



## **Dr. Ann's 10 Steps to Permanent Weight Loss and Wellness**

1. **Minimize or strictly avoid the highly refined, high glycemic index, “make me fat and unhealthy” white carbs – white flour products, white rice, white potatoes, sugar, and products containing them.**
  - I refer to these white carbs as the “Great White Hazards.”
  - These foods have a very high glycemic index (GI) which means they are rapidly digested and quickly enter your bloodstream as a surge of glucose (blood sugar).
  - Surges of blood glucose result in corresponding surges of blood insulin that
    - promote fat storage
    - perpetuate your appetite
    - increase your cardiovascular risk
    - promote the development of type II diabetes
    - promote certain cancers (breast, colon, prostate)
  - Remember – see “white” – think fat, think disease!
  
2. **Eat the right carbs – “miracle” beans and “great” grains. The *right* carbs will not spike your blood glucose and insulin levels.**
  - “Miracle” Beans
    - Aim for 1 serving (1/2 cup) or more daily from any of the 24 varieties available.
    - A great source of low-fat vegetable protein, fiber, B vitamins, iron, potassium, magnesium and phytochemicals.
    - Because of their high fiber and protein content, beans are fantastic for appetite control. They effectively “fill you up” and don’t elevate your blood glucose and insulin levels like the “Great White Hazards”.
    - Regularly consuming this super food can also lower your cardiovascular risk, lower your cholesterol, lower your blood pressure, help stabilize your blood glucose and insulin levels and provide protection from colon and breast cancer.
    - Enjoy beans canned, fresh, frozen, or dried.
  - “Great” Grains
    - You can have your breads and cereals just make sure they are **100% whole grain** varieties. Look for “100% whole grain” or “100% whole wheat” on the label. Physically intact whole grains like oats, brown rice, barley and quinoa have an edge over 100% whole grain breads. Whole grains are a rich source of fiber, minerals, B vitamins, and phytochemicals.
    - Regularly consuming whole grains will help you in your weight loss endeavors and can lower your risk of heart disease, stroke, diabetes, diverticulitis, hypertension, and osteoporosis.
  
3. **Dump the liquid calories – especially sugary beverages like soda, fruit drinks, fruit juice, sweet tea and sports drinks ect.**
  - Liquid calories, especially sugary beverages like soda are “more fattening” than their solid food counterparts.

- Most of the calories in caloric liquids (soda, fruit juices/drinks, sports drinks) are derived from simple sugars. These liquid sugars zip straight into the bloodstream giving rise to a blast of blood glucose and fructose and a surge of insulin that promote fat storage and drive appetite.
- Drink the majority of your liquids from the one beverage we know conclusively our bodies are perfectly and ideally suited for – clean water!
- Other permissible beverages include:
  - 100% vegetable or tomato juice
  - 1% or skim milk, soymilk
  - Unsweetened tea and/or coffee (avoid if pregnant)
- Avoid diet sodas, as they are unhealthy beverages and may promote weight gain and other health issues in some.

#### **4. Dare to be different – control your portions!**

- Portion sizes for nearly all foods served both at home and restaurants have dramatically increased over the past 20 years (the average American consumes 140-200 more calories per day compared to 20 years ago!)
- Unfortunately, it is well documented that as humans we are hard wired to consume all of the food put in front of us and we do a poor job of judging whether or not we are full.
- All of this means you must make a constant, proactive effort to control your portions.
- A very valuable “visual” rule of thumb is to never consume more than the equivalent of your two hands cupped together at any one sitting (with the exception of non-starchy veggies which you can consume in unlimited amounts).

#### **5. Load up on veggies (and “some” fruit too).**

- Vegetables are a dieters dream because they are naturally low in calories, but high in volume/fiber. Their bulkiness makes them excellent appetite suppressants! In fact, the more non-starchy vegetables you consume, the leaner you will be.
- Veggies are also nutritional megastars because they are loaded with health-promoting vitamins, minerals, and those incredible phytochemicals.
- Aim for 5 or more servings of veggies a day (a serving is ½ cup with the exception of raw leafy greens, which is 1 cup).
- The superstar veggies for weight loss and health are: all cruciferous (cabbage, kale, broccoli, cauliflower, Brussels sprouts, collards), carrots, garlic, onions, leeks, tomatoes, asparagus, spinach, dark lettuces and red/orange/yellow bell peppers.
- Avoid the high glycemic starchy vegetables – corn, parsnips, rutabagas, white potatoes
- Fruits are generally nutritionally equivalent to vegetables, but are relatively high in sugar and as such have a higher glycemic response than veggies. Because of this, those who need to lose weight should limit fruit.
- Strive to have 2 servings of fruit daily (if weight is not an issue have as much as desired)
- The superstar fruits for weight loss are berries (any variety), cherries, plums, any whole citrus, cantaloupe, grapes, peaches, apples, pears, dried or fresh apricots.
- Avoid the “sweeter”(high GI) tropical fruits (banana, mangoes, papaya, pineapple) and the very high GI dried fruits like raisins, dates, etc. (dried apricots are permitted though).
- Consumption of fruits and vegetables as above can:
  - protect against heart attack and stroke
  - lower blood pressure
  - protect against diverticulitis
  - prevent age related vision loss (cataracts and macular degeneration)
  - aid in weight loss and weight maintenance
  - protect against a host of cancers

**6. Make sure to have some protein from a “healthy package” at each feeding/meal. Protein is nature’s “diet pill.”**

- The healthy protein packages are – fish (oily varieties – salmon, tuna, mackerel, sardines, herring, and lake trout are best), shellfish, skinless poultry, nuts/seeds, soy, wild game, lean dairy products, beans/legumes, omega 3 eggs.
- Limit consumption of the unhealthy protein packages – red meat and whole dairy products.
- Limit red meat (beef, pork, and lamb) to 2 servings or less a week. Avoid fatty cuts and processed varieties like bacon and sausage.
- Always choose low-fat, reduced fat, or skim dairy products.
- When digested, proteins result in a steady, more prolonged blood glucose level with minimal insulin response, i.e. they satisfy your appetite for a longer period of time.
- Dietary protein also delays gastric (stomach) emptying which keeps you feeling fuller longer.
- It is especially important to have some healthy protein at breakfast.

**7. Have your fat and eat it too! (but make sure its “good” fat)**

- “Good” fats are the monounsaturated fats and a special class of polyunsaturated fats known as the omega 3 fats.
- Regularly consuming good fats:
  - Makes food taste great and feel good in your mouth
  - Satisfies your appetite with minimal insulin response
  - Provides you with the single most important dietary strategy to protect your health.
- Consume the majority of your fat calories from the monounsaturated varieties: extra virgin olive oil, expeller pressed canola oil, nuts/seeds, avocados. These “healthy” fats provide powerful cardiovascular protection.
- Strive to have 1 serving or more of omega 3 fats daily: oily fish (salmon, tuna, mackerel, sardines, herring, lake trout, etc. richest source), walnuts, canola oil, soybeans, flaxseed, omega 3 eggs, dark leafy greens. Omega 3 fats benefit the cardiovascular system in 7 separate ways, play a critical role in normal brain function, and control excessive inflammation in the body.
- Strictly avoid trans fats – stick margarine, shortening, and processed foods containing partially hydrogenated oils. Trans fats are horrible for your cardiovascular system (increase LDL, decrease HDL, increase triglycerides, increase blood clotting) and promote insulin resistance (which predisposes to weight gain)
- Minimize saturated fat – fatty cuts of beef, pork, and lamb, whole dairy products (whole milk, cream, ice cream, cheese), and palm oil. Like trans fat, saturated fats elevate your cholesterol, increase your risk of heart disease, and promote insulin resistance.

**8. Exercise regularly the rest of your life – the absolutely essential non-food ingredient!**

- Regular exercise accelerates weight loss by:
  - Burning calories
  - Decreasing insulin resistance (promoting insulin sensitivity)
  - Increasing your lean body mass (which increases your metabolic rate)
  - Controlling stress( stress leads to eating in many people)
- There is absolutely no better way to jump start your weight loss than to begin an exercise program or step up your current program.
- Additionally, the scientific evidence is rock-solid that regular exercise is the key to maintaining long term weight loss, i.e. your chances of keeping lost weight off are dismal (less than 10%) unless you exercise regularly.
- “Perfect program” – what you know you can do on most days for the rest of your life.

- Based on the latest scientific data, the human body **requires** the following to maintain health – At least 30 minutes of moderate aerobic activity (walking is perfect!) 5 or more days a week or 45 minutes of vigorous aerobic activity 3 days a week. “Optimal program” – moderate aerobic activity 5 hours a week or vigorous aerobic activity 2.5 hours a week. Resistance activity at least 2 days a week.
- The additional health benefits of exercise are truly extraordinary. In fact, regular exercise is the single most powerful means to maximize your wellness and prevent disease.

#### **9. Go nuts – have a moderate sized handful (about 1 ounce) daily!**

- Enjoy them all – walnuts, almonds, cashews, pistachios, hazelnuts, Brazil nuts, pecans, pine nuts.
- These delectable morsels are not only great for weight loss, but one of the most heart healthy foods available to you. Many studies have shown that as little as an ounce of nuts (about 1 small handful) 5 times a week can reduce cardiovascular risk by 30-50%!
- Their terrific trio of vegetable protein, fiber, and good fat provide excellent appetite suppression.
- Pumpkin seeds, flax seeds, sunflower seeds, sesame seeds, hemp seeds, and chia seeds offer similar nutritional/weight loss attributes.

#### **10. Don't let yourself get hungry!**

- It takes less calories to prevent hunger than it does to deal with it once it occurs.
- Always consume 3 meals a day with a mid-afternoon snack to keep hunger at bay.
- Withholding food for several hours or more leads to hypoglycemia (hunger), slows down your metabolism and primes the pancreas to release extra insulin when you finally eat.
- For optimal appetite control *throughout the day*, be sure you *always* eat breakfast.

*Check out Dr. Ann's free resources (Weigh Less, Be More Scorecard, What's for Dinner at Dr. Ann's, video tips, articles, etc) at [www.DrAnnwellness.com](http://www.DrAnnwellness.com)*