

## SESSION VI

# EAT AND BE THIN: DELICIOUS FOODS THAT HELP BURN FAT

### OBJECTIVES

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- *Describe the impact of calories versus the kinds of food you eat on the “Fat Thermostat.”*
- *Describe the impact of consumption of saturated/animal fat, salt, refined and complex carbohydrates on weight control.*
- *Determine the relative percentage of ingredients in prepared foods by reading the labels.*

### BACKGROUND

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If you have been a chronic dieter, the title of this session must have been enormously exciting to you—Eat and Be Thin—what a wonderful thought! It can really work, if you learn and adopt the right eating habits. The concepts are really very simple:

- The number of calories is less important than the types of food eaten.
- Continually eating saturated/animal fats and sweets stimulates hunger and conserves energy until the new setpoint weight is reached.
- Reprogramming the fat thermostat requires attention to some basic principles:
  1. Decreasing consumption of saturated and animal fat. Increase good fat\*
  2. Decreasing intake of refined carbohydrates
  3. Reducing your intake of high caloric drinks
  4. Increasing intake of complex carbohydrates
  5. Drinking at least six glasses of water each day
  6. Eating in harmony with your weight regulating mechanism

Attending to these key concepts and the basic principles you'll learn in this session will give you the motivation to eat wholesome foods. Increasing your sensitivity to your hunger signals will permit you to eat when hungry and stop when you receive messages of satisfaction. The narrator will describe some interesting facts about foods. Move on to the Practice section now.

## PRACTICE

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1. Refer to the following nutrition labels and instructions for determining the percentage of fat in foods when instructed to do so by the narrator.

Nutrition Label Golden Grahams Cereal	
Serving Size.....	1 ounce (3/4 cup)
Servings per container.....	18
1 oz. Golden Grahams	
Calories.....	110
Protein.....	2
Carbohydrates, g.....	24
Fat, g.....	1
Sodium, mg.....	345

The question is: "How much fat does this cereal contain?" To compute the number of calories of fat, you must know that each gram of fat contains nine calories. With Golden Grahams, there is one gram of fat per serving, so each serving contains nine calories of fat. Since there are 110 total calories per serving, about 8 percent of the calories come from fat ( $9/110 = 8$  percent).

Nutrition Label Campbell's Cream of Potato Soup	
Calories.....	90
Protein (grams).....	2
Carbohydrate (grams).....	14
Fat (grams).....	3

A. 1 gram fat = 9 calories  
 B. Fat in soup = 27 calories (3 grams times 9 calories)  
 C. Percent fat is 30 percent (27 fat calories divided by 90 total calories)

2. Read the following description comparing refined (sugar) carbohydrates and complex carbohydrates when instructed by the narrator to do so.

CARBOHYDRATES		
SUGAR	VERSUS	COMPLEX
Concentrated		Diluted with lots of water and fiber
High calorie density		Low calorie density
Rapid breakdown and absorption—takes only a few minutes		Slow breakdown and absorption — takes hours to digest
Small particles		Large particles—broken down by mechanical action and digestive enzymes—fiber needs to be separated—cell walls must be broken down
Simple molecule—two sugars		Complex molecules—long chains, several thousand sugar molecules long
Split by salivary enzymes		Sugars split from ends of chain in intestines by enzymes from pancreas
Causes rapid rise in blood sugar to high levels		Gradual increase in blood sugar to appropriate levels
Requires large quantities of insulin		Requires small amounts of insulin
No vitamins or minerals		Lots of vitamins and minerals

3. Continue listening to/reading audio Session VI, "Eat and Be Thin: Delicious Foods That Help Bum Fat."

4. As you listen/read, use the space provided for notes about food intake.

The fat thermostat is adjusted by \_\_\_\_\_

Fat affects weight control by \_\_\_\_\_

The differences between refined and complex carbohydrates are \_\_\_\_\_

What signals does your body give you that you are hungry? \_\_\_\_\_

How will you recognize the signal of fullness? \_\_\_\_\_

5. Listen to any part of the audio again, if you wish, then move on to the Points to Remember and the Progress Check.

## **POINTS TO REMEMBER**

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Keep the key concepts and basic principles of eating the proper foods in mind as you plan menus and shop for food. Many good restaurants are offering alternative menus for those of us who wish to stay healthy and keep a lean, high-energy body. Watch for those menu items when you are traveling or dining away from home. And remember:

- High saturated & animal fat, high sugar foods raise your fat thermostat.
- If you observe your body signals you can manage the timing and amount of food intake to avoid starvation triggering defenses, consuming excess calories, and gaining weight.
- Practice the habit of reading labels as you shop so you can avoid foods that have excess sugar, salt, and refined carbohydrates.

A useful guideline for smart shopping, and more efficient use of time, is to shop only in the aisles around the outer edge of most supermarkets. That is where you will find the fresh, natural foods such as vegetables and fruits that contain more complex carbohydrates and are low in fat.

Focusing on the types of foods that will assure your success with your goal for a lean, high-energy body go on to the Progress Check now.

## PROGRESS CHECK

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Without looking back at your practice, write a brief description of how the consumption of saturated and animal fat effects your weight and your fat thermostat.

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Write your understanding of the difference between refined and complex carbohydrates and how they each effect your weight.

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Describe how you will recognize your body's signals of hunger and fullness.

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Compare your responses on the Progress Check to the carbohydrate chart on page 35 and to the notes you made while listening to the audio.

Now you're ready to start preparing healthy, nutritious and tasty food for you and your family. Go to the next workbook section for an introduction to the 12 Week Meal Plan.

**\*Note:** Not all fats will raise your fat thermostat. Certain good dietary fats effect your brain chemistry by reducing the craving and addiction centers making it easier to regulate your appetite as well as help lower your fat thermostat.

The best sources are avocados; extra virgin olive oil; nuts and seeds; extra virgin coconut oil; organic coconut milk and whole organic eggs.

A typical serving of fat is 1 tablespoon of oil or a handful of nuts or seeds, In addition to the 20% of daily fat intake recommended in this program you should have three to four servings of this good fat a day.

Many people take three tablespoons of extra virgin coconut oil and a handful of nuts (almonds, walnuts) throughout the day. Don't worry about the additional calories from this type of fat. As we said earlier all calories are not the same.