

Lose Weight & Get Healthy!
HF-DASH Diet for Weight Loss

By: John Voytek

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Introduction



Author - John Voytek

Who this book is for

This book was written for those who are tired of going on fad diets and want to tackle their weight and health head-on. The HF-DASH (Higher-fat Dietary Approaches to Stop Hypertension) plan is extremely effective for weight loss as well as providing guidelines for developing a healthy lifestyle.

Many of the other diets are based on deprivation, which is one reason the weight is generally regained. *HF-DASH Diet for Weight Loss* is unique, uncomplicated, and will be easy to sustain. It is for both women and men in all age groups for weight loss or maintenance. After all, feeling and looking your best isn't limited to body builders, exercise gurus or specific age groups. We are all capable of fueling our bodies so we may enjoy life in the most efficient ways possible.

Bonus - High fats are "in" and inefficient higher-carbs are "out"! That means you will be able to enjoy many of the foods you have given up for years - like cheese, all-fat dairy and more! *Are you ready to become a sleek, powerful Ferrari rather than a sluggish bulky clunker?*

Lose weight and improve your heart health!

If you want to lose weight and keep it off, this high-fat, low-carb diet will do it. You will still follow the common-sense rules you already know, such as avoiding fast-food, overeating and loading up on foods high in sugar content. The more you dine on fresh foods, the faster your

body will respond and reinforce permanent changes. When you continue to fuel your body with the right ingredients your health will soar while the pounds drop away.

Did you know?

More than one-third of U.S. adults, over 80 million people, are obese. The leading causes of preventable death – heart disease, stroke, type 2 diabetes – are obesity-related. Obese people each spend thousands of dollars more for medical care per year compared to those of normal weight, accounting for over \$150 billion per year in the U.S. Sticking to this diet plan will guarantee you won't ever be in the obese group who have a myriad of health issues.

My expertise

As a health care provider, I have worked alongside many talented (some brilliant) doctors, nurses, nutritionists, psychologists, and therapists. In addition to performing and assisting with a variety of surgical and diagnostic procedures, I have managed and taught thousands of complex patients. Although, I don't consider myself an expert, I have a vast amount of experience in the health care field, which proved to be invaluable over the years. I always collected and assimilated valuable information while working side-by-side with those who are considered experts. I have been able to help many unhealthy and overweight people along the way. I want to contribute to changing the obesity trend in our country and help reverse the momentum of poor health. Living a healthy life is joyful and I wish it for everyone. This HF-DASH diet is the first step.

Recipes to reinforce long-term success

Cooking has been my hobby for many years. I have whipped up more than a few elaborate concoctions, but the vast majority of my meals, by far, have been simple preparations. Simple and colorful is often the best both visually and taste wise. Excessive use of sauces and complex cooking methods tend to overpower the delicious taste and texture of the main ingredients... plus they add extra calories that no one's body requires.

Keeping food prep simple supports home cooking rather than settling for local fast food or grocery store prepared meals that are low in quality. I have included some relatively easy and inexpensive recipes and ideas that I think you will love. Most people do not have an excess of time and money to spend on ingredient-laden menus, so I encourage you to give these recipes a try. Alter as you like, but remember to keep it basic and in-line with the HF-DASH guidelines.

From me to you

I know you are busy, so I wrote this book without anecdotes and fluff. It is more important for you to understand the HF-DASH diet and how to best incorporate it into your life than to double the page count. I believe you can change your weight and health for good by making choices that support your highest vision. I hope you find this a useful guide.

Chapter 1

All Calories Are Not Equal



The low-fat diet mania didn't work

Over the last several decades, the low-fat diet mania has backfired and has actually promoted the increased consumption of simple and refined carbohydrates. The consequences of trading fat for carbs has been uniformly terrible. As a result, even more people are obese and the vast majority of people who want to lose weight cannot keep it off. The unfortunate outcome is a high level of frustration and the reluctance to try something new.

A diet high in refined and simple carbohydrates, like the sugars (glucose, sucrose, fructose), causes chronically higher levels of insulin in our bloodstream. I think it will help if you understand why this is so bad and exactly what insulin does to our bodies.

All the carbohydrates that we eat are broken down mostly into glucose (sugar), which the cells in our body use to create energy. Insulin promotes how our cells absorb and utilize glucose (energy), like in our muscle cells, which use a high amount.

Insulin also encourages the production and storage of fat in our fat cells. Therefore, more insulin means more fat. Clear so far?

The increased insulin levels keep pumping up the fat cells, while lowering the blood glucose levels. That makes us feel hungry, which is the opposite of what we want in a diet.

Recent studies speak out

This is why weight loss experts have recently changed their dietary recommendations to diets that are lower in carbohydrates, down to 40 percent or fewer of our calorie needs, and consuming a much lower intake of simple carbohydrates. In the past, the FDA and other governmental health organizations recommended that carbohydrates make up 45 to 65 percent of the calories that we eat. It does not make much sense, especially upon review of the growing body of scientific evidence that links high levels of sugar consumption with obesity, coronary artery heart disease, and type 2 diabetes.

The right amount of protein

The other source of calories in our diet is protein. Most weight loss diets recommend that protein intake should be about 15 to 20 percent of your daily calorie needs. The major protein sources in our diet consist of meat, fish, legumes (beans, peas, lentils, etc.), and nuts. Protein is important for the maintenance and function of all the cells in our bodies, not just muscle.

The minimum recommended protein intake for the average adult male is 56 grams per day (224 calories worth) and 46 grams (184 calories) for the average adult female. That works out to about 10 percent of your daily calories, if you are completely sedentary. There is little evidence that a higher protein diet has significant ill effects, unless you have kidney disease. *You definitely need more protein if you are exercising.* Bear in mind, it is not recommended to have a diet that is more than 40 percent protein, even with strenuous exercise.

Keep in mind that 1 gram of carbohydrates supplies 4 calories of energy. 1 gram of protein supplies 4 calories, and 1 gram of fat supplies 9 calories.

Regarding fat in the diet, the sentiment of the medical and scientific communities has been slowly changing over the past decade or so. It has been a little complicated and sometimes perplexing. This goes to show that many times the changing of well-established, iconic principles is like steering a supertanker. So, we know that too many simple carbs may be the major culprit in the obesity epidemic, therefore we should eat less of them. What do we need to consume more of instead? This is where it gets interesting.

Chapter 1 Highlights

The obesity epidemic: The unintended consequence of low fat diets.

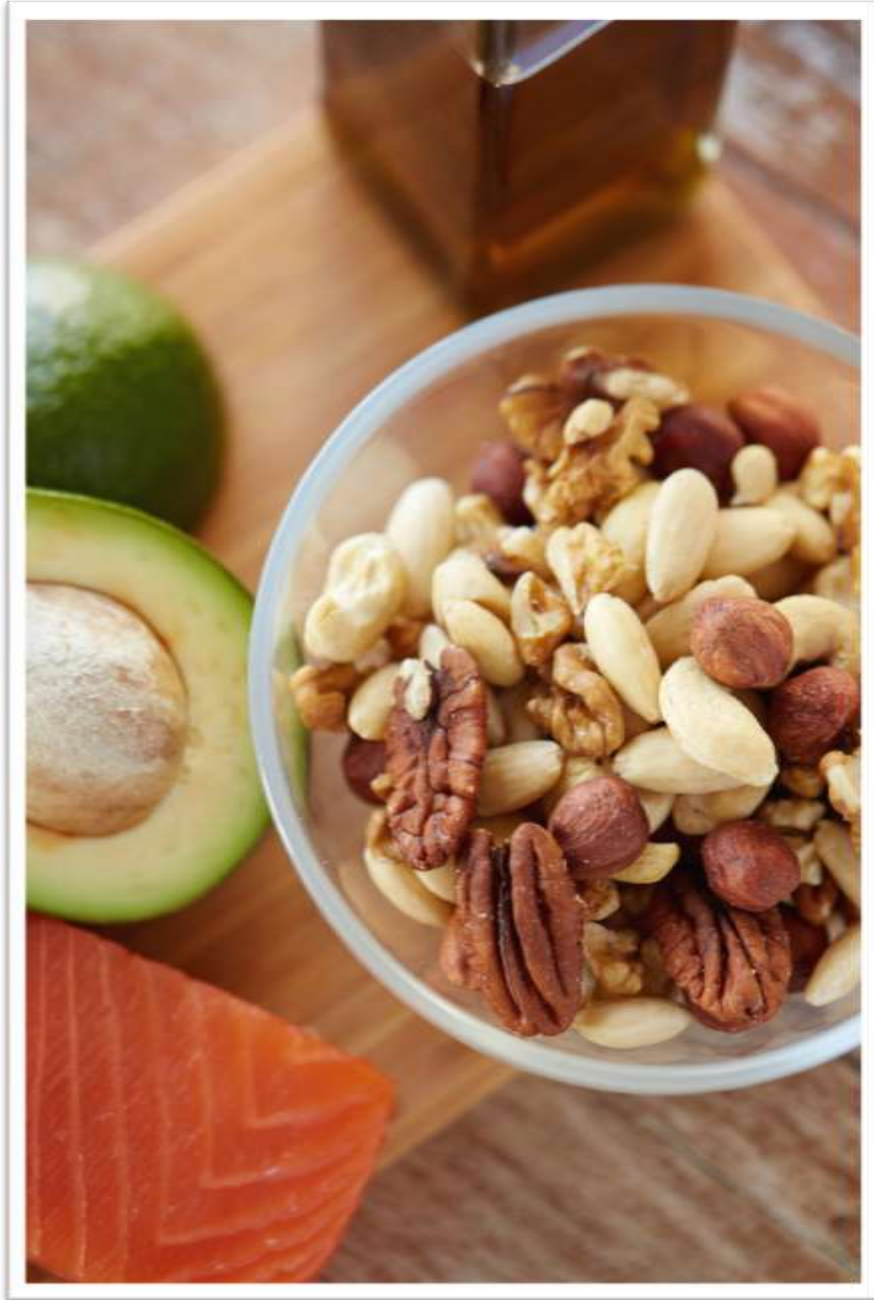
Simple carbs keep our insulin levels high, which pumps up fat cells.

Get enough protein. The average adult woman needs 46 grams per day; the average man needs 56 grams.

Less carbs... Enough protein... What about fat?

Chapter 2

Good Fat - Bad Fat



Our attitude about fat has undergone a metamorphosis. We have finally discovered that not all fats are bad. In fact, some fats are very good for us and can actually help us lose weight! Lately, it seems there is nothing but good news about dietary fat, which is somewhat startling after

years of being told to avoid most fats, making manufacturers develop and people consume low-fat everything. Let's get it right this time.

Not all saturated fats are bad boys

Saturated fat has been branded as a villain for many years. In case you're not completely sure of how saturated fats are defined - it is typically oil or fat that is solid at room temperature, such as cheese and butter. Most of it comes from animal sources like beef, pork, and even poultry. For years, we have been taught to avoid this type of fat as it was thought to be the biggest source of obesity and heart disease.

Recently, several published studies analyzed large groups of data and revealed that there was no association between saturated fat intake and coronary artery disease, cardiovascular disease, ischemic stroke or type 2 diabetes. In the past, it was strongly associated with the buildup of cholesterol-laden plaques in the heart arteries that lead to heart attacks.

Overall, people with diets high in saturated fat did not have more heart disease than people with lower amounts of saturated fat in their diet. That being said, most cardiologists will say that saturated fat is not necessarily good for you, but some of it is beneficial. That is also not to suggest that consuming an ultra high amount of animal fat will contribute to a long-lasting life, so understand the difference.

Some saturated fats actually help weight loss

The good news is that there are saturated fats found in some plants and dairy products that are beneficial and can actually enhance weight loss. These saturated fats contain a type of fat molecule called medium-chain triglycerides, or MCTs. This type of fat triggers the body to increase the metabolism of fat, which is how fast the body will burn stored fat calories, which, in turn, promotes weight loss. It also contributes to feeling sated, after it is eaten, resulting in a lack of hunger.

Where is this friendly fat? The best sources of MCTs are coconut oil, olive oil and dairy products like full-fat cheese, milk, and yogurt. Including these types of fat in our diet will contribute to weight loss and the continued maintenance of a healthy, leaner weight. This is especially true if they become a calorie replacement for refined and simple carbohydrates, rather than adding them in to your current diet.

MUFAs and PUFAs are the stars of the show

The best fats you can consume are the unsaturated fats, which are mostly derived from plants. Most nutrition experts encourage the replacement of some carbohydrate calories and saturated fat calories with unsaturated fats. The two categories are monounsaturated fats, commonly known as MUFAs and polyunsaturated fats, which are abbreviated as PUFAs.

MUFAs have been considered the foundation of the Mediterranean diet, which is often known as the heart-healthy diet. The reason for this is because they are very beneficial and help reduce and maintain lower levels of cholesterol, as well as being a great source for Vitamin E.

Vitamin E is a powerful antioxidant that reacts by destroying free radicals before they get a chance to mutate DNA into tumors and the like. Studies have shown Vitamin E reduces the risk of lung, colon, and prostate cancers as well as being on hand to prevent chronic diseases, such as arthritis, diabetes, bowel, lung, and renal diseases. Be aware that supplementing your diet with high doses of Vitamin E capsules can be quite hazardous to your health, particularly your heart health. You'll get plenty of natural Vitamin E in a diet containing MUFAs. So including MUFAs in your diet will always reinforce health. The best food sources for MUFAs are avocados, nut butters, olives, chocolate, and nuts (almonds, cashews, pecans, and macadamias).

PUFAs are also beneficial to your health, particularly n-3 PUFAs, which are a good source of Omega-3 fatty acids. These compounds help decrease inflammation in the body and protect against heart disease and many other chronic diseases. They also help with weight loss, which I describe later in this chapter. Good sources of n-3 PUFAs are walnuts and walnut oil, flaxseed oil, soybean oil, and canola oil.

Other vegetable oils (especially corn, safflower, soybean, cottonseed, and sunflower oils) are n-6 PUFAs and are predominately sources of Omega-6 fatty acids. We need less of those in our diets, since the ratio of Omega-3 and Omega-6 fatty acids needs to be optimal to be beneficial. You see, as human beings were evolving, the ratio of Omega-6 to Omega-3 fatty acids in diets was close to 1:1. Presently, the ratio in the typical Western diet is about 15:1. We need some n-6 PUFAs in our diet, just not nearly as much as we are consuming now. This probably contributes to a lot of chronic disease occurrence.

The facts about MUFA and PUFA cooking oils

Cooking oil plays a big part in many recipes and menus, so understanding which is best and why will help you make optimal choices.

Olive oil has maintained its position at the top of the good cooking oil list for years, and is considered a MUFA, particularly extra-virgin olive oil. It is best used for salad and vegetable dressing and also low-heat use, such as sautéing. Its delicate flavor is lost if used for high heating and even cold isn't the best option combined with some foods and recipes.

Another excellent MUFA and PUFA source is avocado oil which is similar to olive oil but has a much higher smoke point. At 520 degrees, this oil can be used to sear, roast, bake, and grill, yet, its distinctive flavor might be best for cold fare, such as salads. It is considered to be one of the most beneficial oils as its high potassium content helps to control inflammatory diseases and blood pressure.

Also consider the newly-popular coconut oil, which made its debut in recent years along with coconut water and coconut milk. It is higher in saturated fat than the others and is a rich source of MCTs (see above), so it is beneficial to weight loss. Like avocado and olive oils, its distinctive taste does not always meld well with other menu ingredients, but it can withstand heats up to 350 degrees. Make sure you buy virgin coconut oil, which is a soft solid at room temperature. Avoid liquid or RBD (Refined, Bleached, and Deodorized) coconut oil.

PUFAs and MUFAs help burn body fat

Both MUFAs and PUFAs help promote the efficient use of insulin by our cells, lowering blood sugar levels. This contributes to the burning of body fat. There have been many studies that show a definite relationship between unsaturated fat intake and weight loss. If most of your fat calories are from PUFAs and MUFAs, you are much more likely to lose weight and maintain a stable, normal weight.

Eggs and chocolate are redeemed!

Did you know that one egg is only about 75 calories and an excellent source of high-quality protein? In addition, there has been evidence for many years that dietary cholesterol, like that found in eggs, has virtually no effect on blood cholesterol. (You may not be aware that the dietary recommendations for limits on daily cholesterol are now excluded from the U.S. Dietary guidelines.)

Eggs are also a very good source of lutein, a powerful antioxidant with many benefits. They may even help boost cell metabolism and calorie burning. I think it is high time that eggs are included more favorably in a healthy diet; they've gotten a bad rap. Keeping hard-boiled eggs on hand is a great way to stave off periods of hunger when you might normally go for a calorie-laden and nutrient-poor snack. Plus, they are the perfect protein to eat before or after working out, as they will help build muscle mass.

Dark chocolate has been getting a lot of attention lately and is considered a part of a healthy diet. Although most of the fat in chocolate is saturated, the rest is a combination of MUFAs and PUFAs. As we learn more about fats, we note that those found in plants (even the saturated fats) are healthier. When substituted in the diet instead of carbohydrates, they can lead to lower insulin levels and body fat loss. The compounds, called flavonols, in chocolate may have an even greater beneficial impact on weight loss (more about this later).

Trans-fat is the anti-diet and anti-health

The last type of fat worth noting is trans fatty acid or trans-fat. This is a type of fat that is not found in nature. Instead, it is produced by the food industry by a process called hydrogenation of plant oils. The purpose of these manufactured oils is to help prevent spoilage of processed and some packaged foods and make these oils solid at room temperature.

As you can imagine, they are used frequently in fried food production, which is why French fries, from some of your favorite drive-through restaurants, are so much worse than you might imagine. Sure they're deep-fried potato sticks, but these innocent-looking spuds are generally fried prior to freezing and shipping, then again on location with hydrogenated soybean oil. This process basically takes this somewhat healthy unsaturated fat, turns it into a saturated fat and at the end, it turns up as a trans fat.

Why do you think most fast food fries can last up to four months, in many cases, without breaking down? Suffice it to say, trans fats are not life-sustaining or weight loss supportive.

They are universally unhealthy and contribute to heart disease, obesity, and cancer. This is one of the major reasons to minimize processed and fast foods.

Specific foods to avoid

Sure, you might run across a few exceptions along the way and as long as you are reviewing labels before indulging, you can stay on track. Trust it is possible to find beneficial replacements for foods on the list below.

This list was compiled so you can make a mental note to reject these foods now and forever! These are some of the worse.

Doughnuts, onion rings, cookies, crackers, muffins, margarine, shortening, cake mixes, pancakes, waffles, fried chicken, powdered and some liquid coffee creamers, microwave popcorn, biscuits, breakfast sandwiches, meat sticks, restaurant hamburgers, crackers, frozen dinners, canned chili, packaged pudding, Asian crunchy noodles and commercially fried or baked goods made with hydrogenated vegetable oil.

Chapter 2 Highlights

Not all saturated fats are bad!

MUFAs and PUFAs are good fats and can help burn fat.

Eggs and chocolate support a healthy diet.

Trans fat is the enemy and should be avoided.

Chapter 3

The Magical Plant Kingdom



Losing weight naturally and without deprivation comes from eating foods that increase energy (metabolism), decrease stored fat and stave off unwarranted hunger pains. Eating to fuel your system is essential to your diet success. Plus, it will give you some of the most colorful, aromatic and delicious flavors and textures. Don't worry, you won't be sacrificing!

If you have been used to dining on fast or processed foods, sugar, and salty diets, you will be surprised at how quickly your body will embrace the new choices. Unhealthy eating practices are nothing more than habits that can be changed.

Take sugar, for example. According to several studies, sugar is more addicting than cocaine. The reason it is so habit-forming, aside from the fact that it is included in an extremely high percentage of all processed foods, is because it activates the dopamine and opioid pleasure receptors in our brain which sets off a trigger to want more. Even if you are saying to yourself, "but I don't even like sweets", if you eat processed foods, sports drinks, sodas, breads and the like, you are drinking and eating sugar.

Sugar is not sweet

In a recent study, sugar is an ingredient in most ultra-processed foods including reconstituted meat products like chicken nuggets, cold-cuts (such as bologna) and, of course, all packaged snacks. According to the study, these foods have become almost 60 percent of American's consumed calories and 90 percent of the average sugar intake. Most wheat-related products (crackers, breads, and pastas) contain sugar.

Bottom line is that by eliminating processed foods from your diet you will stay healthy and weight-happy forever. Of course, an occasional piece of cake or pie to celebrate a special occasion is not going to permanently "take you down", but it may toy with your commitment, so best to resist until this new way of eating has become second-nature.

Whole-grains deliver the goods

The benefits of consuming more plant-based foods in our daily food consumption is much more than just lowering our daily calorie count. More fruit, vegetables, and whole grains in our meals provide specific benefits toward weight loss and better health in general.

Whole grain foods contain all three parts of the grain: bran, germ, and endosperm (starch). Refined grain products remove the bran and the germ but leave the starchy carbohydrate middle part of the grain, so they are to be avoided. Fiber containing whole grains have a lower glycemic index, which is a measurement of how high a carbohydrate increases blood sugar. (Sugar has the highest glycemic index while most complex carbohydrates have a low glycemic index.)

Studies have shown that whole grain foods help prevent spikes in blood sugar, promote healthy glucose use by cells and make you feel sated for a longer period of time. Efficient and effective.

Low-carb intake supports weight loss

Let's review how this works. When you eat anything, the pancreas releases insulin into your blood and tells your cells to absorb the nutrients that are coming their way. It can also slow down the breakdown of fat cells and encourage the creation of body fat, depending on the consumed food. So the higher the consumption of simple carbs, such as processed foods, the

higher the insulin levels, which means less fat will be burned and more will be stored. The outcome is increased body fat.

Not the result we are after, right?

Conversely, a lower-carb diet that includes complex carbs versus simple carbs will lower the insulin levels and burn more fat. Some studies have shown that diets rich in whole grains can contribute to fat loss, particularly in the abdomen (belly).

Powerful whole grains

There are many other reasons to incorporate whole grains into your diet in addition to how it assists weight management. First off, they are a hefty source of nutrients, such as B vitamins (thiamin, riboflavin, niacin, and folate), which plays a big part in metabolism and essential in maintaining a healthy nervous system. They also deliver important minerals.

An example of this is iron, which carries oxygen through the blood. Magnesium and selenium are also a big part of the package. Magnesium helps build strong bones and selenium supports a healthy immune system. Plus, consuming whole grains also provides fiber, which is crucial to the body's bowel and elimination functions.

Whole grains are packed with power!

Multiple studies have shown that whole grains may not only protect against the onset of diabetes, but also cardiovascular disease and some cancers. This is likely due to the polyphenols and other antioxidants, along with fiber, that are contained in whole grains.

Fruits and vegetables are intuitive

Fruits and vegetables have naturally occurring compounds, called flavonoids, that may help to prevent long-term weight gain. There are at least seven subclasses of flavonoids and their effects may vary. The three subclasses found to be most beneficial for weight loss are anthocyanins, flavonoid polymers, and flavonols. We find these compounds in many of the fruits and vegetables that are readily available for our use.

Good anthocyanin sources are blueberries, strawberries, blackberries, cherries, grapes, cranberries, bananas, eggplant, pomegranates, plums, asparagus, red cabbage, black beans, and kidney beans. Significant sources of flavonoid polymers are tea, apples, wine and cranberry juice. We find flavonol in tea, onions, chocolate, red wine, tomatoes, red lettuce, and broccoli.

Worth mentioning, there is another aspect of some of these fruits and vegetables that are very beneficial to your intestinal tract. By now, most everyone is aware of probiotics, the microorganisms in our intestinal tract that help maintain intestinal and overall health, which is considered the "good bacteria". There are many food products that have been marketed to provide and promote these organisms, the more commonly known are yogurt products.

There are also substances called “prebiotics” which are non-digestible fiber compounds that stimulate the growth and activity of probiotics. The known compounds are fructooligosaccharides and galactooligosaccharides. They are basically good carbohydrates. These are found in onions, garlic, asparagus, artichokes, soybeans, bananas, and whole wheat products. Therefore, in addition to promoting healthy insulin levels, as I described above, these plants can be an even more valuable part of your diet. It is another good reason to eat more fruits and vegetables instead of refined carbohydrates.

Chapter 3 Highlights

Sugar is addicting and does not support healthy eating or dieting.

Low-carb diet, rather than high-carb diet, keeps weight in check.

Whole grains are the best carbs for health and weight as they are packed with powerful nutrients and minerals, and can help reduce belly fat.

Fruits and vegetables are excellent ingredients for a healthy, strong, and lean body.

Chapter 4

Hungry or Thirsty?



Water is one of the most important nutrients for our body's health and well-being. Everyone knows we should be drinking enough every day. Yet, most Americans struggle to adhere to the Institute of Medicine's recommendation for drinking eight to ten glasses per day. According to a survey that included 3,003 Americans, conducted by the Nutrition Information Center, up to 75 percent of us are chronically dehydrated. That same survey also revealed that about eight

servings of other beverages are being consumed each day in the form of coffee, soda, and alcohol.

Be advised that some people with certain medical conditions should not be drinking this much water. Certain heart conditions, high blood pressure, and kidney failure are examples. If you are taking a diuretic as one of your medications, you should not be drinking excessive fluids. Always consult with your doctor or health care provider.

The Institute of Medicine has suggested drinking eight to ten cups of water per day, particularly considering our bodies are composed of 60 percent water with 75 percent in our muscles and 85 percent in our brains. It's no wonder dehydration can slow down our metabolism and cause problems with our health.

Dehydration takes its toll on our weight

Water is responsible for healthy digestion and absorbing vitamins and nutrients. It is the key to carrying waste away while detoxifying the kidneys and liver. Proper digestion is important to weight loss, just as proper plumbing is to our bathrooms. We want to make a habit of flushing our systems to enable proper digestion and nutrient absorption.

Several studies have shown that drinking cold water increases your metabolic rate. Researchers in Germany found that drinking 500 ml of water increased the metabolic rate by 30%, and this effect lasted about an hour. The thinking behind that is the body uses more energy to warm the cold water, resulting in speeding up the metabolism. It also causes some activation of your sympathetic nervous system. This gives you a bit of an “adrenaline kick”.

When you are thirsty, you are already dehydrated

Not drinking enough water may lead to weight gain or to experiencing difficulty losing weight. By the time we feel thirsty, our bodies are actually dehydrated. Most of the time, our fluid intake is related to social factors such as with meals or break times and that includes the water we get from food.

Thirst is a sensation that is regulated in a part of the brain called the hypothalamus. This brain area gets its information about our fluid status from nerve receptors in our large veins and arteries, kidney hormones released in response to pressures in the kidney vessels, and receptors in the hypothalamus itself that sense fluid pressure on a cellular level. When we drink, receptors in our mouth and throat give feedback to our hypothalamus and tells it that we are taking in fluid, so the sensation of thirst begins to diminish even before our intestines absorb the water that we drink.

Is your hunger actually thirst

Sometimes, we may actually think we are hungry when we are, in fact, thirsty. This is a common occurrence. The various hormones and their interactions with the brain and the feedback mechanisms are all quite complex. When it comes to the regulation of hunger, thirst, and emotional satisfaction, there is a lot of overlap. That is why we may eat when we are thirsty (or

emotionally stressed). For example, fatigue and stress, which may be caused by dehydration, can trigger the release of hunger stimulating hormones by the stomach.

Another significant concern is that the use of our body's fat decreases. Body metabolism slows down when you are dehydrated, meaning fewer calories are burned. Proper hydration leads to peak operating efficiency of your cells and organs.

Here is an easy way to tell if you are adequately hydrated. Keep an eye on your urine. When you have enough water in your system, your urine should be pale yellow, like weak lemonade. When you are dehydrated, your urine turns to a darker amber color and you urinate less frequently.

Dehydration causes other health issues

Most people don't realize that dehydration is a primary cause of fatigue, particularly midday fatigue when everyone at work starts to feel sluggish. It also contributes to headaches, high blood pressure, kidney stones, kidney disease, and ulcers.

Knowing all of that, isn't it high time we all increase our water intake?

Chapter 4 Highlights

Up to 75% of Americans are chronically dehydrated.

When you're thirsty, you are already dehydrated.

Our bodies are 60% water, and need water to maintain optimal health.

When you are thirsty, you may recognize it as hungry.

Chapter 5

Sodium – Who Cares?



Most healthy diets encourage less consumption of sodium, which means a lower intake of salt. The best reason to consider this an important aspect of a weight control diet is that higher salt intake is directly correlated with eating more processed foods, which are detrimental to weight loss. We really do not need to cut out salt completely; we just need to be aware that less is probably better.

Too much and too little can be unhealthy

Salt is actually essential to our bodies, yet too much can be poisonous and can cause seizures, coma, and even death. It can overwhelm our systems when ingesting an overabundance, thus causing dangerous bodily reactions. When there is too much in our system, the water in our cells rush out to dilute it, thus causing dehydration and our brain cells to react negatively.

For people with certain health concerns, like high blood pressure and heart disease, it is very important to limit dietary sodium.

Conversely, it might surprise you that too little salt can also be a health hazard. When you perspire, you are losing the salt in your system so it needs to be replenished daily, just like water. It's called hyponatremia and is more common in women than men. It is especially harmful to pregnant women whose fetus' are just being formed, as it can cause critical issues to the brain development of the growing infant.

Salt and water retention

You are probably aware that salt can increase water retention in the body, especially when changing from a low to a high salt intake. *Have you ever noticed a weight change after a few days of eating fried and processed foods?* Your body is holding onto the water as a tactic to maintain its proper balance.

Here's an interesting way to look at it. If you consume one gram of salt, your body will retain approximately four cups of water, which is about a two pound increase in your weight. The good news is that you can flush it out of your system by simply drinking more water. I know it sounds counterintuitive, but that's the way our system works to stay healthy.

Where does extra salt come from

The vast majority of salt that you get in your diet does not come from what you add to your food but more from refined and processed foods. *What exactly are these high sodium, processed foods?* Most of the things you can get at the deli counter are culprits, like ham, bologna, salami, and cheese. Fast foods like burgers, fries, hot dogs, chicken nuggets, and pizza contain a great deal of sodium. Others to be concerned about are most pre-packaged baked goods, like canned soups, sauces, bottled dressings, and condiments.

This is a major reason why the DASH diet plan has an emphasis on fresh ingredients. Bearing that in mind, there are more healthy "processed" foods in the marketplace than ever before, like low-sodium soups, organic canned vegetables, and some packaged whole grain products. You will want to become aware of the newer, healthier choices. It is not always necessary or feasible to make all of our meals from scratch.

The ins and outs of salt varieties

Salt generally comes from salt mines, evaporating sea water, and other mineral-rich waters. As long as it is not overdone, you can use whichever salt suits your tastes and overall preferences.

Refined salt is the most common and since it is highly processed its trace minerals are lost. Anti-caking agents are added so it doesn't clump and is easily poured out of a salt shaker. Iodine is sometimes added. This is the salt that is commonly added to most processed foods, used in restaurant kitchens, and on the dining table of most Americans.

Sea salt is made by evaporating seawater and is primarily sodium chloride. It generally contains amounts of potassium, iron, zinc, and also impurities. The darker the sea salt, the more impurities (such as lead) and trace minerals it contains. It all depends on the sea from which it was produced. If the sea is polluted... well, you guessed it. This is why many users of sea salt prefer to purchase the more refined version.

Himalayan pink salt is produced in Pakistan, mined from the Khewra Salt Mine. It is rarely ground fine, but more commonly used in a grinder. Calcium, iron, potassium, and magnesium are found in Himalayan salt, yet there are lower amounts of sodium than in the more refined salts.

Kosher salt was developed as an efficient method for extracting blood from meat, which is mandated by Jewish law. The biggest difference between Kosher salt and regular refined salt is its larger size, texture, and flavor. It can be used for all types of cooking, as it dissolves quickly even though the crystals are larger.

Celtic salt is made from seawater, includes trace minerals, and has less sodium than table salt. It looks a bit gray and is more moist than other salts. It is not as popular in the states as it is in Europe, particularly France.

Chapter 5 Highlights

Salt is not necessarily all bad. Our bodies need a certain amount of salt.

Too much salt is dangerous, as is too little.

Processed food contains high salt content.

One gram of salt consumed will retain four cups of water, which is equal to adding two pounds onto your weight.

Drinking more water can flush out the excess salt.

Chapter 6

Putting It All Together

The HF-DASH Diet



The DASH diet has been around since 1996 and has proven to be a very healthy and helpful diet for people with high blood pressure and heart disease. DASH stands for Dietary Approaches to Stop Hypertension, and even though the diet was created to help people with high blood pressure, it has been shown to be a very healthy and effective diet for weight loss and the maintenance of a healthy weight.

Basics of the DASH Diet

The major characteristics of the DASH diet are avoiding high salt foods, eating six to eight servings of whole grain foods, eating four to five servings of vegetables, and four to five servings of fruit daily. It also instructs followers to eat lean meat, fish, and low-fat or non-fat dairy products as protein sources. This has been shown to help people get leaner, control blood pressure, and maintain healthy blood lipid levels (cholesterol and triglyceride).

Presenting the HF-DASH Diet

Introducing the HF-DASH diet: Higher Fat DASH. The HF-DASH diet that has been studied replaced some of the carbohydrate calories with fat calories (saturated and unsaturated). Total daily calorie intake remained the same. The increased fat in the diet was achieved by substituting full-fat dairy products for the low-fat and non-fat dairy products dictated by the regular DASH diet. The decrease in carbohydrates was achieved by decreasing fruit juice and sugars.

The results of the study were very interesting. The higher fat DASH diet had the same results for blood pressure control as the regular DASH diet. The most interesting results were the blood lipid levels - they were better! The HDL level ("good" cholesterol) was improved. The LDL ("bad" cholesterol) was the same. Notably, triglycerides (bad) and VLDL cholesterol (bad) were decreased in comparison. Other research with similar substitution of fat calories for carbohydrate calories have supported the benefits of this diet.

Interesting diet comparisons

Here is a table that puts the HF-DASH diet into perspective when compared to the DASH diet and another, similarly healthy diet, the Mediterranean diet. (Saturated fat is in parentheses as a reminder that it is a fraction of total fat.)

Percent of Daily Calorie Intake (Energy)				
Diet	Carbohydrates	Protein	Fat	(Saturated Fat)
DASH	55%	18%	27%	(8%)
Mediterranean	50%	15%	35%	(9%)
HF-DASH	42%	18%	40%	(14%)

So it would seem that the HF-DASH diet is every bit as healthy, and probably better, compared to the DASH diet. When we look at this data and consider all of the other evidence and explanation in the previous chapters, we conclude that the HF-DASH diet should be even healthier and more effective for weight loss.

The HF-DASH diet has all the characteristics of an excellent weight loss diet. It has fewer carbohydrates and therefore less triggers for higher insulin levels. It has more fat and therefore more MCTs to promote fat-burning and more MUFAs and PUFAs to help keep insulin levels down. It has lots of fruits and vegetables with fiber to help lower insulin levels, and don't forget their beneficial, fat-fighting flavonoids.

My perspective

I think the HF-DASH diet is the perfect weight loss diet. With the less stringent fat restrictions, it will be easier to achieve, is more satisfying, and more likely people will stay committed.

My interpretation of the HF-DASH diet goes just a little bit further. In addition to advising full-fat dairy products, I would be more liberal with nuts and seeds. There has been more appreciation of the tremendous health benefits of these foods in some of the newer medical information. They are a good source of high quality protein and the plant fats they contain are beneficial towards insulin levels and heart health. They are also very good at promoting satiety, decreasing the feeling of hunger.

A little less grains and fruit (to decrease carbohydrate sources), and a little more meat, poultry, and fish (still only 3 small servings each day) to help ensure adequate protein intake during a regimen that includes daily, moderate exercise. Remember, emphasize fresh sources and minimize processed foods.

Chapter 6 Highlights

The DASH diet was originally developed for those with high blood pressure or heart disease. It proved to be helpful for everyone. Then the HF-DASH diet was developed as an offshoot and is even more balanced and healthy.

*Low-carb, higher-fats along with vegetables, fruit, and protein are the primary ingredients of the HF-DASH diet. It allows the user to achieve weight loss and improved health while being very satisfying. **See my interpretation of an effective HF-DASH Diet below:***

Average Daily Servings in 2000 Cal/Day Diet

Food Group	Daily Servings	Examples of One Serving
Whole Grains, Carbohydrates	4 to 5	1 slice whole-grain bread 1 oz. dry cereal ½ cup cooked oatmeal ½ cup cooked brown rice, corn or whole wheat pasta
Vegetables	4 to 5	½ cup cooked or raw vegetables 1 cup leafy vegetables 6 oz. vegetable juice
Fruits	3 to 4	1 medium piece of fruit 6 oz. fruit by weight 6 oz. fruit juice ½ cup canned or frozen fruit ¼ cup dried fruit
Meats, Poultry, Fish	2 to 3	3 oz. cooked lean meat, poultry, or fish 2 eggs
Dairy	2 to 3	1 cup (8 oz.) milk 1 cup yogurt 1 ½ oz. cheese 1 cup cottage cheese
Nuts, Seeds, Legumes	1	1/3 cup or 1.5 oz. nuts ½ cup cooked beans or lentils ¼ cup sunflower seeds 2 tablespoons peanut butter
Fats and Oils	2 to 3	1 teaspoon butter 1 teaspoon vegetable oil 1 tablespoon olive oil mayo
Sweets and Sugars	1	1 tablespoon sugar 1 tablespoon jam ½ cup sorbet

Chapter 7

Taking Action



The best way to start any diet, of course, is to determine a goal weight and to have a good idea of how many calories to eat each day. The measurement which has been used in health care to estimate normal weight, overweight, obese, and extremely obese conditions in adult men and women is the Body Mass Index or BMI. It is a calculation, using your height and weight, which gives a value that you can use to determine your goal weight. A BMI of 19 to 24 is considered normal. A BMI of 25 to 29 is overweight, 30 to 39 is obese, and a BMI greater than 40 is extreme obesity. The formula is a little complicated, so most often we use a table to look up this data.

To calculate your BMI, take your body weight in pounds and multiply that by 703. Then you take that total and divide it by your height in inches, squared.

$$\text{BMI} = (\text{weight in pounds} \times 703) / \text{height in inches}^2.$$

There are many websites and apps that can easily make this calculation, or you could use the table below. Note the normal, overweight and obese differences.

Body Mass Index Table

Normal						Overweight					
BMI	19	20	21	22	23	24	25	26	27	28	29
Height in											
Inches											
Body Weight in Pounds											
58	91	96	100	105	110	115	119	124	129	134	138
59	94	99	104	109	114	119	124	128	133	138	143
60	97	102	107	112	118	123	128	133	138	143	148
61	100	106	111	116	122	127	132	137	143	148	153
62	104	109	115	120	126	131	136	142	147	153	158
63	107	113	118	124	130	135	141	146	152	158	163
64	110	116	122	128	134	140	145	151	157	163	169
65	114	120	126	132	138	144	150	156	162	168	174
66	118	124	130	136	142	148	155	161	167	173	179
67	121	127	134	140	146	153	159	166	172	178	185
68	125	131	138	144	151	158	164	171	177	184	190
69	128	135	142	149	155	162	169	176	182	189	196
70	132	139	146	153	160	167	174	181	188	195	202
71	136	143	150	157	165	172	179	186	193	200	208
72	140	147	154	162	169	177	184	191	199	206	213
73	144	151	159	166	174	182	189	197	204	212	219
74	148	155	163	171	179	186	194	202	210	218	225
75	152	160	168	176	184	192	200	208	216	224	232
76	156	164	172	180	189	197	205	213	221	230	238

Body Mass Index Table

Obese											*
BMI	30	31	32	33	34	35	36	37	38	39	40
Height in Inches	Body Weight in Pounds										
58	143	148	153	158	162	167	172	177	181	186	191
59	148	153	158	163	168	173	178	183	188	193	198
60	153	158	163	168	174	179	184	189	194	199	204
61	158	164	169	174	180	185	190	195	201	206	211
62	164	169	175	180	186	191	196	202	207	213	218
63	169	175	180	186	191	197	203	208	214	220	225
64	174	180	186	192	197	204	209	215	221	227	232
65	180	186	192	198	204	210	216	222	228	234	240
66	186	192	198	204	210	216	223	229	235	241	247
67	191	198	204	211	217	223	230	236	242	249	255
68	197	203	210	216	223	230	236	243	249	256	262
69	203	209	216	223	230	236	243	250	257	263	270
70	209	216	222	229	236	243	250	257	264	271	278
71	215	222	229	236	243	250	257	265	272	279	286
72	221	228	235	242	250	258	265	272	279	287	294
73	227	235	242	250	257	265	272	280	288	295	302
74	233	241	249	256	264	272	280	287	295	303	311
75	240	248	256	264	272	279	287	295	303	311	319
76	246	254	263	271	279	287	295	304	312	320	328

*BMI greater than 39 = Extreme Obesity

Formulating your plan!

Now that you have a relatively clear goal, you need a plan to get there. We have the basic HF-DASH diet formula, but that's for a 2000 calorie per day diet. That may work for many people, but there is yet another formula to decipher how many calories you, personally, need in a day.

Your Basal Metabolic Rate, or BMR, is the calculation of the energy your body needs at rest to provide for basic vital functions like breathing, digesting, circulation, temperature control, brain function, etc. This gives an idea of how many calories you need to consume daily if you are completely sedentary. We can also use this information to estimate how many calories we need daily if we perform light, moderate, or heavy exercise.

The formula for your BMR is even more complicated than the one for your BMI. It takes into consideration your height, weight, gender, and age.

Women: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Now, as with the BMI, there are many websites and apps available to make this calculation for you, just plug in your data: sex, age, height, and weight.

For example, if you are a 30-year-old woman, 5 feet 4 inches tall and weigh 148 pounds, the calculation would be:

$655 + (4.35 \times 148) + (4.7 \times 64) - (4.7 \times 30)$ or

$655 + 643.8 + 300.8 - 141 = 1458.6$, or about **1,460 calories.**

That would be the amount of calories you need in a day if you are on complete bed rest, doing absolutely nothing.

If you are sedentary, meaning you walk around a little but get no exercise, you would multiply that number by 1.2, so $1460 \times 1.2 = 1,752$ calories.

If you are lightly active, meaning you do very easy exercise 1 to 3 times each week, you would multiply that number by 1.375, $1460 \times 1.375 = 2,007$ calories.

If you are moderately active, meaning you perform moderately strenuous exercise or sports 3 to 5 days each week, you would multiply by 1.55, so $1460 \times 1.55 = 2,263$ calories.

If you are very active, meaning you perform difficult exercise or sports 6 to 7 days each week, you would multiply your BMR by 1.725, getting $1460 \times 1.725 = 2,518$ calories.

If you are extremely active, like many professional athletes, you would multiply your BMR by 1.9.

What do we do with this information?

Here is an example of an action plan. Let's say you are a 33-year-old woman, 5 feet 3 inches tall and you weigh 197 pounds. That would give you a BMI of 35, right in the middle of the obese category. You would like to get your weight down to 135 pounds, which would give you a BMI of 24. You want to do this gradually and safely, changing your diet (for good) using the HF-DASH diet recommendations. You want to begin and continue a moderate exercise program, meaning strength/resistance exercises for 30 minutes each day, five days per week. *(See the following chapter about exercise.)*

First, get an idea of how many calories you should consume each day. Using the app on your phone or a fitness website, you calculate your BMR with moderate exercise to be 2,560 calories.

Start smart

At the start, you don't want to starve yourself. When you are beginning your program, use an estimated calorie total at or just under your calculation. You'll want enough calories to be able to establish your exercise program. If you don't get enough fuel you will sabotage yourself before you even get started.

Bear in mind, eating more of the right kinds of calories and foods, as outlined in the diet, will help you, eventually, to lose fat by normalizing your insulin levels.

You will want to eat four or five times each day, having three meals and one or two snacks, being careful not to go more than three or four hours without something to eat.

Let's use food from some of the recipes at the back of this book and plan a typical day.

Wake up: It's going to be another great day!

Strength Exercises: 15 minutes of squats, push-ups, crunches, and back bridges.

7:00 am Breakfast: Breakfast Burrito, banana, and tea, 520 calories

10:15 am Snack: One-quarter avocado mashed on 1 slice of 9-grain bread, toasted, 163 calories

12:00 pm 15-minute walk before lunch.

12:30 pm Lunch: Cheeseburger with baby spinach on whole wheat bun, ice tea, apple, 630 calories

3:00 pm Snack: Peanut butter, 2 tablespoons on 2 stalks celery, more water, 240 calories

5:30 pm Dinner: Burgundy pork tenderloin, salad with mixed greens, tomato, and feta cheese, Club soda with lemon, 650 calories

6:30 pm 15-minute walk

7:30 pm Movie: Popcorn (it's a whole-grain food!) 4 cups, 140 calories

Daily Totals:

Calories: 2343

Whole Grains: 4 servings

Vegetables: 4 servings

Fruit: 3 servings

Dairy: 3 servings

Meat, Poultry, Fish: 3servings

Nuts: 1 servings

Fats and Oils: 3 servings

This is a good day. Calories are right about where you want on a day that includes light to moderate exercise. You have minimized processed foods and maximized fresh foods, and you have spread out your calories effectively to avoid significant blood sugar and insulin fluctuations.

Now remember, every day will not be ideal. On some days you may have less time for preparation and choices will be less available. You may not have the chance to exercise very much, or you may have the opportunity to get in a little more of a workout. It is more important to remember the big picture.

The key is to opt for good food choices, monitor your portion sizes, spread your calories throughout the day, and keep active. Progress, not perfection. This is what will take you towards the goal of a healthy diet and weight, for the long term.

Chapter 7 Highlights

Understanding and learning how to calculate your body mass is an important element in starting the HF-DASH diet.

Your body mass index number will help you determine how many calories you should consume each day.

Creating an action plan in advance will keep you going.

Make sure you have a good balance of whole grains, vegetables, fruit, dairy, meat/poultry/fish, nuts, fats, and oils.

Chapter 8

You Don't Need To Be A Gym Rat



Most people realize that exercise is an important part of a weight loss program. You cannot become a lean, healthy person by diet alone. You also need to develop adequate muscle mass and cardiovascular health with regular exercise. The good news is that it doesn't need to be an obsession or burden.

Strength training is key

The importance of strength training, also called resistance training, cannot be overemphasized. The benefits toward quicker and prolonged weight loss and the eventual maintenance of a healthy, lean body weight can be tremendous. Strength training is the practice of contracting muscles against resistance, like using your own body weight, to increase strength, efficiency, endurance, and size of muscles.

Strength training not only burns a significant amount of calories and fat during your workout, but also causes more calorie burn throughout the day, even when you are not exercising. This is

accomplished by a phenomenon called excess post-exercise oxygen consumption, or EPOC. After a strength training session, the muscles in your body consume more oxygen and calories for up to 24 hours after your workout. During EPOC, the body is repairing and growing cells and tissue while restoring fuel supplies in the cells. This requires a lot of energy, therefore burning calories. Also during this recovery period, free fatty acids, which are the molecules of fat released from fat cells during exercise, are oxidized and used as a fuel source.

Increase metabolism

To put it simply, the process of boosting your muscle mass increases your body's rate of metabolism, so you burn more calories all the time, even when you're not working out.

It may be beneficial to concentrate on strength training for weight loss instead of cardio training, especially during the early part of a program. Cardio burns fat, but it can also lead to some muscle loss. It may also put you at a higher risk for overuse injuries like tendinitis, muscle strains, joint injuries, and stress fractures.

If you are already involved in an exercise program, the following may be redundant, unnecessary, or too simplified. Regardless, consider the importance of adequate strength training in your regimen.

Concentrate on the largest muscle groups first

You do not need to lift weights to benefit from strength training. Some of the best exercises use your own body weight to provide resistance. Initially, you should concentrate on the largest muscle groups in your body. Large muscles are large for a reason; you use those most often. To exercise the biggest muscle group you have, the best exercises use your thigh and leg muscles.

The top of that list is **squats**. This exercise uses a lot of energy and conditions your quadriceps, hamstrings, glutes, and calves. There are several variations, and these are exercises that you can do every day. For the classic squat, stand with your feet slightly farther apart than shoulder width. With your arms outstretched in front of you, squat down until your thighs are parallel to the floor, then return to a standing position. It is not necessary or advised to squat lower than that. Do 10 to 15 repetitions, or as many as you can. Do three sets, resting briefly between sets. Squats are also beneficial towards toning and strengthening your core muscles.

For the more ambitious, when you are doing squats, jump up instead of just returning to the neutral position. You can also try 80/20 squats. Stand with your legs slightly more than hip width apart with your left heel off the ground so that only your left toes are touching. With your right foot firmly planted, do your sets of squats. Switch to the left foot and repeat. This shifts about 80 percent of your weight to one side while you are squatting, hence the name 80/20.



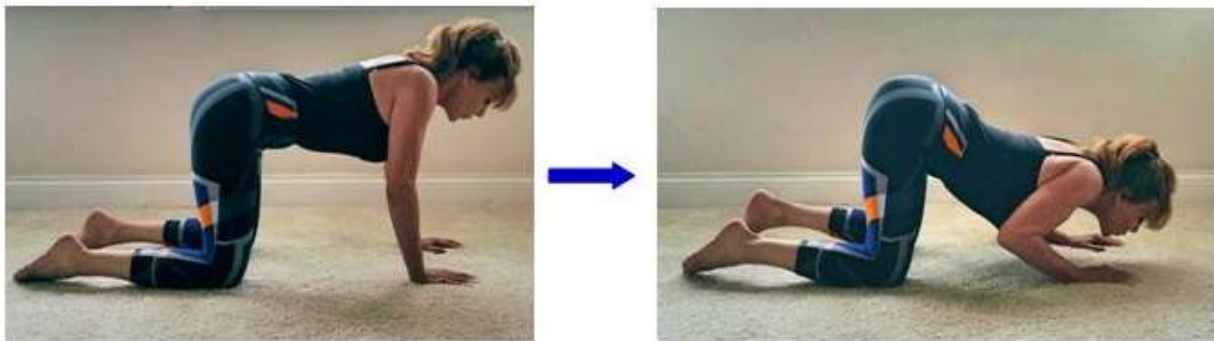
SQUAT



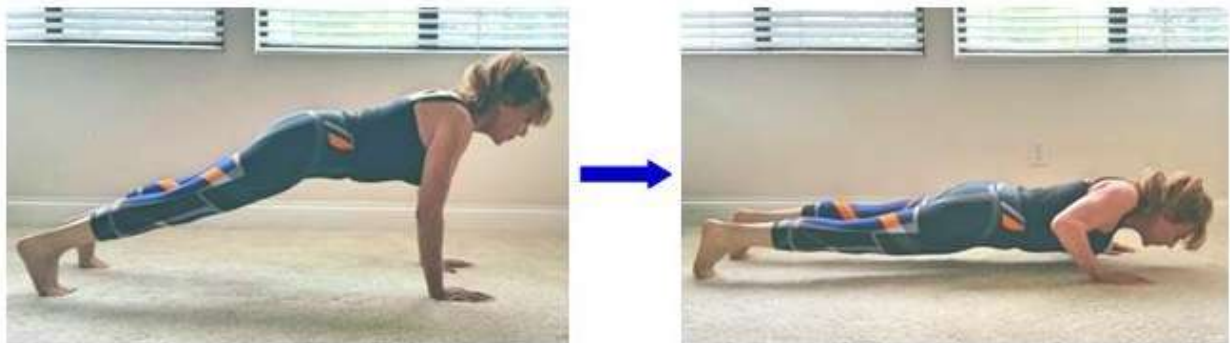
LUNGE

Another very good exercise that engages many big muscles, and your abs, are **lunges**. Stand straight with your hands alongside your body. Step forward with your right leg and slowly lower your body until your front knee is bent to 90 degrees. Keep your upper body straight and upright. Your right knee should stay behind your right toes. Do not touch the floor with your left knee. Push yourself back to the starting position, and then repeat with your left leg. Do three sets of ten repetitions, or more. You may also do this while holding a small dumbbell in each hand.

Another large muscle group is your chest. **Push-ups** are a classic exercise that can be an important part of your routine. Beginners should start with kneeling Push-ups. From a kneeling position, lean forward with your hands a little more than shoulder width apart until your chest almost touches the floor, face forward. Push back until your arms are straight. Repeat for three sets of ten or more. For the classic Push-up, lie face down with hands in front of you slightly more than shoulder width apart, knees straight, on your toes, feet slightly apart. Push upward keeping your body straight until your arms are straight. Do three sets of 10 or more repetitions.



BENT KNEE PUSH-UP

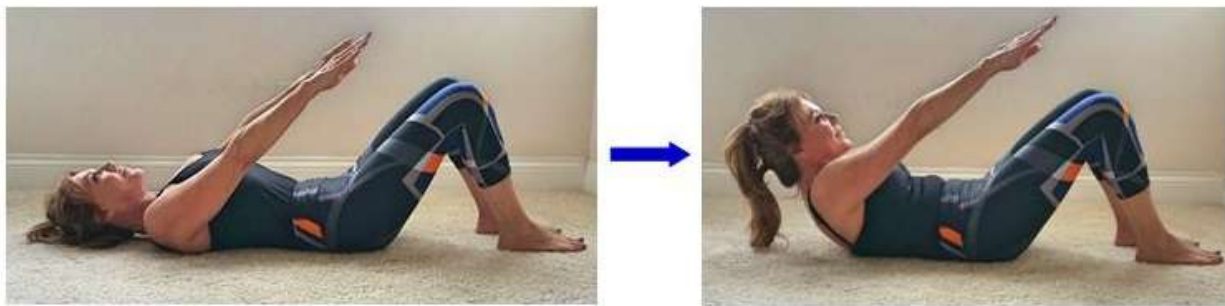


PUSH-UP

These are just a few examples of strength training exercises, there are many, many more. If you incorporate more and different strength training exercises into your routine you will lose more weight and reach your goal sooner. Bear in mind, it is not essential to exercise more than thirty minutes each day.

As part of a resistance-training program, it is advisable to do **core strengthening exercises**. Many people do not realize the importance of core exercises. Your core muscles are engaged with almost every daily activity. A strong core is required to prevent injury while performing strength training.

There are dozens of core exercises available, but there are three basic types that can be very beneficial. **The basic crunch and reverse crunch** are still some of the best ways to strengthen the abdomen. For the basic crunch, lie flat on your back with your knees bent and your hands crossed on your chest or out in front. (Putting your hands behind your head can cause you to flex your neck forward and potentially cause neck vertebra or nerve injury.) Bring just your shoulders off the floor, keep your neck straight, and hold for one second, then return to the starting position. Do three sets of 10 or more repetitions.



ABDOMINAL CRUNCH

The **reverse crunch** will strengthen your lower abdominal muscles. Lie on your back with your hands at your sides and your knees bent. Bring your knees up toward your head, lifting your hips off the floor. Try not to press down on the floor with your hands. Return to the starting position. Repeat doing three sets of ten or more.

Another good core exercise is the **hip lift or pelvic scoop**. Lie flat on your back, knees bent and feet flat on the floor with your hands at your sides, palms facing the floor. As you exhale, tighten your hamstrings and gluteal muscles and press your pelvis up toward the ceiling. Pause briefly at the top with your hips in line with your abdomen, then exhale while slowly lowering your hips to the floor. Do three sets of 10 to 15 repetitions. A good variation of this exercise that is a bit more difficult is the **single leg bridge**. Start with your left knee bent and your left foot flat on the floor. Straighten your right knee so your right leg is parallel to your left hip. Lift your hips up, bracing with your left leg and hands. Do 10 to 15 repetitions on both sides.



PELVIC SCOOP



SINGLE-LEG BRIDGE

The side plank is also beneficial for core strength. Lie on your right side with your elbow directly below your shoulder, supporting your weight on your elbow and forearm. Keep your legs, body, and neck straight. Engage your abdominal muscles and lift your hips off the floor, keeping yourself straight. Hold this position for twenty seconds or more. Return to the starting position, rest, and then repeat twice more. Do the same on the left side.

These are just a small sample of some good resistance exercises, there are dozens to choose from if you would like to mix things up and do a little research. You do not need to do all of your resistance exercises all at once. Some people want to get their training done during a single period, but that's not necessary and sometimes it's not possible. You can split them up and do them throughout the day. The most important idea is to get into the mindset to increase your activity every day throughout the day.

Aside from strength training, probably the most important exercise in your weight loss program is **walking**; an aerobic activity that burns fat and tones your large leg muscles. Commit to setting aside a period during every day to walk. (Consider your daily walk a reward, not a burden.) Change your habits and take advantage of every opportunity to walk throughout your day. Take the stairs if you can. If you can commit to just thirty minutes every day, you will be well on your way to a powerful weight loss program.

Every time you exercise, you reprogram your body's metabolism to burn a little bit more fat and calories, and eventually, it will become a much more effective, lean energy-burning machine.

Chapter 8 Highlights

You don't have to force yourself to go to the gym to get healthy.

Strength training builds strong bones and muscles while burning calories.

Exercising helps increase metabolism, which works to burn calories and fat.

Exercise has a cumulative effect; the more you do it, the more each session counts.

Concentrate on your largest muscle groups first, as it strengthens your core.

*Exercise photos credit: Daniel Samson Photography - BoomerMadness.com

Chapter 9

Motivation



It's all well and good that we have a diet and exercise plan of action, but how do we stay motivated? How do we consistently maintain self-control?

First, if you have access to a clinical therapist or psychological counselor, take advantage of that. You can get some great results with good behavioral therapy.

Cognitive behavioral therapy (CBT) has been used successfully for many years to treat overeating problems. It is based on principles that are relatively simple to grasp. CBT describes that our thoughts (cognition) influence or cause our emotions, and this effects how we act (behavior).

One of the more important and effective techniques in CBT is self-monitoring. It involves collecting data about yourself, stepping back and looking at yourself objectively. Evaluate where you are now and record your short-term and long-term progress. Self-monitoring will increase your awareness of the relationship between your weight, your diet, and exercise. You may think you are doing this already, in a casual, informal way, but genuine self-monitoring requires consistent, dedicated record keeping. (You are your own “science project”.) It isn’t as difficult as it may sound and the effects can be dramatic.

Best self-monitoring methods

Probably the best method available for self-monitoring are activity-monitoring devices, the various types are bracelets, belt clips or watches, and they range from about \$25 to over \$300. They pair-up with your cell phone, tablet, or computer to present the data in many different and helpful forms. They can track steps walked, distance, stairs climbed, calories burned, active minutes of exercise, sleep hours, and quality of sleep. Many are specifically set up for weight loss. Look for the types described as a “weight management system”.

An effective low-tech manner for self-monitoring is a food and exercise diary. You should keep track of your daily weight, when you eat, what you eat, servings of specific food groups, hydration, and type and duration of exercise. In addition, it is very important to keep track of the barriers you encounter that challenge your change in behavior.

Another effective principle of CBT involves reinforcement and feedback. Collaborate with someone, if you can, and give each other positive reinforcement and recognition of your healthy changes or they can be an empathetic audience to your frustrations. If you have an activity monitoring device, that can be a good source of valuable feedback. Have a health care provider check in with you at regular intervals to provide some objective feedback and encouragement.

Activating - Belief - Consequence (ABCs)

In a type of CBT there is a self-evaluation technique called the ABCs. A stands for the Activating event, which is a situation or something that happened. B stands for Belief, which is what you think, believe, or expect in relation to the activating event. C stands for Consequence, which is the emotional reaction and behavioral response to your belief. There is also a D, which stands for Dispute, where you challenge your belief and decide if it is rational or irrational. If it is irrational, there is an E for Exploring alternate beliefs, which are rational, and you try to change your behavior based on rational beliefs. It’s an excellent technique, but it takes practice, practice, practice.

Here’s an example:

Activating event: A friend breaks a lunch date with you for no good reason.

Belief: You’re unworthy. Your friend doesn’t care about you, why should you care about yourself?

Consequence: You abandon your self-control and order a pizza.

Time to dispute and explore: The belief is irrational. Your friend may have a personal issue that they aren't able to tell you. It's not always about you. Besides, you are worthy and you're proud of how you are changing your life. You pick a healthy alternative meal that you like.

Moving away from vs. moving toward

A recent, interesting study revealed that when people had a self-control goal and were made to feel proud, their self-control weakened. It was as if they felt a proud sense of accomplishment, so they felt they had the right to indulge. In contrast, the study found that when people were made to feel proud but did not have a self-control goal, they were more likely to increase their level of self-control and make healthy choices.

It was as if when people first think about a healthy eating goal and are proud of what they have achieved so far, their behavior becomes more pleasure seeking. The brain processes that maintain self-control, temptation, and resistance get weaker. It is a subtle distinction, but it seems that we get different effects depending upon what we are thinking. (This is one reason why CBT can be helpful.)

If you are proud of how self-controlled you are, the more likely you will keep it up. For example, when your pride is focused on who you are instead of on what you have done to move away from being overweight, you are more likely to show stronger self-control. On the other hand, if you are proud because you reached a specific goal, you might be more inclined to indulge and wind up starting over.

Complementing this information is another study, which showed that people with positive, hopeful feelings toward the future are more likely to make healthy choices and resist temptation. This may help to explain why we may eat compulsively during periods of positive emotion and also during periods of negative emotion.

The study found that a person with a future focus of anticipated pride and happiness (hopefulness) was more likely to make healthy food choices. This was in comparison to someone with past focused negative emotions (fear, shame, sadness), or past focused positive emotions (happiness, excitement, pride). **So, focus on the present and be hopeful about your future versus taking action to move away from something - like being overweight.**

Chapter 9 Highlights

Staying motivated is often a difficult part of the diet journey.

Using a self-monitoring device will support your efforts.

Self evaluation in terms of habitual reactions will help you change. Remember your ABCs.

Moving toward a healthy present and future is more effective than moving away from being overweight.

Chapter 10

Ortho What?



Orthorexia is a term that has been used to describe an unhealthy fixation toward eating only healthy or "pure" foods. It is not a recognized clinical diagnosis, as such, but the symptoms of this obsession have been recognized in people with certain disordered eating behaviors. The person with this behavior usually starts out with the best of intentions for healthy eating but eventually develops beliefs and tendencies that may interfere with his daily activities and emotional well-being.

Why do I even mention this? Because we should be aware of the purpose of a healthy nutritional program, which is to encourage healthy eating habits and preferences while discouraging unhealthy ones toward the goal of optimal physical and emotional well-being.

Orthorexics

Orthorexics will eat only food that they consider natural and unrefined and will not even eat a bit of anything that is processed or not certified organic. Eating certain foods that they once

loved is now out of the question. They cannot really enjoy a meal without controlling all aspects of the ingredients and preparation, avoiding family meals or celebrations or restaurants. They will often feel enlightened or superior in comparison to those who do not share their dietary beliefs.

So if I try to eat only foods that I consider healthy, am I doomed to develop this obsession?

No, not if you realize that your self-esteem is not determined by the quality of your food. Understand that the social benefits of food and the uplifting nature of the interaction during mealtime should not fall victim to the perpetual concern about ingredients in our diet. Don't be afraid to have a small treat occasionally that might not be "healthy" or strictly within the limitations of your diet. Any good nutritionist will say that it's okay to blur the definitions once in a while, and in the end, it will probably be beneficial toward the real goal of improved nutritional health. Sometimes, the enemy of "good" is "better". If our constant concern about the small things interferes with the full enjoyment of our lives, what's the point?

Chapter 10 Highlights

Orthorexia is an extreme mindset and should be avoided.

It is an obsessive behavior that is unhealthy and somewhat anti-social.

Any excessive eating habits will not support a healthy lifestyle.

Chapter 11

Stocking Your Pantry



To get you started, I developed a no-brainer list of groceries that you will want to make sure you have on hand, at all times. Of course, there are choices in each group, so select your favorites. It's best to have a variety on hand, to keep you interested in maintaining this healthy HF-DASH diet, but stay within the lists I have developed.

By all means, if there is something you do not like and will never eat, use your judgment. No diet will work if you are forcing yourself. For example, many people do not like beets, even though they are an excellent source of folate, fiber, magnesium, phosphorus, vitamin C, iron, and vitamin B6. Select the foods that are diet-sustaining and delicious so you will stay motivated and on-track!

HF-DASH Grocery List

Fruit: apples, pears, bananas, grapes, blueberries, strawberries, raspberries, blackberries, plums, peaches, oranges, lemons, mangoes

Vegetables: salad greens, broccoli, cauliflower, carrots, onions, peppers, avocados, sweet potatoes, beets, squash, fresh and frozen spinach

Eggs: Brown, free-range, white - whatever you like

Milk: 2% and whole

Cheese: Cheddar, Mozzarella, Feta, Swiss, Havarti, Goat, Brie, Cottage - actually any cheese you like!

Greek yogurt: Full-fat or 2%

Meats: Chicken, beef, pork, wild game

Fish: Salmon, tuna, trout are best

Nuts: All nuts including peanut butter and almond butter

Whole Grains: Brown rice, pearl barley, quinoa, oatmeal

Bread and tortillas: Whole grain bread, whole wheat tortillas

Popcorn: Check the trans fat content when buying microwave-style, air-popped is great.

Vinegar: Apple cider vinegar, rice vinegar, wine vinegar

Oils: Olive, peanut, canola, coconut

Tea: Green, black, oolong

Chapter 12

My Favorite Recipes



My recipes were developed to support the HF-DASH diet and will not taste like diet food! My commitment to myself when I elected to write this book was to give you all of the tools you will need for a successful weight loss program and lifestyle change. Fit for life should be your motto and I can assure you that no one can sustain a life of deprivation and dieting. My hope is that once you see how easy and self-fulfilling the HF-DASH diet is, you will want to continue even after the weight loss.

This diet has built-in flexibility. Once you have gotten into new habits, you will automatically know approximately how many calories you are eating and from which sources on the food chain. It will become rote, which is when you know you have integrated it into a new way of living. Congratulations for loving yourself enough to go on this healthful journey. The results will spur you on to tell your family and friends, so everyone around you will be thriving.

Breakfast Recipes



Chocolate Smoothie with Avocado and Banana

Ingredients:

- 2 cups 2% milk
- 1/2 avocado, pitted and peeled
- 1 medium banana, peeled
- 1/4 cup unsweetened cocoa powder
- 2 individual packets sugar substitute

Directions:

Place all ingredients in a blender and process until smooth. Serve immediately.

Serves 2

Nutrition per 12-ounce serving:

- Calories: 250
- Fat: 13 grams
- Carbohydrate: 26 grams
- Protein: 13 grams

Savory Mushroom Oatmeal

Ingredients:

3 tsp extra-virgin olive oil
3 scallions, thinly sliced
12 oz sliced mushrooms
2 tsp 100% lemon juice
3/4 tsp ground black pepper
4 cups water
1 tsp fresh rosemary, chopped (or ½ tsp dried, crumbled)
1 tsp sea salt
2 cups Old-fashioned Dry Oats
4 eggs

Serves 1

Directions:

Heat the oil in a large saucepan over medium heat. Add the mushrooms, white part of the scallions, lemon juice, and pepper and sauté 5 minutes. While the mushrooms are cooking, fry the eggs in 1 tsp olive oil. Bring water, rosemary, and salt to a boil over med-high heat. Stir in the oats and green part of the scallions and reduce heat to med-low. Cook, while stirring occasionally, until the oats are fully cooked, about 6 minutes. Sprinkle each serving with the cheese or top with an egg and serve. If desired, garnish with additional scallion.

Serves 4

Nutrition per serving:

Calories: 256
Fat: 9 grams
Carbohydrates: 30 grams
Protein: 11 grams

Baked Sweet Potato and Egg

Ingredients:

2 medium sweet potatoes
1 medium onion chopped
4 eggs
4 tsp Greek yogurt (not fat-free)
2 tbsp olive oil
3 cloves garlic, chopped
1/4 tsp salt
1/4 tsp black pepper

Directions:

Preheat oven to 400 degrees F. Scrub potatoes, pierce with a fork, put them in the oven rack for 45 minutes.

In a large frying pan heat oil over medium high, sauté the onion with garlic for about 5 minutes until soft.

When the potatoes are cool enough to handle cut potatoes in half, lengthwise, scoop the interior out of each leaving about 1/4 inch shell of potato flesh and skin. Add the scooped-out potato flesh, Greek yogurt, salt and pepper into the pan and stir well to combine.

Place scooped out potatoes on the baking sheet and fill them with the mixture. Press the mixture with a spoon so a hole is formed to make space for the eggs. Crack an egg on top of each stuffed potato.

Bake for 10-15 minutes until the egg is set.

Serves 4

Nutrition per serving:

Calories: 196
Fat: 11 grams
Carbohydrates: 15 grams
Protein: 7 grams

Mini Spinach Frittatas

Ingredients:

10 eggs
1 red bell pepper, chopped
5 oz. crumbled goat cheese
2 cups spinach, frozen chopped
3 tbsp milk

Directions:

Microwave spinach on high for 2 minutes. When cooled, squeeze to drain excess liquid.

Microwave chopped bell pepper covered, with 2 tbsp water for 2 minutes.

Beat eggs and milk in a small bowl.

Mix in goat cheese.

Add veggies and salt and pepper to taste.

Pour into 2 mini muffin tins coated with canola cooking spray.

Bake at 350 degrees F for 12 to 15 minutes, or until firm and just golden on top.

Once cooled, you can store the frittatas in the fridge. Microwave for 20 to 40 seconds to reheat, or in a toaster oven for about a minute.

Makes 16 mini frittatas. 1 serving = 2 frittatas

Nutrition per serving:

Calories: 165

Fat: 9g

Carbohydrates: 5g

Protein: 12g

Breakfast Burritos

Ingredients:

4 eggs
1/2 tsp Salt
1/4 tsp black pepper
4 whole wheat soft tortillas
1 tbsp olive oil
1/2 medium red bell pepper, chopped
1/4 cup chopped onion or 4 chopped scallions
1 jalapeno pepper (optional)
4 tbsp cream cheese
1/2 cup salsa
4 tbsp grated cheddar cheese

Directions:

Warm covered tortillas in microwave on high for 1 min.

Lightly beat eggs.

In skillet, sauté chopped red pepper, onion, salt, black pepper in olive oil on medium heat for 3 minutes. Add eggs, cook 2 minutes while stirring occasionally.

Spread 1 tbsp cream cheese on each tortilla, top with 1/4 of the cooked eggs, roll up and serve with salsa.

Serves 4

Nutrition per serving:

Calories: 240

Fat: 15g

Carbohydrates: 15g

Protein: 13g

Breakfast Burritos II

Ingredients:

2 tbsp regular cream cheese
1/2 cup black beans
1/4 avocado, diced
1/4 cup cheddar cheese
2 tbsp salsa
Whole wheat tortilla

Directions:

Spread cream cheese on tortilla.
Layer black beans, avocado, cheddar cheese, and salsa on top.
Roll up.

Serves 1

Nutrition per serving:

Calories: 410
Fat: 18g
Carbohydrates: 46g
Protein: 16g

Strawberry Banana Breakfast Smoothie

Ingredients:

1 cup plain yogurt (not low fat)
1 cup whole milk
1 ripe medium banana
1 cup sliced strawberries

Directions:

Blend until smooth.

Serves 2

Nutrition per serving:

Calories: 225
Fat: 8g
Carbohydrates: 31g
Protein: 10g

Turkey Sausage Breakfast Muffin

Ingredients:

1 turkey breakfast sausage patty
1 egg
1 whole wheat English muffin
1 tsp olive oil
1 oz cheddar cheese

Directions:

Fry turkey sausage patty and scramble egg in olive oil.
Stack on toasted whole wheat English muffin.

Serves 1

Nutrition per serving:

Calories: 430
Fat: 24g
Carbohydrates: 24g
Protein: 30g

Greek Yogurt Parfait

Ingredients:

1 cup 2% Plain Greek Yogurt
1 cup strawberries, halved, or 1 cup blueberries
1/4 cup sliced almonds or chopped walnuts or pecans
Layer berries and nuts on yogurt.

Serves 1

Nutrition per serving:

Calories: 403
Fat: 19g
Carbohydrates: 28g
Protein: 30g

Fried Eggs, Bacon, and Tomato

Ingredients:

4 slices bacon

2 eggs

1 medium tomato, sliced in half

Directions:

Fry bacon in skillet

Remove bacon and fry eggs. Fry tomato cut side down until barely caramelized, about 1 minute.

Serves 1

Nutrition per serving:

Calories: 322

Fat: 22g

Carbohydrates: 20g

Protein: 26g

Main Dish Recipes



Baked Salmon

Ingredients:

1 lb. salmon fillet
1 tsp olive oil
3 tbsp butter
¼ tsp garlic powder
¼ tsp salt
Black pepper to taste

Directions:

Pre-heat oven to 425 degrees F. Grease baking dish with olive oil. Place fish in dish and sprinkle with garlic powder, salt, pepper. Dot with butter. Bake for 10 minutes or until thickest part is done. You could also use this recipe for tilapia, snapper, cod, haddock, etc.

Serves 4

Nutrition per serving:

Calories: 235
Fat: 15g
Carbohydrates: 1g
Protein: 23g

Meatloaf

Ingredients:

1-1/2 lbs. 80% lean ground beef
1 cup tomato juice
3/4 cup rolled oats
1 egg
1/4 cup minced onion
1/2 tsp salt
1/2 tsp ground black pepper
1 tbsp olive oil

Directions:

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine meat, tomato juice, oats, egg, chopped onion, salt and pepper. Mix lightly, but thoroughly. Press loosely into 8"x 4" inch loaf pan.

Bake for 1 hour, or until meat is no longer pink and juices run clear. Drain. Let stand 5 minutes before serving.

Serves 8

Nutrition per serving:

Calories: 204
Fat: 12g
Carbohydrate: 7
Protein: 15

Cheeseburger on Baby Spinach

Ingredients:

3 oz ground beef, 80% lean (80/20)
1 slice American or cheddar cheese
1 serving fresh spinach (about 1 cup, packed)
1 tbsp tomato ketchup
1 tbsp ranch dressing

Serves 1

Nutrition per serving:

Calories: 425
Fat: 32g
Carbohydrate: 10g
Protein: 30g

Braised Balsamic Chicken

Ingredients:

6 skinless, boneless chicken breasts
1/2 tsp garlic powder
1/4 tsp salt
1/4 tsp ground black pepper
2 tbsp olive oil
1 medium onion, sliced thin
1 can 14.5 oz. diced tomatoes
1/2 cup balsamic vinegar
1 tsp dried basil
1 tsp dried oregano
1 tsp dried rosemary
1/2 tsp dried thyme

Directions:

Season both sides of chicken breasts with garlic powder, salt and pepper.
Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes.
Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Serves 6

Nutrition per serving:

Calories: 225
Fat: 9g
Carbohydrate: 6g
Protein: 30g

Tuna Salad and Spinach Sandwiches

Ingredients:

(1) 6.4-ounce pouch light tuna packed in water
1/2 medium cucumber, peeled, seeded, and diced
1/2 small red onion, peeled and diced (about 1/4 cup)
2 ribs celery, diced
1/2 tsp dill weed
2 tbsp olive oil
Juice of one lemon
1/2 tsp salt-free seasoning blend
1/4 tsp freshly ground black pepper
8 slices 100% whole wheat sandwich bread
1 cup fresh baby spinach

Directions:

Combine the tuna, cucumber, onion, celery, and dill weed. Drizzle with the olive oil and lemon juice, and stir. Season with salt-free seasoning blend and pepper. Make each sandwich with 1/2 cup tuna salad and 1/4 cup baby spinach leaves.

Serves 4

Nutrition per serving:

Calories: 194

Fat: 3 grams

Carbohydrate: 27 grams

Protein: 17 grams

Crustless Spinach Quiche

Ingredients:

1 tbsp olive oil
1 onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
5 eggs, beaten
3 cups shredded cheese (like Cheddar, Colby and Monterrey Jack, 3-Cheese Blend)
1/4 tsp salt
1/4 tsp ground black pepper

Directions:

Preheat oven to 350 degrees F. Lightly grease a 9 inch pie pan.
(Or divide mixture into greased muffin pan for mini-quiches)
Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend.
Scoop into prepared pie pan.
Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

Serves 6

Nutrition per serving:

Calories: 264
Fat: 20g
Carbohydrate: 4g
Protein: 17g

Burgundy Pork Tenderloin

Ingredients:

2 lbs pork tenderloin
1/2 tsp salt
1/2 tsp ground black pepper
1/2 tsp garlic powder
1/2 large onion, thinly sliced
1 stalk celery, chopped
2 cups red wine
1 pkg. (0.75 oz.) dry brown gravy mix

Directions:

Preheat oven to 350 degrees F
Place pork in a 9"x 13" inch baking dish, and sprinkle meat with salt, pepper and garlic powder.
Top with onion and celery, and pour wine over all.
Bake in the preheated oven for 45 minutes.
When done baking, remove meat from baking dish, and place on a serving platter.
Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

Serves 4

Nutrition per serving:

Calories: 400
Fat: 12g
Carbohydrates: 14g
Protein: 46g

Italian Sausage, Peppers, and Onions

Ingredients:

6 (4 oz) links sweet Italian sausage
2 tbsp olive oil
1 medium yellow onion, sliced
1/2 red onion, sliced
4 cloves garlic, minced
1 large red bell pepper
1 large green bell pepper
1/2 tsp dried basil
1/2 tsp dried oregano
2 oz white wine

Directions:

Place the sausage in a large skillet with olive oil over medium heat, and brown on all sides. Remove from skillet, and slice.

Sauté in same skillet the yellow onion, red onion, and garlic, and cook 3 minutes.

Stir in red bell pepper and green bell pepper, cook 3 minutes.

Season with basil, and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.

Return sausage slices to skillet with the vegetables. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through.

Serves 6

Nutrition per serving:

Calories: 364

Fat: 28g

Carbohydrates: 12g

Protein: 16g

Slow Cooker Italian Beef Sandwiches

Ingredients:

2 cups beef broth
1/2 tsp salt
1 tsp ground black pepper
1 tsp dried oregano
1 tsp dried basil
1 tsp onion powder
1 tsp garlic powder
1 bay leaf
1 (.7 ounce) package dry Italian-style salad dressing mix
3 lbs chuck roast

Directions:

Combine beef broth with salt, ground black pepper, oregano, basil, onion powder, garlic powder, bay leaf, and salad dressing mix in a saucepan. Stir well, and bring to a boil. Place roast in slow cooker, and pour salad dressing mixture over the meat. Cover, and cook on low for 10 hours, or on high for 4 hours. When done, remove bay leaf, and shred meat with a fork. Serve on whole wheat buns.

Serves 1

Nutrition per sandwich:

Calories: 385
Fat: 21g
Carbohydrates: 22g
Protein: 27g

Chicken Fajitas

Ingredients:

1 tbsp Worcestershire sauce
1 tbsp cider vinegar
1 tbsp soy sauce
1 tsp chili powder
1 clove garlic, minced
1 dash hot pepper sauce
1-1/2 lbs boneless, skinless chicken thighs, cut into strips
2 tbsp olive oil
1 medium onion, thinly sliced
1 green bell pepper, sliced
Juice from 1/2 lemon

Directions:

In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chili powder, garlic and hot pepper sauce.

Place chicken in sauce, and turn once to coat.

Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.

Heat oil in a large skillet over high heat.

Add chicken strips to the pan, and sauté for 5 minutes.

Add the onion and green pepper, and sauté another 3 minutes.

Remove from heat, and sprinkle with lemon juice.

Serve in whole wheat tortillas.

Serves 6

Nutrition per serving:

Calories: 328

Fat: 16g

Carbohydrates: 23g

Protein: 23g

Pita Pizza

Ingredients:

2 pieces whole wheat pita bread

1/2 cup grated mozzarella cheese

1/4 cup pizza or tomato sauce

Veggies of choice: mushrooms, bell pepper, onion, olives, artichoke hearts, etc.

Directions:

Preheat oven or toaster oven to 350 degrees. Split the pita bread halfway around the edge and spoon in the cheese, tomato sauce, and any toppings.

Wrap the pita in aluminum foil and bake for 7 to 10 minutes or until cheese melts.

Serves 1

Nutrition per serving:

Calories: 170

Fat: 6 g (3g saturated fat)

Carbohydrates: 21g

Protein: 12g

Side Dish Recipes



Pan-fried Asparagus

Ingredients:

2 tbsp olive oil
4 tbsp butter
1 tsp salt
1/4 tsp ground black pepper
3 cloves garlic, minced
1 lb fresh asparagus, trimmed

Directions:

Add olive oil to skillet on medium heat. Add butter, salt, and pepper. Add garlic and cook for 1 minute. Add asparagus and sauté for 10 minutes, turning several times to ensure even cooking.

Serves 4

Nutrition per serving:

Calories: 194
Fat: 18g
Carbohydrate: 5g
Protein: 3g

Lemon Pepper Green Beans

Ingredients:

1 lb fresh green beans, rinsed and trimmed
2 tbsp butter
1/4 cup almonds
2 tsp lemon pepper

Directions:

Place green beans in steamer or covered saucepan with 1 inch water; steam for 10 minutes. Heat butter in large skillet on medium heat. Stir in almonds and cook for 1 minute. Add lemon pepper. Add green beans, stir and toss to coat.

Serves 6

Nutrition per serving:

Calories: 86
Fat: 6g
Carbohydrate: 6g
Protein: 2g

Easy Grilled Zucchini

Ingredients:

1 large zucchini
1/4 cup Italian style salad dressing (not low-fat)

Directions:

Cut zucchini into 1/4 inch slices, toss in salad dressing. Place on hot grill for about 2 minutes each side.

Serves 3

Nutrition per serving:

Calories: 75
Fat: 5g
Carbohydrate: 6g
Protein: 1.5g

Cheesy Baked Cauliflower

Ingredients:

1 head cauliflower
4 tbsp butter in pieces
1 tsp mayonnaise (olive oil mayo)
1 tsp mustard
1/2 cup grated parmesan cheese

Directions:

Steam whole head of cauliflower for 30 minutes. Drain, place on a pie plate.

Preheat oven to 375 degrees F.

In a mixing bowl, combine mayonnaise and mustard; spread the mixture over cauliflower and dot with pats of butter. Sprinkle with Parmesan cheese.

Bake at 375 degrees F uncovered, for about 30 minutes, or until the cheese is brown.

Serves 5

Nutrition per serving:

Calories: 164
Fat: 13g
Carbohydrate: 7g
Protein: 7g

Sesame Broccoli

Ingredients:

3 cups broccoli florets
2 tbsp light sesame oil (may substitute peanut or canola oil)
1 tbsp sesame seeds
1 tbsp soy sauce
1/4 tsp garlic powder
1/4 tsp ground black pepper
1 red or yellow bell pepper, coarsely chopped

Directions:

Steam broccoli for 5 minutes. Heat oil in skillet over med-high heat. Add sesame seeds, garlic powder, black pepper, and stir. Add broccoli and soy sauce and sauté for 3 minutes, stirring frequently.

Serves 4

Nutrition per serving:

Calories: 95
Fat: 5g
Carbohydrate: 6g
Protein: 2g

Broccoli with Bacon

Ingredients:

3 cups broccoli florets
2 slices cooked bacon, crumbled
2 tbsp butter

Directions:

Steam broccoli 5 minutes. Toss broccoli in heat-proof bowl with bacon and butter.

Serves 4

Nutrition per serving:

Calories: 132
Fat: 8g
Carbohydrate: 10g
Protein: 5g

Green Beans with Mushrooms, Carrots and Onion

Ingredients:

1/2 lb fresh green beans, rinsed, trimmed, and cut into 1 inch pieces
2 cups thinly sliced carrots
2 tbsp olive oil
2 tbsp butter
1 medium onion, sliced
1/2 lbs fresh mushrooms, sliced
1 tsp salt
1/4 tsp garlic powder
1/4 tsp ground black pepper

Directions:

Steam green beans and carrots for 5 minutes.
Heat oil and butter in a skillet over med-high heat, add mushrooms and onion and sauté 3 minutes. Stir in green beans, carrots, salt, garlic salt, and pepper. Simmer covered for 5 minutes.

Serves 6

Nutrition per serving:

Calories: 112
Fat: 8g
Carbohydrate: 8g
Protein: 2g

Sugar Snap Peas with Mint

Ingredients:

3/4 lbs sugar snap peas, rinsed and trimmed
1 tbsp olive oil
3 green onions, chopped
1 clove garlic, chopped
1/4 tsp salt
Fresh ground black pepper to taste
1 tbsp chopped fresh mint

Directions:

Heat oil in large skillet over med-high heat. Add onions and garlic, stir. Add sugar snap peas, salt, and pepper and stir-fry 5 minutes. Stir in mint and serve.

Serves 4

Nutrition per serving:

Calories: 65
Fat: 2.5g
Carbohydrate: 8g
Protein: 2.5g

Italian Peas

Ingredients:

2 tbsp olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 lb frozen green peas
1/4 cup chicken broth
1/2 tsp salt
1/4 tsp ground black pepper

Directions:

Heat oil in large skillet over medium heat. Stir in onions and garlic and sauté 5 minutes. Add peas, chicken broth, salt, and pepper. Cover and cook 10 minutes.

Serves 6

Nutrition per serving:

Calories: 109
Fat: 5g
Carbohydrate: 12g
Protein: 4g

Asparagus with Parmesan

Ingredients:

1 lb thin asparagus
2 tbsp olive oil
1/4 cup grated parmesan cheese
1/4 tsp ground black pepper
2 tbsp balsamic vinegar

Directions:

Preheat oven to 400 degrees F. Toss asparagus on baking sheet with olive oil to coat. Arrange asparagus spears in one layer, close together. Sprinkle asparagus with parmesan cheese and black pepper. Place asparagus in oven for 10 to 12 minutes or until cheese is melted and asparagus is tender, but crisp. Serve drizzled with balsamic vinegar.

Serves 4

Nutrition per serving:

Calories: 111
Fat: 7g
Carbohydrate: 7g
Protein: 5g

Snacks



Sliced apple and 1 oz. cheddar cheese

Calories: 181

Fat: 9g

Carbohydrates: 18g

Protein: 7g

Avocado, 1/4 mashed on toasted 9-grain bread

Calories: 163

Fat: 7g

Carbohydrates: 20g

Protein: 5g

Greek yogurt, 1 cup 2%, with blueberries, 1/2 cup

Calories: 216

Fat: 4.5g

Carbohydrates: 19g

Protein: 25g

Greek yogurt, 1 cup with cucumber, 1 cup sliced

Calories: 182

Fat: 4.5g

Carbohydrates: 11.5g

Protein: 24g

Turkey, 3 oz. deli sliced rolled with 1 tsp. mustard in lettuce

Calories: 116

Fat: 2g

Carbohydrates: 10.5g

Protein: 14g

Cottage cheese, 1/2 cup 2% fat with 1/2 cup fresh berries

Calories: 138

Fat: 2g

Carbohydrates: 14g

Protein: 16g

Peanut butter, 1 tablespoon on 1 stalk celery

Calories: 114

Fat: 8g

Carbohydrates: 7g

Protein: 3.5g

Eggs, 2 hard boiled with sriracha sauce

Calories: 150

Fat: 10g

Carbohydrates: 2g

Protein: 13g

Edamame, 1/2 cup

Calories: 95

Fat: 3g

Carbohydrates: 9g

Protein: 8g

Hummus, 1/2 cup with 1/2 red bell pepper, sliced

Calories: 123

Fat: 5g

Carbohydrates: 16g

Protein: 3.5g

Banana, 1/2 with dark chocolate, 1 oz. 72% cacao

Calories: 230

Fat: 12g

Carbohydrates: 28g

Protein: 2.5g

Tuna, 3 oz. can chunk light with 1 cup cherry tomatoes

Calories: 125

Fat: 1g

Carbohydrates: 6g

Protein: 23g

Ham, 3 oz. deli sliced, with cantaloupe, 1 cup cubed

Calories: 191

Fat: 7g

Carbohydrate: 16g

Protein: 16g

Nuts, 1 oz.

Calories: 183 (average)

Fat: 15g

Carbohydrates: 6g

Protein: 6g

Almonds, 1 oz. = approx. 24 nuts

Peanuts, 1 oz. = approx. 35 nuts

Cashews, 1 oz. = approx. 18 nuts

Pistachios, 1 oz. = approx. 25 nuts

Hazelnuts, 1 oz. = approx. 12 nuts

Walnuts, 1 oz. = approx. 14 halves

Pecans, 1 oz. = approx. 15 halves

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