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Superfast Weight Loss for Women

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SUPERFAST WEIGHT LOSS FOR WOMEN

What to eat, what not to eat
and how to exercise
for maximum weight loss

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Contents

If you use a highlighter to mark the important parts of‘
Superfast Weight Loss for Women
your book will most likely end up glowing in the dark.

Part 2

This is Weight Loss Nutrition

Most weight conscious people think of food in terms of calories and grams of fat. They attempt to lose weight by reducing their total calorie intake and choosing the low-fat options whenever possible. Personally, I do not believe this dietary approach to weight loss works.

Take a look around you at the sheer number of people that are overweight. How can this be? There are low-fat and low-calorie food options for most products, yet as a society, we are getting fatter. I bet the vast majority of overweight people have tried one diet or another where they have counted calories and chosen the low-fat options. What generally happens is that these people lose some weight in the first couple of weeks but then it the amounts they are losing becomes less and less, often to the point where it starts fluctuating upwards. They have hit a plateau and find it incredibly hard to lose any more. Further weight loss is just too difficult and they grow tired of continually counting calories and reducing their portion sizes in an attempt to get the weight loss happening again. They give up.

A high-carbohydrate and low-fat diet actually encourages weight gain. It is simply too high in carbohydrate energy. It also lacks enough fat which is necessary to signal satiety and helps keep your portion sizes under control. Healthy low-fat foods like breads, grains, cereals, rice, pasta and potato cause weight gain. If you drive to work, sit at a desk all day, drive home and manage to do 2 to 3 exercise sessions per week you will still put on weight following this type of diet. This is because over the course of a week you will consume more energy than your body needs.

> What makes weight loss so easy is that fact that all you have to do is avoid eating the high-energy yielding foods, choosing instead to eat low-energy foods and go for walks on an empty stomach. You can't help but lose weight.

Counting calories is a waste of time

Weight loss nutrition is not complicated and you certainly don't need to worry about counting calories. Searching for and continually tallying up your calorie intake as you go through the day to make sure you have eaten exactly the right number of calories is not something you can maintain long term. Are you really prepared to add up the calories you've eaten each and every day for the rest of your life?

From my experiences I would say that most people are unable to maintain a calorie controlled diet over the long-term. Clients tell me that they grow tired of adding up calories day after day, week after week. They soon revert back to their old food habits. They start eating a few extra calories and putting the weight back on.

Counting calories is not a healthy relationship to have with food. To always be watching your calorie intake and adding it up each day. If you go over your calorie limit you are likely to stress out over it and either have a food binge or be unnecessarily strict on yourself the next day to try and make up for it. There is no enjoyment in eating and living like that.

With the '2 fuel tanks' theory of weight loss you can eat as much of the weight loss promoting foods as you like and you will still lose weight. You don't need to count calories or control your portion size.

Why have we focused on calories before? First you need to understand what a calorie is. A calorie is defined as the amount of energy or heat needed to increase the temperature of one gram of water by 1° Celsius. One calorie = 4.186 kilojoules (kJ). Kilojoules are just another way of describing the energy content. It is from this definition that protein and

carbohydrate foods both yield 4 calories per gram, alcohol 7 calories per gram and fat 9 calories per gram.

The law of thermodynamics states:

$$\texttt{Energy Out > Energy In = Weight Loss}$$

The nutrition experts of yesteryear thought that the way to achieve this state would be by decreasing the highest calorie yielding nutrient which is fat (9 calories per gram) and by doing so it would reduce the 'Energy In' part of the equation. Hence was born the concept of a low-fat diet for weight loss.

The important thing to note is that a calorie is only a calorie in a laboratory. Your body is not that laboratory therefore a calorie most likely yields a different amount of energy in your body. Your own body might be able to derive more than 4 calories worth of energy from a gram of carbohydrate; it might get the equivalent of 6 or 7 calories worth of energy.

This means that exactly the same food may yield more energy in your body than your friends which is why it is a lot easier for you to put on weight. It is all relative to you as an individual and how your body works.

It should be noted that protein only yields 4 calories worth of energy in the lab environment.

- Protein is not used as a primary source of energy by the body (in a non-starving individual). This is why counting calories from protein foods is unnecessary.

- Eating protein foods does not prevent you from losing weight. Whereas eating high-energy carbohydrate foods and too much fat will stop weight loss.

- If you eat too much protein the body does not store the excess as fat. It is easier for it to break it down and excrete it than convert (metabolize) it into fat and store it.

This makes protein an ideal weight loss food group. You can eat as much as you want and you will still lose weight. If you happen to eat too much the body will just breakdown the excess and excrete it.

We all burn energy at different rates

The burning of a calorie in a lab environment is a lot different to the burning of a calorie in the human body, and specifically in your body. We all have an individual biochemical make up and because of this we burn (oxidize) calories at different rates to each other.

CASE STUDY: Why your friend can eat whatever and not gain weight

Take the example of two sisters who are both served the same size bagel containing the same number of calories. One of the sisters is noticeably overweight and the other sister is of normal weight. Both sisters live at home, eat the same foods and are as active as each other.

Why is one sister overweight when the other sister is normal weight and they have very similar lifestyles and have the same genetic parents?

One sister has become overweight because her body naturally (burns) (oxidizes) food at a slower rate than the other sister. The normal weight sister's body oxidizes food faster so she burns off a lot more of what she eats compared to her overweight sister.

A slower oxidative rate means the calories contained in the bagel yields a lot more energy in the overweight sister's body than it does in the normal weight sister. It is very, very easy for her to gain weight even though she consumes the same calories as her sister, who maintains a normal weight.

The rate at which your body burns calories is genetically predetermined. If you eat noticeably less than your friends yet you seem to put on weight easily you are likely to be a slow oxidizer. There isn't anything you can do

to change this. You have to accept this fact and learn to identify and avoid eating the high-energy foods.

How weight loss nutrition works

Rather than think of foods in terms of its calorie and fat content I want you to think of food in terms of whether it contains high-energy yielding carbohydrate.

Certain carbohydrate foods and fats are the major sources of energy in the modern diet. Foods like lean meats, poultry, seafood, lettuce, some fruits and certain vegetables are very low sources of energy. To lose weight all you have to do is focus on eating predominantly low-energy foods.

To make weight loss as easy for you as possible I have classified some of the more common foods that we eat into 3 categories.

1. Super weight loss promoting foods

These foods are low in energy yielding carbohydrate so they will not fill up your number 1 carbohydrate fuel tank. Your body will have to draw on its stores of body fat for energy. You will easily lose weight if you eat mostly foods from this list (see table 1 page 32).

2. High-energy foods and ingredients to avoid

These foods are high-energy containing foods. They provide your body with a good supply of energy. When you eat these foods you give your body a reason NOT to lose weight (see table 2 page 35).

3. Restricted foods

These foods may prevent you from losing weight. It depends on what else you've eaten recently and how much you eat. They contain more energy than the allowable foods therefore their consumption needs to be restricted (see table 3 page 38).

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