



Intro to NSNG[®]

A Beginner's Guide

to the

No Sugar No Grains[®] (NSNG[®]) Lifestyle

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Who is Vinnie Tortorich?



Hi, I'm Vinnie. Welcome to the NSNG® ("No Sugar No Grains") lifestyle. If you're here, it's because you want to **improve your lifestyle and your health**. Most people come here because they want to lose weight, but other benefits may include improvement of the symptoms associated with metabolic syndrome such as Fatty Liver Disease, Type 2 Diabetes, Sleep Apnea, and high Triglycerides. In addition, you will experience **increased energy** without the highs and lows brought on by a high carbohydrate diet. In other words, **you won't be "hangry"!** You will also enjoy exercise more and significantly **improve physical performance**, whether you're walking the dog, playing with your kids or competing in a marathon.

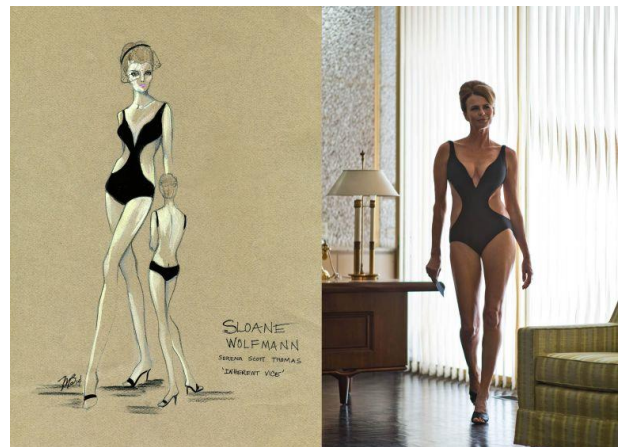
In the following pages, I will give you a **basic explanation of the NSNG® lifestyle**, how to get started, what to eat, what not to eat and what to expect.

My degree is in Physical Education from Tulane University and I have been a personal trainer working with private clients in New Orleans and Los Angeles since the 1980s. I started weight training in a tiny gym in my hometown of Donaldsonville, La when I was 9 years old, inspired by the great Jack Lalanne. I was a 235 lb linebacker for Tulane, I was on the podium in several World Championship 24 Hour Mountain Bike Races and I've competed in multiple Ultracycling Events such as the Furnace Creek 508 and The Race Across Oregon. I tell you that to tell you this - I'm pretty sure I've seen every health/diet scheme come and go in the last 35 years, but the one truth that has stayed the course, that is undeniable, is that sugars and grains have absolutely no place in a healthy lifestyle.

When I was hired by Hollywood producers to help a certain celebrity slim down for a show or movie, I told them that they could eat whatever they wanted, as long as it didn't contain sugars or grains. This was how I kept Hollywood thin. At the time, I knew it was the best way to lose weight, but I was not fully aware of the far-reaching health benefits of eating this way. That came later, after cancer.

In 2007 I was diagnosed with Leukemia. I was lucky - the chemo worked. Speaking with my doctor on how to prevent it from coming back, I asked her what I should be eating - should I be juicing (as in fruits and veggies), become vegan or fruitarian? Her answer surprised me. She gave me two pieces of advice:

1. take extra B vitamins; and
2. cut down your sugar consumption (carbohydrates) as much as possible.





Cut down my sugar consumption? That was OK for the Hollywood set, but how would an athlete, cycling hundreds of miles a week and competing in non-stop races of over 500 miles, do **that**?

Conventional science tells us that athletes require enormous amounts of sugar for energy, right? Her prescription meant that every time I ate a PowerBar or a carbohydrate gel, I was feeding my cancer. Not a good feeling...

Could I cut sugar out of my diet and still cycle competitively? I did it every year in the off season, but had never raced or trained hard without sugars and grains. I had to give it a go. Simply put, my life depended on it.

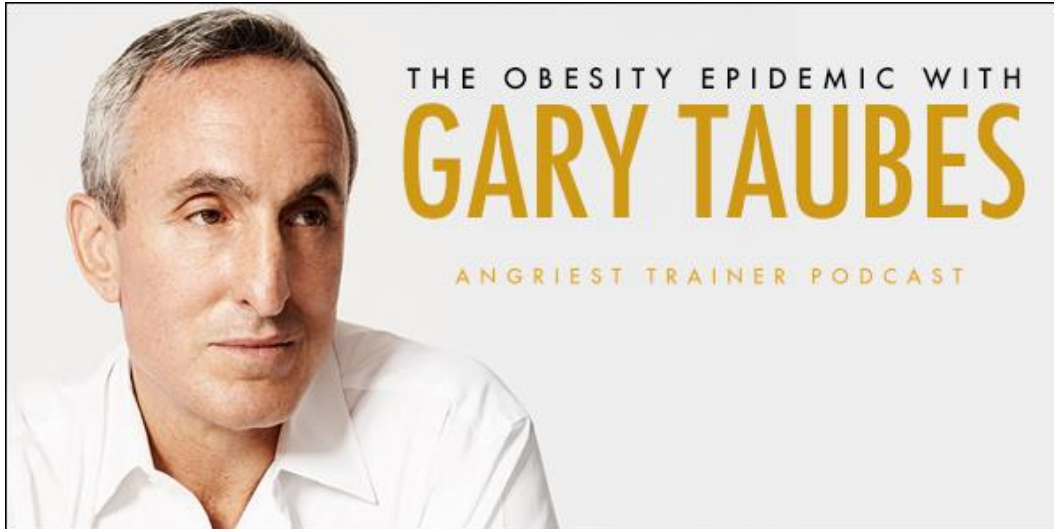
I cut out all sugars and grains and high carbohydrate foods such as potatoes (I'll tell you how in the next pages) and what I found was completely amazing. Not only was I able to cycle just as well, but my ability to run long distances, hike up mountains and even row a boat was the same, if not better. There was difference, however. I noticed that after a long hard workout I didn't have the same amount of inflammation and soreness in my joints and muscles. I began to feel better and perform better.

It was then that I realized that this protocol is not just for the benefit of the Hollywood Elite. It is a lifestyle choice that enables every one of us to attain our weight loss and fitness goals. Even better, it is simple, easy to do and completely gimmick and gadget-free.

NSNG® stands for No Sugar No Grains

NSNG® started off as a term that I would use with my clients to make a lower carbohydrate diet easy to understand and adopt. Stick with me here - I'll explain more on why we want to lower the carbohydrates in our diet later.

You may be thinking that I'm taking away all the good stuff but here's the good news! You are going to be able to eat a LOT of the good things that you thought were bad for you. Do you like eggs and bacon every morning? Then, have at it!



<https://vinnietortorich.com/2015/08/the-obesity-epidemic-with-gary-taubes/>

What about cheese, cream, nuts, steak, and chicken with the skin on? “What’s that” you say? Yes, you heard it right - you can have that too! How about high fat fruits like avocados and olives? Well knock yourself out, my friend. Eating NSNG® is FUN!

Debunking Some Food Myths

Some common beliefs that many people still hold and which are fiercely reinforced by the food and diet industries are the following:

- Calorie in/Calorie Out is the only way to lose weight
- Veganism/Vegetarianism is the best way to lose weight and be healthy
- We all need to eat 5 servings of fruit per day
- Fruit is OK because it’s “natural” sugar
- Whole grains are good for you
- Always choose the low-fat option
- Honey, Agave, Maple Syrup, Artificial Sweeteners are OK
- Drink X liters of water a day
- Saturated fat is bad for you
- Only eat the egg whites
- “Diet” sodas and foods are ok

And on...and on.... you get the point. THESE ARE ALL BIG FAT LIES!!!!

The Science of It All

Simplified explanation of the role of hormones in weight gain and loss

"The major benefit of NSNG® and carb restriction is rapid weight loss from a reduction of insulin and glucose spikes. Although it is helpful to track macronutrients on any diet, most people lose weight inadvertently on NSNG® without making a conscious effort to restrict calories.

Weight loss is easier due to fewer cravings and appetite control through a normalization of hormones like leptin and ghrelin, which are dysregulated in people with more adiposity and who are consuming excess carbohydrates.

Generally speaking, the more you adhere to NSNG® the easier it gets (fewer sugar cravings) and the more fat loss and health benefits you will derive. Emerging data supports the NSNG® lifestyle and a recent study was published in [The Lancet](#) showing the potential dangers of excess sugars and grains and the benefits of replacing these carbohydrates with calories from fat."

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<https://vinnietortorich.com/2015/10/type-2-diabetes-and-insulin-levels-with-dr-fung/>

The fact is, obesity is not a moral weakness or a character defect. It is a result of damage done to our bodies by overconsumption of the type of foods that are promoted as healthy by the government (that is slowly beginning to change btw) and constantly advertised and sold to us by the food and diet industries.

It's not our fault that we have been misinformed but it *is* our responsibility, now that we have the information, to take action.

Don't panic! There is a very simple solution, which I am about to give you.

How to Get Started

Before We Begin

You may have a spouse/partner/roommate and/or kids who isn't/aren't starting NSNG® and that's OK. As a matter of fact, when you start NSNG®, don't try and force anyone else to do it too. You'll just turn them off. Lead by example. They'll see how well you're doing and most likely start to copy you when they are ready.

Regarding kids, I get asked all the time "How do I switch my kids over?". My answer is, "don't worry about this right now". *You* have to be your number one priority - everything else will follow from your success.

If you live by yourself, the instructions on the next page are very clear and easy to follow. If you live with other people who are not going NSNG® yet, obviously, you cannot completely purge your pantry, fridge

and freezer. You will have to create an area in each of these places that is strictly for your needs. Of course, your household members are welcome to eat these things too!

Most of my clients find that, as time goes by, the rest of the household begins to follow and usually without realizing it. As you start to make healthier choices at the market and there is less junk food in the home you will see that they don't really miss it and are quite satisfied with the replacements and the occasional 'treat'.

Let's Do This Thing!

Take a hard-line stance. Clean out your pantry, fridge and freezer. If you live with other people who are not going NSNG®, just throw away any offending items that can easily be replaced with healthier choices (e.g. salad dressings and condiments that contain high fructose corn syrup, maltodextrin, etc. See the list of 'hidden sugars' in the next section).

Get a large garbage bag, read the labels of every single thing in there and **THROW OUT**:



- Everything that contains sugar and/or grains (You'll find a list of substitute names for sugar and a list of grains in the next two sections)
 - Anything with a label that reads Low Fat, Non-Fat, Low Calorie or Lite including low-fat, skimmed or nonfat dairy products
 - Anything that is a "Diet" product and contains any alternative or artificial sweetener
 - Protein bars, energy bars, health food bars, vegan bars, protein powder and energy gels
 - Sodas, diet sodas, fruit and vegetable juices, sports drinks, coconut water, chocolate milk and energy drinks.

If you live by yourself or the whole household is going NSNG® you don't need any of these things for you or any of your guests. That includes the ice cream - and no, no guest is **EVER** going to walk in and say "Hey, do you have any ice cream?" Yeah, you think it kinda sucks, but trust me, you'll thank me later.

List of Names for Sugar



Sugar comes under many, many names. As the general public wises up to the dangers of sugar consumption, the food and diet industries redouble their efforts to come up with more and more complicated names for it. This way, they can keep on adding this highly addictive substance to their products without us noticing, or so they think...

Here's the list of different names for sugar, which is regularly updated:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Brown Rice Syrup
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Coconut nectar
- Confectioner's sugar
- Corn sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystalline Fructose
- Dates
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Fruit Juice Sweetened
- Galactose
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltol
- Maltose

- Mannose
- Maple syrup
- Molasses
- Muscovado Sugar
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar
- Xylose

List of Grains

Grains Commonly Used in a Typical Western Diet

- Wheat (i.e. brown, white, sprouted, whole, cracked, sorghum, durum)
- Corn
- Rice
- Quinoa
- Oats (aka Oatmeal)
- Spelt
- Kamut
- Barley
- Rye
- Bulghur
- Polenta

Yes, you must avoid all of these but don't forget to read the labels for everything you eat from now on. Be sure to take your reading glasses if you need them! Make it a hobby!

Commonly Found Foods Containing Grains

- Pasta
- Bread
- Pastry
- Pizza (I'm very sorry about this one... really, I am... but it's on the no-fly list until you hit your target weight, and then only for special occasions!)
- Pies
- Cookies
- Pastries
- Thick Sauces
- Nigiri Sushi (i.e. the ones with rice - of course, you can eat rice-free Sashimi Sushi!)

- Soy Sauce (and many other “shop-bought” sauces)
- Crackers
- Chips
- Breaded foods
- Battered foods (even if they are oven-baked as opposed to fried)
- Grits
- Tortillas, Tacos and Tortilla Chips
- Dim Sum, Dumplings
- Matzo

What about Beans, Pulses and Legumes?

This Intro to NSNG® is intended as exactly that - an introduction. We wrote it so that people who are new to this site and not familiar with my podcast and book, [Fitness Confidential](#), can make a start quickly, easily and immediately.

For some people, however, there are nuances to NSNG® that may be explored later on down the road when and if you have a really good NSNG® base. I do not support the ‘carb-phobia’ created by the media and diet industries as a money-making venture. Much of the power of the NSNG® lifestyle and the profound successes of my clients is because it is a “lifestyle” and not a “diet” and I don’t believe in absolutes.

But *for the time being* I’m going to keep this really simple and say that beans, pulses and legumes, even though they are not grains, are to be avoided unless you are a vegetarian or a vegan (then you need these for protein). Remember, we’re trying to break the bad habits that caused the damage to your metabolism and these items do pack a fairly hefty punch with their carbohydrate content.

And the Lowly Potato? That’s Not a Grain.

Why isn’t there a P in NSNG®?

Potatoes are a starchy, sugary food that we all know are fattening, so why don’t we include them in NSNG®? The answer is we do, we just didn’t think NSNGNP sounded good. Sorry ‘bout that.

Let’s begin with your ‘Average Joe’ potato which is white or pale yellow inside. The simplest way to look at a white potato is to think of it as a great big bowl of sugar.

Do not eat white potatoes. Period.

B..Bu.. But they’re not a grain.... Don’t care. Don’t eat ‘em.

Next...

Sweet potatoes and yams.

Although they are slightly lower in carbohydrates than their white counterparts, they are still high in carbs and should be avoided.

There are other vegetables that you should stay away from, particularly in the first 30-45 days **and** depending on your personal progress. A few of these are parsnips, carrots and beets - in other words, pretty much anything that is starchy and sweet.

What Should I Be Drinking?

The Basics

The list is short and (not so sugary) sweet:

- Water
- Soda/Sparkling Water (unflavored!)
- Coffee (unsweetened)
- Black or Green Tea (unsweetened)
- Herbal and Fruit Teas (unsweetened)
- Broth (e.g. chicken, beef etc)

The reality is that human beings, like animals, only need water for hydration after we have passed our infancy. Through the ages, we have created a plethora of alternative drinks which big corporations have convinced us that we need for various purposes. We drink coffee and tea to wake us up and herbal teas as a sleeping aid. We drink sports drinks to make us run faster and protein shakes for post-exercise recovery. We drink energy drinks to pull an all-nighter and alcoholic drinks to take the edge off (and it is worth noting that drinking alcohol is well known to aid in the propagation of the species).

The range and purported purposes of these drinks is enormous and we are being constantly bombarded with advertising for newer, better, more seductive varieties, but the truth is all we really need is good old H₂O.

So how much H₂O? Well, there's an industry that tells us that we need it around the clock and we have bought into this myth to such an extent that there is now a whole separate industry for personalised, hipster water bottles and fancy water filtration systems. My advice is very simple and very cheap - drink water to quench your thirst. That's it. Oh, and by the way, it won't help you lose weight and it doesn't "flush out toxins". Don't get me started on "toxins" ...

Can I drink milk? You may have noticed that I say you can have dairy products **if you tolerate them well**. What I mean by dairy products are full fat cream, yogurt, cottage cheese, cheese etc. These are

OK because they contain a very high proportion of fat and relatively little lactose, which is sugar. Drinking milk, on the other hand, is different because even whole milk at 4% fat, at best, has a low fat to lactose (sugar) ratio. In other words, it's a sugar bomb.

What about Alcohol?

Let me start by saying that alcohol is poison at a physiological level, that's why when you've had too much your body forces you to vomit or pass out. But hey, I'm no angel and I enjoy an occasional alcoholic drink too. So relax! There is a way to enjoy an odd drink on NSNG®.

Alcohol basically comes in two forms - distilled and fermented. When we're trying to eat clean NSNG®, fermented alcohol such as wine and beer will not work as well and will hinder your progress. I do understand that many people are beer and wine aficionados and are simply not willing to give them up. So here's how you work around it. If you have a great deal of weight to lose and/or you have metabolic syndrome, I would suggest that you abstain from ALL alcohol for at least 30 days. After that, all being well, you can resume moderate consumption.

Is it better to have one glass of wine every day or three glasses twice a week? The answer is three glasses twice a week.

Now for the strong stuff. Spirits will not cause the same release of insulin as fermented alcoholic drinks, so there's a bit more leeway here. Beware of adding things such as tonic water which is very high in sugar and, obviously, syrupy liqueurs are off the table.

However, this still does not give us license to get crazy. Remember what I said at the beginning? Alcohol is poison.

What about Coffee?



Coffee has been given a bad rap but there's really nothing wrong with it. It's actually full of antioxidants and does not stunt your growth! The problem with coffee is usually what we put in it. Just go into a Starbucks and see...you get the picture. I put heavy cream in my coffee, just enough to cover the bottom of my cup. Heavy cream is NOT to be confused with "creamers". Creamers are quite simply garbage and you should stay well away.

Teas are great too. Just do not sweeten them. If you like them with milk, use whole milk (since the whole world agrees that heavy cream does not belong in tea). A splash of whole milk is not considered "drinking milk".

What About Diet Sodas and Soft Drinks?

I advise **strongly** against any diet sodas and soft drinks whatsoever, even coconut water. Juices, sodas, coconut water, energy drinks and sports drinks all contain massive amounts of sugar. Diet drinks are just as bad because, not only can they be highly addictive, but they also contain artificial sweeteners, which, aside from being suspected of having very harmful effects on the body, also cause the pancreas to release insulin in a similar way as their sugary counterparts. Our body recognizes sweetness as sweetness and reacts accordingly. This is very disappointing to many of my clients but sadly there's no such thing as a free lunch.

Now for the Good Stuff. Ooooooh Yeeeeeaaah!



All right hot stuff, what can you eat? Basically, everything the “experts” have been saying you can’t eat, you should be putting back on the table. Don’t fixate on “breakfast food” or “dinner food”. Who says you can’t have a Caprese Salad for breakfast or scrambled eggs for supper?

Here are some things we like to eat at home:

- Eggs (any way you want, as long as you include the yolks!)
- Bacon
- Beef
- Chicken
- Lamb
- Pork
- Fish
- Seafood
- Cheese (hard cheese is better...)
- Full fat plain yogurt
- Cottage Cheese (the fattiest one you can find)
- Heavy whipping cream
- Creme Fraiche
- Vegetables (except potatoes and corn on the cob)
- Green Salad of all types
- Raw nuts (beware of seasoned nuts. They usually contain dextrose etc. Also, avoid ‘roasted’ nuts -- the roasting does bad things...)
- Butter
- Olives / Olive Oil
- Avocados / Avocado Oil
- Berries
- Cherries

Here is a link to a glycaemic index chart (shows how “sugary” foods are):

<http://www.glycemicindex.com/>

Exercise is a Poor Way to Lose Weight

When I walk on stage, I like to say “Exercise is a poor way to lose weight”. I say this for two reasons:

1. It grabs your attention
2. There’s a lot of truth in it

Exercise is important for several reasons. Think of a car.... If you store it and don’t use it, the battery will die, the tires will go flat, the suspension and springs will start to sag and the metal parts in the engine will seize up from lack of use. The same thing will happen to your body if you don’t use it on a daily basis.

Exercise will strengthen every aspect of your body from your cardiovascular system to your musculoskeletal system. Keeping these systems strong is vital to our well-being especially as we age.

Where people run into trouble is when they mistakenly believe that exercising gives them license to eat *as much as and whatever they want*. Thinking that you can eat whatever you want because you’ve just “burnt all those calories” is working on the erroneous belief that “Calorie In/Calorie Out” works. Burn more than you take in - you’ll get thin. That’s just like being on a calorie restricted diet.

This is a myth. It just doesn’t work! Go and watch a marathon and see how many overweight runners are crossing the finish line. These people have been training for months, burning thousands upon thousands of calories and they’re still carrying extra weight. When I interview some of them, they will actually tell me that they gained weight as a result of their training.



<https://vinnietortorich.com/2015/09/obesity-hormones-and-triathlons/>

I don’t like to prescribe exercise as a means to lose weight. I like to prescribe exercise as a means to acquire lean muscle mass. You want to have lean muscle mass for multiple reasons and I’ll explain that another day. The only way to achieve lean muscle mass efficiently is exercising in conjunction with healthy eating habits i.e. staying away from processed carbs.

People always ask me “What’s the best exercise to do?”. My answer is “The best exercise is **the one you are willing to do**”. Here are a few examples in order of importance:

- Weight-bearing exercise is the **MOST** important (running, walking, jumping rope, ellipticals, stair machines, tennis, racquetball, dance class, jazzercise etc.) Any exercise where you are bearing the weight of your own body falls into this category
- Secondary to these are non-weight bearing aerobic exercises (cycling/spinning, rowing, swimming). These are fine as long as you make sure to work in some of the weight-bearing exercises along the way
- Resistance Training. This can be as simple as push-ups, pull-ups and lunges at home or you can do a full weight training session at a gym. (Weights, Pilates, group weight classes)
- Stretching is very important to keep our bodies flexible. It’s a “use it or lose it” proposition. (Yoga, stretch class)

What to Expect in the First Few Days and Weeks

When you first start NSNG®, you’re asking your body to make some big changes. People often ask me “Can I ease into it?”. ‘Fraid not. Some people like to wean themselves off the junk food by cutting out grains first and then sugar. That’s fine and you may see some results from doing that, but realize that you’re not actually NSNG® until you’ve cut out both grains and sugar.

Once you do this you may experience a fairly uncomfortable phenomenon commonly known as keto-flu (also goes by the name of “Atkins Flu” or as some are now saying “the NSNG® Flu”). Symptoms can include headache, fatigue, lethargy, constipation etc. Do not panic, as this is excellent news - this means NSNG® is working!

These symptoms will last between 12 and 36 hours depending on how carb-dependent you were. Drinking extra water, broth and taking extra salt will help if keto-flu is the culprit. This **generally** happens to most people between the 2nd and 4th day. Just hang in there.

Make sure that you arm yourself with lots of readily available NSNG® snacks which will prevent you from falling off the wagon. A handful of raw nuts, avocado, hard boiled eggs, a spoonful of the right kind of nut butter or a bite or two of cheese (if you tolerate dairy), are good examples.

For most people, but not all, weight loss should occur fairly quickly. In the first couple of weeks most people will lose a great deal of water and be thrilled. Usually this rather rapid weight loss will slow. This is normal and does not mean that you will not lose any more. It simply means that you have shed the excess fluid that your body was retaining. Instead of losing water and fat, you are now only losing fat.

For some people this process will take a bit longer and you must be patient and stick with it. You want this, remember? **This is not a Get Thin Quick Scheme, it’s a lifestyle.**

Appendix 1 - No Sugar No Grains® (NSNG®) Frequently Asked Questions

1) What is No Sugar No Grains (NSNG®) all about?

Answer: In its simplest form NSNG® is just that. You eliminate all processed and some natural sugars (honey, agave, etc) and all grains from your diet. In other words, you eat real food. What that means is that you have lots of healthy vegetables and meat/fish/eggs in your diet. For vegans or vegetarians however, the concept is the same, but they just don't have meat in their diet and they will be obliged to be diligent about getting enough protein, fat and Vitamin B12.

2) Aren't grains supposed to be healthy?

Answer: We've always been told that grains are particularly healthy for our hearts and our digestion; however, grains (including whole grains) are very high in carbohydrates and high carbohydrate diets have an enormous negative impact on our entire system.

Findings from a study published recently in "[The Lancet](#)" further show that high carbohydrate foods are bad for us and that fats are extremely healthy.

"High carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality. Total fat and types of fat were not associated with cardiovascular disease, myocardial infarction, or cardiovascular disease mortality, whereas saturated fat had an inverse association with stroke. Global dietary guidelines should be reconsidered in light of these findings."

3) Is it good enough to be Gluten Free?

Answer: Although NSNG® is, by definition, gluten free, a Gluten Free Diet is not NSNG®. Rice, for example, contains no gluten, but is very high in carbohydrate.

4) What products does NSNG® put in the grains category?

Answer: According to the USDA, grains are "any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products."

5) What about quinoa?

Answer: Quinoa is a grain, so it's not an NSNG® food.

6) In the NSNG® lifestyle, what are considered 'sugars'?

Answer: See our full list of sugars above, but the short version is Glucose, Fructose, Sucrose, Glucose Syrup, Corn Syrup, High Fructose Corn Syrup (HFCS), Fruit Sugar, Raw Honey, Maple Syrup, Molasses, Agave Nectar, Palm Sugar, Coconut Sugar.

7) What about artificial sweeteners? Are there any that are considered NSNG®?

Answer: Your body treats artificial sweeteners just like real sugar. So there are no artificial sweeteners that are NSNG®.

8) What are NSNG® suggested fats?

Answer: Grass fed butter, coconut oil, macadamia nut oil, avocado oil, heavy whipping cream, nut butters (be careful to read the ingredient label to make sure it is pure nut butter and not filled with a lot of additives and other oils), Villa Cappelli olive oil (no olio della lampada), lard, tallow, bacon grease, ghee, MCT oil, full fat dairy (if you can tolerate it), olives and avocados.

9) Is there a difference in the quality of olive oil? What olive oil do you recommend?

Answer: There is a difference in the quality of olive oil. In fact, some olive oil is a blend of not only olive oil from different regions, but also may contain other oils. The olive oil that is recommended by the show is Villa Cappelli olive oil. You can get it through vinnietortorich.com and use the code Vinnie for 10% off your order. Here is the UC Davis olive oil report:

<http://olivecenter.ucdavis.edu/research/files/report041211finalreduced.pdf>

10) What are some NSNG® suggested snacks?

Answer: Low glycemic index fruit (berries, cherries), cut vegetables, hard boiled eggs, beef jerky, full fat cheese, raw nuts, olives, pumpkin seeds, 85% or greater dark chocolate, deviled eggs (homemade mayo), pepperoni slices, coconut oil, avocado, lettuce rolled up with smoked salmon and full fat cream cheese, hummus and celery, pickles, olive oil shots, or coffee with heavy cream (or grass fed butter or coconut oil).

11) What about dairy? Can I eat dairy products on NSNG®?

Answer: If you can tolerate dairy, then dairy is ok to eat. You may need to cut back on your dairy, mainly cheese, if you are struggling to lose weight.

12) What about fruits?

Answer: Generally, berries and cherries are OK (eaten whole, with their fiber, not juiced). By the way, avocados and olives are actually fruits.

13) Can you eat legumes, pulses and beans on a NSNG® lifestyle? What kinds can you eat?

Answer: If you are a vegan or vegetarian, these items such as lentils, garbanzos, beans are ok. It's not optimal but it's a good source of protein for people who don't eat meat/animal products.

14) How can I find locally grown, organic vegetables? (Note: This is for resource purposes only. You can still be NSNG® and not eat locally grown, organic vegetables.)

Answer: You can look for a local Community Supported Agriculture (CSA) at the following link:
<http://www.localharvest.org/>

15) How can I find locally caught wild fish? (Note: This is for resource purposes only. You can still be NSNG® and not eat locally caught wild fish.)

Answer: You can look for a local Community Supported Fishery (CSF) at the following link:
<http://www.localcatch.org/index.html>

16) Where can I find grass fed beef? Pastured eggs? Pastured chickens? Pastured Pork? (Note: This is for resource purposes only. You can still be NSNG® and not eat grass fed beef, pastured eggs, pastured chicken, pastured pork, etc.)

Answer: You can look for a local farm or a farm in your area by going to the following link:
<http://www.eatwild.com/products/>

17) What are suggested NSNG® fuels for endurance events?

Answer: You can fuel with olive oil, nut butters (e.g. Justin's Almond Butter, which comes in little packs), avocado, coconut oil, olives or any NSNG® food that you can tolerate and with which you have practiced during training. Don't do anything new on race day!

18) What about chocolate milk as a recovery food?

Answer: Absolutely not! Chocolate milk is loaded with sugar.

19) Where can I get the book “Fitness Confidential” #FitnessConfidential?

Answer: You can purchase hard copy and audio versions of Fitness Confidential exclusively on Amazon or Audible -- You can also find many helpful books on our NSNG® Book Club page.

20) What's the difference between NSNG® and Paleo?

Answer: Not much. I like the Paleo philosophy. It does not include dairy products but allows honey and a few other sweeteners. My personal belief is that NSNG® is much simpler, much cheaper and much more practical.

21) Must I exercise?

Answer: I always say “Exercise is a poor way to lose weight”. I am not giving you an excuse to sit on the couch but it should not be relied upon as the best method. Exercise is EXTREMELY important for many aspects of modern life and should be used to complement the NSNG® lifestyle. What usually happens is that NSNG®-ers start to feel much better and start to really look forward to and enjoy exercise.

22) This looks too hard -- can't I 'ever' eat pizza, sushi with rice, pasta, etc?

Answer: I like to use the term “Put Life Into living”. One of the reason the NSNG® lifestyle works for so many people is because it is not a diet. It’s about mending a broken metabolism and learning what it feels like to have vibrant health. Once you have a very sound base in NSNG® it is reasonable to allow yourself, on special occasions or just when the moment presents itself, a “Cheat Meal”, i.e. a dessert or a piece of birthday cake. Do not turn this into a “Cheat Day”. “Cheat Days” have a habit of turning into “Cheat Weeks” and so on ad infinitum...

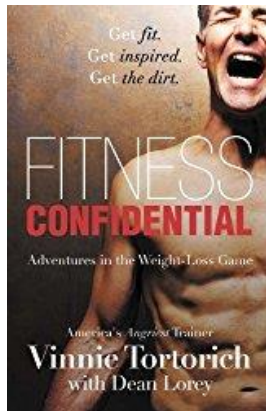
23) Can I overeat with NSNG® approved Foods?

Answer: Yes. Use your common sense. The good news is that after a few days of eating correctly, you will find yourself feeling more sated and less likely to overeat at all, as your system is adjusting and your hormones are being allowed to function correctly.

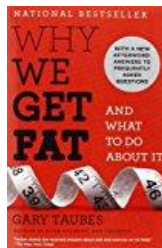
24) How can I get Vinnie on a phone consult? How much do these sessions cost?

Answer: You can go to <http://vinnietortorich.com/phone-consultation/> and fill out the information to request a phone consultation with Vinnie. The rates are currently \$115 for 1/2-hour consultation, and \$195 for a 1 hour consultation. This can be extremely helpful if you have specific questions or anxieties. Vinnie will quickly get to the root of the problem and get you up and running with your NSNG® Lifestyle.

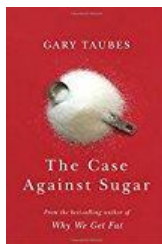
Appendix 2 – More Great Resources



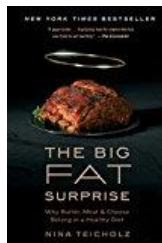
[Fitness Confidential: Adventures in the Weight-Loss Game by Vinnie Tortorich](#)



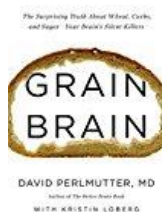
[Why We Get Fat: And What to Do About It](#)



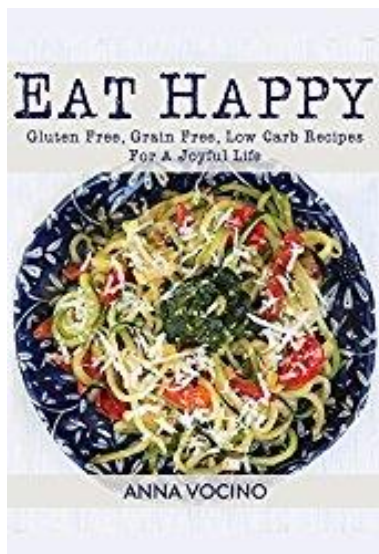
[The Case Against Sugar](#)



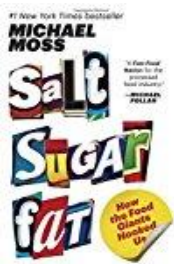
[The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet](#)



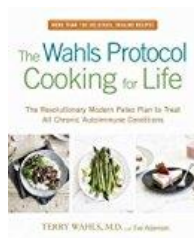
[Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers](#)



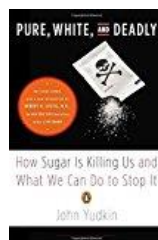
[Eat Happy: Gluten Free, Grain Free, Low Carb Recipes For A Joyful Life](#)



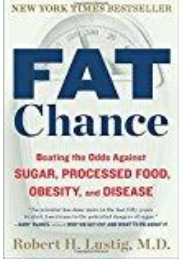
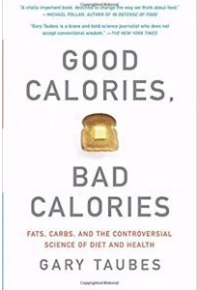
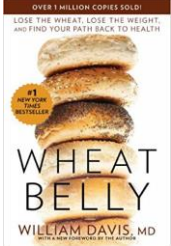
[Salt Sugar Fat: How the Food Giants Hooked Us](#)



[The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions](#)



[Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It](#)

	<p><u>Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease</u></p>
	<p><u>Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health</u></p>
	<p><u>Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health</u></p>
<p>Vinnie Tortorich</p>	<p><u>https://vinnietortorich.com/</u></p>
<p>Phone Consult with Vinnie</p>	<p><u>https://vinnietortorich.com/phone-consultation/</u></p>
<p>NSNG Book Club</p>	<p><u>https://vinnietortorich.com/nsng-book-club/</u></p>
<p>Thrive Market</p>	<p><u>www.thrivemarket.com</u></p>
<p>Green Grocer Market</p>	<p><u>https://www.greengrocerdallas.com/</u></p>
<p>Villa Cappelli Olive Oil</p>	<p><u>https://villacappelli.com/</u></p>
<p>Pure Vitamin Club</p>	<p><u>https://purevitaminclub.com/mc90day.html</u></p>
<p>Amazon</p>	<p><u>www.amazon.com</u></p>
<p>Dominic D`Agostino, Ph.D.</p>	<p><u>http://health.usf.edu/medicine/mpp/faculty/24854/Do</u></p>
<p>Nina Teicholz</p>	<p><u>https://ninateicholz.com/</u></p>
<p>David Perlmutter, MD</p>	<p><u>http://www.drperlmutter.com/blog/</u></p>
<p>Jason Fung, MD</p>	<p><u>https://intensivedietarymanagement.com/</u></p>
<p>William Davis, MD</p>	<p><u>http://www.wheatbellyblog.com/</u></p>

Nicole Recine RN, MSN	http://www.nicolerecine.com/
Gary Taubes	http://garytaubes.com/
The Charlie Foundation	https://www.charlifoundation.org/
Ivor Cummins - The Cholesterol Conundrum (Video)	https://youtu.be/fuj6nxCDBZ0
Dr. Robert Lustig Sugar - The Bitter Truth (Video)	https://youtu.be/dBnniua6-oM
Dr. Robert Lustig	http://sugarscience.ucsf.edu/robert-h.-lustig.html#.WbmOvdP5gy4