



# How to lose weight without going hungry

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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.

# Nearly everyone wants to lose weight

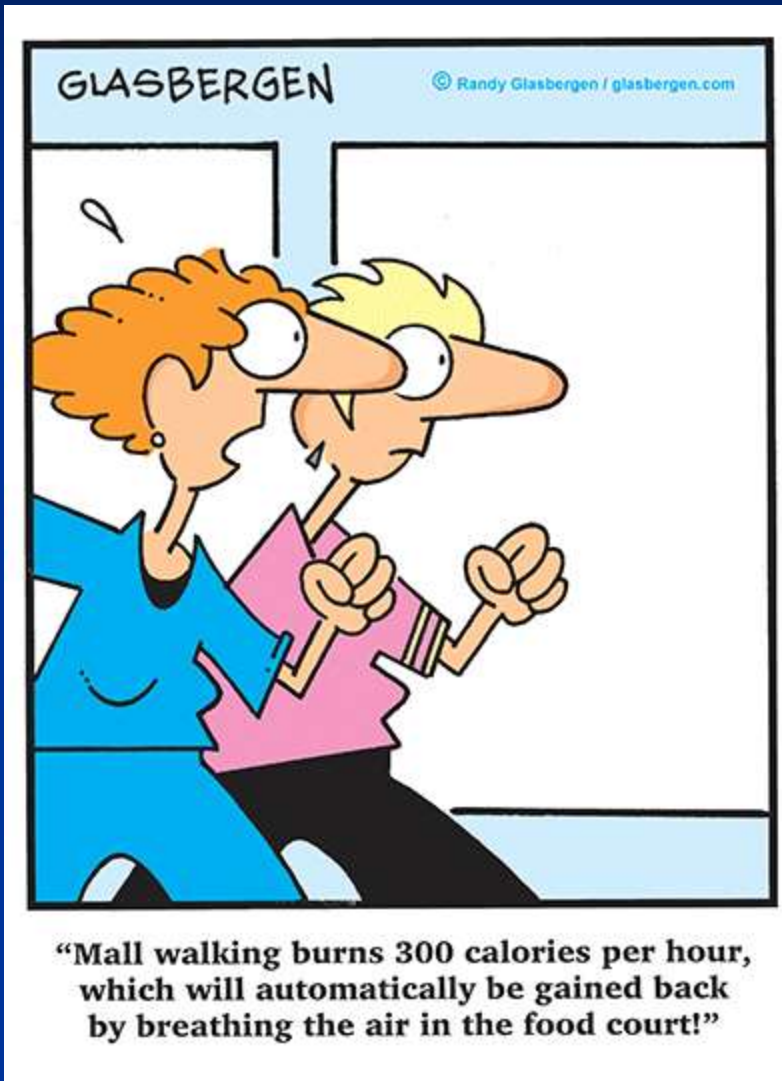


**"I lost 5 pounds this week, but if you convert it to metric, then factor in dog years and the wind chill factor, it's more like 15 pounds."**

Why? Weight loss:

- 1. Lowers cholesterol level
- 2. Lowers blood pressure
- 3. Reduces risk for heart attack
- 4. Reduces risk for dementia
- 5. Reduces risk for sleep apnea
- 6. Reduces joint pain
- 7. Reduces risk for cancer
- 8. Reduces risk for diabetes
- 9. Improves one's sex life
- 10. Requires less medication
- And, you'll feel better!

# So, what works for weight loss?



We know that exercise:

- Improves your overall cardiovascular health
- Helps keep your muscles, bones, and joints healthy
- Increases your ability to do daily activities without getting tired
- Improves your balance and flexibility
- Maintains muscle tone, improves your posture, and reduces your risk of falling and fracturing bones
- Lessens feelings of anxiety or depression
- and, improves your sense of well-being and helps you feel good about yourself.

**Notice that weight loss  
isn't mentioned!**

# So what works for weight loss?

While exercise can help you maintain weight loss, in order to lose weight, you have to change what you eat.

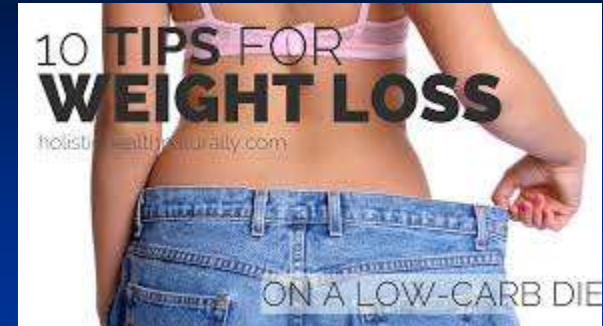


- Exercise increases appetite, and most people just make up for whatever they exercise off.
- Dieting often leads to weight gain when it “entitles” people to eat more.
- It may actually work better to lose weight first and then start exercising.

# So what does work?

You may have heard of these techniques:

- Eating low-calorie, low-fat diets
- Eating many small meals throughout the day
- Consistently eating breakfast
- Frequently weighing yourself—weekly or even daily



In 20 out of 20 studies, the **low-carbohydrate diet was more effective for weight loss** and cardiovascular risk factor reduction than the low-fat diet.

Three balanced meals, spaced out every four hours — with a snack between lunch and dinner is the ideal meal plan for weight loss. Normal **human physiology is not designed for frequent small meals.**

In overweight individuals, **skipping breakfast daily for 4 weeks leads to a reduction in body weight,**” the researchers from Columbia University concluded last year.

Not only does **your weight change every day**, it also changes at different times through a single day

# What we've been told

- 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



# NEW USDA DIETARY GUIDELINES

AVOID  
FATTY  
MEATS

GET  
DAILY  
EXERCISE

EAT  
YOUR  
VEGGIES



# So what has changed?

Research over the past ten years has found **no relationship** between dietary fats (not blood lipids) and heart disease.

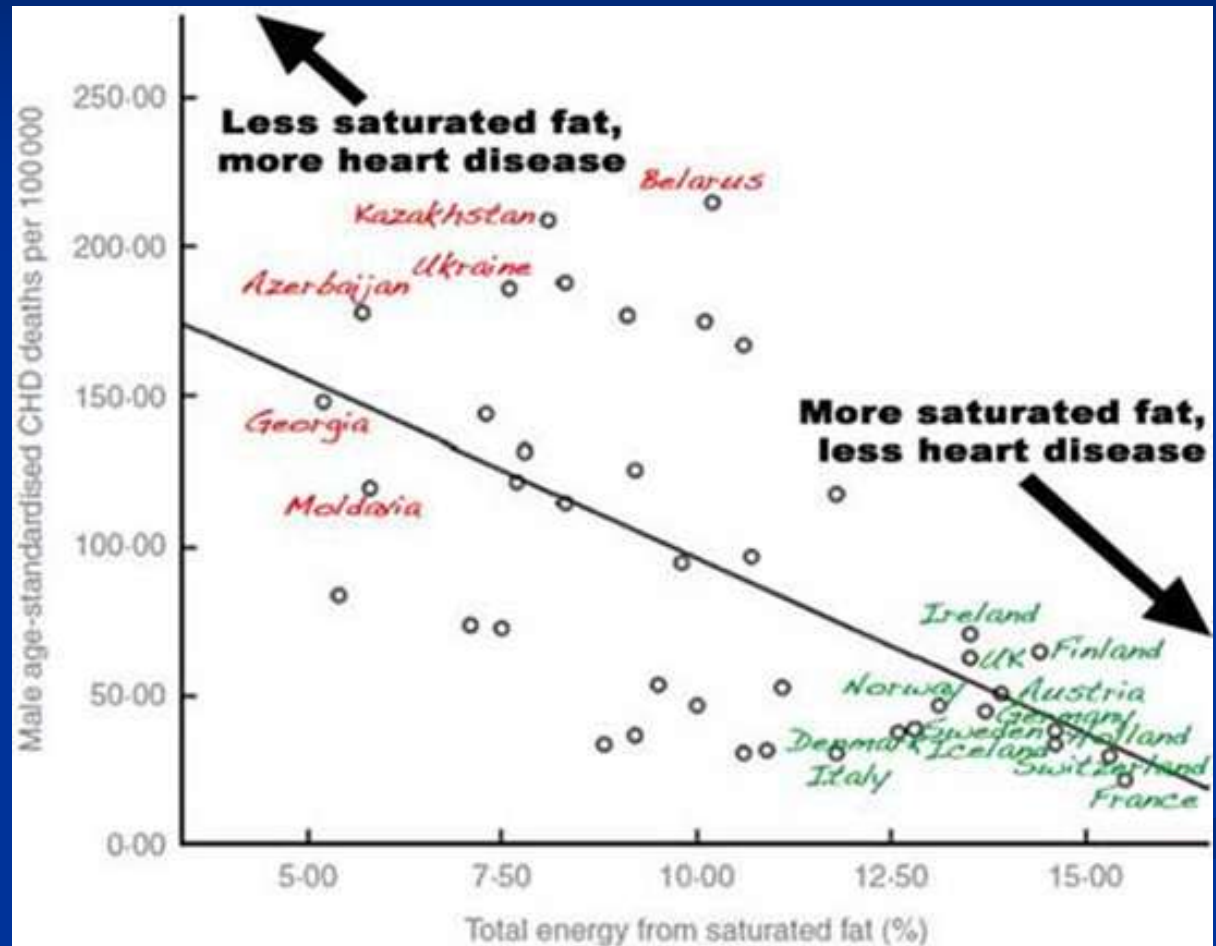


Fig. 1. Saturated fat intake and CHD mortality in Europe (1998).  $R^2$  linear = 0.339.

# 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



# Some fats are better than others

- Trans fats (hydrogenated oils) are all bad
- Despite what we've been told, saturated fats are not harmful!
- Large amounts of refined vegetable oils (omega-6) create inflammation, leading to heart disease
- Omega 3 fatty acids in fish oil and flax seed reduce inflammation and lower disease risk



# FATS RANKED FROM LEAST HEALTHY TO HEALTHIEST

HEALTHIEST

adapted from Cosmopolitan

## OMEGA-3 FATS

POWERS YOUR BRAIN,  
AND REDUCES RISK OF  
HEART DISEASE AND  
ALZHEIMER'S



WILD SALMON



FLAX SEED

## MONOUNSATURATED FAT

HELPS YOUR BODY BURN  
FOOD MORE EFFICIENTLY  
TO PROTECT AGAINST  
METABOLIC DISEASE



OLIVE OIL



AVOCADO

## POLYUNSATURATED FAT

SMALL AMOUNTS CAN  
LOWER BAD CHOLESTEROL  
AND DECREASE RISK OF  
HEART DISEASE AND  
TYPE-2 DIABETES



CANOLA OIL



WALNUTS

## SATURATED FAT

DOESN'T PROMOTE OR  
PREVENT HEART DISEASE



MEAT



CHEESE

## OMEGA-6 FATTY ACIDS

TOO MUCH CAN  
CAUSE INFLAMMATION  
THAT CONTRIBUTES  
TO HEART DISEASE



CORN OIL



SUNFLOWER OIL

## TRANS FATS

CLOGS ARTERIES  
AND LIVER TO CAUSE  
HEART DISEASE



MARGARINE



PIE CRUST

LEAST  
HEALTHY

# Fats and their role in Cardiovascular Disease (CVD)

Omega-3 fats reduce CVD risk

Monosaturated fats protect against CVD

Polyunsaturated fats can reduce risk

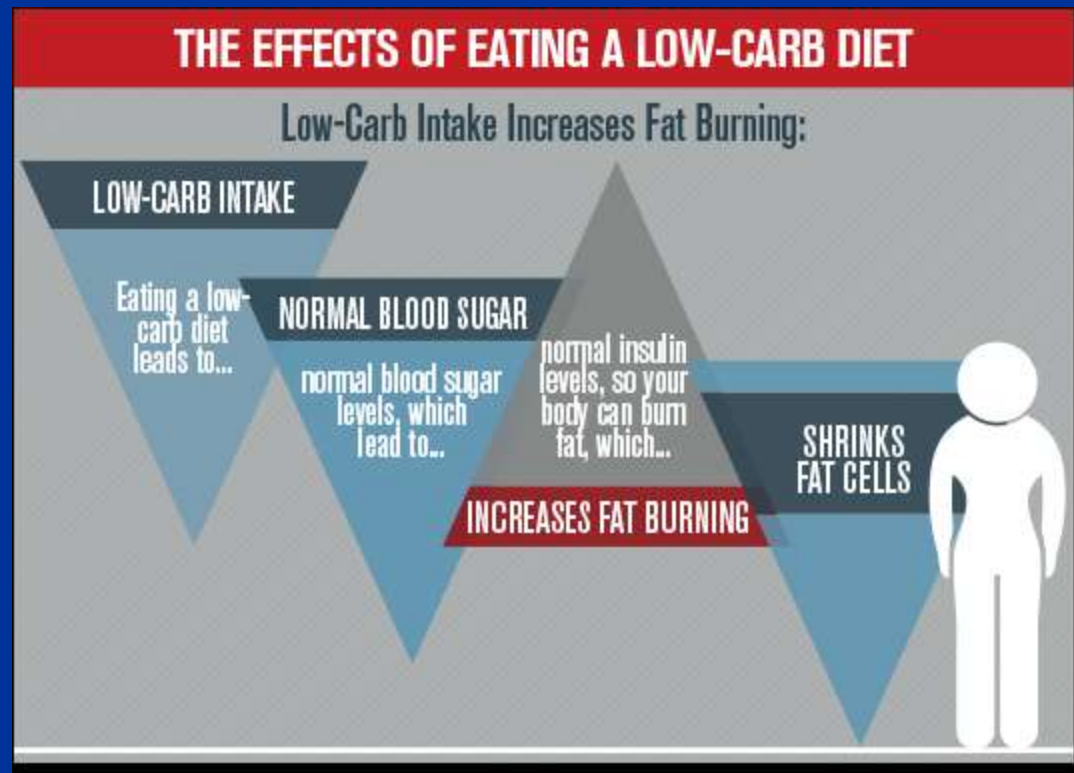
Saturated fats are essentially neutral

Vegetable (seed) oils contribute to CVD

Man-made trans fats actually cause  
CVD

# 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.



# So, we got it wrong!

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**“The high-carb diet I put you on 20 years ago gave you diabetes, high blood pressure, and heart disease. Oops.”**

# Some carbs are better than others

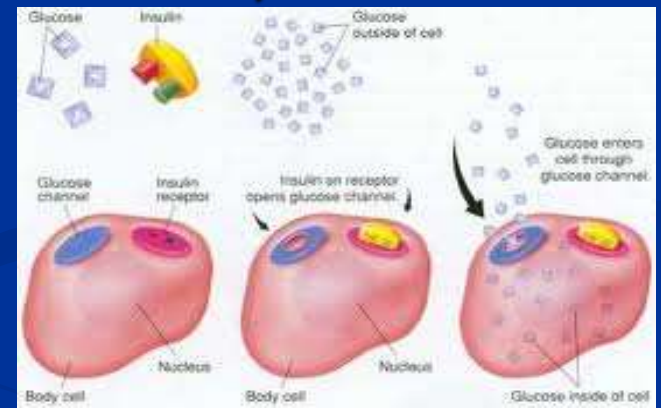
- All carbs are made from sugars and convert to glucose in the body and are stored as fat if not burned (exercise)
- Simple carbs (sugars) convert to fat easily
- Complex carbs (starches, cereals, some vegetables and legumes ) take longer to convert
- Refined (white) flours convert to fat faster than whole grain flours and act like sugar





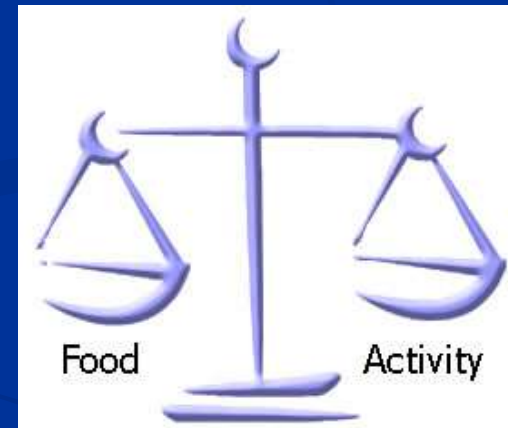
# Excess carbs lead to weight gain

- 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



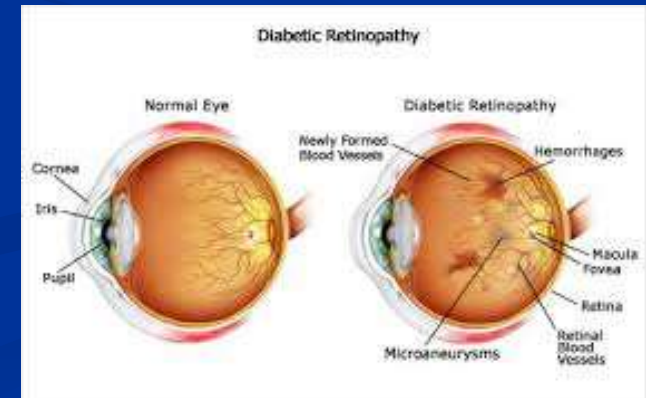
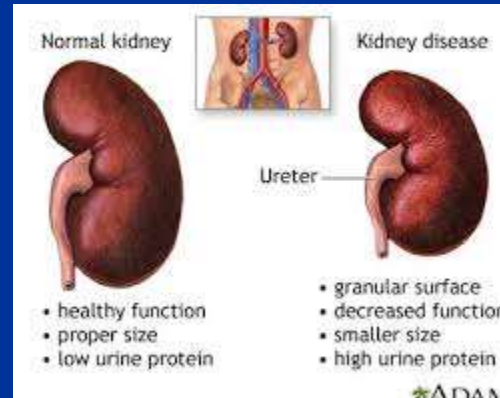
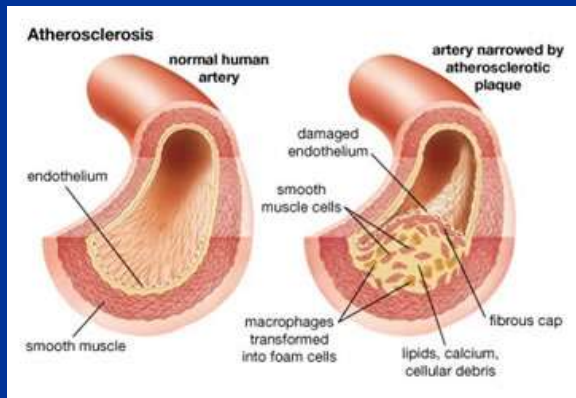
# Caloric balance & insulin resistance

- “Calories in-calories out” does not take into account how our bodies actually work
- The type of food we eat matters as much as how much we eat
- Insulin is the hormone that is primarily responsible for glucose conversion to fat
- When we gain too much weight over the years, we become “insulin resistant”



# Diabetes rates are rising rapidly

- Prediabetes are so prevalent in the US that 38% of us have measured symptoms, and most don't even know it
- 14% percent of adults now have diabetes
- Even if full-blown diabetes does not develop, the being prediabetic still increases the risk of vascular, kidney, and eye problems.



# Obesity & overweight keep rising

- The U.S. obesity prevalence increased from 13 percent to 32 percent between the 1960s and 2004
- 66% of U.S. adults were overweight or obese in 2003-2004.
- Women 20–34 years old had the fastest increase rate of obesity and overweight.
- And % of carbs rose with it!

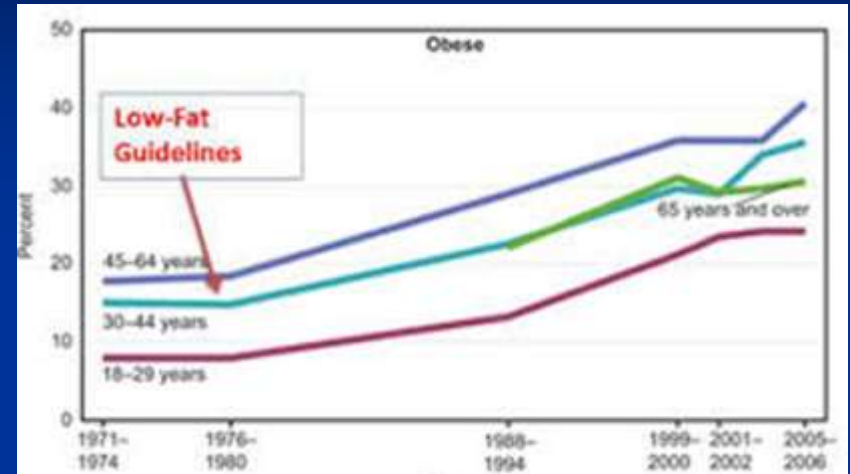
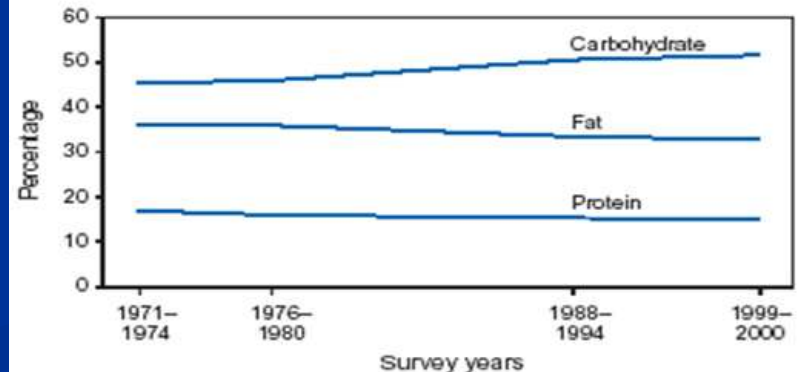


FIGURE 2. Percentage of kilocalories from macronutrient intake among women aged 20–74 years\*, by survey years — National Health and Nutrition Examination Surveys (NHANES), United States, 1971–2000



\*Age adjusted by direct standardization to the 2000 U.S. Census population by using age groups 20–39, 40–59, and 60–74 years.

# What to do to prevent this

- Reduce carbohydrate intake, especially of refined sugars and flours
- Increase muscular exercise to “burn” available blood glucose, as well as increasing heart health, muscle mass, strength, flexibility and bone density
- Increase healthy fat intake to reduce hunger and to prevent “diet failure”



# Which low carb diets work?

- Atkins Diet
- Carbohydrate Addict's
- Glycemic Index
- Hampton 's Diet
- Mediterranean Diet
- The Paleo Diet
- South Beach Diet
- The Zone Diet
- Or, better yet, your own food choices based on what you learn about healthy foods & cooking



All reduce carbs & add healthy fats & protein

# Why don't more people use them?

- We have been advised to eat low fat diets
- We've been told that low-carb diets are bad
- Research did not initially support low carb
- Powerful sources have influenced dietary recommendations (e.g., grain growers)
- Low-carb diets can be difficult to follow because carbs are inexpensive and easily available; non-carb fats and proteins are not

# So what's in a low-carb high-fat diet?

## Eat all you like

- **Meat:** Any type, including beef, pork, game meat, chicken, etc. Feel free to eat the fat on the meat as well as the skin on the chicken. If possible try to choose organic or grass fed meat.
- **Fish and shellfish:** All kinds: Fatty fish such as salmon, mackerel or herring are great. Avoid breading.
- **Eggs:** All kinds: Boiled, fried, omelettes, etc. Preferably organic eggs.
- **Natural fat, high-fat sauces:** Using butter and cream for cooking can make your food taste better and make you feel more satiated. Try a Béarnaise or Hollandaise sauce, check the ingredients or make it yourself. Coconut oil and olive oil are also good options.
- **Vegetables that grow above ground:** All kinds of cabbage, such as cauliflower, broccoli, cabbage and Brussels sprouts. Asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes etc.
- **Dairy products:** Always select full-fat options like real butter, cream (40% fat), sour cream, Greek/Turkish yogurt and high-fat cheeses. Be careful with regular milk and skim milk as they contain a lot of milk sugar. Avoid flavored, sugary and low-fat products.
- **Nuts:** Great for a TV treat instead of candy (ideally in moderation).
- **Berries:** Okay in moderation, if you are not a super strict or sensitive. Great with whipped cream.



# For example: Breakfast



Or you may decide to skip breakfast!

# For example: Lunch



Or just make a sandwich and skip the bread!

# For example: Dinner



Or drop the potatoes and have two veggies instead!

For example: Even dessert!



Or just have some nuts and cheese!

# So what's not in a LCHF diet?

## Avoid if you can

- **Sugar:** The worst. Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals. Preferably avoid sweeteners as well.
- **Starch:** Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli and so on. Wholegrain products are just less bad. Legumes, such as beans and lentils, are high in carbs. Moderate amounts of root vegetables may be OK (unless you're eating extremely low carb).
- **Margarine:** Industrially imitated butter with unnaturally high content of omega-6 fat. Has no health benefits, tastes bad. Statistically linked to asthma, allergies and other inflammatory diseases.
- **Beer:** Liquid bread. Full of rapidly absorbed carbs, unfortunately.
- **Fruit:** Very sweet, lots of sugar. Eat once in a while. Treat fruit as a natural form of candy.

# Men you may know on low carb



Jeb Bush lost 40 pounds in six months with a low-carb diet to get ready to run for President.



Once on a vegan, low-fat diet, Bill Clinton now follows a low-carb Paleo diet with Dr. Mark Hyman's Blood Sugar Solution



Lebron James eliminated sugar, dairy and almost all carbs. He was inspired by Ray Allen who got super-fit after switching to the low carb diet in the summer of 2013. And then there's Tom Brady's low-carb diet!

# Women you may know on low carb



Christina Aguilera's 35 pound weight loss was due to a low carb diet



Megan Fox, who used to be vegetarian, now advises cutting out sugar and refined carbs.



Halle Berry followed a low glycemic carbohydrate diet with lean proteins and plenty of vegetables to lose weight after her pregnancy.

# So, what do you have to lose?



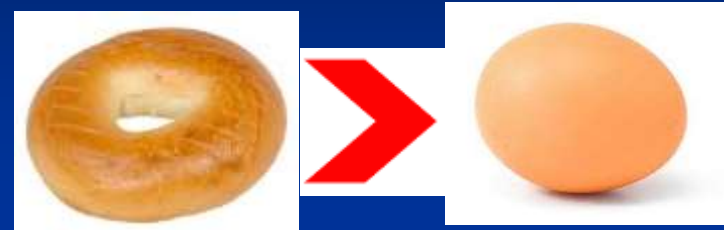


# Try an experiment this week

Start by replacing one carb with one fat:

For example:

- Swap a bagel with an egg
- Swap a serving of potato with a veggie & butter
- Swap candy with a serving of nuts (e.g. almonds)
- Swap a low-fat yogurt with full-fat cheese
- Swap a sweetened beverage with full-fat milk



Wait two hours, then notice how it affects your sensation of hunger and satiety

# Low carb websites

- [www.DietDoctor.com](http://www.DietDoctor.com)
- [www.AuthorityNutrition.com](http://www.AuthorityNutrition.com)
- [www.DiagnosisDiet.com](http://www.DiagnosisDiet.com)
- [www.LivinLaVidalLowCarb.com](http://www.LivinLaVidalLowCarb.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>

# 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/kirkshinta/low-carb-websites](http://www.pinterest.com/kirkshinta/low-carb-websites)
- Or Google: Low Carb, Paleo, Keto, or
- “Fat Bombs”

# In the coming weeks, we'll cover

- What to eat for breakfast
- Why fat is your friend
- Why fasting might work for you
- How to eat LCHF away from home
- Basic low-carb recipes
- Low-carb snacks and desserts
- Low-carb for diabetics