

## This Week's Experiments



### **Experiment #1:** Know your fat intake – and vary them

Calculate the fat intake you want to achieve within your overall calorie intake. Let's say that for 1,200 calories, you want 33% or 400 calories coming from fat, or approximately to simplify 45g. Use a calorie counter app.

Where are these 45g coming from? Observe your diet over 3 days. Is it coming mostly from meat and animal based fats, therefore mostly saturated? What type of poultry or meat are you eating? Is it grass fed, organic, natural (which means nothing), are you on a budget and buying the most economical sources?

Or do you eat fish too? Be careful nowadays not to eat fish more than twice a week as it contains too much mercury, chemicals and even plastic! Avoid farm-raised fish too. Are you eating a lot of dairy, or are you adding coconut oil in everything?

I always advertise a balanced diet with multiple sources of fat. Remember that our U.S. Omega3/Omega 6 balance is out of whack. Experiment with chia or flaxseeds in your diet, add a fish oil supplement or fatty fish, and make sure you get to a 4/1 Omega 3/Omega 6 ratio to combat inflammation.

I am not asking you to become obsessive about it, but you have to check how you are eating and understand what you put in your body before you can change. You may realize all this packaged/processed food brings you more than 20% of trans fats. That my friend is not good for your health, but is also sabotaging your weight loss efforts.

[illegible][illegible]

## **Experiment #2:** Know your protein intake — and vary them

Please calculate your minimal protein intake and then check how much of it you eat, and what are the sources. Write this in your daily food diary. Do a few days, so that you can see variations.

**Your weight in pounds X 0.8**

**2.2**

If you are more active and do strength and cardio training on a regular basis you need to use this formula:

**Your weight in pounds X 1**

**2.2**

What have you realized? Now, write down your favorite foods with high protein content and get your plan in place. Think about varying your protein sources in multiple ways. Do not always eat steak, fish, or chicken, add soy one day like tofu, or add some egg whites to your omelet in the morning. Have legumes, they are protein and fiber rich. Have a protein rich smoothie in the morning. One scoop of protein powder can give you up to 20g of protein. This experiment is very important for vegetarians/vegans!

It is also important to split your daily protein intake all over the meals and snacks and not just in one meal. Your body wants balance. Try to avoid to have a large amount of protein at one meal, and then none at the next. So make sure there is a protein source at each meal and remember that when you eat carbohydrates, you need to combine them with a protein and a fat.

Date \_\_\_\_\_

## Progress Notes

## **Experiment #3:** Learn to tame your cravings with good fat!

That may seem like a strange experiment to you. But I want you to feel the power of good fat. Do it at breakfast or lunch, when you can observe the impact of the extra fat on your hunger level or cravings in the morning or afternoon.

- Add a half avocado to your lunch for instance, and/or add a high fat yogurt for dessert
- Snack on nuts one day (150 calories around 10 a.m. and another 150 calories around 4 p.m.), and see how it impacts your hunger for lunch and dinner. Warning: nuts are high in calories, so stay in control! 150 calories is approximately 20 to 15 nuts.
- Have a creamy smoothie in the morning for breakfast, including:
  - 15-20g protein powder
  - Vegetables (3/4) and fruits (1/4)
  - Add a half avocado or a good table spoon of coconut fat or mix your smoothie with real coconut milk as your liquid
- Eat a high fat meal with good fat sources (oily fish, full fat dairy, Omega 3 rich seeds, nuts, extra olive oil). I am not saying, go into a fat binge, but be more daring than usual

Questions for the day:

- How are the cravings after the meal, and how long do you stay satisfied?
- How is your hunger level?
- How is your energy level and ability to stay focused?
- How is your appetite at the next meal?
- Have you thought about mid-day snacks as much as usual?

For the fat phobic, once you try this experiment, continue for one week to build your confidence level that good fat does not make you fat.

Just increase your fat intake, while cutting carbohydrates (except vegetables). If you find out you have been more like a 20% fat intake type of person (for overall daily intake in terms of calories) because you are fat phobic, increase to 30% for one week by adding oily fish such as salmon (I know it is expensive, sardines in a can are good and cheaper options), avocados, olive oil, coconut fat in your smoothies etc. At the same time, cut your starchy carbs.

Of course watch your calories, but I am curious to see how your scales will behave. I bet you will have lost weight.

Date \_\_\_\_\_

## Progress Notes

## **Experiment #4:** Know your labels – discover trans fats

Next time you buy any processed foods, a protein bar, or a protein powder, read the label carefully. Discover if there are trans-fat, what kind of oil is used (is it palm oil, cottonseed oil?).

Notice than even in some “good food”, the natural product has been adulterated, or replaced with cheaper ingredients:

- Palm oil added to nut butters – Is it palm oil or palm kernel oil?
- Even for packets of nuts, check the ingredients list. I have been more than once surprised that the nuts were protected by cotton seed oil to prevent rancidity.
- “No trans fats claims”. Because if it is under 0.5 g per serving, it does not have to be on the label. But even with that claim, look at the ingredients list, you may find some questionable fat sources. And how many servings will you end up eating anyhow?
- Protein bars are a melting pot of ingredients. The sources of fat can be pretty unclear.

Does the label indicate if the oil used is in its natural state? What is the shelf life of that package you are considering buying? Become very curious.

[illegible][illegible]



## **Experiment #5:** What has been added to your protein bar or protein powder

Very often, I have this question: “What is a good protein bar or powder?” The challenge as you heard before is that there are a lot of “STUFF” added to any product either for taste, marketing appeal, cost or shelf life issues.

- Soy protein or other protein sources added to nut butters or protein bars
- Is there a sweetener added? Find out which one, is it a form of sugar or an artificial sweetener (I put stevia in that category).
- If it's vanilla, strawberry or chocolate flavored, where is this flavor coming from?
- Are the amino acids well balanced in a vegan protein powder? Do you have the 9 essential ones?
- Compare the claims on the front with the reality of the label and the ingredients
- What is the source of the proteins? If it is whey, does it come from pasture raised cows? In what country? And where? It is not easy to find out but it is worth some research. Same is true when the protein is collagen based, which is rather trendy now with the occurrence of bone broths. But again, who are these cows? How were they fed?

[illegible][illegible]

## CogniDiet® Book Club Discussion Guide

This week is all about being a label sleuth and yes, also becoming more questioning and aware of what types of fat and protein you put in your body. Maybe you were just buying any protein powder or grabbing any bar at the gym' store? Are you eating enough proteins? Have you realized you are still eating too many carbohydrates, and you feel stuck?

This week is for all of you to bring some protein powders, protein or snack bars and some labels and just play with them at the discussion group.

- **Compare a few products labels, protein bars or powders that you use**
- **Have you discovered you are not eating enough or too much protein? How could you increase this level with varied sources?**
- **How was your morning smoothie experiment? Hunger level? Satiety? Cravings?**
- **Are you even eating enough fat? It is usually recommend to have at least 20% of your calorie requirement in fat, preferably not trans fats**
- **Were you inspired by Deb's transformation? What do you think of her story?**

[illegible][illegible]