

MACKINNON DIET FOR LIFE (D.F.L.)

THE SECRET TO LOSING WEIGHT AND KEEPING IT OFF!!!

YOU ARE HOW YOU EAT – NOT JUST WHAT YOU EAT

There are any number of diets that offer short-term fixes, that will let you lose weight, but only while you're on them. What I propose is a way of eating for the rest of your life. If you follow these suggestions, you will be on a path towards normal weight for life. Take a look at the body mass index (BMI, weight) chart at the end of this handout. I can almost guarantee that without this DFL the likelihood is that your weight is going to slowly increase as you age. By contrast, if you follow my directions, your BMI is going to decrease over your lifespan. I can't tell you how fast, but it is going to go in the "right direction". Consider the following to be a very "can do" diet for life (literally and figuratively).

This is a seven step process with the following general steps:

1. Stop eating the things you know are "garbage" or "junk" foods.
2. Start eating foods you know are healthier, e.g. fruits, vegetables, grains and protein.
3. Drink 8 to 10 glasses of water a day.
4. Start eating the foods in "2" more *frequently*, e.g. every 3-4 hours. This is actually hard to do and takes planning ahead.
5. Eat smaller *portions* of the foods in "2" always with a bit of protein with each "meal".
6. Tweak the quality of the fruits and vegetables you eat to choose those with less sugar by going to www.glycemicindex.com.
7. Take probiotic supplements (preferably those requiring refrigeration) to encourage the good bacteria in your digestive tract.

This "diet" is not about weight loss per-say. It is about being healthy. Weight loss is just a pleasant "by-product". Note that number four is perhaps the most difficult (and important). You will need to PLAN AHEAD so you can do this during your busy day.

The normal tendency if you are obese is to try to starve yourself. Eventually you break this fast and eat when you are starving. If you are starving, you will likely eat fast, eat lots, and eat the wrong food. Another way of expressing this is “fasting” will encourage “binge eating”. You are not only *what* you eat but *how and when* you eat.

The secret to losing weight is counterintuitive to what we all think.

- *You need to eat when you're not hungry.*
- *Never leave eating until you're hungry.*
- *This means you need to eat frequently, not starve yourself.*

Why?

If you're eating when you're not hungry, you can learn to eat “mindfully”

- *eat slower*
- *eat less*
- *eat more carefully*
- *eat the “right” foods*

If you are “never hungry”,

- *your metabolism will increase because your body “trusts” that you are not starving it.*
- *your body knows it doesn't need to slow metabolism to a starvation mode because it trusts you not to starve it*
- *recall how babies nurse on demand, frequently, small amounts and when they are done, they are done!*

Eating when you're not actually hungry allows you to

- *initially eat the “right foods” and eventually learn to eat smaller amounts of the right food.*
- *after you've learned to eat the right foods or the ‘go’ foods and avoid the ‘no’ foods, then you can learn to eat smaller portions.*

Remember - think about how a baby eats. They eat little amounts very frequently. You need to eat like a baby.

This is a paradigm shift for most busy people.

Here are some practical points that you are going to master.

- Eat within an hour of getting up.
- Eat every three or four hours.
- Eat a bit of protein with every meal and drink more water.
- You need to bring food with you so that you can eat the ‘go’ foods and avoid the ‘no’ foods.
- look up www.glycemicindex.com. This site will tell you the lower sugar fruits and vegetables.

What to eat

Let’s talk about what to eat. I like to talk about the ‘no’ foods and the ‘go’ foods. The ‘no’ foods tend to be sugar and/or white: donuts, cake, cookies, ice cream, pasta, potatoes, rice. The ‘go’ foods tend to be green and protein. Let’s take a look at a table below which looks at the “no” foods and the “go” foods.

NO FOODS

Fried Chicken
White Rice
Pasta
Corn
Carrots
Watermelon
Cashews
Bananas
Orange Juice
Apple Juice
“Breakfast Cereals”
Bread

GO FOODS

Grilled Chicken
Brown Rice
Grains
Broccoli
Brussel sprouts
Raspberries
Almonds, Walnuts
Blueberries
Oranges
Apples
Irish Steel Cut Oatmeal
Ancient wheat bread (impossibly hard to find)
Or rye bread

MORE NO FOODS

In case you didn't know, there are some 'goods' that have to go (except on your Birthday):

Cake	Pie
Cookies	Potato Chips
Muffins	Pretzels
Chocolate Bars	Popcorn
Butter	Salt
Candy	Fudge

For many people on the go, adding protein to the first meal of the day is problematic, so

- plan ahead
- hard boil some eggs ahead of time and then consider eating just the egg whites
- eat a bit of chicken or fish with your morning oatmeal and frozen blueberries

Let's talk about the cost of this. Blueberries are excellent, but they're expensive. So pick up an apple. Apples are readily available and they are not that expensive, or take a look at frozen blueberries. It's no longer about what tastes good and what you deserve. It's about what's good for you and what's going to prevent obesity with all the health side effects that go with obesity.

Once you move along in this direction, you'll fairly quickly notice that you feel better. Initially your weight will not change. Your size, however, is going to decrease. Weight loss follows "volume" loss as you convert bulky fat to solid muscle. At some point in time, however, you're likely to get "stalled." This is probably going to be about month three to six. At this point in time the best thing to do is to take another serious look at the 'no' foods and the 'go' foods. There is something that you need to "let go of", something that you have become attached to and passionate about, even "addicted" to. It could be white bread, it could be ice cream, it could be bagels, but it is something. You've got to own up to it and move away from it.

I recommend that you purchase a paperback book by Barry Sears, PhD, “A Week in the Zone” (Harper, 3/1/2000) and study this small but important book. It got me started on this “diet for life”.

Let’s talk about protein:

- It moves, it swims, it flies, it runs, and it walks. If you’re a vegetarian, it rolls (beans, nuts).
- Divide the protein you eat in a day so that you eat it throughout the day and in smaller portions. It’s like throwing the dog a bone. Unlike something like a donut or cookie that is quickly metabolized and digested, protein takes longer to digest. Your body is “more satisfied” for a longer time. Your metabolism has to work much harder to digest protein than it does anything else.

A trick about eating salads

- Don’t use salad dressing.
- If you must use dressing, put your dressing in a bowl, dip your fork into the bowl of dressing, then into the salad. You will eat much less dressing that way and eventually “wean” yourself off the taste.
- I use a bit of olive oil and squeezed lemon on my salads (a tip from my son, Lachlan Mackinnon Patterson-famous chef at Frasca Food and Wine, Boulder, Colorado)

Some other practical points

What to drink

You have to drink water more often than you currently do. With respect to what you drink, you need to understand:

- a. Tea/coffee are diuretics (i.e., increase urination), meaning that although you are getting fluid, you are also increasing the amount of fluid that you excrete.

- b. You need to drink eight to ten glasses of water a day. You have all heard this. You need to do it. Tap water is every bit as good as bottled water, so get to it.
- c. Diet drinks have no calories but they encourage a “taste” for “sweets”; therefore, drinking “diet” drinks will encourage you to choose and go after the sweet ‘no’ foods.

Nothing to do with “drinking” but:

- a. A fiber stool softener is good.
- b. Fish oil is good

Probiotics

Probiotics are live bacteria and/or yeast. Common types include Lactobacillus and Bifidobacterium. Your first thought may be that we should avoid bacteria in order to be healthy; however, bacteria are actually integral to your good health. In fact, your digestive tract is loaded with bacteria (trillions of bacteria amounting to about 1-2 lbs!!), and this microbiome or digestive tract flora can play a role in your metabolism, your immune system, and even your mood. The bacteria can affect your weight gain by how they aid in digesting and absorbing food. Thankfully, you can affect the type of bacteria that are in your intestines by what you ingest. Some studies have supported the notion that taking sugar substitutes or artificial sweeteners may actually have the opposite of the intended affect by causing weight gain through supporting “bad” bacteria. On the other hand, eating fruit, vegetables and probiotics are thought to support a healthy balance of “good” bacteria.

What you’ll notice

Initially your weight won’t change. You’ll shift fat to muscle *before* you drop actual weight. So for a few weeks your size will change, but not your weight. Don’t despair as this is a *lifelong commitment*, so no urgency here. This is a serious, long-term commitment, but a guarantee, and the only guarantee short of weight loss surgery.

Exercise

When most people discuss weight loss, they talk about decreasing calories and increasing exercise in the same sentence. Do not be discouraged if you are not able to exercise and work

out and don't use the inability to exercise because of some physical ailment as an excuse for not losing weight. I am not saying that exercising isn't important. It is from a health point of view, both physical and mental and emotional. But you can lose weight without exercising, and don't use the inability to exercise as an excuse not to lose weight.

Take a look at the following: Running a half an hour uses up the same amount of calories that are in a small bag of potato chips, so if you throw away that bag of potato chips, you're getting rid of the same calories as if you ran for a half an hour. There are lots of examples like this, but no more excuses about not being able to exercise because your foot hurts or your knee hurts. However, if you can find even a part of your body to exercise – use it! Exercise will decrease depression and make you happier and more likely to stick with my “diet”.

If you are starting an exercise program, get walking and if you want something more interesting, try Yoga. Yoga has been around for 2,000 years. It's all about mind, body, spirit. What could be wrong with that?

My favorite yoga spots in St. Louis are: Yoga Source, 1500 South Big Bend, 2nd Floor, Richmond Heights, MO 63117, Ph. 314/645-9642, www.stlouisyogasource.com, Big Bend Yoga, 88 North Gore at Kirkham, Webster Groves, MO, 63119, Ph. 314/918-YOGA, www.bigbendyoga.com, Southtown Yoga, Lafayette Square, 1905 Park Ave, St. Louis, MO 63104, www.southtownyoga.com and Practicing Yoga, 5755 Chippewa, St. Louis, MO 63109, Ph. 314-399-0491, www.practicingyogastudio.com. However, there are yoga studios everywhere. I suggest taking a couple of private classes to get started, then sign up for some beginner group classes. You can find these outstanding private instructors in the St. Louis area: Jan Esterly, 314/781-7111 and Angie Campbell, 505/862-9644.

It is helpful to determine the amount of movement you do in a day. I suggest you buy or borrow a Fitbit, www.fitbit.com. Use it to get a baseline and then increase to at least 10,000 steps per day.

Another suggestion is to rent FOOD Inc., a very informative documentary on our American “food industry”. As well; meditation, for just a few minutes a day will calm you down and make you more mindful as you make these important changes in the way you eat. Rent a meditation tape and try it out.

Remember, this is a lifetime commitment. Be in **NO** hurry. You should aim for a 10%-15% weight loss a year. **SLOW** is the only safe and sure way to accomplish your goal. It may take 3 years to reach a normal weight. Just turn your obesity around **SLOWLY**, go in the other direction. If you “fall off the wagon” just get back on.

Body Mass Index (BMI)

		WEIGHT (lb)																							
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
HEIGHT (ft/in)	4' 5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88
	4' 6"	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63	65	68	70	72	75	77	80	82	84
	4' 7"	28	30	33	35	37	40	42	44	46	49	51	53	56	58	60	63	65	67	70	72	74	77	79	81
	4' 8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	69	72	74	76	78
	4' 9"	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	74	76
	4' 10"	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	71	73
	4' 11"	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71
	5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	68
	5' 1"	22	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	66
	5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64
	5' 3"	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62
	5' 4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	60
	5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58
	5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	56
	5' 7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	55
	5' 8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	53
	5' 9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	52
	5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46	47	49	50
	5' 11"	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45	46	47	49
	6' 0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	47
6' 1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46	
6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45	
6' 3"	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37	39	40	41	42	44	
6' 4"	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	43	
6' 5"	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36	37	38	39	40	42	
6' 6"	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	40	
6' 7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	39	
6' 8"	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	33	34	35	36	37	38	
6' 9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	38	
6' 10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37	

Underweight
 Low Risk
 Overweight
 High Risk with the medical diagnosis of obesity