

**The 10 Commandments of Good Eating**  
**Taken from The Food Trap- Breaking Its Hidden Control**

**1. Thou shalt always eat a protein with a carbohydrate (and vice versa).**

- a. Carbs are pure energy. They are the fuel that burns. Protein could be compared to the bricks that build up a house's walls. Carbs burn were proteins build. That's if all goes well. If protein is eaten alone, the body will burn it as fuel, wasting it. The protein you eat needs to be protected so it can be used to build the new you.
- a. The amount of protein you eat is not the main issue. The typical American diet provides 2-3 times the recommended amount. Protein is not stored so the key is to replenish frequently throughout the day.
- b. When out of balance, things get worse. Without a carb, when protein and fat are used for energy, a waste product called ketones is thrown off. The state of ketosis causes the body to dehydrate and lose a great deal of water weight. This is how a high-protein, low-carb diet can promise quick weight loss.
- c. Anything that comes from a plant is a carbohydrate while anything that comes from an animal is a protein. An exception to this the *legume* family of plants (dried beans and peanuts) grown in the ground in such a way that they absorb nitrogen from the soil, becoming excellent sources of protein is eaten with a grain or a seed.
- d. Make sure your protein is lean meats, fish, chicken and low-fat cheeses and nonfat milk. Eating fatty foods make you fat.

**2. Thou shalt never skip breakfast.**

- a. Eating breakfast will make you feel better. Why? Because it helps you start your day with a metabolism in high gear and your appetite in control. Think of your body as a campfire that dies down during the night. In the morning it needs to be stoked up with wood if it's to burn vigorously again. The body awakens in a slowed, fasting state. The fuel is low, and what is there isn't being burned efficiently. As you "break the fast" with breakfast, you meet the body's demand for energy and boost the efficiency of the metabolic system.
- b. What happens if you don't eat breakfast? The body turns to its own muscle mass (not fat) for energy and slows down even more, conserving itself for the long haul of a "starved" state. Much later when you do eat, even "gorge," most of that food will have to be stored as fat because the body isn't burning energy fast enough to use the calories you've consumed. The fire has gone out. The food you eat is much like dumping an armload of firewood on a dead fire, and a lot of Americans are walking around with dead wood sitting on top of their fires.
- c. Remember, breakfast is the "stick" that stokes the metabolic fire.

### 3. Thou shalt eat a healthy meal or snack every 3-4 hours and have your healthy snack handy.

- a. Once you've started the day with breakfast to stabilize your body first thing in the morning, your eating goal is to keep your blood sugars up and even.
- b. Blood sugar normally crests and falls every 3-4 hours. As it falls, your energy will fall right with it – along with your mood, your concentration and your ability to handle stress. But one thing soars – your physical appetite for food. As your blood sugar drops, every cell in your body sends a signal to your brain demanding to be fed. And the signal is not requesting broccoli; it's screaming for a quicker source of energy. The brain equates that with chocolate, chips or whatever food happens to be your "special friend." If, at the same time, emotional messages are playing through your mind, signaling an eating response, you are apt to fall head first into overeating.
- c. By never letting your blood sugars fall, rather under-girding it with small amounts of food evenly spread through the day, you will be able to keep your physical appetite in control. Because you're eating right things at the right time, you're not as apt to fall into wrong things at the wrong time.
- d. Put healthy snacking to work for you. Use it to prevent your blood sugars from dropping too low, leaving you sleepy and craving sweets. Think in terms of power snacking, using snacks to arm you with control.
- e. Healthy snacking is like throwing wood on your fire all day long. Your body was created to survive, and it reads those long hours without food as starvation. It will dramatically slow down rather than burn your valuable muscle mass. Contrary to what many think, in a starvation state when no carbs are available, your body turns first to muscle mass for energy and last to your fat stores. To metabolize calories efficiently, burning them for energy rather than burning muscle, feed your body the right thing at the right time.

### 4. Thou shalt double your fiber.

- a. Eat whole grain breads and cereals, unprocessed oat and wheat bran, legumes, fresh fruits and fresh vegetables. They are loaded with fiber.
- b. Fiber is the part of plants not digested by the body. Two types of fiber are: **water soluble fiber** – found in the gum and pectin of fruits, oats, barley, brown rice and legumes – lower cholesterol levels and help control blood sugar levels. **Water insoluble fiber** – found in whole grains, fresh vegetables and wheat bran – are an excellent means of controlling bowel problems such as constipation, diarrhea and diverticulosis.

- c. We need both soluble and insoluble fiber. Soluble fiber adds bulk and softness to the stool and insoluble fiber moves it along. But fiber needs lots of wonderful water to activate it, ideally 8-10 glasses a day.
- d. Research links an insufficient intake of fiber to the prevalence of heart disease, obesity, cancer, and diabetes. The continuing rise in these diseases may be, in part, connected to the food industry's *refining* of their products.
- e. **Stay away from refined and enriched foods.** When foods are refined every nutrient is affected and when foods are enriched only certain nutrients are added back. **White, refined carbohydrate, even though it's enriched, is never nutritionally as good as whole grain.**
- f. Compared to refined grains, whole grains will better satisfy and control your appetite and energy level because the fiber acts something like a time-release capsule, slowly and evenly releasing food sugars into your system. By preventing a rapid rise and dramatic fall of the blood sugar level, by providing more bulk and by staying in the stomach longer, whole grain foods will work for you as you try to gain control over your appetite.
- g. How do I double my fiber? Use whole grains, such as brown rice, oats and whole wheat rather than the white, refined types. When at the grocery store shopping look for labels that indicate 100% whole wheat with the word whole being first in the ingredient list. Eat vegetables and fruits with well-washed skins. Choose more raw or lightly cooked vegetables in as non-processed a form as possible. As food becomes processed, ground, mashed, purred or juiced, the fiber effectiveness is decreased. Add a variety of legumes to your diet.

##### 5. Thou Shalt Believe Your Mother Was Right: Eat Your Fruits and Veggies

- a. Veggies and fruits provide a storehouse of vitamins, minerals, flavors and pigments that serve as protectors against disease and are also valuable sources of fiber and fluid.
- b. Research shows that veggies belonging to the cruciferous family (cabbage, cauliflower, broccoli and brussels sprouts) are great cancer fighters. Try to eat one raw or cooked per day.
- c. Beta-carotene, one of the substances responsible for the vivid coloring in fruits and veggies, appears to block the process by which a normal cell turns malignant. **B-C is found in fruits and veggies with a deep yellow-orange or dark green color.** The body converts this pigment to vitamin A, though never in toxic amounts.
- d. The more vivid the color, the higher its essential nutrients. **That deep orange-red coloring in carrots, sweet potatoes, cantaloupes, apricots and strawberries means vitamin A.** Dark green, leafy veggies, such as greens, spinach, romaine lettuce, Brussels sprouts and broccoli, are also loaded with vitamin A, as well as folic acid.

- e. Vitamin C is found in more than good citrus. It is also found in strawberries, cantaloupe, tomatoes, green peppers, and broccoli.
- f. **IF IT'S LOADED WITH COLOR, IT'S LOADED WITH NUTRIENTS!**
- g. Buy veggies as fresh as possible. When not possible buy frozen.
- h. The highest concentration of nutrients is found in well-washed peelings and outer leaves.
- i. Store veggies in airtight containers in the refrig.
- j. The best cooking technique is steaming, microwave cooking, stir frying or pressure cooking and only till crisp-tender.

#### **6. Thou Shalt Get Your Vitamins and Minerals from Food, Not Pills**

- a. Vitamins are organic molecules that the body can't produce on its own but yet cannot do without. As chemical catalysts for the body, they make things happen. Vitamins do not give energy, but they help the body convert carbohydrates to energy and then they help the body use that energy.
- b. Fat soluble vitamins (A, D, E and K) are absorbed through the intestinal tract and can be stored in the body fat for long periods of time. Because they can accumulate in the body, you can get into a toxic state from taking mega doses or amounts that are more than 10 times the RDA.
- c. Water-soluble vitamins (B complex and C) cannot be stored in the body for long periods of time because they dissolve in water and are released in the urine.
- d. Who needs vitamins and minerals? Every human being. When should you take supplements? Anyone who is a chronic dieter, the chronically ill, heavy drinkers and smokers, pregnant and nursing women, and those who have a limited choice of food intake. Make sure that you take no more than 150% of the RCA.

#### **7. Thou Shalt Drink at Least Eight Glasses of Water a Day**

#### **8. Thou Shalt Trim the Fat from Your Diet**

#### **9. Thou Shalt Consume a Minimum of Sugar, Salt, and Caffeine**

#### **10. Thou Shalt Never Go on a Fad Diet**