



## Phase 4: Helpful Hints

### Buy Your Favorite Foods in Smaller Quantities

Those super-size or Sam's Club size bags of chips, nuts, etc. may help you save a few dollars but are also likely to help you put on a few extra pounds. A study demonstrated that we are likely to eat up to **44% more** if we buy foods in larger portions or quantities. Think of those little, single serving boxes of cereal as compared to the family-size box of Rice Krispies. How much cereal will you put into your bowl? If you are using the larger box, chances are that you will place multiple servings in the bowl and think nothing of it. If you are going to allow yourself an indulgence, choose smaller portions!

### Don't Come to the Dinner Table Starving

To help prevent over-eating at suppertime, have a light snack an hour or so before. Good snack choices include a piece of hard cheese, an apple or low sugar yogurt. This will help calm the hunger down (reduce ghrelin levels) prior to sitting at a table full of food.

### Eat Light at Night

The old saying goes: Have a king's breakfast, a prince's lunch and a poor man's supper. To help prevent the regaining of weight, apply this rule; have a bigger breakfast than supper.

### Choose Hot Foods Over Cold Ones

Only hot foods will help you to feel full without overeating. We recommend a hot soup or broth before your main course, preferably with a salad course. Multi-course meals will not only allow you to help fill up on lower calorie fares, but will also slow down the eating process, allowing time for satiety signals to be sent to the brain. We're better off with a soup and a salad and a normal serving of meat and potatoes as opposed to two or three helpings of the main course!

Think of a Japanese meal, hot green tea, miso soup, a small salad and then a sensible portion of sushi or sashimi. You feel very satisfied but very comfortable, not over-stuffed or sleepy and the hot beverage throughout the meal just adds to the feeling of fullness (Hot sake works great too...only kidding, save that for your Indulgence Day!).

### Don't Do Your Grocery Shopping on an Empty Stomach

Make sure your stomach is full and that you have a precise list of what you intend to buy. This will prevent impulsive buying or buying that delicious bag of chips that you can't wait to scarf down or filling up on all the free samples readily available in most large supermarkets today.

### Think About Spices

It can become boring eating vegetables or other foods that are always steamed or boiled. Check out your spice rack. If your spices are old or if you don't have a nice variety, get some new ones! Add some excitement to your food with fresh ground or cayenne pepper, cumin, curry, fine herbs, fresh mint, hot mustard or fresh ginger! One of our Cajun doctors adds a capful of Zatarain's shrimp and crab boil to the water when he boils or steams his veggies! These foods will not be boring; they will be delicious and interesting! For ketchup lovers, Heinz makes a delicious low-carb version, which tastes like the real thing! It's hard to find in stores but can be ordered online from numerous suppliers.

### Chew While You Cook

If you like to cook (and are a good eater) it's a good idea to chew a piece of sugarless gum while cooking. By doing this you will be less likely to keep tasting the dishes over and over again.



## Read and Understand Food Labels

Make certain you know how to read the nutritional facts on the foods you purchase. Be mindful of portion size and calories per portion. Avoid foods with a lot of saturated fat and, of course, trans fats (metabolic poisons). Understand that if a food says 0 grams trans fat it may contain up to 999 mg of trans fat (less than one gram (1,000 mg) allows the manufacturer to claim zero grams. Be particularly careful on dairy products and baked goods (cookies, crackers, etc) with this. Look at the total carbohydrate count; look at the grams of sugar and the grams of fiber. If you subtract the fiber grams from the total carbohydrates, that number should pretty much be the grams of sugar (if it's more, there's probably some hidden sugar in there!).

Compare similar products and pick the best one. For example, there are a lot of spaghetti sauces on the shelves. Compare the sugar content of Hunt's, Prego, Ragu, Paul Newman's, etc. and pick the one with the lowest sugar content.

## Enjoy Your Indulgence Day!

The Indulgence Day is mandatory once a week so, enjoy yourself! Remember it is only necessary to have an Indulgence Day during Phase 1 of the Ideal Protein Weight Loss Method.

## Carefully Monitor Alcohol Intake

Ethyl alcohol (Commonly known as: booze, drinking alcohol, ethanol) is a toxin and although a rich source of calories, the cells of the body cannot use it as fuel. Alcohol must first be converted to acetic acid through a specific series of biochemical reactions. In moderation (like anything else) consumption of alcohol is not contraindicated in Phase 4 of our diet. Moderation is the watchword! For five days of the week, one glass (150 ml or 5 oz) of a dry red wine with dinner is perfectly acceptable. Red wine is rich in the anti-oxidant resveratrol, which has been shown to provide a wide range of health benefits, if consumed in moderation! Mixed drinks (i.e. hard liquor and fruit juice) have no health benefits and are empty calories.

Beer is a different story altogether. For many a cold beer is one of life's simple pleasures, but for folks who have a tendency to gain weight, beer can be problematic. The ancient Egyptians invented beer (some scholars say it has its origins much earlier. Brewing was a way to actually make bread with a much longer shelf life (albeit liquid bread). It is therefore high in carbohydrates, but worse, its main sugar is maltose, a disaccharide composed of two molecules of glucose. Table sugar is sucrose another disaccharide composed of a molecule of glucose and a molecule of fructose (a fruit sugar or slow sugar). Maltose is a double-whammy. It's one of the highest glycemic sugars and will really spike your insulin! Even the so-called low-carb beers can be a problem if consumed on a daily basis.

As Dr. Tran and Olivier say, "The problem with beer is that it tastes like **more!**" Think about how many people (men in particular) can easily drink two six-packs or more during the course of a football game, tailgating before, celebrating afterwards. Could they drink the same amount of bottled water? The bottom line is, if you enjoy beer, save it for your Indulgence Day and have a few...without feeling guilty!

## Re-Set the Pendulum Every Year

Make sure your client knows that it is **normal** to gain weight. Gaining say 7 pounds over the course of the year is **not** a failure. Do not stress about Thanksgiving or the holidays, enjoy them, because we have a plan. Every year, following the holidays, the client should schedule an appointment with their Ideal Protein centre and reset the pendulum (i.e. the pancreas). Let's shed those few pounds we put on in the course of the year in a couple of weeks. Those 7 pounds won't become the 50 pounds it once was, and of course, we will not need any of those prescription drugs we were once dependent upon. This is very empowering! Think of this as real health insurance! Weight gain and all the clinical issues associated with this will never have to be a problem again!