

## How to Eat on MedPure's Weight-Loss Medicines

MedPure's Weight-Loss Medicines make you feel less hungry and full faster and longer. Food is less appealing, even unpleasant. You lose cravings for sugar, simple carbs, and alcohol. You will eat ¼ to ½ less food. You need a new way of eating and thinking about food.

### New patterns of eating

- It is alright to not like food or the “act of eating” as much as you did.
- It is alright to eat less at each meal. Eat slower. When full, stop eating.
- It is good to eat regular meals but eat nutritious foods and eat less.
- It is alright to skip meals and even fast for a day or two if you supplement with proteins and minerals.
- It is good to stop eating at 7pm and not eat until 7am to fast for 12-hours every day. That's why it's called break-fast.
- Use Time-Restricted-Eating or Clock-Eating to eat only during a 12-hr, 10-hr, or even 8-hr window each day.
- Replace some meals with plant-based protein shakes with greens, fiber, berries, yogurt, cocoa, cinnamon, collagen.
- Eat breakfast within 30-minutes of awakening or exercising (if you work-out first thing in the morning).
- Drink only water or sugar-free drinks (ice-tea) at meals.
- For plated meals, eat first the proteins, vegetables, and legumes; then eat some carbs.
- Avoid foods that make you feel nauseous, especially greasy foods.
- Between meals, eat raw vegetables with low-cal dips or cheeses.
- If you prep food for others, get them to help you. Then to do most of their own food prep.
- Consume multi-vitamins, minerals, supplements, protein powders, and more water to compensate for less food.

### What to eat and not eat

- Avoid sugars (sucrose, glucose, dextrose, fructose, corn, brown, beet, caramel, fruit juice, raw, honey, maple).
- If you need sugar, use stevia or monk fruit. Reduce artificial sweeteners. Get used to less-sweet food & drinks.
- Replace whole milk with skim or low-fat milk; or with almond or cashew milk or high-protein milk shakes.
- Replace most oils, butter, and margarine with extra-virgin olive oil.
- Cut back on red meats. Eat chicken, turkey, & fish. Check for contaminants. Eat eggs in moderation.
- Cut way-back on processed meats like bacon, sausage, ham, hot dogs, salami, spiced meat.
- Eat softer cheeses like mozzarella, blue, feta, cottage, ricotta, Swiss, and goat cheese.
- Eat healthy fats like avocados, nuts, and seeds.
- Replace white potatoes with sweet potatoes or yams.
- Replace white rice with brown rice, quinoa, vegetable rices, bulgar, barley, farro.
- Reduce breads and pasta. Use whole grain, veg-based, or legume-based (lentil, chickpea, edamame).
- Eat more salads with colored-lettuces, raw vgs, some meat, nuts, seeds, cheese, and vinaigrettes.
- Eat more high-water foods like soups, stews, broths, gelatin, tomatoes, cucumbers, watermelon, peaches.
- Avoid smelly and spicy foods. Season food less. Cut tomato & pepper sauces to prevent acid reflux.
- Cook meats slower (roast, bake, stew, slow grill). Not fried, deep-fried, or fast-grilled.
- Replace carbs (rice, pasta, potatoes) with legumes (chickpeas, lentils, alfalfa sprouts, pinto beans, black beans, kidney beans, adzuki beans, navy beans).
- Replace ice-cream and deserts with low-cal yogurt, gelato, gelatin, banana, ices; add nuts, fruit, & cocoa.
- Eat raw or low-salt walnuts, almonds, pistachios, Brazil nuts, macadamia, cashews, pecans, hazelnuts.
- Cut back on peanuts, peanut butter, jams, and jellies (high calorie count).
- Avoid fast food and packaged meals. Or choose from healthy meals you audit the ingredients.
- At restaurants, select 1 or 2 appetizers or salads, not entrees. Avoid deserts. Drink water or iced tea.

### What to drink

- Replace all cold drinks with 6-10 glasses or bottles of water every day or iced teas.
- If wanted, flavor water with low-call electrolytes, fruit juice, mint, cocoa.
- Drink coffee and tea in moderation. Add ginger, mint, or collagen powder.
- If drink alcohol, consider red wine -- at most 1 or 2 servings per day.

### If nauseated, hiccups, or choking after eating.

- Loosen your clothes. Eat slower. Take short breaks as you eat. Drink water.
- Don't lie down soon after eating. Walk outside in fresh air.
- If nauseated, eat bland, low-fat foods, like crackers, toast, cereal, or rice with water.
- For hiccups, suck water through squeezed straw, or use similar device.
- Purchase and keep close de-choker device. Learn the Heimlich Maneuver.

### Suggested supplements (Due to less food. Also add protein drinks above.)

- Multi-vitamins (A, B's, C, D's, E's, K's, niacin, biotin, folic acid), polyphenols, amino acids, lutein.
- Multi-minerals (calcium, magnesium, zinc, iron, chromium, quercetin, selenium). Also, curcumin & lycopene.
- Fish oil (omega-3, EPA/DHA). Carotenoids, phospholipids, resveratrol, enzymes, probiotics, CoQ10, DHEA.
- Collagen powder to prevent hair-loss, skin wrinkling, and constipation. Add to drinks and smoothies.
- Some powdered fiber with plenty of water (psyllium, methylcellulose, wheat dextrin) for digestion.