



Global Fusion Americana E-Series

Global Fusion Americana *adj.* A form of cooking extracted from the history of the world that makes a new culture fusing it together in a melting pot. Through ideas, religions, foods, and customs bring people together thriving for taste that makes up the American food experience.



DITCH THE "DIET" MINDSET
And Lose That Weight For Good



**GET OFF THE DIET MERRY GO ROUND AND LEARN A BETTER
WAY TO FINALLY ACHIEVE PERMANENT WEIGHT LOSS**

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Introduction

Have you ever looked in the mirror and saw something you didn't like? We all have.

"Dieting" has become a way of life for so many that it is no surprise that the weight loss is a multi-billion dollar industry always throwing out the newest, latest and greatest diet scheme to take off the excess pounds.

These weight loss plans and fad diets are both harmful and useless for our weight loss agenda. They may seem to work for a little while, only to bring the weight back and more than when we started.

So, how do succeed to lose the weight for good AND keep it off?

In order to do so, we must change our mindset completely and change our lifestyle. Instead of "dieting" for the sake of losing, we should change our lifestyle for the sake of gaining.

It is proven that those who lose even the slightest bit of weight receive benefits. According to the Centers For Disease Control, even a modest loss of 5% to 10% of body weight can result in significant health benefits, including lower blood pressure, blood cholesterol, and blood sugars and a lower risk for heart disease.

It is time to take back our lives and our minds that are held captive by dieting and instead enjoy a lifestyle change that will make all the difference and finally enjoy all the benefits that permanent weight loss brings to the body, mind, and spirit.

The Weight Loss Struggle

For a lot of the population, losing weight can prove to be difficult. You may have struggled to lose 100 pounds, 50 pounds or just 20, but wherever you are, it is important to understand you are not alone. For many losing weight proves easier than actually keeping it off permanently, which is actually the determining factor of success in weight loss.

Obesity rates in the United States are at epidemic levels. The Centers For Disease Control report that more than **1/3 of US adults are obese**, which equates to 34.9% of the population or 78.6 million adults.

Children are not exempt as **childhood obesity rates have more than doubled** in the past 30 years. In 2012, more than 1/3 of children and adolescents were overweight or obese.

Researches hypothesize that processed food, increased stress, and unhealthy lifestyle choices play a key role in the mass numbers of the overweight.

The weight loss struggle describes how people struggle with healthy permanent weight loss. One of the main elements that adds to this struggle is the mass amounts of crash and fad diets that promise fast weight loss.

If your ultimate goal is to lose weight to be healthier and keep it off then a short-term fix is not for you. Instead, you need to learn and practice weight management, which is never accomplished in three days' time.



Permanent weight loss is a journey, not a destination

Here are some of the reasons you may be feeling the weight loss struggle.

- **The Temporary Mindset**

One of the reasons that the typical “diets” fail is that they are temporary conditions, hence phrases like “I am getting on a diet,” or “I just got off a diet.” Permanent weight loss is the opposite, it is not a temporary state, and so it cannot be achieved with temporary solutions.

- **Exercise? What exercise?**

Some fad or crash diets tell you that you don’t have to exercise to lose weight. Exercise is an important part of reaching and maintaining your goal weight. The Department of Health and Human Services states you should aim for at least 30 minutes a day, every day, to stay active and healthy.

- **The “I’m starving!” Binge**

After your crash diet ends, you all of a sudden find yourself starving. Your body is out of whack and your stomach is screaming at you. A cheat day can’t hurt, right? So you binge. This cycle becomes a habitual process that you can’t seem to escape.

- **You’re Not Balanced**

You may find yourself avoiding some food altogether as your crash diet says, thinking it will aid you in the process. However, this is not the case. Your body needs all food groups in their own right to stay healthy and therefore manage your weight.

- **Lack Of Knowledge**

Many simply do not understand what it means to live a healthy lifestyle, which includes, what to eat, and how to expend calories.

These are only a few. You can see that being stuck within this struggle can cause bad habits and bad experiences. You can become burned out and completely unmotivated with each new attempt at weight loss. These struggles become habitual. Soon, you find yourself stuck within a lifestyle that is damaging to your health. This is known as yo-yo-dieting.

The “Yo-Yo” Dieting Horror Show

How many times have you said or thought...

“Next week I start my new diet”

“My new year’s resolution (like last year and the year before) is to start a new diet”

“I need to get back on my diet”

“I need to find a new diet that really works”

“I’m going to stuff myself this week because next week I start my new diet.”

Yo-yo dieting or weight cycling is defined as small spurts of weight loss as a result of some diet, and then a regain of the weight, and then another diet and more loss and regain, which develops into a vicious and never ending cycle.

For example, you are able to lose five pounds quickly by quitting carbohydrates altogether. However, the next week, you binge and gain the five pounds back plus an extra two.

You start the process over again and this time, you gain even more. This type of dieting is damaging to your health.

According to MedicineNet, studies have shown weight cycling (yo-yo dieting) to have certain health risks, including, high cholesterol, high blood pressure and gallbladder disease. They also state that this type of dieting can have a negative effect on your psychological health as well. You soon fall under the spell that what you are doing is healthy for you, although it is not.

The small successes feel good only to be met with larger gains that make you feel bad. Eventually, you may decide that your lifestyle with any diet is better than this horrid cycle, but that is far from the truth.



There are serious diseases associated with being obese:

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Certain types of cancer
- Arthritis
- Metabolic syndrome
- Complications and risks for premature death from belly fat
- Gallbladder disease
- And others

Yo-yo dieting also includes risks to your health, including:

Increased Risk Factors For Disease

The extreme calorie restriction commonly seen in yo-yo dieting increases cortisol, a stress hormone that causes negative effects on the body over prolonged periods of its existence including, increasing risks for developing type 2 diabetes, cancer and heart disease.

Weight Gain

While yo-yo dieting may deliver results in the short term, over the long term most will regain the weight. Researchers at UCLA have found that dieting is not only ineffective, but can often make you gain more weight than you originally had after a small loss of usually only 5 to 10%.

Less Muscle, More Fat

Extreme diets that restrict mass calories lead to loss of critical lean muscle mass, and once the diet is over, the dieter is left with less muscle and more fat.

Less Energy

Yo-yo dieting is believed to actually slow metabolism, which results in low energy levels and hinders the body's natural ability to burn calories throughout the day. When the body is deprived of the calories it needs to function, it makes adjustments that can result in fatigue, irritability and limited brain function.

You try one diet only to find yourself gaining the weight back. So, you try another. That one doesn't work either. This cycle repeats over and over until you are in the middle of a yo-yo lifestyle.

This is why it is important to change your lifestyle instead and get off the yo-yo diet merry go round.

6 Reasons Why Fad Diets Don't Work

Are you convinced? If not, we are about to dive deeper into the reasons why the fad diets do not work. From eating only one food group to following all of the “rules,” fad diets and crash diets are destined to fail. Take it from the health experts, the pounds you may lose will not add up in the end.

Temporary Solution

Many of these diets promise you that you will lose so many pounds within so many days or months. Fad diets can range from juice fasts, to drastic calorie restriction and everything in between.

However, these diets are temporary solutions. According to Psychology Today fad diets can result in quick weight loss, but chances are that the weight will come back and more than what was originally lost.

One study found that short-term diets can yield a loss of 5%-10% of body weight, in a short amount of time, but the problem is that once the diet is over, everyone goes back to ‘eating as usual.’

What happens after you go back to your old habits? The weight comes back.

This creates the opportunity for the yo-yo diet to become your lifestyle.



Drastic In Nature

These diets start off with drastic measures. For example, the “Wine and Eggs Diet” uses eggs and wine throughout the day besides dinner, which allows for steak. However, for dinner, you also have a half of a bottle of wine and four eggs. There is more wine throughout the day.

Another example is the Lemonade/Master Cleanse. This fad diet starts with a lemonade recipe that you drink, with nothing to eat, for up to two weeks.

This can cause your body to overcompensate for the losses. These diets can also cause negative reactions such as fatigue and headaches not to mention the lack of nutrition that comes from a well-balanced diet.

Most important is the fact that no one can or should eat like this on a permanent basis, once again undermining any efforts to keep the weight off for good.



Never Teach Healthy Eating Habits

Fad diets never teach us healthy eating habits. As discussed above, these diets are drastic and most of the time, take away from us instead of giving.

These diets teach you not to eat “x” at all, instead of replacing “x” with something healthier.

Without learning and mastering what it means to eat healthy and solidifying profound habit changes in diet, permanent weight loss can never be achieved.

Eliminate Food Groups

Our bodies are designed to run on all food groups. You can see the contrast quickly. Healthy eating says, “Eat all food groups, but in smaller portions. The fad diet says, “Do not eat any carbohydrates at all.”

All experts agree that solid nutrition is an important part of leading an overall healthy lifestyle.

These diets are not nutritious and deprive the body of the nutrients it needs to function and thrive.

This is perhaps the most damaging issue when it comes to fad dieting. By eliminating food groups, you are depriving your body of much needed nutrients. These nutrients give energy and build metabolism. Experts advise that we need to eat a wide variety of foods as each one gives us distinct nutrients the body needs.



A series of studies reported on Psychology Today’s website surmised that the only intervention that showed promise in yielding permanent weight loss results is the one that emphasizes a healthier lifestyle.

Lifestyle choice changes empower while fad diets deprive

Regaining Of Weight Lost

Most fad dieters lose weight quickly, much to their delight. However, these same dieters soon gain those pounds back with extra after the diet is “over.” In 2012, researchers found more evidence that short-term dieting results in increasing weight gain, which is independent of genetic factors such as obesity running in the family.

This cycle repeats itself. What started as a quick five pounds to lose can turn into thirty relatively quickly.

Rules, Rules, Rules

If you were to go online and research fad diets, you will find them to be filled with rules that you must follow. Most come with certain menu plans, timing of meals, eliminated foods, and different rules for each day you must follow to see results. Instead of simply eating healthy, you must follow each step to lose that quick few pounds.

From eating a certain amount of eggs so many times a day to drinking so many ounces of lemonade on Monday and then another certain amount on Tuesday. These diets do not allow for any creativity, leeway and can become tiresome.

These diets make the dieter lose confidence if a step is missed, knowing they may have to start over again. This again creates a negative spiral straight to a dead end.

These set rules and restrictions can sabotage success as no one can or really should stick with them on a permanent basis, and so permanent weight loss can never achieved.

Fad Diets Are A Dead End

Fad diets can harm our bodies and our minds and they can never result in permanent weight loss success.

It is important to understand these influences in order to begin your weight management journey.

**Instead of following crash diets that boast quick losses,
invest in your body and your future health by making a lifestyle
change that will yield long-term results**

Ditch The Diet Mindset

As if you need more convincing, here are some reasons why you need to ditch the diet mindset and start living!

Better For Your Health

The diets don't work. Plain and simple. Instead, they offer you the shiny proposal of fast weight loss, as long as you do not eat anything but eggs, or drink anything but wine. However, a lifestyle change gives you the tools needed to lose weight naturally and slowly, without giving anything up. Your health will improve as you lose and as begin to eat healthier foods. You will save yourself the headaches, frustrations, and larger health risks associated with fad diets and yo-yo dieting.



Better For You

Your health is very important. However, just as important as your health is your wellbeing. Your thoughts, your feelings, and your complete emotional health are also at stake.

By changing your lifestyle, you can affect your emotional health positively instead of negatively.

Losing weight and maintaining that loss is likely to improve your life in numerous ways.

A study of participants in the National Weight Control Registry found that subjects who were able to maintain a significant weight loss improved not only their physical health, but also mobility, energy levels and self-confidence. If you wake up feeling lethargic or perhaps even depressed, you may need a lifestyle change.

If your self-confidence is wavering due to your weight or simply the need to be healthier, you may need a lifestyle change. Weight management is better for you and your health.

You will benefit overall from ditching the temporary diet mindset and focusing on changing your eating habits for the long term.

If you are ready to make this decision, know that you will not be let down. It will not happen overnight, but you will feel better as soon as you begin, and every day thereafter.

Remember: It is not about a diet to lose, it is about a lifestyle change to gain

The Permanent Weight Loss Formula

Permanent weight loss is a journey, not a destination...
It is a daily conscious decision to make healthy choices

Now that you are aware of the negative side effects of crash dieting and the positive side effects of a lifestyle change, you are ready to ditch the diet mindset and begin a new lifestyle.

HOW ABOUT MAKING HABIT CHANGES AND NOT WEIGHT LOSS YOUR GOAL?

- ✓ Instead of focusing on the weight, you are focusing on your mindset
- ✓ Another temporary diet versus a new lifestyle
- ✓ Diets are temporary but lifestyle changes are permanent

How Empowering Is This?

In essence, this means that you will no longer be starting, and restarting and restarting a new diet. You will instead begin to make profound eating and lifestyle changes, even if you start small, like eliminating soda.

Now, keep in mind that when you make profound changes in your eating habits (more on these below) you will lose weight and keep it off. It's really that simple.

Most important you will NEVER have to diet again, you can just live!

By investing in a lifestyle change, you are making the decision for better health and an overall better life.

Healthy and permanent weight loss is not another "diet," but a way of life that includes profound diet and exercise habit changes

Getting Started

Stop Using The Term “Diet” And Start Using The Term “Lifestyle”

You are ready to change your life, and there are important and useful facts to know in this new path. These key aspects will aid you in losing weight gradually and keeping it off for good.

Calories In – Calories Out

Calories in – calories out

This simple formula allows your body to make the adjustments it needs to lose weight naturally and more importantly, gradually.

The Centers For Disease Control state that evidence falls in favor of lower and more gradual weight loss in keeping the weight off.

This method of weight management focuses on healthy weight loss instead of fast weight loss.

The rule of thumb is to burn more calories than you eat, so whatever calories come in must also come out or be expended through the use of energy.

The formula:

1 pound = 3,500 calories

To lose 1 pound of week: reduce caloric intake by 500 calories per day; to lose 2 pounds a week: reduce caloric intake by 1000 calories per day.

1. Take calories in through eating healthier



2. Burn calories out through exercise and being active
3. Create a deficit

The amount of calories need daily will vary from person to person and depend on your age, weight, and activity level.

This means that someone who works out an hour every day will be able to eat more calories than someone who is sedentary.

There are plenty of online calculators to help you figure out your perfect number.



What Is Healthy Eating

You may agree that eating healthier is the only way to go. However, what exactly does it mean to “eat healthy”? Obviously, portion control is crucial. However, it also means to eat clean. Clean eating means eating whole real food, such as vegetables, eggs, lean meats, fruits and whole grains.

Whole food is food that is unprocessed and eaten in its natural state, for example:

- ✓ An apple is a whole food, but apple pie is not
- ✓ A chicken breast is whole food, but chicken tenders are not
- ✓ Grilled cod is whole food, fish sticks are not

Whole food provides you essential nutrients to nutrify your body and eliminates any unnecessary additives and calories that make up processed food.

For a balanced eating plan to be successful, you need to:

- Eat plenty of vegetables
- Enjoy healthy fats, like avocados, nuts, and olive oil
- Eat whole grains in moderation
- Eat protein which includes lean meat, fish, poultry, eggs and soy alternatives
- Include low or nonfat dairy - milk, yogurt, cheese or alternatives
- Drink plenty of water
- Limit saturated fat and avoid all trans fats
- Limit your alcohol intake
- Reduce sugar as much as possible, this also means eating low sugar fruits like berries in moderation.
- Reduce processed food



Reasons To Choose Clean Whole Food

You may be thinking that if the formula for weight loss is calories in calories out, then what's the difference what you eat.

Real whole food such as fresh vegetables, lean protein, and whole grains are nutrient dense foods that provide your body with energy, support internal body process and allow you to eat clean.

Junk food and processed food is filled with empty calories that offer no such nutritional value. One of the key motivational aspects of reaching your goal weight and staying there is that you feel good, as well as look good. Eating clean ensures this, while eating junk food will only drag you down and interfere with healthy digestion.

How Science Determines Calorie Counts In Food

One method for determine the calorie count of a food is called a bomb calorimeter, where the food is placed into a sealed container with water at normal atmospheric pressure. Then electrical energy is used to burn the food, once burned completely scientists measure the temperature of the water to determine calorie count.

Another method of determining the caloric count of a food is the Atwater System, where specific counts of calories are broken down within a food based on their sources, including, carbs, and fats. Reference tables are used to determine the energy density of the food.

Calorie Counts

- Protein: 4 kilocalories per gram
- Carbs: 4 kilocalories per gram
- Fats: 9 kilocalories per gram
- Alcohol: 7 kilocalories per gram

How The Body Uses Calories

One of the issues with using the bomb calorimeter method is our bodies do not always use or “burns” every calorie it takes in.

Fiber is a good example, where the insoluble fiber is not fully digested, and so those calories aren’t truly absorbed and you actually consume less than what you’d expect based on the count. By the way, this is a great reason to eat high fiber foods.

Neither the bomb calorimeter nor the Atwater System is truly accurate, as they do not measure the digestibility of or the degree of absorption in food, but it is actually the specific food source of those calories that determines how the body processes them.

Not All Calories Are Equal

Calories are NOT created equal as the exact same amount of calories from two different types of food yield completely different biological effects in the body.

Soda Versus Kale

Is 182 calories worth of soda the same as 182 calories worth of kale?

- 182 calories in a 22 ounce portion of soda
- 44 grams of sugar
- And no other nutrients

Soda is a carbohydrate and once inside your body the sugar from the soda will be quickly absorbed causing a rush of sugar to your blood stream and a subsequent spike in blood glucose levels. Other adverse chemical reactions in the body will take place, including the storage of belly fat, and increases in bad cholesterol.

Since soda or any sugar is an insulin trigger, that flood of insulin blocks the appetite controlling hormone leptin, which registers satiation, and when leptin is blocked this leads to overeating, and out of control cravings for junk food leading to a never-ending cycle of unhealthy eating with cravings that are never truly satisfied.

Additionally, soda affects the appetite hormone ghrelin that sends a signal in the body when it has received food, and since soda is not registered as food, just the empty sugar calories, this leads to increased hunger, and no true satisfaction.

If that's not enough, any sugar that is not used for energy will be stored as fat. Notice that soda offers absolutely no nutritional value.

What About The Kale?

- 33 Calories per 1 cup; (182 calories = 5 cups)
- Potassium
- Protein
- Vitamin A
- Calcium
- Iron
- Fiber
- Vitamin C
- Vitamin B-6
- Magnesium
- Key antioxidants

Kale is also a carboxylate but unlike the soda, kale will digest slowly in the body, will not cause sugar spikes, and provides a wide array of nutrients helping to heal and energize the body and prevent chronic disease.

None of the calories from kale will turn to fat, even if you ate the whole 5 cups or even 10 cups, so unlike the soda it will never contribute to weight gain.

Kale's nutritional profile and fiber will satisfy hunger, and never cause out of control cravings for junk food.

Essential nutrients, like potassium, protein, iron, vitamin D, and magnesium, heal the body, unlike the soda that wreaks havoc and causes harm.

Keep in mind the above applies when comparing all other empty calorie foods, like cookies, and French fries to all non-starchy vegetables, proteins, and whole grains.

One study evaluated the correlation between sugar and calories to risks for type 2 diabetes, and concluded that the addition of an extra 150 calories a day hardly increased the risk for the disease, but when those calories came from soda the risk increased by 700%.

Eat More

To equal the same amount of calories as the 22-ounce soda, you would need to eat 5 cups of kale, and this applies to all vegetables and other junk foods, so think about how much more food you can actually eat when choosing quality food?

Your Best Choices

- ✓ Eat foods that are slow to digest, like high fiber vegetables, lean meats and eggs
- ✓ High fiber food supports weight loss and weight management. Plant foods are great sources of indigestible fiber that's calories don't count because that fiber is not absorbed in the body. Eat lots of vegetables, and low sugar high fiber fruits like berries
- ✓ Protein foods, such as fish, meat, chicken and turkey have no fiber so they will count more than vegetables and should be eaten in smaller portions
- ✓ Healthy fats, such as nuts, avocado and olive oil are necessary for optimal health, since they are high in calories, they should be moderated and eaten in the smallest portions as compared to protein and vegetables
- ✓ Eat real whole food, this means nothing boxed or made in a factory. Shop the periphery of the super market, in the produce, meat, and dairy aisles
- ✓ Moderate the simple sugars, such as junk food, cookies, cakes, and processed food and this also means eating fruit in moderation since it is high in sugar

As you can see, not all calories are created equal, and changing eating habits to reflect the above considerations will allow you to reach your weight loss goal and stay there.

Profound Changes In Eating Habits

It is important to understand that as you choose wisely your eating habits will change. These profound changes in your eating habits are most important to your new lifestyle.

A single patty cheeseburger contains roughly 303 calories. A veggie burger contains roughly 124 calories. That makes for a 179 calorie difference within your day. This is a profound change without giving your taste buds a break. If you eliminate the cheese from that burger, you will save about 80 calories.

If you drink soda every day, you can save a whopping 1,050 calories each week by simply cutting out **just one can** from your day.

If you substitute vegetables for potatoes or French fries in at least 1 meal per day, you will save more than 800 calories a week, and will begin to change your taste towards healthier choices.

Evaluate what you eat each day, write it down, and begin to choose healthier options. Start small if you must, but keep going until you reach your goal.

These types of profound but small changes will result in weight loss and a strengthening of your self-confidence and empower you to continue making smart decisions to keep you on your path.

Make smart choices, do your research, and fill your plate with real whole food.

Remember: you are making habit changes instead of weight loss your goal

Portion Control

Do you know how little food it can take to actually satisfy the average man or woman in one sitting? Notice the term “satisfy” and not stuffed. Often the problem is that people do not take the time to allow the brain to register satiety.

Eating to satisfaction and not to feeling stuffed is a key habit change

Obviously, the more food you eat, the more calories you take in. Portion control is necessary for healthy eating and permanent weight loss.

In general, we eat more food than we actually need without even knowing it. Take a restaurant plate for example, typically the portions they serve equal 4 or 5 times what any person should actually eat in one sitting.



The average human stomach can hold about 4 liters of volume, but **satiety is not felt by the mind as a result of the stomach being full**. Instead, it is **registered by the brain** as a reaction to chemicals released when you put food or drink in your stomach, a process that takes place in the hypothalamus and takes about 15 to 20 minutes to complete.

It takes around 20 minutes for you to feel full after a meal.

With portion control, you may feel a bit hungry at first. However, you may be surprised to learn that after 20 minutes, you are actually very full and from a very small amount of food!

It will take a little bit of time for your body and mind to adjust to portion control. However, once it does, you can greatly reduce your caloric intake daily because you will see that you need much less food to feel satisfied.

This is why it is important to eat slowly, chew every bite really well, and allow yourself the time to feel satisfied.

Satisfied means satisfied, not stuffed. What happens in the body when you overeat?

When you eat more food than the body needs in one single session, the rest is stored as fat. If you regularly eat more calories than you burn, those are stored as fat.

THIS IS WHY IT IS RECOMMENDED TO EAT VERY SMALL MEALS EVERY 3 HOURS

This is how bodybuilders and gym enthusiasts eat because they want to keep their metabolism soaring, and to keep low levels of body fat.

Try it and you will be amazed at how little food you actually need to be satisfied at each meal.

**Set your phone alarm and eat a small meal that consists of
a protein, carb and a healthy fat every 3 hours**

Remember, you can eat again in 3 hours, or if you feel genuine hunger sooner, you can go ahead and have another small meal. Be sure to choose a variety of whole real food and stick with it.

You will soon start to notice that the food you eat is being burned by your body quickly, as your metabolism is constantly stimulated, you will have more energy, and you will lose weight, but again...

Do not focus on weight loss; focus on setting the habit of eating small meals every three hours

Portion control mixed with calories in and calories out will allow you to manage your weight instead of just losing it. Instead of losing, you will gain a new way of living.

Getting In Touch With Your Body

One of the reasons that people overeat is that we perceive we need more food than we actually need. This is a psychological perception that we need to change, and this can only be achieved through practice and the realization that we don't have to eat so much to be satisfied.

When mastering portion control it is important to get in touch with your body, and learn to really listen to what is happening inside of it. Take a few moments each morning, when you typically should be hungry and pay attention to how you feel.





Eat a small meal slowly and allow 20 minutes to pass and notice how it feels to be satisfied, then eat a large meal until you are stuffed and notice how you feel then, realize the differences.

Setting The Habit

Use these findings to help manage portions and to feel satisfied with eating less. Soon, you will realize that you actually need much less food to feel satisfied and so your belief system will have changed and that will solidify the all-important habit change of eating smaller portions.













What Are Healthy Portions: Create Your Plate



<p>1 PALM = 3 OUNCES PROTEIN Meat, Fish, Eggs, Turkey And Chicken</p> 	<p>1 WHOLE FIST = 1 CUP VEGETABLES</p> 
<p>1 CLENCHED FIST = 1/2 CUP SIMPLE AND COMPLEX CARBOHYDRATES Grains, Starches, Beans and Fruits</p> 	<p>1 THUMB = 1 TABLESPOON HEALTHY FATS Oils, Butter, Nuts, Nut Butters, Avocado And Seeds</p> 

THE HEALTHY PLATE

EAT EVERY 3 HOURS TO KEEP BLOOD SUGARS STABLE

MEN	WOMEN
<p>1 1/2 to 2 PALMS OF PROTEIN <small>Depending On Activity Level And Muscle Building Activity</small></p>   <p>2 FISTS OF VEGETABLES</p>  <p>2 CLENCHED FISTS OF CARBS</p>  <p>1 THUMB OF FAT</p>  <p>DRINK 4 - 6 QUARTS OF WATER DAILY</p> 	<p>1 PALM OF PROTEIN</p>   <p>1 FIST OF VEGETABLES</p>  <p>1 CLENCHED FIST OF CARBS</p>  <p>1 THUMB OF FAT</p>  <p>DRINK 2 - 4 QUARTS OF WATER DAILY</p> 

FREE FOODS

<p>HERBS AND ALL SPICES</p> <ul style="list-style-type: none"> Garlic Cilantro Parsley Mint Basil Thyme Rosemary Etc.. 		<p>FRESH LEAFY GREENS</p> <ul style="list-style-type: none"> All Varieties Of Lettuce Kale Spinach Collard Greens Turnip Greens Swiss Chard Mustard Greens Vinegar For Flavor
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Moderation

Moderation is a compromise and not a sacrifice!

You have heard the saying that everything is good in moderation and it's never more true than when it comes to food.

Lifestyle change means you can make choices, you are empowered, and you are not deprived.

In order to learn moderation, you must learn self-control. Through practicing portion control, you will learn how to use this to your advantage.

For instance, if you are going from drinking six soft drinks a day to replacing three of those with water, you are on the right track. Even though that may still be over the daily limit, you are acting on moderation.

When you are ready to go deeper, you can start dropping more. One soft drink a day is much better in contrast to six.

Moderation... have your cake and waistline too too



Moderation means:

- ✓ Two bites of a donut instead of 3 donuts
- ✓ 2 bites of cake instead of 1 or 2 slices
- ✓ A cookie on occasion instead of 6 every day
- ✓ 1 slice of pizza a week, instead of 3 slices in one sitting
- ✓ ½ cup of ice cream on game day versus 1/2 a tub every weekend
- ✓ ¼ cup of mashed potatoes with your dinner, instead of 1 or more cups
- ✓ ½ a biscuit instead of 3 with dinner

Remember, you are on a path to weight management and a lifestyle change, not a crash diet. It does not have to nor should it happen in a day.

Moderation is a learned skill that is mastered through mindful action.

Resetting your mindset away from dieting and towards lifestyle changes is a gradual process of learning and practicing, it is an ongoing process, one day at a time for the rest of your life.

Stabilizing Blood Sugar

It is also important to understand the way your body's blood sugar works. When you have excess glucose in the blood stream that is 5 grams or more and you consume more carbohydrates such as sugars and starches (potatoes, rice or bread) than what the body immediately needs it produces insulin, which is either it is used immediately for energy, or if there is too much of it is converted to glycogen by the liver and stored as fat.

Your blood sugar must stay regulated to properly aid in healthy weight management

In order to regulate blood sugars it is important to eat every three hours.

Think about how you eat when you are famished? Typically, when people are starved they eat much more food in one sitting than they would otherwise.

When you eat two or 3 big meals a day you tend to go for six to eight hours without food where your blood sugar drops significantly, and then once you do eat you will eat more than a small portion of food and your blood sugar will spike. These spikes cause excess insulin in the blood, which makes the body store fat more easily.

Eating a small meal every 3 hours means

- ✓ You will never feel starved
- ✓ You will maintain balanced blood sugar levels
- ✓ You will avoid overeating and gorging as a result of feeling famished
- ✓ You will boost your metabolism and turn your body into a fat burning machine

The idea behind eating healthy and keeping weight off for the long-term is not to starve

Remember that starvation is one of the main reasons no one can stick with fad diets on a permanent basis.

Exercise

In addition to healthy eating, you should exercise. The Centers For Disease Control advise that engaging in moderate intensity activity for 60 to 90 minutes each week means you are much more likely to keep the weight off over the long term.

You do not have to run 4K marathons. If you can manage 15 to 30 minutes of healthy cardio such as walking or cycling a day, you are doing better than most.

Exercising may be difficult at first while your body is transitioning from unhealthy to healthy. However, as your body adapts, so will you. Exercise will become less difficult and you will find yourself improving.



The Mayo Clinic states that there are several benefits to exercise including:

- ✓ Expend energy (calories out)
- ✓ Allows you to eat more
- ✓ Reducing risks for heart disease and other chronic conditions
- ✓ Improved sleep
- ✓ Supports permanent weight loss
- ✓ Lowers risk for chronic disease
- ✓ Boosts energy
- ✓ Boost brain health
- ✓ Promotes a positive mood

Empower Yourself With Choices

One of the greatest things about a new lifestyle, versus being “on a diet” is that you have choices. Unlike drastic and fad diets, you are not deprived and you are not restricted.

You get to make choices in both food and exercise, which empowers you. A new lifestyle allows you to make **mindful decisions** about what you eat, how you eat and exercise.

Setting new habits and making healthy lifestyle choices becomes a new way of life...

Your Relationship With Food:

Eating To Live Versus Living To Eat

In order to be successful throughout this weight management journey, you must change your mindset, and this may require you to improve your relationship with food.

10 Signs Of An Unhealthy Relationship With Food

- You think about food all the time
- You punish yourself for breaking your food rules
- You deny yourself the foods you crave
- You have no self-control over food
- You cut out entire food groups
- Your emotions control your eating habits
- You eat the same foods all the time
- You prefer to eat alone
- You are controlled by food rules
- You suffer from food related guilt

Living To Eat

You wake up in the morning and instantly reach for your coffee. Next, you find yourself driving through the nearest fast food lane to grab a breakfast sandwich and another cup of coffee.

Once you get to work, someone brought in cake for another employee's retirement. You tell yourself you have to have a piece because it is there. You find yourself totally ignoring what your body truly needs and discarding it for what your mind wants is "living to eat."

Another example is the person who is hungry, but holds off eating until their favorite television show starts so eating becomes an "event" versus the person who eats when they are hungry period.

Eating to appease emotions, looking forward to eating as if it is an “occasion,” feeling high after eating, and craving sweets or fatty foods when stressed out or just because they need to be stimulated are all examples of living to eat.

People who “live to eat” often have a negative relationship with food. They tend to over eat their favorites, and even when they are stuffed, they keep eating because the food tastes so good or because it is there. They look forward to meals because they make them happy and they associate eating with happiness.

Many in this predicament do not understand or practice moderation, and they feel guilt and shame associated with what they eat and their eating habits.



Eating To Live

On the other side of the spectrum, is the person who eats to satisfy hunger. They do not have out of control cravings, they eat to satisfaction and not to the point where they are stuffed and cannot breathe.

Food does not control them, they control food. They can choose what they eat and how often. They may indulge occasionally, but they do not feel guilty over what they eat, or the foods they want to eat.

They view and treat food as a necessary part of survival, and recognize that while food can be pleasurable and enjoyable, it is not something required to make them happy. They have a positive relationship with food. All this describes, “eating to live.”

Can you see the contrast?

By making healthy choices in our daily lives, we can nourish our bodies the correct way instead of abusing them. Eating to live states that you are giving your body what it needs to function and to remain functional.

You are in tune with your body and you listen to what it needs. Eating healthy means, you must prioritize your well-being. You cannot make damaging excuses and expect to see results. It is important to realize that food is not a friend or a way of life. Food is nourishment to our bodies for health and overall energy.

Food aids us in our daily processes and our bodily functions. Living to eat is dangerous to your health and your self-esteem.

Something as simple as being guided by appetite is often a challenge for those who have a dysfunctional relationship with food.

Powerlessness is often at the core of these issues. Surely, you know someone who decides they want to live a healthier lifestyle; they make the decision, and then follow through. It is not a question of a struggle for them, they just do it.

This is somewhat of a challenge for those who have a negative relationship with food, while the decision can be made, the follow through suffers.

The Solution

In order to lose weight and keep it off, we need to have a healthy relationship with food.

Eat less and move more is the formula for weight loss, but for many it is simply not enough because there must be changes in both perspective and behavior towards food.

In reality, our mindset needs to change not only in regards to the food choices we make, but also how we relate to that food.

This means learning healthy ways to deal with emotions so not to eat behind them and also changing how we perceive food.

A big part of this process is learning to listen to your body and being able to identify real hunger, versus habitual or dysfunctional eating.



Many people simply cannot identify genuine hunger; this is especially true for emotional eaters who eat behind stress, loneliness, and boredom. There is a better relationship to be had with food. It is time to change this mindset and stop feeling guilty over your choices, get healthy and empowered!

How Do We Form A Healthy Relationship To Food?

Slow Down

Take your time to eat. Allow your body to get the nutrients it needs from whatever you are ingesting. If you feel the urge to grab something quick for lunch for the sake of time, don't do it. Instead, make time for a better meal. Choose healthy and actually sit down to eat. Make time for yourself and your body.

Eat with your body

You must start listening to your body, instead of your mind. Our minds can play tricks on us and will make us think we want what we really don't.

Sure, the cake tastes good and we really think we want it. However, does our body need it?

Practice makes perfect with this and as you learn, you will understand what your body is telling you. Think about what will benefit your health instead of what will benefit your impulses.

Instead of trying to satisfy your impulses, learn to satisfy your body's needs.

Yoga can be very helpful in this regard, as it teaches mindfulness and allows practitioners to become much more aware of their body and its needs, including identifying true hunger.

Professional Help

A trained therapist or a support group like Overeaters Anonymous can help you build a healthy relationship with food. If your problem is severe, professional intervention can really go a long way to making changes that will support your weight loss efforts for the long term.



Recap: Permanent Weight Loss Formula Steps

As you can see, the permanent weight loss formula is not another diet. This is a complete lifestyle change that empowers you with choices and resets old habits to new and healthier ones.

Each habit takes you closer to your weight loss goals, and once those habits are set, you can keep the weight off, and NEVER diet again!

RECAP OF THE PERMANENT WEIGHT LOSS FORMULA:



These are the key aspects of healthy and permanent weight loss. The key is to not starve and to stay active. Your body must have all food groups to remain healthy. Portion control is important for calorie control. Moderation is important for those not so healthy treats.

Your blood sugar must be stabilized in order for your body to react properly. Exercise is needed to seal the deal between healthy weight loss and your actions. Improving your relationship with food will allow you to achieve these steps, and provide you with the self-control and perception needed to succeed.

Are There Any Lifestyle

Change Commercial Diets?

You may be thinking, “Sure, I can change my lifestyle. But, I think I might need some help getting there.” There are actual lifestyle change diets that do exist, only in short supply. These diets focus on changing your actual eating habits to promote permanent weight loss instead of losing weight quickly with a temporary diet. One of these lifestyle change diets is Weight Watchers™.

What Is Weight Watchers?

Weight Watchers is not a diet, but a lifestyle change plan. They take into account each body type and customize a plan just for you.

Weight Watchers will support and teach you to make better food choices.

You can choose to attend weekly meetings or online or a combination of both depending on your changing needs.



What makes Weight Watchers a real lifestyle change diet?

- **Teaches you to eat correctly** - Weight Watchers does not make you drop everything you enjoy. Instead, they show you how to eat correctly by using their SmartPoints system and by eating from all food groups. There are absolutely no foods that are off limits on this program, instead members get to choose what they want based on a point system as long as they do not go over their daily point limit. This allows members to actually make changes through choices. Since the higher point foods are typically sweets and more unhealthy items, choosing them means eating less food overall during that day, versus choosing something more healthy that's worth less points. There is no deprivation, just

choices, and through this process, members are empowered and learn to make healthier choices.

- **Exercise is included** – This program smartly includes exercise, where active people get a higher point allowance allowing them to eat more.
- **Teaches portion control** - With Weight Watchers' point system, portions determine points assigned. This teaches you to eat smaller portions of the foods you love instead of not at all.



Since learning moderation is key in making healthy habit changes, this allows members to realize that they can have a cookie, and they do not need to feel deprived or guilty and they can still lose weight. Portion control also changes attitude towards eating smaller and realizing that satisfaction is possible with smaller portions.

- **Provides support** - You are not alone in this system. There are plenty of ways to reach out and gain support. Weight Watchers has weekly weigh-ins and meetings where you can go and voice your frustrations and thoughts and reach out to others. There is also an online community where you can share and meet others going through the program. There are plenty of helpful resources available to you online as well.
- **Follow on your own** - Weight Watchers happens at your own pace. You are not trying to lose a ton of weight all at once. Instead, you are changing your life. This program is not difficult to learn and is not difficult to keep up with. You can follow along on your own, if you wish, and take it one day at a time. This creates a way for you to slowly add these things into your life without feeling overwhelmed.

Weight Watchers is a lifestyle change program that will allow to eat healthier and engage you in the process of making healthy choices.

Keep in mind that you can lose weight and keep it off on your own by following the Weight Loss Formula discussed, and you do not have to pay for Weight Watchers, but it is something to consider for those who would like a more structured approach.

Final Thoughts

We have discussed many things including how to change your mindset and how to reclaim your relationship with food.

However, the most important takeaway is for you to understand the importance of valuing yourself and your health.

Above anything else, you should do what makes you healthier and your body stronger. Rome wasn't built in a day and neither are you.

Take time to make a plan and stick to it, when you make mistakes learn from them and move on.

**Eating should not make you feel guilty. Instead, it should empower you.
Food was created to nourish our bodies, not control them.**

Start out small and make changes consistently.

Make Habit Changes Your Goal and Not Weight Loss

Don't worry if the weight loss is slow, this is actually a much healthier way to lose and more sustainable than quick drastic losses.

The long-term benefits of weight management outweigh the short-term benefits of crash dieting. It is better for your health.

**You are worth more than living deprived,
so ditch the diet mindset, and start living!**

