



# How to lose weight without going hungry: Eating Away From Home

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# Just to be clear!



- We are not physicians: clinical psychologist & registered dietitian
- 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 we know now

- 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 it's hard to follow LCHF

- It's weird – no one else is doing it!
- You'll be warned that it's bad for you!
- It contradicts everything we've been told!
- It's difficult to find foods that have fat!
- The world is full of carbs, and they're cheap!
- You have to plan ahead to get through the day!
- It's so easy to go back to carboholism!



# So, how can you stick with it?

- Buy only low-carb, high fat foods
- Keep a ready supply, so you don't run out
- Learn a few new recipes for foods you like
- Prepare foods ahead of time
- Keep some back-ups in the freezer
- Bring some “traveling food”



# What's a traveling food?

- What you may need to bring with you
- Something that will get you through
- What you can carry easily



# So, when you have to eat out

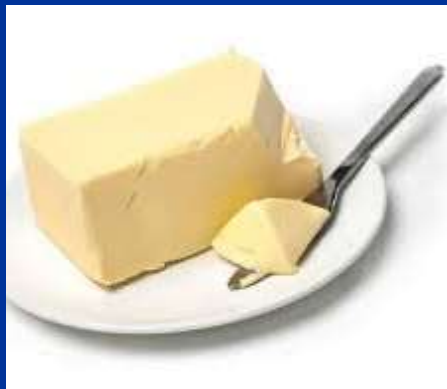
- No LCHF food with you, but you need to eat
- Here are some options:





# So, when you have to eat out

- You're in a restaurant, so what do you do?
- Check the menu and ask for nutrition content!
- Ask for substitutions!
- Reject the carbs!
- Go for the fat!



Calories From Fat	<b>320</b>
Total Fat (g)	<b>36</b>
Saturated Fat (g)	<b>16</b>
Trans Fat (g)	<b>1.5</b>
Polyunsaturated Fat (g)	<b>3.5</b>
Monounsaturated Fat (g)	<b>13</b>
Cholesterol (mg)	<b>115</b>
Sodium (mg)	<b>1110</b>
Potassium (mg)	<b>540</b>
Carbohydrates (g)	<b>46</b>
Sugar (g)	<b>7</b>
Vitamin A (%DV)	<b>20</b>
Vitamin C (%DV)	<b>20</b>
Calcium (%DV)	<b>25</b>
Iron (%DV)	<b>30</b>

# When you're on the road

- Use fast food wisely – it can work!
- Order what you want, not what they want!
- Reject the carbs (buns, bread, potatoes, etc.)
- Ask for extra fat (e.g., bacon, cheese, sauce)



# When you're eating with others

- Explain that you're on a "special diet"
- Tell them that your doctor approves!
- Fill them in on why LCFH works!
- Don't criticize other for eating carbs!





# When you're at someone's house

- Explain that you're on a "special diet"
- Thank them for making that special high carb or low fat dish, but explain you're on a "special diet"
- Offer to take a taste and rave about it!
- Don't spit it into your napkin in front of them!





# When you're at someone's house

- If you didn't get enough fat, sneak some cheese before or after the meal.
- Talk about how wonderful the great big gloppy high carb dessert looks, but only take a taste citing your strict doctor's orders!
- Express your (false) desire to be able to eat it!



# When you're at someone's house

- Don't get caught in an argument about carbs!
- Only explain what you're doing if people insist.
- Watch as they seemed confused, but be sympathetic.
- Assure them that this is really healthy and offer to show them evidence.



# When you cook for others

- Don't try to force your food on others; most are going to expect high amounts of carbs.
- Make the food that works for you, and then add what they think they need to eat.
- Don't preach; only explain and remain neutral
- If they ask, tell them the benefits of LCHF.





# When you cook for others

- Understand that others are still addicted to carbs.
- Don't try to convert them, but be open to answering questions.
- Encourage them to talk about their food choices and why that is or isn't working for them.
- Agree that everyone is different when it comes to the effects of carbs and fats.





# When you have to eat carbs

- When all else fails and you have to eat carbs, don't fret – you'll get over it!
- Look at it as a temporary lapse; you'll get back to the plan at the next meal.
- Don't use one “failure” as the excuse to drop the effort. Instead, see it as more motivation to get it right the next time.
- Your body will forgive you!



# Low-carb web sites

- [www.DietDoctor.com](http://www.DietDoctor.com)
- [www.AuthorityNutrition.com](http://www.AuthorityNutrition.com)
- [www.DiagnosisDiet.com](http://www.DiagnosisDiet.com)
- [www.LivinLaVidaLowCarb.com](http://www.LivinLaVidaLowCarb.com)
- [www.DitchTheCarbs.com](http://www.DitchTheCarbs.com)
- [www.ZoeHarcombe.com](http://www.ZoeHarcombe.com)
- [www.WheatBellyBlog.com](http://www.WheatBellyBlog.com)
- <http://LowCarbDiets.About.com>