

# Losing Weight

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Note: This presentation is for educational purposes, not a substitute for qualified health care services.

# Overview

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# Weight Issues in this Country

- We have an obesity epidemic in the United States
- Obesity is a public health issue
- It is also becoming a problem world wide
- Obesity results in a number of problems, especially with diabetes.
- I don't know of anyone who enjoys being overweight.
- Each one of us are unique biochemically. What works for one person, may not work for another person.

# Most Important Tools for Losing Weight

- First, it is your desire and motivation to lose weight
- Second, obtain a basic knowledge of nutrition
- Third, knowledge about unhealthy chemicals is another important tool to enable all of us to lose weight
- Four, when possible reduce your exposure to stress
- Five, if there is a history of emotional trauma, seek ways to heal
- Six, an accompanying exercise program will facilitate weight loss

# Most Important Tools for Losing Weight

## continued

- Seven, it helps to have a buddy system and/or the support of your family
- Eight, detoxification needs to play a role in losing weight as well as avoiding pesticides and food additives in your diet. It is also important to drink clean water.
- Nine, think about keeping a food journal, recording your weight, what foods you eat, and how you feel.
- Ten, think of this as a path to a healthier and stronger you

# Chemicals and preservatives used in the American food supply is a major factor in the obesity epidemic

- More and more research is showing that the presence of food additives of all kinds and food preservatives are playing a role in our country's obesity epidemic.
- The presence of these additives are also harming our children's health as well as their cognitive and brain function.
- The next generation is less likely to be healthy as their parents.
- High consumption of the various sugars also don't help, either.

# General Guidelines

- Generally, it is suggested that you check with a health care provider before going on a diet.
- When trying to lose weight, avoid all processed foods that contain food additives and preservatives that are not healthy.
- Some people will benefit from a food elimination diet. This is covered under a separate topic.
- It helps to understand the glycemic index and load. It has to do with foods that affect the blood sugar, an issue that is a problem with diabetes, when the blood sugar becomes too high.
- It also helps to use quality nutritional supplements.
- Eat meals at intervals, to prevent blood sugar from dropping too low and creating hunger.
- Drink clean water, as much as possible.

# Glycemic Index

- The **Glycemic Index (GI)** is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Carbohydrates with a low **GI** value (55 or less) are more slowly digested, absorbed and metabolized and cause a lower and slower rise in blood glucose and, therefore usually, insulin levels.



# Glycemic Load

- Glycemic load, or GL, is a formula that corrects for potentially misleading GI by combining portion size and GI into one number. The carbohydrate content of the actual serving is multiplied by the food's GI, then that number is divided by 100. So for a cup of beets, the GL would be: 13 times 64 = 832 divided by 100 = a GL of 8.3.
- As a frame of reference, a GL higher than 20 is considered high, between 11 and 19 is considered moderate, and 10 or less is considered low. The bottom line: Even though the glycemic index isn't a perfect system, it can be a useful tool to identify lower-glycemic foods that often are more nutrient-dense, as well as what foods are higher in refined carbohydrates.

# Assessing Food Categories:

## Vegetables – High Starch

- Beets (1 cup)
- Carrots (1 cup)
- Corn (1/2 cup or 1 medium cob)
- Green Peas (1/2 cup)
- Parsnips (1/2 cup)
- [Plantain \(1/2 cup\)](#)
- [Pumpkin \(1 cup\)](#)
- Sweet Potatoes (1/2 cup)
- Taro (1/2 cup)
- White Potatoes (1 small or 1/2 cup mashed, 1/2 cup roasted or 10 to 15 French fries)
- Winter Squash, such as acorn or butternut squash (3/4 cup)
- Yams (1/2 cup)

# Assessing Food Categories:

## Low Starch Vegetables

- Artichoke
- Artichoke hearts
- Asparagus
- Bamboo shoots
- Beans (green, wax, Italian - do not confuse this with legumes - white beans, navy beans, black beans, etc)
- Bean sprouts
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese, red)
- Carrots (note: 1 baby carrot is about 1 g of carbohydrate)
- Cauliflower
- Celery
- Chicory
- Chayote
- Coleslaw (packaged, no dressing)
- Cucumber
- Dandelion
- Daikon
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks

# Assessing Food Categories:

## Low Starch Vegetables continued

- Lettuce: endive, escarole, leaf, iceberg, Romaine
- Mushrooms
- Mustard greens
- Okra
- Onions
- Pea pods
- Peppers (all types)
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Snow peas or pea pods
- Scallion
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- String beans
- Tomato
- Turnips
- Water chestnuts
- Zucchini

# Assessing Food Categories: Fruit

## Low Starchy Fruit

- Berries
- Citrus Fruit
- Melons
- Stone Fruit
  - Apricots
  - Nectarines
  - Peaches
  - Plums
- Pome
  - Apples
  - Pears

## Starchy Fruit

- green bananas, pumpkin and plantains contain starch
- Grapes and bananas are sweet.

# Assessing Food Categories: Grains

## Grains, Whole Grains

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Sorghum
- Triticale
- Rye
- Wild Rice

## Grains, Refined

- White flour
- White rice
- White bread

Note: If dealing with a leaky gut, avoid all grains

# Assessing Food Categories: Beans and Legumes

## **Beans and Legumes**

- Black Beans
- Chickpeas (garbanzo beans)
- Kidney Beans
- Lentils
- Navy Beans
- Peas
- Pinto Beans

## **Beans and Legumes continued**

- Soybeans (use organic)

# Assessing Food Categories: Animal Foods

## Animal Based Foods

- Animal foods that are free range, without antibiotics, and grass fed
  - Beef
  - Bison
  - Chicken
  - Lamb
  - Wild deer
- Seafood that are low in mercury and wild caught
  - Herring
  - Salmon
  - Anchovies
  - Sardines

## Animal Based Foods to Avoid

- Factory Farmed Animals (especially beef and chicken)
- Factory farmed seafood that have been fed corn
- Seafood higher up on the food chain, they are more likely to have higher residues of mercury



# Assessing Food Categories: Beverages

## **Beverages**

- Filtered Water
- Spring Water
- Mineral Water
- Water through reverse osmosis
- Herbal Teas

## **Beverages to Avoid**

- Sodas
- Diet Sodas
- With juices, dilute with water

# Assessing Food Categories: Oils and Fats

## Oils

- Olive oil
- Flaxseed oil
- Avocado oil
- Walnut oil
- Sesame oil
- Grapeseed oil\*
- Coconut oil\*

## Oils to Avoid

- Canola oil
- Margarine (contains hydrogenated fats)
- Trans fats
- Vegetable oils made from GMO foods
  - Corn oil
  - Soybean oil
  - Vegetable oil (may or may not)

Note: As for spices, try organic sources. Also, sea salt, celtic salt and Himalayan salt have minerals.

\*Means that it can be used for cooking. The other oils listed should not be used for cooking.

# Addendum

- Bibliography
- Dirty Dozen and Clean Fifteen
- Exercise, Importance
- Glossary
- Ketogenic Diet (Dr. Eric Berg, DC)
- Reasons For Not Losing Weight

# Addendum: Bibliography

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- <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/what-is-glycemic-index>
- <https://www.healthline.com/health/food-nutrition/low-carb-fruits-and-vegetables#low--carb-fruits>
- <https://www.nrdc.org/stories/water-pollution-everything-you-need-know#common>
- <https://blog.virtahealth.com/names-for-sugar/>

# Addendum: Dirty Dozen and Clean Fifteen, Dirty Dozen (contain high residues of pesticides)

- Apples
- Bell Peppers
- Blueberries
- Celery
- Cucumbers
- Grapes
- Green beans
- Kale
- Lettuce
- Nectarines
- Peaches
- Potatoes
- Spinach
- Strawberries

Note: These foods need to be organic as they absorb the pesticides sprayed in the soil.

# Addendum: Dirty Dozen and Clean Fifteen, Clean Fifteen (does not absorb pesticides)

## Clean Fifteen

- Asparagus
- Avocado
- Cabbage
- Cantaloupe
- Corn
- Eggplant
- Grapefruit
- Kiwi

## Clean Fifteen continued

- Mangoes
- Mushrooms
- Onions
- Pineapples
- Sweet Peas
- Sweet Potatoes
- Watermelon

# Addendum: Exercise, Importance

- Exercise helps with mood
- Exercise helps with losing weight
- Exercise strengthens your muscles and bones
- Exercise increases energy levels
- It can reduce your risk of chronic disease.
- Exercise can help skin health
- Exercise can help with brain health and memory
- Exercise can help with relaxation and sleep quality
- Exercise can reduce pain
- Exercise can promote a better sex life



# Addendum: Glossary

- The dirty dozen – There are a number of foods that easily absorb pesticides in the soil. They need to be organic. EWG (Environmental Working Group) came up with this list. They also have the clean version of foods that do not readily absorb pesticides/chemicals from the soil.
- Glycemic index
- Glycemic load
- Insulin Issues – While our medical system focuses on our blood sugar, we need to pay attention to our insulin levels, that can play a role in being overweight and causing a number of health issues, including belly fat.
- Ketogenic Diet- This is a type of diet that focuses on a higher consumption of fat, and the body uses fat instead of sugar as a main source of fuel.
- Nutrient dense – This has to do with the nutritional quality of a particular food. The more nutrient dense it is, the higher the levels of nutrients it has. It also needs to be clean of pesticides and chemicals.

# Addendum: Ketogenic Diet (Dr. Eric Berg, DC)

- Dr. Eric Berg, DC has done a number of videos through YouTube covering the ketogenic diet (or keto diet).
- This type of diet focuses on the body burning fat as a primary source of fuel.

# Addendum: Reasons for not Losing Weight

- Iodine deficiency
- Leaky gut issues
- Thyroid issues
- Yeast and Candida issues
- Undiagnosed food allergies

# Addendum: Sugar Issues

- Sugars are disguised under a number of different names
- There are three types of sugars:
  - Basic simple sugars
  - Solid or granulated sugars
  - Liquid sugars
- It is important to assess the total amount of sugar in a food product
- If a sugar appears as an ingredient, the main issue is the total amount of sugar in the product

# Addendum: Sugar Issues continued

## Basic Simple Sugars (monosaccharides and disaccharides)

- Dextrose
- Fructose
- Galactose
- Glucose
- Lactose
- Maltose
- Sucrose

# Addendum: Sugar Issues continued

## Solid or Granulated Sugars

- Beet sugar
- Brown sugar
- Cane juice crystals
- Cane sugar
- Castor sugar
- Coconut sugar
- Confectioner's sugar (aka, powdered sugar)
- Corn syrup solids
- Crystalline fructose
- Date sugar
- Demerara sugar
- Dextrin
- Diastatic malt
- Ethyl maltol
- Florida crystals
- Golden sugar
- Glucose syrup solids
- Grape sugar
- Icing sugar
- Maltodextrin
- Muscovado sugar
- Panela sugar
- Raw sugar
- Sugar (granulated or table)
- Sucanat
- Turbinado sugar
- Yellow sugar

# Addendum: Sugars Issues continued

## Liquid or Syrup Sugars

- Agave Nectar/Syrup
- Barley malt
- Blackstrap molasses
- Brown rice syrup
- Buttered sugar/buttercream
- Caramel
- Carob syrup
- Corn syrup
- Evaporated cane juice
- Fruit juice
- Fruit juice concentrate
- Golden syrup
- High-Fructose Corn Syrup (HFCS)
- Honey
- Invert sugar
- Malt syrup
- Maple syrup
- Molasses
- Rice syrup
- Refiner's syrup
- Sorghum syrup
- Treacle

# Addendum: Water Issues

- As water is extremely vital to all of us, especially our health, it is important to be aware of the various sources of water pollution. They are:
  - Ground water
  - Surface water (lakes, rivers, and etc.)
  - Ocean Water
- Sources of Pollution
  - Point Source (easy to identify)
  - Nonpoint Source (difficult to regulate)
  - Transboundary (crosses country boundaries)
- Other terms
  - Sewage and waste water (much of it is not treated)
  - Oil pollution
  - Radioactive substances



Ph. 100 -

ent Starches

The more complex a carbohydrate is, the less and slower it converts to sugar in the body. The fiber content is part of the reason. The fiber portion is not digested by human enzymes and therefore not broken down into sugar. Fruits tend to convert more rapidly, especially sweet fruits. For weight reduction and controlling glucose intolerance, select primarily from the 3%, 6%, 9% vegetables and fruits. Use half servings or less of the 15%, 18% and 21% fruits. Avoid fruit juices. Limit corn and potatoes based on the fact that they convert to sugar more readily than beans and rice.

# Conclusion

As the obesity epidemic grows in this country and world wide, it becomes more important for all of us to look at what we are eating and how to eat healthier.

It helps us to understand nutrition and the effects various foods have on our bodies, especially substances that are not originally food.

The future of our planet and the health of ourselves, our children and grandchildren is dependent on eating healthy and clean food along with clean water and clean air.



<https://www.youtube.com/watch?v=DAA107VP1sc>