



WEIGHT LOSS PROGRAMS

# Chapter 2 – Cheat Sheets

## I AM GETTING RID OF SUGAR!

# 6 Facts about Sugar

1. All carbohydrates transform into glucose (except fiber)
2. Ideally the body can only process **30g every 2 hours** (p.70)
3. If not burnt within **a few min to 2 hours, sugar = fat creation**
4. Sugar is sugar no matter its name (p.72)
5. Artificial sugars including Stevia create insulin spikes/brain signal for more cravings
6. Sugar triggers body inflammation

# The 5 Cogni Rules

1. Always add a fat to a carbohydrate (apple + nuts)
2. Always add a protein to a carbohydrate (apple + nuts)
3. Favor low sugar vegetables/slow release carbohydrates
  - No more than 2 fruits a day!
4. Limit NET carbohydrates to ~100g a day (Ketogenic Diet goes as low as 20g)
  - All eaten before 4PM, except for vegetables. As much as you want for dinner, provided they are non starchy
5. Play with distractions when cravings occur

# 1 Serving = 15g (cheat sheet)



1 slice bread, 1/4 bagel, 3/4 cup oatmeal,  
small cookie, 1/2 cup ice cream



1/3 to 1/2 cup rice, 1/3 cup pasta,  
1/2 cup corn



1/2 cup potato, 3/4 cup fries (half a  
small portion)



1-2 cups cooked or 2-3 cups uncooked  
vegetables, a small apple, 1/2 medium  
banana, 1 to 3/4 cup blueberries



5.2fl glass: 2g sugar + 15g alcohol

## Higher in Fiber – Fat (kernels)

+++	Carbohydrate Types		---
All You Want Vegetables	Starchier Vegetables and Fruits	Whole Grain Carbohydrates and Sugary Fruits <u>in Moderation</u>	<u>Avoid:</u> White Carbohydrates, Processed Ones and Sugar
<ul style="list-style-type: none"> <li>• All green leafy vegetables such as kale, all types of salads, Swiss chard, Romain lettuce, watercress spinach...</li> <li>• All cabbage family: Brussels sprouts, Bok Choy, cauliflower, broccoli...</li> <li>• Zucchini, mushrooms, leeks, green beans, snow peas, artichokes, cucumber, celery, fennel, peppers, eggplants, tomatoes, radicchios, okra, onion, garlic...</li> </ul> <p><b>ANYTIME</b></p>	<ul style="list-style-type: none"> <li>• Corn</li> <li>• Root vegetables such as parsnips, turnips, beets, carrots, celeriac, rutabagas, potatoes,</li> <li>• Squash family</li> <li>• Legumes/beans (rich in proteins)</li> <li>• <u>Fruits (attention, very high in sugar)</u></li> </ul> <p><b>BEFORE 4PM</b></p>	<ul style="list-style-type: none"> <li>• Whole bread, pasta, rice</li> <li>• Oats, buckwheat, bulgur, barley, millet</li> <li>• Bran</li> <li>• Quinoa – technically a seed, rich in protein but still high in carbohydrates</li> <li>• Sugary fruits such as: bananas, mangoes, dates, grapes, pineapple...</li> </ul> <p><b>BEFORE 12PM</b></p>	<ul style="list-style-type: none"> <li>• White bread</li> <li>• White pasta</li> <li>• White rice</li> <li>• Most of the commercial cereals</li> <li>• Everything that cooks faster (it has been processed)</li> <li>• <b>All forms of sugar</b> (molasses, agave syrup, honey, maple syrup, etc...)</li> <li>• Avoid dried fruits</li> <li>• Pastries/candies...</li> <li>• Fruit juices and sodas</li> <li>• Desserts/ice cream</li> <li>• <b>Alcohol</b></li> </ul>

# What Are the New Vegetables You Want to Try?

- Start that list and find new recipes.

# My Sugar Elimination List

List	Substitutes	Benefits
Example: Sodas	Water with fruit slices or fruity teas (hibiscus, lemon, passion flower etc.) w/o added sugar	I will cut 39g of sugar (in one 12 fl oz of soda)

# Do “The Sugar Content” Experiment

I have chosen a TWIX® bar. This is 28g of sugar or  $28/4 = 7$  teaspoons. Take all the sugary treats you used to have in one day and transform them into a mountain of sugar on your table. Have a bag of granulated sugar at hand.

**Insert Picture of the sugar mountain and process the learning:**



# Know Your Labels

1. Select a few favorite packaged foods or drinks (included frozen foods)
2. Find out the sugar content including the net carbs. Transform in grams of sugar
3. Findings? Aren't you astonished? Write your findings/feelings down:

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# Your To-Do List This Week

- Know your labels
- Do the sugar experiments in the book including the breakfast challenge (have a sugary vs. a linked breakfast)
- Eliminate sugar (or continue) and find healthier substitutes
- Find Distractions when a craving occurs
- Look at your goals and benefits, and your vision board twice a day/make them visible
- Track your progress
- Read Chapter 2 in the book