

The REDUCE Diet Plan

A Simple, Healthy Lifestyle Guide

Consisting of

1. A Structured Therapeutic Diet
2. A Simple Exercise Routine
3. Common Sense Principles for Life

Designed by

Dr. Ted Chandler, M.D.

Dr. Ray Morrow, M.D.

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Fundamental Principles (References)

1. Structured Diet – Therapeutic, Experimental, Maintenance
 - a. Caloric Restriction/Modification
 - i. Men – 2000 cal/day
 - ii. Women – 1600 cal/day
 - b. High Fiber – 25-30 grams/day (1, 2, 3)
 - c. Set Point manipulation – 5 days on, 2 days off
 - d. 3 meals and 2 snacks/day mandatory
 - e. High Quality Food
 - i. Limit Trans fat (4, 5, 6)
 - ii. No Processed foods (crackers, cookies)
 - iii. No Calories from drinks
 - iv. Low Glycemic Index foods/Glycemic Load (7,8)
 - v. 5 servings of fruits/vegetables daily
2. Motion (9, 10,11, 12, 13)
 - a. Pedometer – 10,000 steps/day (14)
 - b. Exercise 30min 5 days a week – 150min/week minimum (15)
 - c. Strengthening
3. Nighttime routine
 - a. Clearing the mind, focus on success
 - b. Organizing tomorrow – list of 6 things, think of someone to help
4. Good Sleep – physical and mental repair/restoration (16)
5. Routine – daily, weekly
6. Spirituality
 - a. Admit you need God’s help
 - b. Your body is God’s temple
 - c. Replace the Love of food with God’s Love

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Goals

Reduce overeating

Energy levels increased

Develop structured eating habits

Understand the concepts of healthier eating

Cut weight by 10-20%

Experience the spiritual side of weight loss

The Basis For This Diet Plan

Wrong Eating

Obesity is rampant.

As a society,

We eat too much,

We eat the wrong things. (fatty foods, fast food, processed foods, concentrated sweets)

We eat the wrong way. (skip breakfast, fast food for lunch, a large dinner before bed)

We eat for the wrong reasons.

For taste.

For emotional comfort.

For pleasure.

For reward.

For socialization.

For the Love of food.

We do not eat for the fundamental purpose of food.... For nutrition.

At its basic level the only purpose of eating is to supply nutrients to our body. But through wrong eating we have developed a disconnect between eating and nutrition.

This disconnect is okay if,

- your weight is in the healthy range (BMI <25) (see the BMI calculator page).
- you are satisfied with your weight and health.
- you have no weight related medical problems (diabetes, hypertension, high cholesterol, heart disease, degenerative arthritis) and are not at risk.
- you are exercising regularly (>150 minutes/week) and striving to maintain a healthy lifestyle.

It is not okay if,

- you are overweight (BMI>25) and have weight related medical problems (especially diabetes).
- you are overweight (BMI>25) and believe you need to lose weight (especially if you have a family history of diabetes, hypertension, high cholesterol, heart disease).
- you are obese (BMI>30).

In these cases you need to make a change in your life and take control of your eating and health. This plan is the first step.

What this plan is.

This is a lifestyle plan designed to return eating to the basic role of providing nutrition. It is specifically designed for overweight and obese adult onset diabetics but will work on anyone who wants to lose weight.

The main idea behind the diet is to make eating simple. The 3 diets included are nothing fancy. They are not "fad" diets. They are simple, well rounded meals that take very little preparation time. They are meant to teach you how to eat healthy (how much to eat, what foods are effective for weight loss, how to structure eating). They are also meant to take away the daily burden of having to repeatedly decide what to eat. You no longer have to decide what to eat for dinner while you are finishing your lunch.

What this plan is not.

It is not an easy, fun, delicious quick fix. It is not a "take this pill and you will be better" answer. We as a society have incurred the epidemic of obesity by making eating all of these things and more. We continually look for the quick and easy fix, all the while experiencing worse and worse health.

The Process

Step 1. Calculate your Body Mass Index from the BMI calculator page. If your BMI is greater than 25 this plan will work for you. (A BMI of less than 25 is considered a healthy weight)

Step 2. Decide your goal BMI. If your BMI is greater than 30, your initial goal should be to get your weight to a level where your BMI is less than 30 and keep it there. If your BMI is 25-30 your initial goal is to get to a BMI of less than 25.

The initial 12 week diet is considered a therapeutic diet. It is designed to start the process of weight loss while teaching you the basics of right eating. During these 12 weeks you will eat a variety of nutritional meals and snacks. By tracking your weight and ability to tolerate the diets during these 12 weeks you will be conducting a self experiment on what works for you long term. After the 12 weeks are up you should use the same basic eating principles you did while on the diet. (3 meals, 2 snacks a day; similar nutrition profile; fruits/vegetables). Maintain this at least 80% of the time. You aren't asked to be perfect, just consistent.