

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, white rice, white potatoes, sugar, and products containing them.

- I refer to these white carbs as the "Great White Hazard".
- 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)
 - promote rapid fluctuations in blood sugar that aggravate your brain and brain function
- Remember – See White – Think Fat, Think Disease!

2. Eat the *right* carbs – "miracle" beans and "great" grains

- "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, they very effectively "fill you up" and don't elevate your blood glucose and insulin levels like the "Great White Hazards".
 - Regularly consuming this diet super food also lowers your cardiovascular risk, lowers your cholesterol, lowers your blood pressure, helps stabilize your blood glucose and insulin levels and helps protect from colon and breast cancer.
 - The superstar beans for dieters are: soybeans, lentils, kidney beans, chickpeas (garbanzo), butter beans, navy beans, black beans, white beans, split peas.

- “Great” Grains
 - You can have your breads and cereals just make sure they are made from true whole grains like 100% whole wheat, whole oats, brown rice, rye, barley, quinoa, etc. They are a rich source of fiber, minerals, B vitamins, and phytochemicals.
 - When purchasing your grain products like bread, cereal, crackers, etc. you must see the word “whole” in front of the grain on the ingredient list to be sure you are not getting its refined counterpart.
 - Regularly consuming whole grains will help you in your weight loss endeavors while at the same time lowering your risk of heart disease, stroke, diabetes, diverticulitis, hypertension, and osteoporosis.

3. Dump the liquid calories (the “no brainer” step)

- Liquid calories 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. This sugar almost instantaneously enters your bloodstream after you swallow it, giving rise to a blast of blood glucose and a “make me fat” surge of insulin.
- Drink the majority of your liquids from the one beverage we know conclusively our bodies are genetically perfectly suited for – clean water!
- Other permissible beverages include:
 - 100% vegetable or tomato juice
 - 1% or skim milk, soymilk
 - Moderate amounts of tea and/or coffee
 - Moderate alcohol – 1 drink or less a day of wine, spirits, or low carb beer (red wine is healthiest)
- Avoid diet sodas, as they are an unhealthy beverage and may promote weight gain in some people.

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 are poor at truly assessing whether we are full or not.
- 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 hands cupped together at any one sitting (with the exception of veggies which you can consume in unlimited amounts).

5. Load up on veggies (and have “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!
- Veggies are also nutritional megastars because they are loaded with health promoting, disease reversing 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 are: all cruciferous (cabbage, kale, broccoli, cauliflower, brussel sprouts, collards), carrots, garlic, onions, leeks, tomatoes, asparagus, spinach, dark lettuce and red/orange bell peppers.
- Avoid the high GI starchy vegetables – corn, parsnips, rutabagas and white potatoes.
- Fruits are generally nutritionally equivalent to vegetables but are relatively high in sugar and as such have a higher GI which means blood sugar and insulin go up a bit.
- 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 is proven to:
 - 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.

- 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 – beef, pork, and lamb to 2 servings a week or less.
- 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 no 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. All 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 products containing hydrogenated and partially hydrogenated oils. Trans fats are horrible for your cardiovascular system (increase LDL, decrease HDL, increase triglycerides, increase blood clotting) and increase 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 tropical oils (palm/coconut oil). Like trans fat, saturated fat elevates your cholesterol, increases your chances of heart disease, and increases insulin resistance.

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

- Regular exercise accelerates weight loss by:
 - Burning extra calories
 - powerfully decreasing insulin resistance
 - increasing your lean body mass (which increases your metabolic rate)
- 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.
- “Ideal program” (based on medical science) – 30 minutes or more of aerobic activity (walking is perfect!), 5 or more days a week combined with 20-30 minutes of resistance exercise 2-3 days a week.
- The additional health benefits of exercise are truly extraordinary and almost too numerous to count. 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 (1-1 ½ ounces) 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. Multiple studies have shown that as little as an ounce of nuts 5 times a week can reduce cardiovascular risk by 30-50%!

- Their terrific trio of vegetable protein, fiber, and good fat provide a powerful ally in your weight loss efforts.
- Pumpkin seeds, flax seeds, sunflower seeds, and sesame 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 between meal snacks as necessary to keep your 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, i.e. small frequent feedings are optimal for those who want to lose weight and always feel energized.

For more detailed information on Dr. Ann's 10-Steps, including a detailed grocery list, how to dine out, how to healthfully prepare meals at home, along with 10-Steps you can take to avoid or minimize our country's most common chronic diseases like cancer, type 2 diabetes and high cholesterol read her book, Dr. Ann's 10-Step Diet, A Simple Plan for Permanent Weight Loss and Lifelong Vitality.

Find out more about Dr. Ann at: www.DrAnnwellness.com