

Weight Loss Tips and Traps

**Linda H. Kolyn
for the Bloor St Health Team.
November 9th, 2013**

Obesity results when ...
...more calories are
consumed than needed
for normal growth or
daily metabolism.



Average kids consume
about 100 calories each day more than needed,
however severely obese children often consumes
1000 more calories daily than what they need.

One in three American children are considered overweight or obese.

Children consume

31 percent more calories and 56 percent more fat than their peers did 40 years ago.



Let's Move initiative

“According to reports from the Centers for Disease Control,

Americans frequently choose convenience over nutrition.

The reality is that we live in an on-the-go world where parents have limited healthy meal options for their kids on the way to and from recreational activities, school or other events.”



Woody Faulk oversees Chick-fil-A's menu. Chick-fil-A's vice president of brand strategy and design,

Few parents really know how many calories to feed a growing child. Fewer than one in 10 adults even try to count calories in their own food.

Therefore, it may be left up to the child to know when enough is enough.



If we let children from a young age monitor the quantity that they eat – they will naturally know when enough is enough and will honour these instincts throughout life.

Reward children with non caloric gifts.

Spend time with your children or give stickers, juggling balls, Funky erasers, rainbow pencils or other fun items from the dollar store if you want to treat kids.



Calorie counts posted in chain restaurants are often inaccurate.

One in every five meals packs at least 100 more calories than advertised on the menu.

Boston scientists measured the calories in 269 items from nearly 50 fast-food and sit-down eateries, including McDonald's, Burger King, Chipotle, Olive Garden, and Outback Steakhouse.



Only 7 percent of the foods were within 10 calories of what the restaurants claimed, according to a study published in the Journal of the American Medical Association.

17 foods had at least 273 more calories than stated on the menu. Restaurants were most likely to underestimate low-calorie fare like soups and salads, and overestimate the calories in less-healthy choices like pizza and chips and salsa.



“The calories on your plate may be quite different from what you think you are getting, and the trouble is you can’t tell,”

“I have a Ph.D. in nutrition, and I can’t tell if my dinner is 500 or 800 calories just by looking at the plate, and our study shows you can’t rely on the restaurants’ numbers for an individual meal.”



Susan Roberts, Ph.D.
Tufts University,
USA Today

Motivation

On a scale of 1 to 10, 10 being of most importance and 1 of least importance, how would you rate your desire to lose weight at this moment in your life?

"It takes a great deal of motivation and will-power to overcome the god of the belly."

Philippians 3:19.

"I can do all things through Christ which strengthen me.

" Philippians 4:13

What should I weigh?

How much muscle tone do you have?

Muscle weighs more than fat.

1lb of muscle consumes less physical space than 1lb of fat, but weighs more

What is your physical frame? 'Petite' or 'Big boned'?

Wrist test – wrap your thumb and first finger around the wrist of your opposite hand.

Do they overlap? – petite frame / bone structure

Do they meet? – average frame

Is there a gap? – large frame.

Adjust your weight expectations to suit your frame

– models tend to have petite frames.



What should I weigh?

To find out if you need to thin down, find a body-length mirror and just look at yourself, or compare your present weight to your weight at age 25. Or refer to the "Ideal Body Weights for Males and Females" table. The ideal body weight (IBW) is what a person should weigh according to his or her height.

Ten percent below the ideal body weight means a person is likely to live longer, according to life insurance statistics. Interestingly, vegetarians tend to be ten percent below their ideal body weight. Statistically, vegetarians live six years longer than the general population.

However, ten percent above the ideal body weight means a person is technically overweight. He or she is likely to live a shorter length of time.

Twenty percent or more above the ideal body weight is considered too heavy or obese, and such a person is at serious nutritional risk.

Categories of Weight

Normal

BMI 18.5 – 24.9



Overweight

BMI 25 – 29.9



Obese

BMI 30 – 34.9



Severely Obese

BMI 35 – 39.9

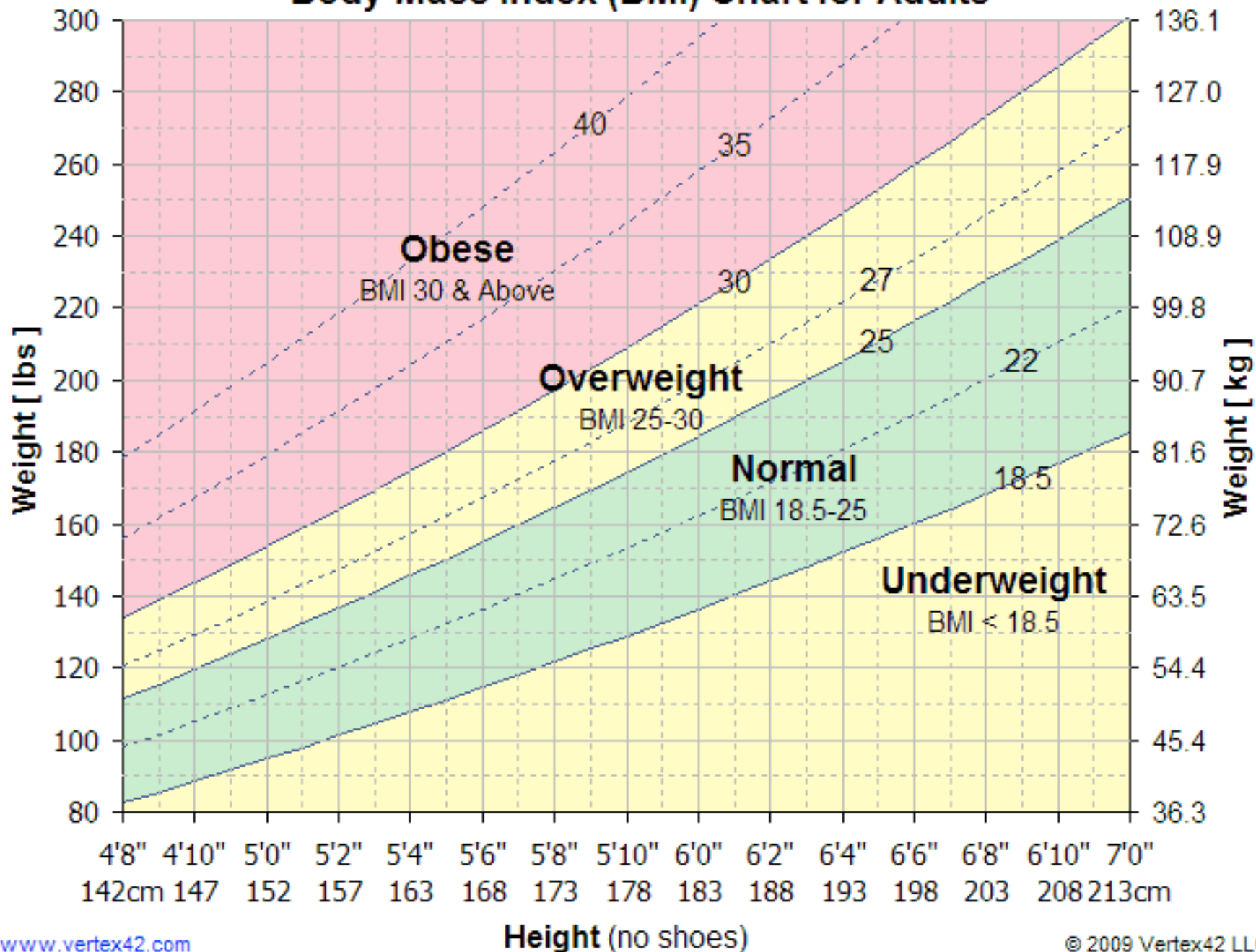


Morbidly Obese

BMI ≥ 40



Body Mass Index (BMI) Chart for Adults



Country	Average male weight	Average female weight	Sample population / age range	Methodology	Year	Source
Brazil	72.7 kg (160.3 lb)	62.5 kg (137.8 lb)	20–74	Measured	2008–2009	[3]
Canada	80.3 kg (177 lb)			Measured		[4]
Chile	77.3 kg (170.4 lb)	67.5 kg (148.8 lb)	15+	Measured	2009–2010	[5]
Finland	82.1 kg (181 lb)			Measured		[4]
Germany	82.4 kg (181.7 lb)	67.5 kg (148.8 lb)	18+	Measured	2005	[6]
South Korea	68.6 kg (151.2 lb)	56.5 kg (124.6 lb)	18+	Measured	2007	[7]
Sweden	81.9 kg (180.6 lb)	66.7 kg (147.0 lb)	16–84	Measured	2003-2004	[8]
UK – Wales	84.0 kg (185.2 lb)	69.0 kg (152.1 lb)	16+	Measured	2009	[9]
United States	88.3 kg (194.7 lb)	74.7 kg (164.7 lb)	20+	Measured	2003-2006	[10]

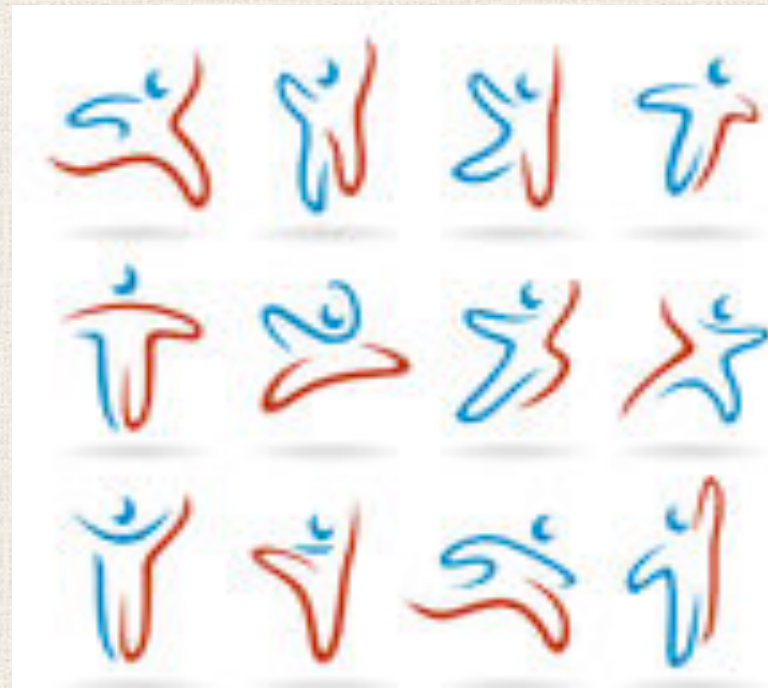
Region	Adult population (millions)	Average weight	Overweight population / total population	Source
Africa	535	60.7 kg (133.8 lb)	28.9%	[2]
Asia	2,815	57.7 kg (127.2 lb)	24.2%	[2]
Europe	606	70.8 kg (156.1 lb)	55.6%	[2]
Latin America and the Caribbean	386	67.9 kg (149.7 lb)	57.9%	[2]
Northern America	263	80.7 kg (177.9 lb)	73.9%	[2]
Oceania	24	74.1 kg (163.4 lb)	63.3%	[2]
World	4,630	62.0 kg (136.7 lb)	34.7%	[2]

Ways to boost Metabolism

With great strength, science demonstrates that metabolism can indeed be increased with a variety of natural steps.

The key is to strike a fine balance
Between; caloric intake,
proper food choices
and exercise.

Points 1 thru 5
by Dr. Joey Shulman



Boosting your metabolism naturally

1. Eat breakfast!

Picture your metabolic rate shaped as an ice cream cone. It is at its highest in the morning and starts to decline on a gradual level as the day progresses.

Whether it is a protein shake, granola, a fruit smoothie or slow-cooking oatmeal – you need something to start your day off right.

Eat like a King in the morning,
a prince at lunch and
a pauper in the evening.



Boosting your metabolism naturally

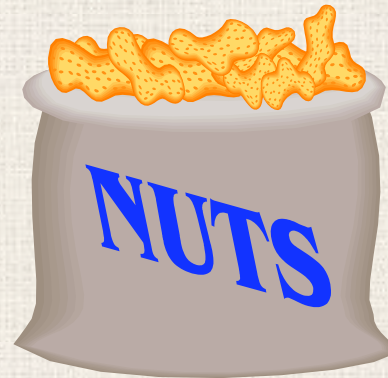
2. Eat more protein! The hormone glucagon is released in response to dietary protein, such as tofu, beans, nuts and seeds. Glucagon signals fat cells to release fat into the blood, thereby promoting its use.

More fat is burned and more weight is lost when you eat more protein.



The healthiest nuts & seeds.

- Brazil Nuts
- Walnuts
- Almonds
- Peanuts
- Pecans
- Filberts – Hazelnuts
- Flaxseed
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds



Boosting your metabolism naturally

3. Say good-bye to refined grains. Products made from refined grains, such as many breads, pastas, cookies and cakes, cause most people to over secrete the hormone insulin.

Insulin has the opposite effect of glucagon. Insulin is secreted from the pancreas to facilitate the uptake of glucose from the bloodstream into the cells.

Glucose (a.k.a. blood sugar) is derived from carbohydrates and is the main source of fuel for the body. When too many of the wrong types of carbohydrates are consumed, excess insulin is secreted to deal with the sugar.



Excess insulin = excess fat.

Boosting your metabolism naturally

4. Stick to low glycemic index carbohydrates such as fruits, vegetables, whole grains (breads and pastas) and beans.

Research demonstrates that **whole grains are beneficial for weight loss** and the prevention of type II diabetes, colon cancer and constipation.

It is okay to eat bread!

Please note that a controversy continues on this point.

Low Glycemic Index Foods

FRUITS

Apple
Apricot
Avocado
Berries (all)
Cherries
Grapefruit
Kiwi
Lemon
Lime
Nectarine
Orange
Peach
Pear
Plum
Pomegranate
Tangerine
Tomato

LEGUMES

Chickpeas
Kidney beans
Lentils
Navy beans
Soy beans

GRAINS

Bulgar
Brown rice
Pumpnickel bread (whole grain)
Stone ground whole wheat bread

VEGETABLES

Alfalfa Sprouts
Asparagus
Bok Choy
Broccoli
Cauliflower
Cabbage
Celery
Cucumber
Kale
Lettuce
Mushrooms
Onion
Radish
Spinach
Squash-green and yellow
String beans
Watercress
Sweet Potato
Yam

Additional tips to naturally Boosting your metabolism

Flavour it up

Various herbs ignite metabolism

Cardamom, Cayenne,
Coriander, Cumin, Fennel,
Garlic, Ginger, Turmeric,...



Sleep on an empty stomach.

Avoid food the last few hours of the day – An early dinner will naturally give your body a few hours for digestion prior to bedtime.

Boosting your metabolism naturally

Take home point

Your total metabolic rate is not fixed. In fact, there is a certain part of it that is flexible and when given the proper foods, hydration, exercise and supplements you can rev up and it will help you slim down naturally.

Bon appetit!

Here's the math

Theoretically, about 3500 calories equals one pound of body weight.



Foods that aid weight loss

"When you eat foods that have a high volume – things with a lot of water or air – you're eating a greater quantity of food, but you're not eating a greater amount of calories,"

Eating foods like puffed cereal, rice cakes, fruits and vegetables are a great way to fill up.

Rosenbloom.



Foods that aid weight loss



Instead of thinking about what you shouldn't eat, focus on the delicious foods that will help keep you satisfied. Here are some top picks for foods that can help you lose weight.

Weight Watchers
& Canadian Living.
Articles

Foods that aid weight loss

Oats

Oats contain soluble fibre, which helps you feel full, and satisfied – longer. If you feel full, you eat less.

Enjoying a bowl of oatmeal is a great way to kick-start your day, but stay away from the store-bought sweetened varieties, which may have up to four teaspoons of added sugar (not to mention the calories that come along with them).

Season plain oatmeal it with a bit of grated apple, some chopped dates or a few of your favourite berries – three options that are all rich in antioxidants. Both dried and fresh fruit are great in Oatmeal.



Foods that aid weight loss

Buckwheat

This whole grain is a great alternative to rice.

"Buckwheat has a high content of soluble fibre, which is good for cholesterol, and it's also high in protein compared to rice," says Tsang. "And it has minerals like potassium and zinc"



Foods that aid weight loss

Lentils

Packed with fibre, folate and magnesium, this versatile fat-free legume can be a fabulous supporting player of a slimming healthy eating regimen. Lentils, prepared any number of ways, will have you feeling as if you've eaten a meaty, even creamy, dish minus the calories and saturated fat that come with eating meat



Foods that aid weight loss

Popcorn

Air-popped popcorn or made on your stove top with a little bit of oil makes our good list.

It's a whole grain, and high-fibre that is rich in an antioxidant that helps prevent damage to cells.

Steer clear of the microwaved and buttered options, which are high in trans fats and sodium.



Foods that aid weight loss

Almonds

All nuts are healthy and loaded with good fats and other nutrients, but almonds are the one to go for when you're trying to lose weight. They're lower in calories than many of their cousins (i.e. macadamias) and the protein and fat content will help keep cravings at bay.



Almonds are also alkaline in nature which is another plus.

Foods that aid weight loss

Foods with shells

If you have a yen for salt, foods with their natural shells on can help you slow down and savour what you're eating while curbing the craving. For instance, unsalted pistachio nuts, walnuts in the shell, peanuts, sunflower seeds and edamame in the pod can help you curb your cravings for saltier, unhealthier junk food.

You're less likely to overeat if you work for your reward.



Foods that aid weight loss

Seaweed.

Dulce

Fucus (Algae)



Fucus

fights obesity & cellulitis

By decreasing the appetite,
accelerating the metabolism
and providing laxative properties.



Other laxatives - Tofu – Carob – St johns bread, cabbage.

Foods that aid weight loss

The stomach can only hold so much.

Filling up with nutrient-dense but low-calorie foods helps with weight loss.

Eat your vegetables first, then you won't have as much room to eat anything else,”



Foods that aid weight loss

Vegetable soups

One of the biggest trends in weight loss research is the concept of calorie density – the idea is that your body pays more attention to the amount of space your food takes up in your stomach than it does to the amount of calories you're consuming.

Vegetable soups are one great option – serve them as a starter or a light meal and just watch how quickly you feel full.



You'll satisfy your hunger by eating lots of foods with a low calorie density.

Foods that aid weight loss

Broccoli

Broccoli is not only a good source of fibre, it also contains vitamin C and calcium.

Any dark, leafy green vegetables – such as kale, bok choy and spinach,...

– are your friends.



Foods that aid weight loss

Cucumbers

Although cucumbers offer only modest nutritional benefits (a bit of vitamin C, A, and some fibre), this delicately flavoured member of the gourd family goes a long way in bulking up a salad, and making you feel nice and full for few calories.

Alternatively if you're in the mood for something crunchy, slice them up with the skin on.



VEGETABLES



- MORE NUTRIENT DENSE THAN FRUIT, LESS SUGARS
- LOW IN CALORIES & FAT
- HIGH IN FIBER
- GOOD SOURCE OF CALCIUM, MAGNESIUM, POTASSIUM, IRON, BETA-CAROTENE, VITAMINS-B, C, A, K
- ANTIOXIDANTS
- EAT A VARIETY OF TYPES COLOURS OF VEGETABLES FOR MAXIMIZED NUTRITION

Foods that aid weight loss

Plums

Most fruits are quite low in calories because of their water content, but plums are Tsang's favourites.

"I love plums because of the high antioxidant concentration and the fibre from the skin."



A plum makes a juicy, low-cal dessert
(containing only about 45 calories)

The average store-bought chocolate chip cookie
(about 80 calories)

A slice of cake (more than 200 calories).

Foods that aid weight loss

Grapefruit

Grapefruit is a delicious and nutritious sweet-tart breakfast side or salad topping.

Having grapefruit or grapefruit juice daily can aid in weight loss, possibly due to a reduction in insulin levels.



Foods that aid weight loss

Apples

Plentiful and versatile, apples can help you satisfy sugar cravings for less calories. Whether eaten fresh or baked for dessert, these nutritional powerhouses will help fill you up and keep you slim.



Foods that aid weight loss

Pears

Eat their skin as well as their inner flesh. A pear's peel is bursting with an appetite-crushing soluble fibre called pectin, which puts hunger pangs to rest and lowers your blood sugar levels, making you less likely to reach for something calorie-laden.

Paired with a bit of protein, such as a small handful of nuts, pears make for a stellar core of a meal.



FRUITS (CARBOHYDRATES)

LOW IN CALORIES AND FATS

FRUITS CONTAIN PHYTOCHEMICALS: PLANT SUBSTANCES THAT HAVE BENEFICIAL, HEALTH PROTECTING QUALITIES (CAROTENOIDS, FLAVONOIDS)

Excellent source of natural sugars
Fiber, vitamins, anti-oxidants,
and minerals.

The Colour determines the type
of phytochemicals in the fruit.
Therefore eat a variety of
Different coloured fruits.

2-4 Servings Daily



FRUIT AND VEGETABLE SERVING SIZE

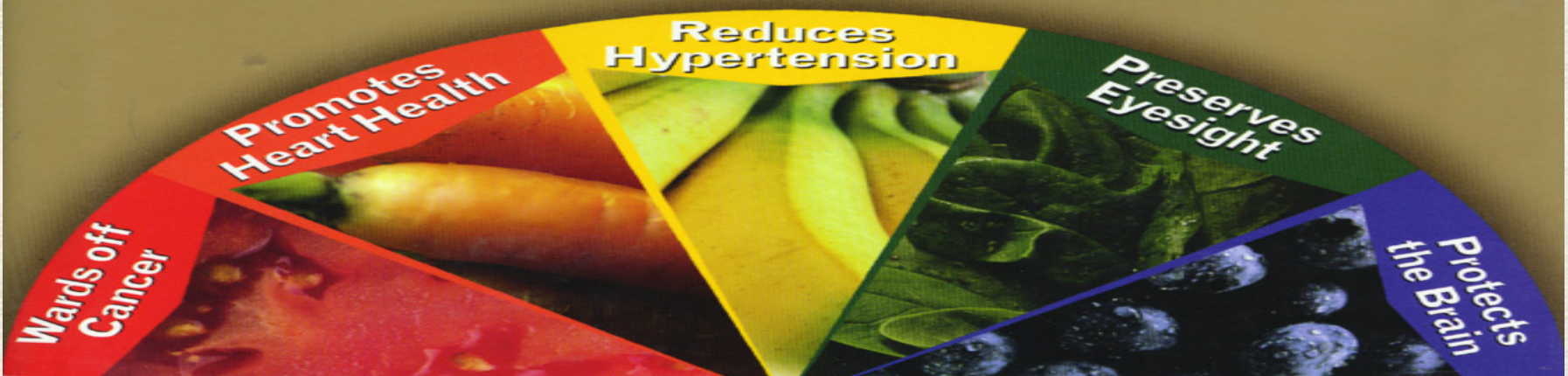
- ½-1 CUP ANY VEGETABLE
- ½ GRAPEFRUIT
- MEDIUM SIZED APPLE, PLUM, PEACH, ORANGE, BANANA
- 1 CUP GRAPES, CHERRIES, STRAWBERRIES, RASPBERRIES



**JAMES A. JOSEPH, Ph.D., DANIEL A. NADEAU, M.D.,
AND ANNE UNDERWOOD**

THE COLOR CODE

**A Revolutionary
Eating Plan
for Optimum Health**



The Color Code

- RED- Wards off cancer
- ORANGE-YELLOW- promote heart health
- Yellow- Reduces hypertension
- GREEN- Preserves eyesight
- PURPLE- Protects the brain
- Think color, think variety, think whole foods to protect from cancer, heart disease, hypertension, diabetes and osteoporosis p. 213

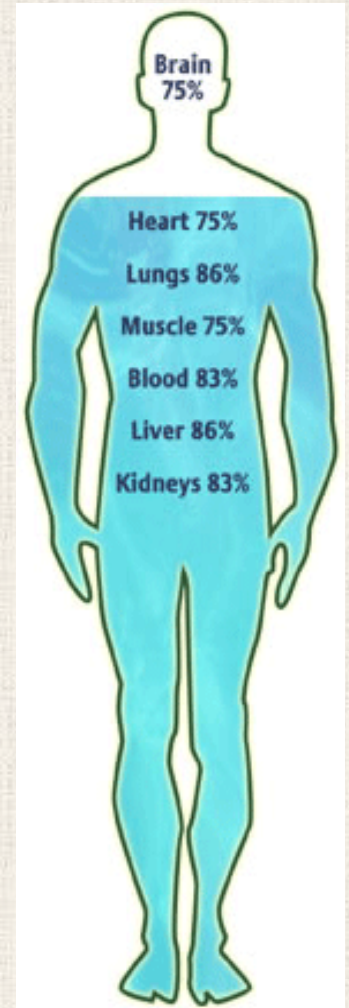
The Color Code James Joseph Phd.

Lead scientists Laboratory of Neuroscience of the USDA Human Nutrition Research Center on Aging at Tufts U.2002

WATER IN THE HUMAN BODY



- Largest component of body
- Makes up 45-75% of body weight
- Brain 75%
- Bones 25%
- Blood 83%
- Lean muscle 75%
- Body fat 14%
- Percentage of body weight that is water is reflective of amount of fat a person has



DAILY WATER REQUIREMENTS

- 20% OF OUR WATER INTAKE COMES FROM FOOD SOURCES
- FRUITS AND VEGETABLES ARE 80-95% WATER
- GRAINS ARE 35% WATER



DAILY WATER REQUIREMENTS

ONCE FOOD SOURCES ARE TAKEN INTO ACCOUNT,
CURRENT DAILY RECOMMENDATIONS ARE:



WOMEN SHOULD DRINK 8 GLASSES OF FLUID A DAY,
2.7 LITRES FOR WOMEN AND

MEN SHOULD DRINK 12 GLASSES OF FLUID A DAY, 3.7
LITRES FOR MEN

(1/2 oz of water per lb of weight)



WITH EXTREME HEAT AND PHYSICAL EXERCISE,
ONE CAN NEED UP TO 16 LITRES A DAY

DAILY WATER REQUIREMENTS

- IT TAKES WEEKS OR MONTHS TO DIE FROM LACK OF FOOD; WE CAN ONLY SURVIVE LESS THAN A WEEK WITHOUT WATER
- A 2% LOSS OF BODY WATER CAN RESULT IN A 20% DROP IN ENERGY LEVELS
- DAILY WE NEED TO REPLACE THE AMOUNT OF WATER THAT IS USED BY THE BODY AND THE AMOUNT THAT IS EXCRETED BY THE BODY THROUGH URINE, FECES, SWEATING AND EXHALING WATER VAPOUR
- INDIVIDUAL DAILY REQUIREMENTS DEPEND ON; WEIGHT, LEVEL OF ACTIVITY, HEAT, HUMIDITY,...



EFFECTS OF WATER DEFICIENCY

- WE CAN FEEL THIRSTY IF WATER LEVELS HAVE DROPPED BY 2%
- A DROP OF 5% IS CONSIDERED DEHYDRATION
- A DROP OF 10% OF BODY WEIGHT IS FATAL
- LONG TERM EFFECTS OF WATER DEFICIENCY:
 - LOW BLOOD PRESSURE
 - INCREASED CLOTTING OF BLOOD (STROKES)
 - KIDNEY MALFUNCTION
 - SEVERE CONSTIPATION
 - MIGRAINE HEADACHES
 - WEAKENS THE HEART
 - HIGH BLOOD SUGAR
 - INCREASED CHOLESTEROL



Socialize



Socialize

How socializing and pals help in turning bad fat into good

Have an active social life,

Scientists from Ohio State University found that socializing and meeting with friends aids weight loss by converting energy-storing white fat into energy-burning brown fat.

Researches found that mice in an 'enriched' environment with friends and stress expend more energy and lose weight even as they eat more.

Co-author Lei Cao said that the new result might offer insight into studies showing a link between loneliness and ill health.

Sabotaging Weight Loss

While experts say weight loss can always be reduced to the simple "calories in, calories out" mantra—meaning if you eat fewer calories than you burn, you'll lose weight—a host of oft-hidden saboteurs may be meddling with the balance. Here's a smattering of them:



10 Things That Can Sabotage Your Weight Loss

By [KURTIS HIATT](#)

April 28, 2011 [RSS Feed](#) [Print](#)

Sabotaging Weight Loss

1. Treating healthy foods as low-calorie foods.

"A lot of times they're not consistent," So while whole grains, avocados, and nuts might be kind to your heart or cholesterol levels, dieters who binge on such foods can, before they know it, add hundreds of calories to the day's total.

Enjoy calorie-rich healthy foods, but ration them out: a quarter of an avocado on a salad or a small handful of almonds.

Scott Kahan, co-director

George Washington University

Weight Management Program in Washington, D.C.

Sabotaging Weight Loss

2. Shunning shuteye.

Some research has linked shorter sleep duration to a higher body mass index (a measure of body fat) and increased hunger and appetite.

If you're tired, you might be prone to grab a sugar-laden treat, skip the gym, or have takeout for dinner to avoid cooking.



Aim for 7 or 8 hours every night.

Sabotaging Weight Loss

3. Underestimating calories eaten. Quick—how many calories have you had today? No idea? Calorie ignorance is common and fueled by quite a few factors

First is a warped understanding of portion sizes. "People will tell me, 'Oh, I eat a half teaspoon of butter and I spread that on a piece of toast,' " "I don't think you can do that mechanically." (People typically use a tablespoon or more.)

You're going to have to recalibrate: Measure everything for a few days and work from recipes that calculate calories per serving or do it yourself. Be diligent about checking serving sizes.

Be wary of seemingly innocent things like fruit, juice, trail mix, and dips. It's particularly easy to go overboard here.

Ellen Liskov, a registered dietitian and nutrition specialist

[Yale-New Haven Hospital.](#)

Sabotaging Weight Loss

Forgetfulness magnifies calorie ignorance. With all the to-do's jammed into your brain, you probably don't want to add a food diary. Too bad!

Your selective food memory is going to continue to sabotage you

“Pay attention every time
you put something in your mouth,”

Madelyn Fernstrom,



Sabotaging Weight Loss

4. Overestimating calories burned. "We tend to reward ourselves with too many calories of food for the amount of calories we burned exercising," says Kahan.

Suppose you go for a 30-minute jog.

The University of Maryland Medical Center's "*Calories burned calculator*" estimates a 150-pound person would burn about 370 calories. Reward yourself by eating a few cookies later that day and you've just canceled out the jog.

Sabotaging Weight Loss

5. Feeding your thirst. If you're not sure whether you're hungry or thirsty, assume it's the latter. Drink a water or herbal tea and see how you feel.

Drinking one or two glasses of water at least a ½ hour before breakfast, lunch, and dinner may help you manage hunger and eat less.



Sabotaging Weight Loss

6. The food environment. Commercials on TV hawk junk food. Billboards for fast-food restaurants bombard you on the road.

"We're in a society that really lends itself to eating a lot," says Kahan

His solution: "Engineer your environment."

At home, do a junk-food purge.

At work, avoid the treats in the kitchen and lobby your coworkers to hide the Hershey's Kisses and go on a healthy-eating kick with you.

Sabotaging Weight Loss

7. Saving up calories to eat junk. A couple hundred calories a day for an indulgence is OK, but don't get carried away.

"You could eat a bag of chips 'til the cows come home, but that's not going to make you satisfied," Without enough protein and fiber, you'll be ravenous an hour later and blow your calorie limit.

Marilyn Tanner-Blasiar, a dietitian

Washington University School of Medicine in St. Louis.

Sabotaging Weight Loss

8. Medications you take. It's worth a check with your doctor if you don't know whether weight gain is a side effect of a medicine you're on. Psychiatric medications to treat bipolar disorder, schizophrenia, and depression, along with heart medications like beta blockers, commonly cause weight gain. While treating the primary condition is most important, says Kahan, you may be able to find a substitute sans the side effect.



Sabotaging Weight Loss

9. Your family and friends.

Turn down grandma when she insists you have a third helping. Perhaps others leave processed or junk foods around that tempt you.

Does time with friends always revolve around food?

One's chance of becoming obese increases by 57 percent if a close friend becomes obese.



Sabotaging Weight Loss

10. Yourself. Don't be overly restrictive. "If you set too many limits on yourself, you get bored and resentful. And that, mentally, will hinder your weight loss," says Tanner-Blasiar.

Aim for slow and steady, shedding maybe a couple pounds a month, and don't obsess over the scale. You didn't gain the weight over the course of a couple weeks; likewise, it'll take more than that to lose it.

Your goal is a lifestyle change

Healthier habits

that you will be able to maintain.



Sabotaging Weight Loss

11. Sugar

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.

MH 302



Biblical Reference

*"For the drunkard and the glutton
will come to poverty, and drowsiness
will clothe a man with rags."*

The wise King Solomon,
Proverbs 23:21,R.S,V.

Causes of excessive weight.

Although various genetic and environmental theories have been proposed in professional circles, the Bible is very clear on the four main causes of overweight and obesity.

Causes of excessive weight.

Overeating,

under-exercising

oversleeping

and Alcohol consumption,

are the main causes of obesity.

Control these factors, and you will lose weight.

Causes of excessive weight.

Put away every indulgence that would hinder you in the work of overcoming.

Ask for the prayers of those who can comprehend your need of help. {CD 484.3}



Causes of excessive weight.

Alcohol is a toxin which the liver uses to produce 7 calories per gram, whereas fruits, vegetables and cereals contribute only 3 or 4 calories per gram.

The more calories ingested, the more fat will be made and the more weight gained.

Anything eaten or drank in excess will cause a person to gain weight, because all alcoholic beverages and all extra carbohydrates, protein, and especially fat - the diet caloric nutrients - are converted in the liver into fat for storage as a future energy source. Thus gluttony and overeating also cause obesity.

Under-exercising and oversleeping create excessive weight and obesity. This has to do with the first law of thermodynamics. Since God created man on this earth, this law has been in force: "matter cannot be created or destroyed." And this includes fat. Thus the only way is to convert matter or fat to energy is by exercise.

Make fat work for you

You've probably heard that a diet high in fat is linked to obesity, heart disease and certain cancers. But have you also heard that not all fats are bad for you and that, in fact, cutting out too much fat can be unhealthy?

Why fat matters

Fat is part of a healthy diet because it provides energy and helps your body absorb fat-soluble vitamins. There are several kinds of fat, and a few of them are in the spotlight because they may also ward off heart attacks and strokes, ease symptoms of rheumatoid arthritis and inflammatory gastrointestinal diseases, and even keep your eyes healthy and mind alert.

Good fat or bad fat?

Omega-3 fatty acids are the fat source that nutrition experts love

Studies have shown they are good for your heart. They may reduce your risk of heart disease and stroke, and can lower elevated blood triglyceride levels and blood pressure.. Omega-3s also have anti-inflammatory properties and can ease stiff, painful joints in people with rheumatoid arthritis.

Monounsaturated fats are also heart-healthy fats. You can get your daily dose in healthy oils.

Saturated fats and **trans fatty acids**, or **trans fats**, are the least healthy fats. Saturated fats are found mainly in animal products; trans fats are hydrogenated vegetable fats often found in processed foods.



Reaching your ideal body weight.

First, eat less fat but more fiber.

Fat gives twice as many calories as protein or carbohydrates. Fiber is calorie free. Fat is found primarily in flesh meats, whereas vegetables, fruits and cereals are rich in fiber, carbohydrates and protein. Recent research suggests that a high carbohydrate, high fiber diet - a vegetarian diet - appears to be the most effective for weight reduction. As the apostle Paul wrote to the obese Romans,

"It is good neither to eat flesh, nor to drink wine."

Romans 14:21, RSV

Abstain from eating flesh meats like pork, beef, chicken and fish and drinking intoxicating alcoholic beverages.

Reaching your ideal body weight.

Eat less deadly fried foods, such as french fries and potato chips, and entrees containing oil.

"Set a guard over my mouth, O Lord, Keep watch over the door of my lips." Psalm 141:3, RSV

Start a healthful vegetarian eating pattern. God Himself, the Creator, prescribed man's original diet as being vegetarian.
"And God said, 'Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.' " Genesis 1:29, RSV

Eat more crisp green leafy raw vegetables, such as spinach, watercress, celery and broccoli.

Reaching your ideal body weight.

Eat more juicy citrus fruits, such as grapefruit, lemons and oranges. Eat more nutty whole grains, such as wheat, rye and corn.

Eat all your meals rainbow style. Let your meals be made up of plant foods of different natural colors.

Abstain from fatty salad dressing.



Sauté without oil

Marvellous Mushrooms

1 medium onion diced

2 t. lime juice

One-half t. Italian seasoning

Optional: One quarter t. salt

1 clove garlic diced or pressed or 2 shakes garlic powder

2 T. Kikkoman soy sauce or Tamari or chick like seasoning p. 87

3 cups or 750 gr. White or portobello mushrooms sliced in one-quarter inch slices*

The reduction

Place onion, garlic, seasonings and liquids in a stainless steel or cast-iron skillet.

Add one-half to one cup water and simmer until water is evaporated.

Continue cooking the onion until it browns a bit, and add 1 T. more water.

Add mushrooms to onion and cover. As mushrooms cook they will make enough liquid to steam with the onion. Cook on high for 7 minutes.

Simmer uncovered for 10 minutes until most of the juice is evaporated.

* can be used with any vegetables, or in any recipe that calls for sauted or sweated seasonings.

The Optimum Vegetarian Diet will include fruits, vegetables, nuts and grains.

With a little forethought, complete protein is simple to obtain on the vegetarian diet.

All you need do is combine a corn or wheat protein (actually any grain will do) with a nut or legume protein - it's as simple as that.

For Example:

- Peanut Butter sandwich on whole wheat bread.
- Beans and rice.
- Bean burrito, enchilada or taco,
- Tofu stir-fry, etc.



Eat moderate quantities of seeds and sprouted seeds, nuts and legumes together, [or at least the same day] with your grains and you will have all the protein you need.

How about vitamin B-12? Can you acquire this very important B vitamin on a completely vegetarian diet? Yes, in fact the residues of antibiotics in many animal foods today could be harming your body's ability to manufacture this vitamin in your intestines. How?- you ask. Because these residues kill all bacteria including the beneficial kind in your intestines.

Restore your body's ability to manufacture B-12, by taking acidophilus capsules or simply take B-12 supplements.



Second, wake up like a king.

Conquer your food early. Eat your big meals in the first part of the day, not at night. Thus you will burn those calories throughout the day, not store them through the night.

Actualize the old proverb,

"Eat breakfast like a king,

dinner like a prince,

and supper like a pauper."

Wise Advice

Benjamin Franklin, the eighteenth century American politician and philosopher, wrote in Poor Richard's Almanac: "Eat fewer suppers, and you'll need few medicines."

Follow King Solomon's advice when invited to eat out at night, "*When you sit down to eat with a ruler, observe carefully what is before you, and put a knife to your throat if you are a man given to appetite.*"



Proverbs 23:1,2. RSV

Have less for supper but more for breakfast and lunch.

For example,

In the morning - eat dried or fresh fruit, cooked cereal and whole grain bread with soya or skim milk

For the afternoon, eat a salad of raw vegetables with 1-2 cups of cooked lentils, peas or beans and a whole grain like rice or millet.

Then, early in the evening - eat only some fruit and whole grain crackers, bread or popcorn



Remember the advice
given to King David,

*"All the people came to persuade David
to eat bread while it was yet day."*

2 Samuel 3:35, RSV

3.Never eat between meals.

The munchy-crunchy snacks add up to tons of calories! "*Never let a morsel pass your lips between your meals.*"

The stomach may be educated to desire food eight times a day, and feel faint if it is not supplied

If you feel hungry between meals, drink water instead. Water will also help flush out ketones, acetone, and acetic acid, and butyric acid - which form in the body from the breakdown of fat.

The wise King Solomon recognized the importance of eating only at mealtimes. He said, "*Blessed are you, O land whose king is of noble birth and whose princes eat at a proper time - for strength and not for drunkenness.*" Ecclesiastes 10:17, N.I.V.

Let at least five hours pass between meals, drinking fluids between, preferably grapefruit juice or water.

It is good to drink several cups of water on rising, an hour before each meal, and one to three hours after eating.

4. Take time to eat more slowly.

Serve yourself only once each meal.

Spread out your food on your plate so it looks like there is more of it.

After each mouthful, put down your fork or spoon and chew your food well. Chew the food as long as it will stay in your mouth. Proper salivation will improve the digestion and absorption of nutrients.

"Better a dry crust with peace and quiet than a house full of feasting, with strife." Proverbs 17:1, N.I.V.

If you take time to eat slowly with peace and quiet, this will reduce the number of calories you consume. After 15 minutes of chewing, the stomach notifies the brain via the vagus nerve with a microelectronic satiety message. In other words, the stomach tells the brain that it is no longer hungry. Always leave a little food on your plate, symbolically signifying that the meal is over. As the saying goes, "If you taste your food before you swallow it, you will not have to taste it afterward."



5.Sweat off the extra weight. Energize your muscles, oxygenate your organs, relax your mind, and convert your cholesterol into vitamin D to strengthen your bones as you start walking every day.

Work this into your schedule after each meal, and it will benefit your digestion. It must be continuous exercising over a stretch of 30 minutes.

It is after 30 minutes of straight exercise that the body can benefit from a cardiovascular training effect.



Nevertheless, always exercise within the intensity such that you can still talk aloud to a friend without feeling exhausted.

Decide whether you are a "solo" or "social" exerciser. Solo exercisers like to exercise alone, whereas social exercisers prefer the company of friends.

Plan your aerobic exercises - walking, jogging, swimming or cycling - accordingly. If you jog one hour a day, you will lose one pound a week.

Use the stairs instead of the elevator.
Research has shown that no weight reduction program is complete or successful without an exercise component. Movement=exercise

Lose weight nutritiously.

Reduce your chronic disease risk.

Reach your ideal body weight through the things that you have learned earlier in the Makeover* and now through a completely vegetarian diet.

Eat juicy fruits, crispy vegetables, and nutty whole cereals. Have your kingly meal at sunrise, not at sunset. Drink, between meals. Chew your food well. And exercise before sundown.

"So whether you eat or drink, or whatsoever you do, do all to the glory of God."

1 Corinthians 10:31, RSV

Make it a habit!

Focus on healthy habits. Take the actions that you can to create the desired behaviour
Set behavioural goals.



Be patient, the results will come!

Realistic and lasting weight change happens gradually.



Spices and condiments encourage gluttony

- **We are living in an age of gluttony**, and the habits to which the young are educated, even by many Seventh-day Adventists, are in direct opposition to the laws of nature. I was seated once at the table with several children under twelve years of age. Meat was plentifully served, and then a delicate, nervous girl called for pickles. **A bottle of chow-chow, fiery with mustard and pungent with spices**, was handed her, from which she helped herself freely. The child was proverbial for her nervousness and irritability of temper, and these fiery condiments were well calculated to produce such a condition. The oldest child thought he could not eat a meal without meat, and showed great dissatisfaction, and even disrespect, if it was not provided for him. The mother had indulged him in his likes and dislikes till she had become little better than a slave to his caprices. The lad had not been provided with work, and he spent the greater portion of his time in reading that which was useless or worse than useless. He complained almost constantly of headache, and had no relish for simple food. {FE 150.4}

Finally, we must strive for balance in all things

Balance is a Principle of the Religious Life.

Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life.

Truth brought into the sanctuary of the soul will guide in the treatment of the body. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence.--6T 375 (1900). {DG 161.2}

Lack of Balance Exhausts Vital Forces.--

Intemperance in eating and drinking, intemperance in labor, intemperance in almost everything, exists on every hand.

In closing,

**Thank you
for your attention!**

**Wishing you all
a healthy weight.**