



WEIGHT LOSS PROGRAMS

Cheat Sheets: SESSION 8

YOU HAVE ACCOMPLISHED 75% OF YOUR COURSE
FRIENDLY FAT AND POWERFUL PROTEIN

2013-2019 The CogniDiet® Programs.
All Rights Reserved

The (Good) Fats

- Fat delivers many benefits to your body
- It does not create insulin spikes
 - No fat storing like carbohydrates
- Increases feeling of satiety – delays hunger
- Does not trigger inflammation like sugar (but of course has to be unsaturated/whole)
- But double the calories than carbohydrates and protein (9 versus 4 calories per gram)

!! Please read Chapter 8 for understanding the different types of fat

Prefer the (Good) Unsaturated Fats

1. Olive oil, nuts, nut oils, palm (plant) oil, avocado oil – unadulterated – are beneficial
 - Check labels, is it pure, where is it coming from, is it mixed with something else?
 - Was it harvested ethically and processed organically?
2. Avoid canola, rapeseed and highly processed oils incl. vegetable oils (too much Omega 6) > inflammation
3. Have enough Omega 3 (oily wild fish, purslane, hemp, chia, flax seeds and supplements)

Fat Content in Food (Cheat Sheet)

Source	Fat Content
Meat	Beef extra lean: 3oz = 14g , lean 16g and regular 18g Chicken meat / white 3oz = 3g Chicken dark meat = 9g Chicken skin 1oz: 12g
Fish	Salmon 3oz =10g Cod 3oz = 3g Catfish 3oz = 3g but fried = 12g Trout 3oz = 4 to 6g
Nuts and seeds	Almonds 1oz or 20/24 pieces = 15g Almond butter 1tbsp = 10g Walnuts 7 medium = 18g
Milk, yogurt and cheese group	1 cup whole milk = 8g fat, 2% milk = 5g fat 1 egg: 4 to 5 g fat mostly from the yolk 7oz 2% Greek yogurt = 4g Cheese: 1 slice of 1oz = 9g fat
The extra little fat in your meal...	here are 5g of fat or 45 extra calories in: -1tsp oil -1.5tsp mayonnaise, butter -1 tbsp. of regular salad dressing, cream cheese or heavy cream -1.5 tbsp. of sour cream

A few Words About HFLC Diet

HFLC = High Fat Low Carbohydrates or Ketogenic Diet

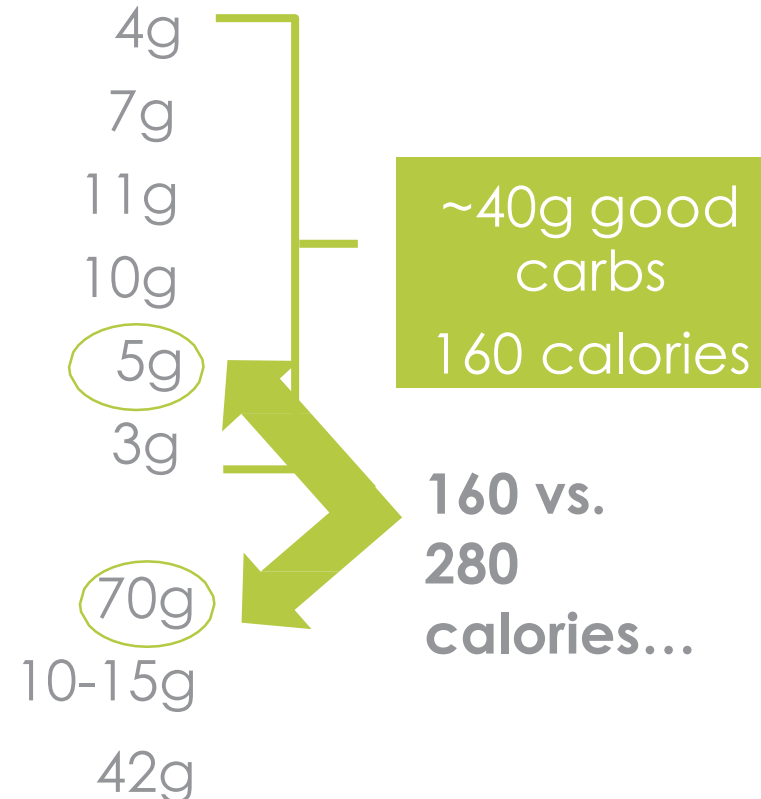
- As low as 25g carbohydrates a day
- It is the new rage – especially with insulin sensitivity, pre-diabetes/ Type 2 diabetes individuals
- **Principles:** Body uses fat, its own fat and dietary fat to generate energy, instead of glucose/sugar and carbs
- Body is “ketogenic”
- You are never hungry because you eat a huge amount of fat
- Usually: 60-70% fat, 15-30% protein, 5-10% carbohydrates

Caution!

- Will work wonders for some people
- Must be seriously insulin resistant
- But what kind of fat do you eat?
- Could get your diet depleted in vegetables, fruits and fiber
- **May eat too much protein** > Meat = saturated fat plus high in Omega 6 if corn fed > Inflammation
 - Protein may be processed as carbohydrates (gluconeogenesis)
 - Side effects include blood pH changes, potential kidney failure

Grams of Carbohydrates Per Day

- 1 cup cucumber
- 1 cup zucchini uncooked
 - Baked
- 1 cup tomato
- 1 cup cauliflower
- 1 cup raw mushrooms
- 1 cup mashed potatoes
- 1 slice bread
- 1 cup cooked rice



Let's Share Tips (Cheat Sheet)

Replace starchy/grain based carbohydrates

"Hard" Carbohydrates	Substitutes
Flour based crusts/wraps etc.	<ul style="list-style-type: none">• Cauliflower or zucchini based crusts, nuts flowers,• Coconut based wraps• Veggie based wraps (collard green for instance)
Pasta in all forms	Zucchini, squash zoodles Lasagna made with slices of eggplant, zucchini, or squash
Couscous, rice, tabbouleh	Cauliflower rice
<ul style="list-style-type: none">• Potato puree• Bread croutons• Fries	<ul style="list-style-type: none">• Cauliflower, celery root puree, mixed veggies• Mushrooms croutons• Jicama fries, cactus fries
Hamburgers/sandwich buns	Cucumber filled boats, Portobello mushrooms, lettuce leaves, endives leaves etc.

My Recommendation to Lose Weight:

“Feel” and eat what works for you

Prefer fresh non-starchy vegetables and avoid too many grains, even if whole

Don't hesitate to increase your fat intake (30 to even 40% of intake) but with good fat – yes, coconut in your coffee, olive oil in your oatmeal, generous dressing on your salads.... But watch the calories !!!

Eat organic, grass fed animal protein and dairy

The Protein

My observation: Clients eat too many carbs, not enough protein

- Many clients don't eat enough protein - rich foods
- Will help with losing weight as well – helps with insulin management – remember linking with carbohydrates
- Crucial if you exercise more
- Repairs muscles
- Needs between 0.8 and 1x your weight in kg
 - Usually 40-60g a day
 - Very active may go up to 1.5 X your weight in kg

Daily Protein Needs (Cheat Sheet)

- Formula:
 - Weight in pounds divided by 2.2 = weight in kg
 - Weight in kg x 0.8 (up to 1.5) = protein in gm.
- Use a lower number if you are in good health and are sedentary (i.e., 0.8). Use a higher number (between 1 and 1.8) if you are under stress, are pregnant, are recovering from an illness, or if you are involved in consistent and intense weight or endurance training
- Average 150lbs = 68kg → 54.4 g protein

My Needs: _____

How Much Protein Did You Eat Today?

- Use the slide #13 that follows

Protein Content in Food

Source	Protein content
1 oz meat or poultry	7g 3oz or 1 deck of cards = 21g
1 oz fish	7g
1 cup vegetarian based sources	14g in tofu, +/-30g in 1 cup cooked soybeans or tempeh/seitan. Quinoa; 8g/cup (see carbohydrates)
1 cup milk/yogurt 1 oz cheese	6-8g
1 Egg	7g
Nuts & seeds	tbsp. nut butter = 3-4g , 1/2oz nuts=7g
1 cup cooked legumes	18 (lentils) to 15-13g (most of all other beans)
Other vegetables	1 cup cooked vegetables or 2 cups raw vegetables = 3 to 5g
Carbohydrates	1 slice whole bread = 3g and 1 cup cooked whole rice/pasta = 6g

Protein Powders (Video)

Whey protein is a mixture of globular proteins isolated from whey, the liquid material created as a by-product of cheese production - from bovine or goat milk

- OK for lactose intolerant

Other are vegetarian based sources: rice, **split pea**, pumpkin seeds, soy, hemp, amaranth, quinoa, artichoke etc. protein

- Usually sprouted form or seeds
- Now added are: probiotics, fiber, enzymes, good fat...
- Check the label (added sugar?) – avoid flavored ones

Collagen rich protein powder – check source

The Experiments

- Know your fat intake – sources?
- Know your protein intake and sources
- Increase your fat intake, if you dare, and see how you feel about cravings and satiety/weight loss
- Know your labels
- Analyze your protein bars and powders ingredients