

# 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

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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.

# Body Mass Index (BMI) Calculator

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	<b>128</b>	133	138	143	148	<b>153</b>	158	164	169	174	179	184	189	194	199
5' 1"	122	127	<b>132</b>	137	143	148	153	<b>158</b>	164	169	174	180	185	190	195	201	206
5' 2"	126	131	<b>136</b>	142	147	153	158	<b>164</b>	169	175	180	186	191	196	202	207	213
5' 3"	130	135	<b>141</b>	146	152	158	163	<b>169</b>	175	180	186	192	197	203	208	214	220
5' 4"	134	140	<b>145</b>	151	157	163	168	<b>174</b>	180	186	192	198	204	209	215	221	227
5' 5"	138	144	<b>150</b>	156	162	168	174	<b>180</b>	186	192	198	204	210	216	222	228	234
5' 6"	142	148	<b>155</b>	161	167	173	179	<b>186</b>	192	198	204	210	216	223	229	235	241
5' 7"	146	153	<b>159</b>	166	172	178	185	<b>191</b>	198	204	210	217	223	229	236	242	248
5' 8"	151	158	<b>164</b>	171	177	184	190	<b>197</b>	203	210	217	223	230	236	243	249	256
5' 9"	155	162	<b>169</b>	176	182	189	196	<b>203</b>	209	216	223	230	236	243	250	257	264
5' 10"	160	167	<b>174</b>	181	188	195	202	<b>209</b>	216	223	230	236	243	250	257	264	271
5' 11"	165	172	<b>179</b>	186	193	200	208	<b>215</b>	222	229	236	243	250	258	265	272	279
6'	169	177	<b>184</b>	191	199	206	213	<b>221</b>	228	235	243	250	258	265	272	280	287
6' 1"	174	182	<b>189</b>	197	204	212	219	<b>227</b>	234	242	250	257	265	272	280	287	295
6' 2"	179	186	<b>194</b>	202	210	218	225	<b>233</b>	241	249	256	264	272	280	288	295	303
6' 3"	184	192	<b>200</b>	208	216	224	232	<b>240</b>	247	255	263	271	279	287	295	303	311
6' 4"	189	197	<b>205</b>	213	221	230	238	<b>246</b>	254	262	271	279	287	295	303	312	320
6' 5"	193	203	<b>210</b>	218	227	236	244	<b>252</b>	260	268	278	286	294	302	310	320	328
6' 6"	198	209	<b>216</b>	224	232	242	250	<b>258</b>	266	274	284	293	301	310	318	327	336
6' 7"	203	214	<b>221</b>	229	238	248	257	<b>265</b>	273	281	290	300	309	317	325	335	345
6' 8"	208	219	<b>226</b>	235	244	254	263	<b>271</b>	279	288	297	307	317	324	333	343	353

Look up your height in the first column.  
Then find your weight in the corresponding row.

The number at the top of that row is your BMI.

(Ex. Height 5'10", weight 202lbs = BMI 29)

BMI < 25 is considered a healthy weight.

BMI between 25-29 is overweight.

BMI of 30 or greater is obese.

# Diet Rules

## General Rules

- Start on a Monday.
- Follow the diet number listed on the chart.
- The weekends are a diet free time. You may continue to follow the diet for that week or eat what you wish.
- Eat all 3 meals and 2 snacks a day (no missing meals).
- Try and eat at the same times each day.
- If you eat anything in place of or in addition to the diet you must write it down on the "diet additions" section of the chart. (Confession)
- Follow the diet for 3 weeks then start over at Day 1. Do this 4 times for a total of 12 weeks.
- At the end of each week (Saturday) read the Eating Reality for the week. These are simple health tips to help your weight loss efforts.

## Snacks

- Eat at least 2 snacks a day.
- One snack each day should be some form of nuts (see Snacks).
- You can eat additional snacks throughout the day or at night as long as you only eat fruits and vegetables. You can eat all the fruits and vegetables you want. Try to get at least 5 servings each day.

## Drinks

- **No** regular sodas or sweetened tea
- Only diet or artificially sweetened drinks
- Or, just drink water (all you want)



# Shopping List

## On hand Items for all 12 weeks

½ gallon skim milk  
1 qt. light mayonnaise  
1 loaf whole wheat bread  
Five 8oz. cans of *Del Monte* Lite syrup peaches, pears, or fruit cocktail (per week)  
Snacks

## Items for Diet #1

1 container of *Quaker* Old Fashioned Oatmeal  
Three 6 oz. cans of *Star-Kist* Lite Tuna packed in water (use ½ can per meal)

## Items for Diet #2

1 box of *Kellogg's* All Bran cereal  
1 dozen large eggs  
1 head of Iceberg lettuce  
Vegetable topping for salad  
Fat Free or Low Fat dressing (any flavor)  
3 packages of 6oz. *Tyson* grilled chicken breast strips fully cooked (use ½ pack per meal)

## Items for Diet #3

1 dozen large eggs  
Five 5 oz. cans of *Tyson* 98% Fat Free Chicken breast packed in water  
5 Fish dinners (*Lean Cuisine, Healthy Choice, Weight Watchers Smart Ones, Lean Gourmet*)

Approximate Cost per Day - \$7.00

# Diet #1

**Breakfast:** Old Fashion Oatmeal (not instant) ½ cup  
1 cup Skim milk

**Mid Morning Snack:** Choose one snack item

**Lunch:** Tuna sandwich on whole wheat bread  
3oz. canned tuna (water packed) mixed with 1Tbs  
light mayonnaise  
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** 6 inch *Subway* Sub on wheat -  
Ham, turkey, roast beef in any combination  
No mayonnaise, oil, or sauces added  
Only plain mustard  
Any vegetable toppings allowed

## Diet #2

**Breakfast:** All Bran (1 cup), Skim milk (1cup)

**Mid Morning Snack:** Choose one snack item

**Lunch:** Egg salad sandwich on whole wheat bread  
2 boiled eggs with 1 Tbs. light mayonnaise  
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** Grilled chicken salad (choose one)

- A. Homemade Salad with 3 oz. *Tyson* Grilled Chicken Breast Strips  
Low Fat or Fat Free dressing (2 tablespoons)  
No bacon or croutons  
Any vegetable toppings allowed
- B. *Chick-Fil-A* - Chargrilled Chicken Garden Salad
- C. *McDonalds* – Salad with grilled chicken
- D. *Burger King* – Tender Grilled Chicken Garden Salad

## Diet #3

**Breakfast:** Poached or scrambled egg on wheat toast

**Mid Morning Snack:** Choose one snack item

**Lunch:** Chicken salad sandwich on whole wheat bread  
 5 oz. canned *Tyson* 98% fat free chicken breast  
 packed in water mixed with 1 Tbs. light mayonnaise  
 You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
 or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** Fish Dinner (choose one – we recommend trying the meals in section A as much as possible. If you cannot eat fish, try any *Lean Cuisine* dinner around 300 calories)

A. Any Fish Dinner from : *Lean Cuisine*  
*Healthy Choice*  
*Weight Watchers Smart Ones*  
*Lean Gourmet*

B. Homemade Fish Dinner

4 oz. fish fillet (any fish – ex. Flounder, Cod,  
 Mahi Mahi, Tilapia, Salmon, Halibut)

Season with lemon, salt, pepper

Wrap in foil and bake at 350F for 20 minutes

Serve with a small salad or any vegetable

C. See the Fish Dinner Suggestions page

# Snacks

## NUTS

Almonds – 24 nuts

Walnuts – 14 halves

Cashews - 18 nuts

Pecans – 20 halves

Plain Salted Peanuts – 28 nuts

Pistachios – 40 nuts

Sunflower Seeds – ¼ cup

Low Fat Cottage cheese – ½ cup, ok to add fruit (such as blueberries)

Any fruit or vegetable – Eat all you want (suggestions below-  
1 serving=1/2 cup)

Berries (1/2 cup)	Raisins (small box)	Figs	Radishes
Blackberries	Pineapple	Grapefruit	Rhubarb
Cranberries	Peaches	Green Peppers	Spinach
Blueberries	Pears	Kiwi fruit	Squash
Raspberries	Oranges	Lettuce	Tangerine
Strawberries	Cantaloupe	Turnips	Zucchini
	Apricot	Watermelon	
Apples	Asparagus	Mango	
Banana	Beets	Mushrooms	
Celery	Broccoli	Nectarines	
Carrots	Brussels sprouts	Okra	
Grapes (1/2 cup)	Cabbage	Onion	
Honeydew Melon	Cauliflower	Papaya	
Tomatoes	Cucumber	Prunes	

## Alternative Meals

You may replace one breakfast, lunch, and dinner once a week if you need a change (3 replacements/week)

**Breakfast** 1. 4 oz. pork tenderloin, pan fried, No oil (use *PAM* or a non stick pan only)  
4 oz. cup of unsweetened applesauce

2. ½ Grapefruit with artificial sweetener

**Lunch** 1. Banana sandwich on whole wheat bread  
1 banana with 1 Tbs. light mayonnaise

2. Peanut butter sandwich on wheat bread

**Dinner** 1. *Wendy's* – Side Salad and Small Chili

2. *KFC* – Tender roast sandwich without the sauce, individual green beans

3. *Chick-Fil-A* - Char grilled chicken sandwich, small fruit cup

# Fish Dinner Suggestions

## 1. Cod Fish With Sautéed Vegetables

4 ½ ounces Cod fish  
 Dash each lemon and lime juice  
 Salt and fresh ground pepper  
 1 teaspoon olive oil  
 2 cups mushrooms, sliced  
 ¾ cup onion, sliced  
 ¼ cup corn  
 1 ½ cups chopped tomato  
 Basil and oregano to taste

1. Put fish in shallow pan with a little water, sprinkle with lemon and juices and add salt and pepper to taste.
2. Bake fish until it flakes easily and is opaque throughout.
3. While fish is baking, heat oil in large skillet and stir-fry veggies and add seasonings.
4. Make a "bed" of the veggies and serve with the fish on top.

## 2. Salmon with Sweet Salsa

4 ½ ounces salmon  
 1/3 teaspoon olive oil  
 Dash lemon juice  
 Green or red pepper, chopped  
 ½ cup pineapple chunks  
 2/3 cup mandarin oranges packed in water  
 Dash lime juice  
 2 teaspoons slivered almonds, chopped  
 Garlic, salt and pepper to taste

1. Baste salmon with olive oil, sprinkle with lemon juice, salt and pepper to taste.
2. Bake salmon at 400° F for 15 minutes or until fish is opaque throughout and flakes easily.
3. Combine pepper, fruit, garlic, lime juice in bowl; mix together.
4. Serve with salsa over salmon, sprinkle with chopped almonds.

### 3. Mediterranean Fish

4 ½ ounces halibut, baked or steamed  
 2 tomatoes, sliced thinly  
 1 ounce low-fat feta cheese  
 12 black olives  
 1 ½ cups green beans  
 1 apple

Bake or steam fish till done. While cooking, slice tomatoes and spray with olive oil Pam and garnish with herbs (parsley, oregano, salt and pepper). Put slices on a cookie sheet with nonstick foil. Slice cheese thinly and place on the same cookie sheet and garnish also. Slice olives and put on top. Put cheese, tomatoes and olives under broiler for 5-10 minutes till cheese bubbles and tomatoes are soft. Remove fish from cooking, put on plates and top with cheese and sliced tomatoes, garnish with olives.

Steam green beans and serve with plenty of lemon. Have apple for dessert.

### 4. Ten Minute Fish Dish

You Need:

4 ½ ounces fish fillet, you can use kingfish or other fish, not too flaky  
 3 cups zucchini  
 ¾ cup rough chopped onion  
 2 tomatoes cut into wedges  
 1 teaspoon olive oil  
 Salt  
 Black pepper  
 Lemon juice

Do This:

Season fish with salt, black pepper and fresh lemon juice, grill 5 minutes each side, or however long it takes. Put the tomato, onion, and zucchini in a bowl, add the olive oil, salt and pepper and microwave this for 3 minutes. I have found that microwave is the best way to cook the vegetables to keep 'em crunchy and retain all that lovely juice to flavor the fish. Place fish onto a plate with vegetables and juice on top.



## Exercises

### Daily Cardiovascular Fitness

You should strive to do some form of aerobic (cardiovascular) activity daily.

Start slow (depending on your current fitness level) and build up to a goal of 30 minutes daily.

If you are already getting some exercise you should start at 20 minutes/day and increase by 2 week increments to 25 minutes/day then the goal of 30 minutes/day.

If you have not been exercising previously, then start at 10 minutes/day and increase each week by 5 minute increments to 30 minutes/day.

The exercise can include anything such as walking (outside or treadmill), exercise bike, swimming, elliptical trainer, etc. A simple option is a treadmill or exercise bike indoors (no excuses of too hot, too cold, raining, etc).

Chart the amount of exercise you do each day on the graph in the "exercise" column. Also remember to do weight training on Mondays, Wednesdays, and Fridays.

# Exercises

## Weight Strengthening

### Monday, Wednesday, Friday

### Use 3-5 lb hand weights

1. Floor Exercises (lying on the floor on your back, arms straight) – 15 repetitions
  - a. Arms down at your side (weights touching your hips), lift weights to over your head
  - b. Arms out at 90 degrees, lift weights from your side to above your chest
  - c. Arms above your head, lift weights up above your chest
  - d. Grab legs and rock (grab behind your knees and rock on your back)
  
2. Chair Exercises – 15 repetitions
  - a. Curls – arms straight, bend at the elbows to bring the weights to your chest
  - b. Presses – Start with the weights on your shoulders and straighten your arms to lift the weights above your head
  - c. Lift weights from side – Start with your arms hanging down at your side and with your arms straight lift the weights out to the side and up to shoulder high

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

## Nutrition Information

<b>Diet #1</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal ½ cup	150	3	27	4	2
Skim milk 1 cup	90	0	13	0	8
3 oz tuna	100	1	0	0	20
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
6 inch sub	320	6	47	4	24
cheese	50	5	0	0	8
<b>Total</b> ( not including snacks)	975	22	137	14	66

## Nutrition Information

<b>Diet #2</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
All Bran 1 cup	160	3	44	18	8
Skim milk 1 cup	90	0	13	0	8
2 eggs	140	10	<1	0	12
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
3 oz grilled chicken (made at home)	100	2	3	0	19
Salad	15	0	3	1	1
Low fat dressing 2 tbs	35	0	8	1	0
<b>Total</b> ( not including snacks)	805	22	123	26	56



## Nutrition Information

<b>Diet #3</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
1 egg	70	5	<1	0	6
1 slice whole wheat bread	50	1	10	2	4
5 oz canned chicken breast	150	2	0	0	13
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Fish Dinner (avg)	240	5	30	3	18
<b>Total</b> ( not including snacks)	775	20	92	13	49

<b>Snacks</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Almonds 24	164	16	6	3	6
Walnuts 14 halves	185	18	4	2	4
Peanuts 28	160	14	6	2	7
Low Fat Cottage Cheese ½ cup	80	2	6	0	14

## Nutrition Information

<b>Alternate meals</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
4 oz tenderloin	250	12	0	0	36
4 oz unsweetened applesauce	50	0	12	2	0
½ grapefruit	52	0	12	2	1
Banana	100	0	27	3	1
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Wendy's side salad	35	0	3	1	1
Small chili	220	6	23	5	17
KFC Tender Roast Sandwich (no sauce)	260	5	23	1	31
Green Beans	50	1.5	7	2	2
Chick-Fil-A Chargrilled sandwich	270	3.5	33	3	28
Small fruit cup	30	0	13	1	0

# Saturday Eating Realities

## Week 1

### Congratulations!

You completed the first week of The Reduce Diet.

Surprise, you did not starve to death!

Your daily food intake has averaged 1200-1500 calories/day, made up of foods high in protein and fiber, and low in fat. Most Americans eat more than 2500 calories/day made up of low fiber, high fat foods. Your body needs at most 2000 calories/day so the excess is stored in fat cells, building up over time. Reducing your daily food intake to a reasonable level lets your body use the calories as energy with little left over to store. Eating smaller meals several times a day with snacks in between should wipe out your hunger.

**KEEP IT UP!**

# Saturday Eating Realities

## Week 2- Nutrition Basics

In order for you to take your health seriously you must have some basic understanding of what you are putting into your body. A simple place to start is by reviewing the basic food groups (carbohydrates and proteins this week, then fats next week).

**Carbohydrates** – otherwise known as “sugars”.

Good Effects – supply energy to the cells of the body.

Bad Effects – causes insulin release which leads to weight gain and diabetes.

### Types of Carbohydrates

1) Complex Carbs – Natural carbohydrates found in breads, pasta, rice, cereals, and vegetables. These tend to cause less insulin release and therefore less weight gain and diabetes. Vegetables are the preferred source for carbs because they also contain fiber (see below).

2) Simple Carbs

- a. Natural – honey, fruits – these cause a large amount of insulin release, but, are better than processed carbs. Fruit also contains fiber which is good.
- b. Processed – Man made sugar which is added to foods – candies, soft drinks, icing, cakes, cookies, pies. These cause extreme insulin release which greatly increases diabetes and weight gain.

3) Fiber - nondigested carbohydrates found in fruits and vegetables. Since they are not digested the body cannot use them for energy. Their good effects come through improving bowel function and by reducing the amount of insulin released when you eat, which decreases diabetes and weight gain. Since fiber is found in large amounts in fruits and vegetables these are the best overall sources of energy.

**Proteins** – Build and repair the body tissues, supply energy.

These are found in meats (beef, pork, chicken), fish, eggs, dairy products, beans, nuts. Since most of the foods with high protein content have large amounts of fat, a high protein diet usually has a high fat content.

## Week 2- Nutrition Basics

Recommendations:

- 1) Eat carbs that are high in fiber so there is not as great an insulin release. This will decrease the risk of diabetes and weight gain. Try to eat 5 servings (1cup=a serving) of fruits and vegetables daily.
- 2) Limit processed carbs - candies, soft drinks, icing, cakes, cookies, pies. Instead eat fruits/vegetables for snacks.
- 3) Increase fiber intake by increasing fruits and vegetables.
- 4) Try to replace protein from meat(especially red meat) with protein from fish, beans, and nuts which have less fat.

# Saturday Eating Realities

## Week 3 - Nutrition Basics

### Fats - Fatty Acids

Good Effects - supplies energy to the body, carries vitamins, helps to build cell walls.

Bad Effects - are stored in the body as fat cells (adipose tissue) which accumulate around the organs. In large amounts they will clog up the blood vessels (clogged arteries).

Types of Fats:

- 1) Transfat - partially hydrogenated fatty acids - Found in cooking oils used to fry foods (French fries, chicken nuggets, chips, etc.) and in processed foods like commercially baked goods such as cookies, cakes, pies, donuts, fast foods, margarine, vegetable shortening). This type of fat is the most likely to raise the bad cholesterol and lead to heart attacks and strokes.
- 2) Saturated Fatty Acids - mainly come from animal products (dairy products such as milk and cheese or meats such as beef, pork, or chicken). Raises the bad cholesterol, increasing the risk of heart disease.
- 3) Monounsaturated Fatty Acids - Found in olive oil and canola oil used for cooking. May improve cholesterol slightly.
- 4) Polyunsaturated Fatty Acids - Found in sunflower oil and corn oil used for cooking, and nuts eaten for snacks. May improve cholesterol by lowering the bad cholesterol and raising the good.
- 5) Fish Oils (Omega 3 Fatty Acids) - Found in all fish. Herring, mackerel, salmon, trout, and tuna have the highest amounts. Have good overall health benefits by lowering cholesterol and reducing heart disease risk.

Simple Recommendations about Fat Consumption:

- 1) Eliminate Trans Fats - NO fried foods or commercially processed baked goods (cookies, cakes, chips, donuts, pies)
- 2) Limit Saturated Fats - Limit red meat to once a week. Limit cheese and use only skim milk.
- 3) Monounsaturated/Polyunsaturated Fats are ok in moderation. Use olive and canola oil for cooking. Eat nuts for snacks.
- 4) Increase Fish Oils (Omega 3 Fatty Acids). Eat fish as much as possible (not fried).

# Saturday Eating Realities

## Week 4

### Congratulations!

You completed the first 3 week cycle of the REDUCE Diet.

Take Notice.

There is nothing special about the food you have been eating. The foods themselves are not what are important. What is important is that the nutritional content of what you are eating is very balanced, the portion sizes are small, and you are spreading your food intake out over the course of the day. (3 small meals and 2 snacks instead of 1 large meal each day)

By eating this way your body can easily metabolize the food with little excess to store. Your body can use the extra metabolism to burn fat instead of storing it, leading to weight loss. So over the next 3 weeks cycle you should not be thinking about having to eat these same foods for the rest of your life. Just pay attention to the nutritional content of the food, the amount you are eating, and the structured way you are eating. That is what you want to continue.

Through eating in a structured way you are establishing new routines, new patterns. New eating patterns are crucial to the way in which you reduce frustrations over the number of eating decisions you must make everyday. So, pay attention to the patterns.

# Saturday Eating Realities

## Week 5

### Motion

If you have stuck faithfully to the Diet you will probably notice a few pounds of weight loss by now. As the pounds come off you should feel more energetic and have less joint problems. If you have not already started, this is the time to begin exercising regularly. Read over the simple exercises in the Diet and strive to get some exercise at least 15 minutes a day this next week. Make sure you chart your exercise time on the chart in the Diet so you can keep yourself honest.

Recently in clinic we had a husband and wife team who began very slowly to put their bodies in motion. The results have been truly transforming: they're talking to each other. Their oxygen levels are now normal. They have hope. Their Spirits are alive. It is amazing what movement can do.

In fact, regularly putting your body in motion is probably the single best thing that you can do for your body – God's Temple. So, when you know about a remedy that has the power to sharpen your senses, to protect your memory, to inspire your self-esteem, and you consciously reject it – you'll have to justify your decision someday. That's the bottom line.



# Saturday Eating Realities

## Week 6

### **Never eat to fullness.**

I doubt if since starting the Diet you have ever finished a meal and felt miserably full. The impulse from your stomach to your brain signaling it is full takes 15-20 minutes. So, if you are eating quickly and without limits, by the time you feel full you have eaten about twice as much as your body needs. Spiritually that is GLUTTONY. Medically it is destructive. The body cannot process and metabolize all of that food so it is stored as fat and glucose leading to obesity, high cholesterol, and diabetes.

Pay attention to how much you have eaten at each meal over the past week. Notice that while eating enough to satisfy your bodily needs, you have not eaten to fullness.

# Saturday Eating Realities

## Week 7

### Plan what you will eat.

A good habit to get into is to plan out your meals Monday through Friday. While it probably has been boring eating the same thing each day, you should notice how liberating it is not to have to worry about what you will eat. If you plan simple small meals Monday to Friday you can take control over the nutritional content and amount of what you and your family are eating. Also, you will not be tempted to stop for a quick burger and fries for lunch or on the way home. And remember, the weekends are a free time. Go to your favorite restaurant and eat whatever you want.

# Saturday Eating Realities

## Week 8

### Low Fat Eating

A simple way to improve your health is to pay attention to how much fat you are eating. Fat tends to clog up your arteries increasing the risk of heart disease and stroke. It also adds to the fat around your organs, leading to an ever enlarging waist line. You have been eating under 30 grams of fat a day which is a reasonable goal to strive for. Most Americans eat more than 60 grams of fat per day promoting the epidemic of obesity and cardiovascular disease.

Here are some simple tips you can use to start watching your fat intake. For a comprehensive list of the fat content of foods visit the USDA website and select Fat, sorted alphabetically.

<http://www.ars.usda.gov/Services/docs.htm?docid=9673>

### The Ten Commandments of Low Fat Eating

- 1) **Eat no more than 30 grams of fat/day. (Nuts eaten as snacks are not counted)**
- 2) Know the fat content of everything you eat.
- 3) Limit Visible Fats
  - A) Do not use mayonnaise. If you have to use some, then use only Lite (low fat) Mayo.
  - B) Switch from regular butter or margarine to Non fat butter substitutes.
  - C) Switch from regular milk to skim milk.
- 4) No fried foods (French fries, fried chicken, regular potato chips).
- 5) Limit cheese.
- 6) Only fat free dressing.

- 7) Choose fat free or low fat products when possible. (ex. Non fat hotdogs, 96% lean ground beef, baked chips, etc)
- 8) Choose LEAN meats that are grilled, broiled, or baked. (Not fried)
- 9) Use PAM for cooking instead of oil, butter, or lard.
- 10) Use egg whites when cooking instead of whole eggs.

Most Fast Food Restaurants have a nutrition section on their websites where you can check the nutritional values of your favorite foods and decide what may be a healthier choice. Here are some examples of how many grams of fat are in some common foods.

# Saturday Eating Realities

Week 9

Read Smart Moves 1-22

Online Resources

[www.ChristianHealthForums.com](http://www.ChristianHealthForums.com)

# Saturday Eating Realities

Week 10

Read Smart Moves 23-47

Online Resources

[www.ChristianHealthForums.com](http://www.ChristianHealthForums.com)

# Saturday Eating Realities

## Week 11

### Motion (Phase 2)

By this point you should feel better and lighter and be more able to start a routine exercise program. By aggressively exercising while maintaining the strict Diet or eating with the same general diet principles you should see an increase in weight loss.

Your goal should be 150 minutes per week. This is usually broken down into 30 minutes 5 days a week.

The type of exercise you do is not as important as just doing it. Find something you enjoy that is simple to do.

Here are some ideas to get you started:

#### At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer – buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

#### At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

# Saturday Eating Realities

## Week 12 Congratulations

Now that you have finished the first 12 weeks of the REDUCE plan you should have a general understanding of the basic principles of nutrition. You have been eating a low calorie, low fat diet rich in fiber and protein. (review the Nutrition Information page). You have been eating in a structured way – 3 average sized meals and 2 snacks a day. Hopefully you are eating more fruits and vegetables and are limiting your intake of “pleasure foods” (deserts, sweets, chocolate, etc.). You have probably also noticed that your weight loss has leveled out and you are not losing as much weight as when the diet started. Welcome to Resistance. Your body’s natural reaction to a change is to slow down the metabolism and try to retain as much excess weight as possible. Your job is to not get discouraged and continue to work towards a goal of better health. You have taken a monumental step by completing the 12 week diet and hopefully lost 10-20 pounds or more. If you never lose another pound your overall health will still be improved by the initial 10-20 pounds lost. Your first goal is to use the skills you have learned about diet and exercise to sustain you initial weight loss. Use the techniques below for the next 12 weeks and just try to maintain your weight loss. Eventually the other pounds will come off, but, it is a slow process. Look for 1-2 pounds of weight lose each month and remember – the goal is not necessarily to lose a lot of weight. Your main goal is to feel better physically, mentally, and spiritually and have better overall health.

Maintenance. If you are happy with your current progress and are on your way to your goal weight you can continue the same general diet principles indefinitely. Eat 3 meals and 2 snacks a day consisting of the Diet foods or nutritionally similar meals for at least 5 days a week. (See the Nutrition Breakdown). Continue to weigh yourself daily, and if you see any significant increase in weight, restart the strict diet. Here are some suggestions on how to continue healthy eating.

Breakfast – Pick 1 or 2 simple breakfasts such as All Bran or Oatmeal and stick to these most days of the week.

Lunch – Choose something under 400 calories. A simple sandwich, salad, or prepackaged meal (Weight Watchers Smart Ones, Lean Cuisine, Healthy Choice, Lean Gourmet) are good options.

Dinner – Stay under 500 calories. Keep it simple. Use the Diet choices, homemade meals, prepackages meals, along with experimenting with fish meals. Read labels and try to match your meals with what you have been eating. Avoid eating out and deserts.

Snacks – Continue nuts as 1 snack a day and work on increasing your fruit intake.