

Your Prescription for a Healthy Weight



MetabolicHealth Minute



ME+ABOLICHEALTH[®]
PROGRAM

FIRST RESPONSE FOR OBESITY AND DIABETES

METABOLICHEALTH.CA

Your MetabolicHealth® Minute

WHY ARE SO MANY OF US OVERWEIGHT?

While there has been confusion over the years about what makes and keeps us overweight, recent high quality research identifies the overconsumption of fructose, other sugars and refined carbohydrates as the likely cause.

FOODS TO AVOID

- Eat far less bread, buns, bagels, breakfast cereal, muffins, pasta, potatoes and rice, especially if they are white
- Don't eat foods with added sugar. Yogurt is an example of a healthy food that many food processors turn into a junk food by adding sugar to it. Read labels and avoid sugar
- Don't drink any sweet beverages like pop, juice, or specialty coffees, cappuccinos or ice beverages
- Minimize your alcohol consumption
- JUST SAY NO THANK YOU TO DESSERTS. Eat desserts very sparingly, the way they were intended to be consumed. When desired, consider using sugar substitutes, which are safe in moderation. You CAN eat dessert if it's a birthday, anniversary, special holiday or your mother-in-law made it for you.

SO WHAT CAN I EAT?!

PREPARE MEALS IN THE FOLLOWING FASHION:

- Moderate protein (4 ounces of meat or 25g of protein/meal); minimize the prepared meats.
- Two vegetables – at least one leafy green and one other non-starchy veggie.
- Eat fat (yes fat!) like butter, olive oil, coconut oil, avocado, cheese, full fat salad dressing and mayonnaise (made with olive oil).
 - Restricting fat is done in low calorie diets but this is not a low calorie prescription.
- Salt your food to taste.
- Drink 8 cups of water/day.
- Eat 3 servings of fish per week (omega 3's).
- Only eat when hungry and stop when you're full.
- Allow at least 4 hours between meals. Do not to eat after supper. Brush your teeth right after eating - the minty magic stops further cravings!
- If you must snack: 1/3 cup nuts or 1 oz of cheese.
- Take Vitamin D 2000 IU each day.
- Take Magnesium 500 mg daily for 14 days, then as needed to prevent leg cramps/ weakness, heart palpitations and fatigue.
- Consider a daily multivitamin to ensure adequate B-vitamins, which are added to wheat based foods.
- Hair loss? Try zinc 50 mg daily for 60 days with food.
- Hot flashes? Try folic acid 1 mg daily for 30 days. Stop if not helpful after 30 days.

This prescription does not replace the individualized care and direction provided by your doctor.

Please consult your doctor prior to making any significant lifestyle changes.

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