



# How to lose weight without going hungry: Focus on Fruit & Avocados

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# Just to be clear!

- I am not a physician, I am a clinical psychologist by training.
- This is education and social support, not medical advice.
- Be sure to consult with your doctor before making major dietary changes, especially if you are on medications for diabetes.

# What we've been told

- To lose weight, dietary fat is to be kept as low as possible
- Increased fat and cholesterol levels lead to heart disease
- Weight loss only results from reducing calories, increasing exercise, or both
- Therefore, the only way to lose weight is to follow a low-fat diet and increase exercise



# What people experience

- Reduced fat in foods is usually replaced by increased carbohydrates
- Cutting caloric intake and/or increasing exercise results in increased hunger
- Counting calories is difficult
- Meals are rarely satisfying; one always feels hungry
- Though weight loss is possible, in time, it is all gained back



18 grams added sugar / 22 total carbs

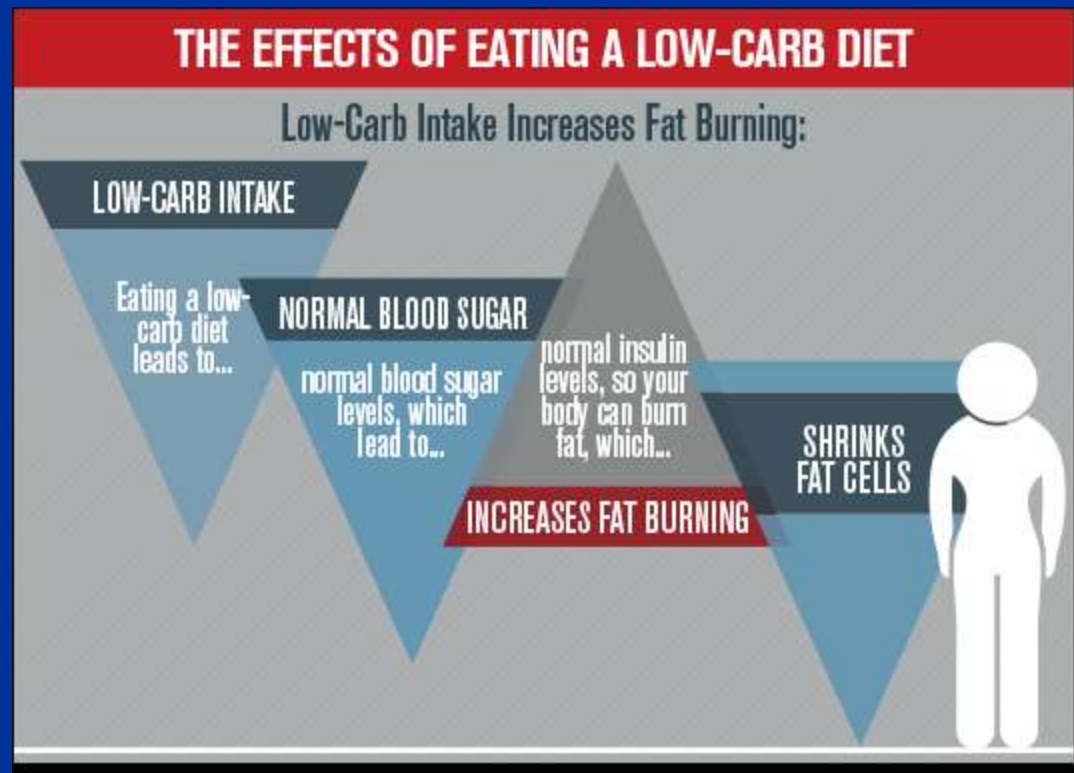
# What we've recently learned

- Fats and cholesterol are not all bad
- People feel full longer when the foods they eat contain some fat
- Carbohydrates convert to body fat easily
- Cutting carbs forces your body to burn fat
- Fats & proteins do not convert to body fat easily
- It's easier to stay on a low-carb diet long-term because hunger is not a problem



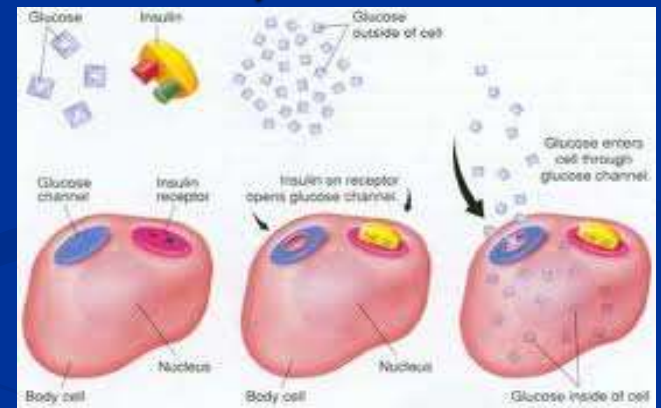
# Why does eating fat help?

- Fat does not stimulate insulin like carbs
- Your body will first use carbs and then turn to burning fats; if there are few carbs, then you will burn fats, including stored fats.

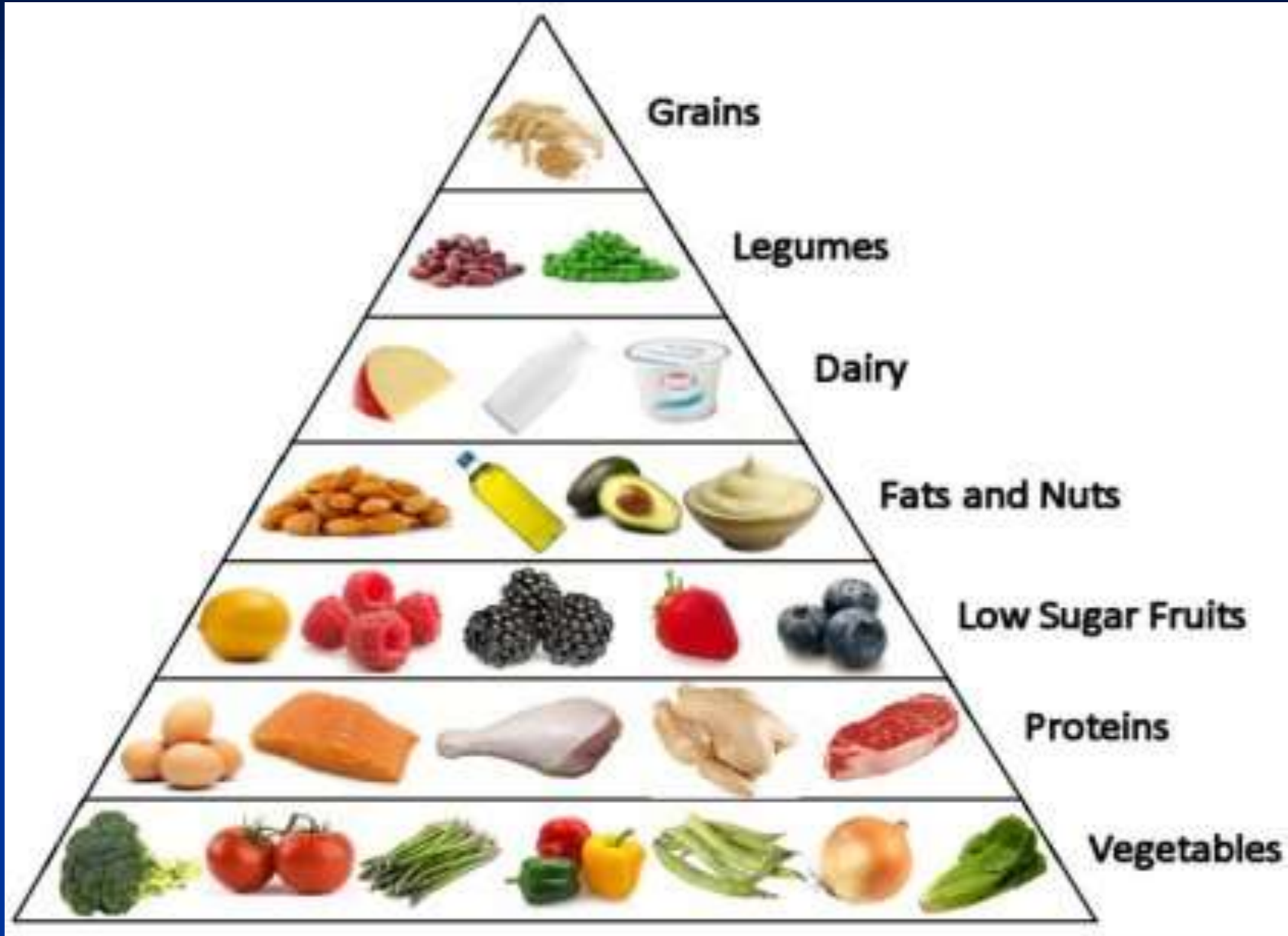


# Excess carbs lead to weight gain

- Whatever glucose from digested carbs that is not immediately used for warmth, by our muscles for movement or our brain, it is directed by insulin to be stored as fat.
- Stored fat is only “burned” when too little glucose is available
- To burn fat, one has to reduce available glucose, primarily by reducing carb levels



# Which low carb diets work?





# Does fruit fit into a low-carb diet?

Fruit is basically a carbohydrate with fiber, but it does contain vitamins and minerals.



FRUITS	VITAMINS	MINERALS
<b>APPLES</b>	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorus, potassium, silicon, sodium and sulfur
<b>CHERRIES</b>	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorus, potassium, contains powerful alkalizing properties
<b>CRANBERRIES</b>	A, C, B-complex and folic acid	calcium, iron, phosphorus, potassium and enzymes
<b>GRAPES</b>	A, B1, B2, C, and niacin	calcium, copper, iron, magnesium, manganese and phosphorus
<b>GRAPEFRUIT</b>	B-complex, C, E, K, biotin, and inositol	calcium, phosphorus and potassium
<b>LEMONS</b>	C and citric acid	very strong cleanser
<b>LIMES</b>	C and citric acid	very strong cleanser
<b>MELONS</b>	A, B-complex and C	high in enzymes
<b>ORANGES</b>	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, fluorine, iron, manganese, magnesium, phosphorus, potassium, silicon and zinc
<b>PAPAYAS</b>	A and C	high in enzymes and good cleanser
<b>PEACHES</b>	A, B1, B2, C, and niacin	calcium, iron, phosphorus and potassium
<b>PEARS</b>	A, B1, B2, C, folic acid and niacin	phosphorus and potassium
<b>PINEAPPLES</b>	C	choline and potassium, high in enzymes
<b>STRAWBERRIES</b>	C	calcium, phosphorus and potassium
<b>WATERMELONS</b>	A	chlorophyll, enzymes and good cleanser

# Does fruit fit into a low-carb diet?

...but so do vegetables and meats (especially liver)!

	<b>APPLE (100 g)</b>	<b>CARROTS (100 g)</b>	<b>RED MEAT (100 g)</b>	<b>BEEF LIVER (100 g)</b>
Calcium	3.0 mg	3.3 mg	11.0 mg	11.0 mg
Phosphorus	6.0 mg	31.0 mg	140.0 mg	476.0 mg
Magnesium	4.8 mg	6.2 mg	15.0 mg	18.0 mg
Potassium	139.0 mg	222.0 mg	370.0 mg	380.0 mg
Iron	.1 mg	.6 mg	3.3 mg	8.8 mg
Zinc	.05 mg	.3 mg	4.4 mg	4.0 mg
Copper	.04 mg	.08 mg	.18 mg	12.0 mg
Vitamin A	None	None	40 IU	53,400 IU
Vitamin D	None	None	Trace	19 IU
Vitamin E	.37 mg	.11 mg	1.7 mg	.63 mg
Vitamin C	7.0 mg	6.0 mg	None	27.0 mg
Thiamin	.03 mg	.05 mg	.05 mg	.26 mg
Riboflavin	.02 mg	.05 mg	.20 mg	4.19 mg
Niacin	.10 mg	.60 mg	4.0 mg	16.5 mg
Pantothenic Acid	.11 mg	.19 mg	.42 mg	8.8 mg
Vitamin B6	.03 mg	.10 mg	.07 mg	.73 mg
Folic Acid	8.0 mcg	24.0 mcg	4.0 mcg	145.0 mcg
Biotin	None	.42 mcg	2.08 mcg	96.0 mcg
Vitamin B12	None	None	1.84 mcg	111.3 mcg

# Does fruit fit into a low-carb diet?

- The kind of sugar in fruit is called ‘fructose’, which is different from ‘glucose’. Glucose is metabolized in cells, fructose in the liver.
- Instead of being turned into fat, it will go towards replenishing glycogen stores in the liver.
- If you’re already eating a healthy, real food based diet with plenty of protein and fat, then small amounts of fructose (from fruit) won’t cause harm.
- The harmful effects of fructose apply to fructose from added sugars, not from real foods like fruits. However, fruit juice is a different story. There’s no fiber in it, and it contains pretty much the same amount of sugar as Coca Cola. Fruit is okay, fruit juice is not.



# Does fruit fit into a low-carb diet?

Here is the net carb (total carbs – fiber) count for a few fruits:

<b>Net Carbs (Total Carbs - Fiber) For Several Fruit</b>	
<b>Grapes (1 cup / 151g)</b>	26 grams
<b>Banana (1 medium)</b>	24 grams
<b>Pear (1 medium)</b>	22 grams
<b>Apple (1 medium)</b>	21 grams
<b>Pineapple (1 cup / 165g)</b>	20 grams
<b>Blueberries (1 cup / 148g)</b>	17 grams
<b>Oranges (1 medium)</b>	12 grams
<b>Kiwi (1 medium)</b>	9 grams
<b>Strawberries (1 cup / 144g)</b>	8 grams
<b>Lemon (1 fruit)</b>	6 grams
<b>AuthorityNutrition.com</b>	

Fruits are much higher in carbohydrates than low-carb veggies, but low in carbs compared to foods like bread or pasta.

# Does fruit fit into a low-carb diet?

Are some fruits lower in sugar?

Yes!

Lowest in Sugar (grams of carbs per ½ cup)

Small Amounts of Lemon or Lime (1)

Rhubarb (1.5)

Cranberries (2)\*

Raspberries (3.5)

Blackberries (3.5)

\*w/o added sugar!



Low to Medium in Sugar (per ½ cup)

Strawberries (5)

Casaba Melon (5)

Papaya (6)

Watermelon (5.5)

Peaches (6.5)

Nectarines (6)

Cantaloupes (6)

Honeydew melons (7)

Apples (7)

Apricots (7.5)

Blueberries (9)

Grapefruit (9)

High in Sugar (½ cup)

Grapes (13)

Bananas (15)

# Does fruit fit into a low-carb diet?

But, dried fruit is always high in natural sugar

- Because the water has been removed from dried fruit, this concentrates all the sugar in a much smaller package.
- For this reason, dried fruit is very high in sugar, including both glucose and fructose. Candied fruit is even worse!
- Below are some examples of the natural sugar content of dried fruit :

Raisins: 59%.

Dates: 64–66%.

Prunes: 38%.

Apricots: 53%.

Figs: 48%.



# Benefits of Avocados

- So, if you're keeping your carbs low, what can you eat?
- While most fruit consists primarily of carbohydrate, avocado is high in healthy fats.
- Numerous studies show that it has powerful beneficial effects on health.



From [www.AuthorityNutrition.com](http://www.AuthorityNutrition.com)

# Benefits of Avocados

Each 3.5 ounce serving has

- 160 calories
- 2 grams of protein
- 15 grams of healthy fats.



Although it contains 9 grams of carbs, 7 of those are fiber so there are only 2 “net” carbs, making this a very low-carb friendly plant food.

Avocados do not contain any cholesterol or sodium, and are also low in saturated fat, if that’s a concern.



# Benefits of Avocados

Each avocado contains:

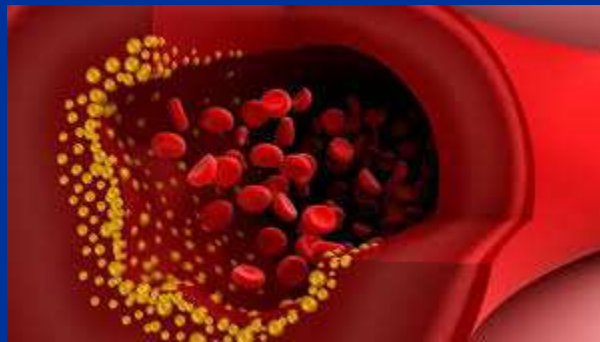
- Vitamin K: 26% of the RDA
- Folate: 20% of the RDA
- Vitamin C: 17% of the RDA
- Potassium: 14% of the RDA
- Vitamin B5: 14% of the RDA
- Vitamin B6: 13% of the RDA
- Vitamin E: 10% of the RDA
- Also small amounts of Magnesium, Manganese, Copper, Iron, Zinc, Phosphorous, Vitamin A, B1 (Thiamine), B2 (Riboflavin) and B3 (Niacin).



# Benefits of Avocados

The effects of avocado on some of these risk factors has been studied in 8 human controlled trials. These studies have shown that avocados can:

- Reduce total cholesterol levels significantly.
- Reduce blood triglycerides by up to 20%.
- Lower LDL cholesterol by up to 22%.
- Increase HDL (the “good”) cholesterol by up to 11%.



From [www.AuthorityNutrition.com](http://www.AuthorityNutrition.com)

# Benefits of Avocados

They Contain More Potassium Than Bananas

- Avocados are actually very high in potassium... with a 100 gram (3.5 ounce) serving containing 14% of the RDA, compared to 10% in bananas, which are a typical high potassium food.



Several studies show that having a high potassium intake is linked to reduced blood pressure, a major risk factor for heart attacks, strokes and kidney failure.

# Benefits of Avocados

- 77% of the calories in it are from fat, making it one of the fattiest plant foods in existence.
- The majority of the fat in avocado is oleic acid, a monounsaturated fatty acid that is also the major component in olive oil and believed to be responsible for some of its beneficial effects.
- Oleic acid has been linked to reduced inflammation and been shown to have beneficial effects on genes linked to cancer.
- The fats in avocado are also pretty resistant to heat-induced oxidation, making avocado oil a healthy and safe choice for cooking.



# Benefits of Avocados

- Not only do avocados increase antioxidant absorption from other foods, they are also high in antioxidants themselves.
- This includes nutrients called Lutein and Zeaxanthin, which are critically important for eye health.
- Studies show that these nutrients are linked to a drastically reduced risk of cataracts and macular degeneration, common in the elderly.



# Purchasing & preparing Avocados

Katie will show us how!



# Where to find breakfast recipes

- <http://authoritynutrition.com/18-low-carb-breakfast-recipes/>
- <http://www.lowcarblab.com/low-carb-breakfast-recipes/>
- <http://healthylivinginbodyandmind.com/35-egg-free-paleo-and-low-carb-breakfast-recipes/>
- <http://www.carbsmart.com/sickofeggs.html>

# Low carb recipe sites

- [www.AlldayIdreamaboutfood.com](http://www.AlldayIdreamaboutfood.com)
- [www.IBreatheImHungry.com](http://www.IBreatheImHungry.com)
- [www.CarbSmart.com](http://www.CarbSmart.com)
- <http://HealthyLowCarbLiving.com>
- [www.Deliciously-Thin.com/](http://www.Deliciously-Thin.com/)
- [www.pinterest.com/kirkshintalowcarbwebsites](http://www.pinterest.com/kirkshintalowcarbwebsites)
- Or Google: Low Carb, Paleo, Keto, or
- “Fat Bombs”



# Low carb avocado recipe websites

- [asweetlife.org/recipes/20-low-carb-avocado-recipes/](http://asweetlife.org/recipes/20-low-carb-avocado-recipes/)
- [www.yummly.com/recipes/avocado-low-carb](http://www.yummly.com/recipes/avocado-low-carb)
- [authoritynutrition.com/101-healthy-low-carb-recipes/](http://authoritynutrition.com/101-healthy-low-carb-recipes/)
- [www.eatthis.com/10-avocado-recipes-weight-loss](http://www.eatthis.com/10-avocado-recipes-weight-loss)
- (not all low-carb):  
[www.californiaavocado.com/recipes](http://www.californiaavocado.com/recipes)