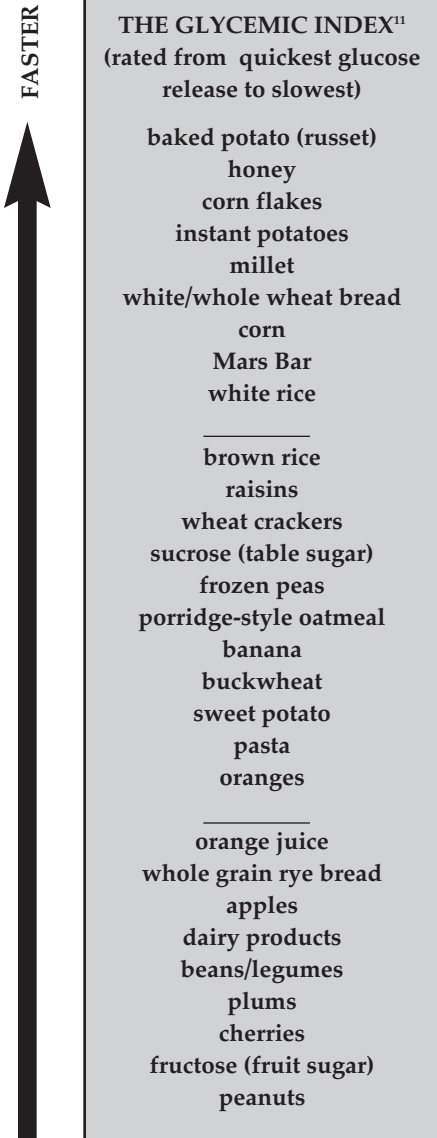
High-fiber foods achieve this by

1. **delaying food release from the stomach, and by**
2. **slowing the digestion of starch and sugars in the intestine.**

With a slower release of glucose into the blood-stream (flatter glucose response), you have a more sustained energy level.

Other factors that affect glycemic response are

- the amount and type of fiber,
- the form the food is in (i.e. the smoother the texture, the higher the glycemic response),
- the degree to which the food is cooked,
- the speed of eating, and
- timing the consumption of liquids.



THE “HOW MUCH” AND “HOW-TO” OF FIBER¹²

We used to hear a lot about wheat bran and bran muffins. Lately the emphasis has switched to oat bran

Ensure the gradual increase in fiber content to minimize stomach distress, bloating, and discomfort as well as the focus on life-style change. Drink plenty of fluids, especially with insoluble fiber so that it will be able to perform its function of regularity.



and its effect on cholesterol. No need for confusion. Both of these foods contain fiber. However, the type of fiber and its function are different. Water-insoluble fibers, such as wheat bran, can improve bowel regularity. Water-soluble fibers become gel-like during digestion; they are the ones that seem to help keep blood glucose and cholesterol levels in line.

SOURCES OF DIETARY FIBER

SOLUBLE	INSOLUBLE
<i>High in pectins and gums</i>	<i>High in cellulose, hemicelluloses, and lignin</i>
dried peas, beans, lentils	bran cereals
seeds	whole grain cereals
nuts	whole grain breads & rolls
raw fruits	whole grain crackers
dried fruits	whole grains
raw vegetables	brown rice
cooked vegetables	cracked wheat
oat bran	bulgur

Fructose is a major carbohydrate component of fruits. It takes much longer to release glucose into your system than table sugar (sucrose) because the body must first convert it to glucose before it can be used or stored. In particular, fruits and vegetables high in natural pectin are lower on the glycemic index.

Pectin is a gel-like substance that delays emptying of the stomach. In this way, it makes you feel fuller longer, causing a slower release of glucose into the bloodstream. Fruits and vegetables high in pectin are high in soluble fiber. Fruits and vegetables high in pectin are squash, apples, cauliflower, citrus fruits (grapefruits, oranges), green beans, cabbage, carrots, strawberries, potatoes, legume dried peas.

Dried fruit may be high in soluble fiber but it also contains a concentrated sugar source because the moisture has been taken out. Fresh fruit or fruit canned in its own juice would be a more refreshing choice that would satisfy both hunger and thirst. Even though nuts and seeds are high in soluble fiber and contain some vegetable protein, they are also high in hidden fat. It is easy to eat a cup (250 mL) of peanuts at once without even realizing it. However,

along with the peanuts, go 900 calories of which 684 calories come from fat. Why did you eat them? Much of this eating may even be unconscious eating where you are not even tasting the food. A more satisfying choice at roughly 170 total calories would be 1 slice of bread with a tablespoon (15 mL) of peanut butter. By adding the carbohydrate source, the total fat content is essentially reduced and a better balance exists. Only 81 calories or 47 percent of the calories come from fat as opposed to 76 percent of the calories coming from fat by eating the peanuts alone.

Increasing soluble-fiber content such as fruits, vegetables, and oat bran causes a total decrease in the amount of saturated fat in your total eating pattern. Saturated fat is often used in convenience foods in the form of hydrogenated vegetable oil to improve the shelf life of the product. It has the effect of elevating cholesterol levels. However, soluble fiber forms a gel-like substance as it is digested, and it stays in your stomach longer, keeping you full for a longer period of time. It is for this reason that a breakfast consisting of oatmeal porridge may be just as satisfying as a breakfast containing a protein source. You can add fruit and some milk to the porridge to add more fiber as well as a little protein.

Oat bran does not have any flavor of its own and dissolves in liquids. To help incorporate more fiber into your meals, try adding oat bran to the following dishes:

- in hamburgers as a binder instead of crackers or bread crumbs (wheat bran can also be used),
- in muffins,
- in spaghetti meat sauce, stews, or soups as a thickener,
- as toppings on canned fruit, yogurt, or puddings,
- in chili, sloppy joes, meat loaf,
- in batters for pancakes, waffles, muffins, and quick breads.

FOOD FORM

The form the food is in has a bearing on how effective it will be in satisfying you. Insoluble fiber such as that found in whole grain products adds *texture* to food. Since it needs to be chewed more and takes longer to

eat, it helps to extend the meal. Pasta is lower on the glycemic index indicating that the sugar is released more slowly into the bloodstream. The compact nature of the starch in pasta reduces accessibility of the starch to digestive enzymes that are involved in breaking down the starch molecule. It takes longer for the starch molecule to break down into sugar and this causes the slower release of the sugar into the bloodstream.

Whole grain rather than whole meal products result in flatter glucose responses keeping you satisfied longer. You can achieve this by

- parboiling wheat to form bulgur,
- parboiling rice to reduce the gelatinization of the starch (the bonus is that this parboiled rice known as converted rice involves a process by which the nutrients are pushed back into the grain resulting in a greater retention of minerals and vitamins in the cooked grain),
- use of whole cereal grain in pumpernickel bread, a whole grain rye bread.



Note Flour made from whole wheat grains will produce brown-colored bread. But a coloring agent could be used to make brown bread from white flour. To make sure, check the list of ingredients on the label. When brown bread is not made with whole wheat flour, that is when molasses or caramel is used to color the bread, the words “made without whole wheat flour” or “colored with...” must appear on the label according to law.¹³ Read your labels!

Note Potatoes have a greater response on blood sugar levels than rice, spaghetti, or lentils because of the food form. Using whole potatoes with the skin rather than mashed potatoes can change this response. When making french-fried or mashed potatoes, try leaving the skin on for the added fiber and color.

Grinding or cooking a starchy food as in mashed potatoes speeds up the food’s absorption in the intestine, causing blood glucose to rise more rapidly.

COOKING FOOD

Try to eat more raw vegetables and fruit. Cook vegetables only to the crisp stage. When foods are

raw, the cellulose cell walls are not completely disrupted by chewing. These prevent access of digestive enzymes to the starch within the cell. Cooking swells the starch within the cell, bursting the cell wall and potentially making the starch more available for digestion.

SPEED OF EATING

Eating slowly maximizes your enjoyment of food and provides an earlier feeling of satiety for a given quantity of food consumed. Slow eating will slow down the release of sugar into your bloodstream. Eating quickly minimizes your enjoyment of food and fools your body's defense against eating too much. It takes roughly 20 minutes for your stomach to tell your brain it's full.

TIMING CONSUMPTION OF LIQUIDS

When liquids are ingested along with solid foods, they empty more rapidly from the stomach into the small intestine. So if you are consuming liquids containing sugar, drink these fluids after a meal. Better yet, keep on diluting those liquids whether they are juices or drinks. You will end up with a beverage that is more refreshing and does wonders for quenching your thirst.

If you find a particular carbohydrate food makes you hungry when eaten alone, try adding a source of protein.

By focusing on increasing the carbohydrate content of your meals, you already have decreased the overall fat content. The next step will be to learn ways to gradually decrease the fat content by preparing foods tastefully with less fat.



Ensure that you are eating a variety of sources of carbohydrates to get the benefits of regularity, satiety, and a sustained energy source.

