

Optimizing Your Nutrition

Your Guide to More Energy,
Optimal Weight, and Improved Health

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Optimizing Your Nutrition

(What is the point anyway?)

- The human body is an amazing organism that can adapt to a wide variety of situations, allowing us to survive in a variety of environments.
- Historically as omnivores (able to eat both plants and animals), our species has been able to adapt, even under harsh circumstances.

- Today, we live in a world of abundance in most parts of the developed world, with a wide variety of available food.
- The food industry has also evolved considerably, along with their industry specific goals of creating tasty foods that generate sales, using the least expensive ingredients possible, and to maximize profits for their companies and investors.

- This strategy often includes decreasing the amount of more costly, high quality, natural ingredients and replacing them with inexpensive chemicals that mimic natural ingredients, with the sole objective of additional profits for their industry.
- Many of these chemicals have not been studied for human consumption prior to their introduction.

- The health of the consumer is usually not the foremost thought circulating around the conference room table in the boardrooms of food manufacturers throughout the developed world.
- Volume sales with minimal cost to manufacture, generally means poor quality food. This is the reality that we are facing today in 2015. Poor quality food has not been without its health costs to consumers.

- Upton Sinclair wrote a powerful book in 1906 about the meat industry at the time, entitled "*The Jungle*". This was written as a revealing expose of poor standards of hygiene and the numerous cost-cutting measures found in the meat industry in the late 1800's and earlier.
- While laws and regulations preventing contamination have been put into place since then, chemical and other food additives that prolong shelf life and enhance flavor have long been used in packaged foods. This practice still persists today.

- Unfortunately, these additives are not without harm to the human body. Some of the additives used have among other effects, appetite stimulant properties, creating a strong desire for the consumer to eat more and more of that particular food.
- It is no small wonder that the appetite stimulant property of modern wheat (since the 1970 hybridization) has been used by the food industry, as an additive to foods.

- Many of these foods now containing modern wheat are foods that do not require the use of wheat for any desired effect other than appetite stimulation.
- This is strikingly similar to the tobacco industry's use of additives to increase the desire for cigarettes. The difference is that it is not essential to smoke, while it is essential to eat.

- Up to now, the food industry has been able to manipulate the quality of our food with minimal regulation. The use of “Healthy” and “Natural” on food labels has been in the favor of manufacturers and not consumers.
- Now with the addition of GMO (genetically modified organisms) into the market place, manufacturers are still not required to add GMO product use on labels. The modifications of many GMO products include herbicides that inhibit weed growth within the seeds’ genetics. It does not take a rocket scientist to know that this cannot be without effects on the human body.

- MSG (monosodium glutamate) is another commonly used food additive and is marketed as a “flavor enhancer”. In reality, this chemical tricks the brain into thinking that the food item that you are eating contains protein (mimicking the glutamate amino acid), which in turn creates a pleasurable desire to eat more of it.
- MSG is most commonly used in high carbohydrate foods, which are certainly not proteins. MSG also triggers the pancreas to produce insulin inappropriately, causing fat storage. When the food containing MSG is also high in carbohydrates, blood sugar levels skyrocket causing even more glucose production and insulin over-load.

- That is why a couple of hours after eating a meal of Chinese food (usually containing high amounts of MSG that cause you to overeat) with rice (very high in carbohydrates), you feel incredibly sleepy. Insulin is over-produced in reaction to the over-abundance of carbohydrates.
- Carbohydrates become blood sugar, which hit the bloodstream all at once as the meal is broken down. As insulin does its job of “cleaning up” excess blood sugar, it is usually not very precise and ends up dropping the blood sugar too low.

- The result: you become sleepy and guess what else.... You become HUNGRY again (biologically) as a protective mechanism to get your blood sugar level back up to the normal range again. On and on it goes like a hamster on a wheel...

- These are just 2 of the many chemical manipulations of our food supply that causes a variety of significant effects on the human body.
- Over the course of time (especially since the massive availability and marketing of processed foods began in the 1950's), the health and weight of people consuming the "American diet" has steadily changed.

- Weight has dramatically increased, Type 2 diabetes (usually tied to obesity) is higher than ever in recorded history, and auto-immune diseases are on the rise. Overall health is declining in spite of modern advances in medicine (especially cancers of all types).

- Current statistics published by the American Heart Association show that as of 2014, nearly 70% of Americans are overweight or obese with about 35% of Americans falling into the obese category (with many more health risks).
- Nearly 1 in 3 American children between the ages of 2-19 are overweight or obese. These are staggering figures!

- Marketing plays a significant role in influencing what we choose to eat and we are bombarded with marketing every time we watch television, see a movie, check our email, look at Facebook, Pinterest, or YouTube, or other forms of media.
- The manufacturing of processed foods is very big business with very deep pockets for marketing!

- In spite of slick marketing and easy availability, the thousands of food products that are peddled are not necessarily good for your body, even though they may keep you from being hungry.
- What all this means is that while you may have a ready supply of fast food and inexpensive packaged foods available to eat, you merely need to look around you in any crowd of people to see the ill effects of modern foods (poor health and obesity).

- Your decision to improve **your** nutrition is a step in the right direction.
- By becoming aware of what you are eating and substituting healthier food options for unhealthy ones, you will be turning your body into a high performance machine that is able to zip along, highly responsive to your “driving”, instead of performing like an old beater station-wagon, bellowing smoke out of the exhaust, and barely able to make it up the hill on the way to your house.

- In human terms, you will find that you will have:
 - ✓ Much more energy
 - ✓ Less fatigue
 - ✓ Improved concentration and focus
 - ✓ Less aches and pains

- ✓ Minimal to no cravings
- ✓ No longer plagued with untimely hunger
- ✓ Reduce the amount of food that you eat naturally
- ✓ Will reduce inflammatory processes in every system of your body

...To name only a few of the benefits that you will enjoy by changing your "fuel".

- You are in the right place to improve your quality of life, maintain and improve your health, and not only feel better, but look better too!

Let's talk about *specific ways* that will
improve your nutrition.

Eat ONLY when hungry

- Most of us have developed a number of food related habits (eating popcorn at movies, having a snack when we watch TV, etc).
- When you are engaged in that activity it will trigger the habit.
- Change your habits to include healthier options (hot tea, celery stick, sugarless gum, exercise, water)
- Take a hot bath, read a book, perform a crossword puzzle, play a video game, or engage in other activities to distract you from eating.
- Place a sign on your refrigerator and cabinets that says: **Are you really hungry or are you just bored?**

Sleep 7-8 hours each night.

What does sleep have to do with nutrition?

Just about everything.

How does sleep effect nutrition?

Lack of proper amount of sleep or quality of sleep effects the body in many ways...

- ✓ Fatigue and lack of sleep biologically creates hunger.
- ✓ The human body makes several peptides made of amino acids that regulate hunger.
- ✓ Leptin is an appetite suppressant (makes you less hungry by causing you to feel full)
- ✓ Ghrelin is an appetite stimulant (makes you want to eat more)
- ✓ Inadequate sleep LOWERS Leptin and INCREASES ghrelin
- ✓ The result is inappropriate hunger for high caloric foods

- ✓ Studies show that both men and women are affected and consume additional calories not matching their level of activity, when they are sleep deprived.
- ✓ Chronic sleep deprivation results in weight gain!
- ✓ The same is true for people with insomnia, untreated sleep apnea and other untreated sleep disorders.
- ✓ If you allow for 7-8 hours of sleep each night and have numerous awakenings, snore or gasp during sleep, or do not awaken feeling refreshed, see a sleep specialist to determine if you have a sleep disorder.
- ✓ They can work with you to develop treatments to improve your sleep.

Avoid any wheat or wheat gluten.

- ✓ (I know.... That is a tough one, but perhaps the single most important thing that will improve your health)
- ✓ Avoid eating wheat breads or products, pasta, cookies, cakes, pies, bagels, donuts, or essentially **ANY** wheat containing products.
- ✓ Choose a **gluten free option** with the lowest carbohydrate count if purchased already made or make your own without wheat.

- ✓ Remember, gluten free products that are processed, still will contain preservatives and chemicals just like their wheat-versioned cousins.
- ✓ Since the most recent hybridization of wheat in the 1970's, the shorter variety of wheat contains much more gluten than its previous version.
- ✓ The higher gluten level is a big problem because bound to the gluten is a protein called GLIADIN, that has significant negative effects on the human body.

- ✓ GLIADIN is attached to gluten so the more gluten in the wheat, the higher the level of gliadin. (Ancient “Biblical” wheat has little gluten and less gliadin as a result)
- ✓ Gliadin is a potent appetite STIMULANT with numerous inflammatory properties which can cause a significant strain on the functioning of the human body.

- ✓ Gliadin makes everyone susceptible to eating more calories than we need (some more than others!)
- ✓ Studies show that on average, people who eat products containing wheat eat an average of **400 additional calories per day** as compared to gluten free diets (according to William Davis, MD, author of *Wheat Belly*).
- ✓ Modern wheat is high in carbohydrates, contributing to weight gain, unstable blood sugar, Type 2 diabetes, metabolic syndrome, tooth decay, and many other health problems.

Read all food and supplement labels to know the ingredients.

- ✓ Many unlikely foods contain wheat (like soy sauce, chocolate, some ketchups, vitamins, among thousands of other products).
- ✓ There are innumerable chemical additives in foods, most of which have not been tested in humans.
- ✓ If your food choices contain chemicals with unfamiliar names, educate yourself on which chemicals are benign and which ones aren't.
- ✓ In general, if any food contains a chemical additive with an unfamiliar name, it may pose a health risk to you.

Avoid processed foods

What exactly is a “processed food”?

This definition varies widely but for our purposes, processed means:

- ✓ Containing sodium nitrate or nitrite preservatives
- ✓ Buy meat without preservatives.
- ✓ You can buy organic meats that are uncured, meaning without use of preservatives. While these are cut up and can be in casings (sausages), you can find a variety of sausages that are merely chopped meat without any chemical preservatives.
- ✓ In general, packaged or fast foods with more than 5 ingredients are processed foods.

- ✓ Make sure those 5 or less ingredients are not chemical preservatives or bleaching agents.
- ✓ That includes gluten-free products. Read all labels, even ones that you assume are “healthy” products.
- ✓ Now that gluten-free products are popular, food manufacturers will continue to squeeze out profits by using chemicals and preservatives to maintain shelf life. Buyer beware.
- ✓ Just because labeling on the front of the product says “healthy” or “natural” does not mean that it is. Be skeptical and read the ingredients.

- ✓ Do not eat anything without a food label listing the ingredients or without knowing or reading the nutrition facts at any restaurant.
- ✓ You will be shocked at what ingredients are in restaurant foods. Most restaurant chains list ingredients and nutrition facts on their websites (mandated in many states).
- ✓ Processed also means fried foods that are cooked in conventional vegetable oils. If they are stir fried in avocado oil, olive oil, lard, coconut oil, ghee, or butter, they are generally safe to eat.

- ✓ Vegetable oils break down into toxic substances when heated to a hot temperature required for deep frying.
- ✓ That is why anyplace that fries foods is smoky and contains a film of grease in the vicinity of the fryer. That is evidence of the breakdown of the oil.
- ✓ These toxins increase the risk of cancer among other health problems.
- ✓ If you want deep fried foods, make them at home with healthy oils.
- ✓ Crisco and margarine are the worst oils to use. Avoid like the plague.

- ✓ If you are dining out and have a stir fried dish, ask for the healthy oils listed above or alternately, "light oil".
- ✓ Leave the unhealthy oils on your plate! In a restaurant, you are the boss. Ask for what you want.
- ✓ Better yet, choose a healthier option.
- ✓ Avoid sugars and artificial chemical sweeteners (Equal, Aspartame, Saccharin/Sweet and low).

Avoid any high fructose sweeteners or high fructose corn syrup containing foods.

- ✓ These sweeteners dramatically increase your blood sugar and the over-production of insulin.
- ✓ This will cause cravings and inappropriate hunger that cycles all day long, leading to over-eating among increasing the risk for developing diabetes.
- ✓ The brain considers sugars as “high reward foods” that alter mood, giving us a “high”.
- ✓ This will create even more desire for more and more of the products containing these sweeteners.
- ✓ The corn used to extract corn syrups is usually from genetically modified corn (GMO) with additional risks to your health.

Avoid sugars of any kind and any added sugars including:

- ✓ Honey
- ✓ Corn syrup
- ✓ Agave
- ✓ Coconut sugar or date sugar
- ✓ Maple syrup
- ✓ Molasses
- ✓ READ THE LABELS to check the carbohydrate amount of any sweetener

Remember,
fructose (sugars from fruit)
is a sugar too!

Eat fruit in **garnish** amounts

- ✓ Most fruits are high in natural sugars.
- ✓ Berries have the lowest amount of carbohydrates per serving.
- ✓ Tropical fruits have the highest amount of carbohydrates per serving (pineapple and mango for example)

If you eat fruit at all:

- ✓ Avoid fruit in the form of juice
- ✓ The amount of juice in one small glass is like eating 4-5 apples all at once
- ✓ Most juices are sweetened with corn syrup as well, making them sugar bombs!

Read nutrition labels and choose food items with **the lowest carbohydrate amount** per serving.

✓ Limiting carbohydrate intake limits:

➔ Fat storage

➔ Hunger

➔ Cravings

➔ Weight gain.

What about sweeteners?

Are there any that are good for me?

- ✓ Best non-sugar sweeteners are : STEVIA, ERYTHRITOL, XYLITOL or INULIN.
- ✓ These sweeteners are extracted from plants and do not cause a significant rise in blood sugar or add significant calories per serving.
- ✓ These can usually be found at *Whole Foods, Nob Hill, Staff of Life, New Leaf* and other local store chains, specialty organic food stores or purchased online at www.amazon.com or www.netrition.com

Stevia is the best sweetener overall

- ✓ If you are baking, use erythritol or xylitol as they will act like sugar and remain sweet.
- ✓ Stevia loses sweetness when baked or cooked, but remains sweet for use in coffee or an item that is only heated for a few minutes.
- ✓ Choose Stevia that **does not** contain Maltodextrin, acesulfame potassium, or dextrose (which is pure sugar).
- ✓ TRUVIA is a mixture of Stevia and Erythritol and found in bulk at Costco. **READ THE LABELS.**

Avoid EQUAL, NUTRASWEET and other Aspartame containing sweeteners.

✓ Avoid Saccharin (Sweet and Low).

✓ These are chemicals manufactured in a lab.

Sucralose is a zero calorie, zero carb sweetener that is made from removing chlorine molecules from sugar.

- ✓ It is probably safer to consume than aspartame or saccharin
- ✓ It has recently been implicated in altering gut flora (normal bacteria that lives in the colon allowing for bad bacteria to take over).
- ✓ It is best to avoid it or use it sparingly.

If using Sucralose/Splenda for baking

- ✓ Be aware that it does not retain sweetness when heated
- ✓ The same is true for Stevia
- ✓ Do not buy Stevia or Splenda/Sucralose labeled as “for baking”
 - ➔ These products contain SUGAR so they will remain sweet
- ✓ You may be able to find some little known brands that blend stevia or Splenda with erythritol for baking but you are safer to just use erythritol
- ✓ *Swerve* brand is a blend of erythritol and inulin.... both safe sweeteners to use
- ✓ They will not increase your blood sugar or cause you to gain weight.

Eat leafy greens and other fiber rich foods every day.

✓ Psyllium

✓ Flaxseed meal

✓ Hemp seeds

✓ Celery

✓ Raw veggies (bell peppers, cauliflower, broccoli, radishes, lettuce, arugula, spinach, chard, and so on)

If you eat squash:

Choose low sugar, low carbohydrate squash such as:

- ➔ Kabocha
- ➔ Zucchini
- ➔ Summer squash
- ➔ Chayote
- ➔ Spaghetti squash

Avoid most root vegetables

If you do eat them:

- ✓ Eat them in small amounts since they have high carbohydrate amounts per serving
- ✓ Best to avoid potatoes of any kind
- ✓ All varieties of potatoes are high in carbohydrates
- ✓ Turnips, rutabaga, carrots, *have lower carbohydrate amounts* so you can eat them in small portions.

- ✓ Both turnips and rutabaga are excellent substitutes for potatoes
- ✓ They can be used any way that you would use potatoes (baked, stir-fried, hash browns, etc)
- ✓ Parsnips, yucca, cassava, and other root plants are very high in carbohydrates so *avoid* (or have very tiny portions)

Avoid quinoa, rice and grains of any kind

(We are not cows or sheep with the digestive system to process them well)

- ✓ Rice is especially high in carbohydrates and makes blood sugar go up considerably.
- ✓ If you eat rice or any other gluten-free grains, limit your serving to ½ cup 1-2 times a week
- ✓ Remember, gluten is found in wheat of all varieties including *spelt, kamut, triticale* and also found in *barley, and rye*, breakfast cereals, and vital wheat gluten added products.

Drink PLENTY of water each day

(at least 64-96 ounces)

- ✓ If you drink other fluids besides water, make sure that at least 64 ounces of the fluids is pure, filtered water.
- ✓ When we are experiencing “hunger” we are often just dehydrated. The body has a hard time telling the difference.
- ✓ When you first feel hungry, have an 8 ounce glass of water. If you are dehydrated, the hunger will be gone. If you still are hungry, it is time for a snack.

Eat between one teaspoon to one tablespoon
of healthy fats, 3 times a day

- ✓ Such as butter, coconut oil, avocado oil, ghee, animal fat, olive oil.
- ✓ Avoid vegetable oils or use very sparingly.
- ✓ They are mostly Omega 6 fatty acids which we consume too much of already.
- ✓ Do not use corn oil, soy, safflower, Crisco, or other polyunsaturated fats, especially for cooking.

Vegetable oils have a low boiling point and break down into toxic substances when heated.

- ✓ Increase Omega 3 fatty acids (fish, fish oil, flax seed or flaxseed meal, hemp seeds).
- ✓ Fat makes us feel satisfied and full and is essential in our diet for all of our cells.

Eat at least $\frac{1}{4}$ cup serving of nuts per day

- ✓ Pecans
- ✓ Walnuts
- ✓ Macadamia
- ✓ Almonds
- ✓ Peanuts
- ✓ Soy nuts
- ✓ Limit cashews (they contain a high amount of carbohydrates)

Eat adequate protein amounts per day.

- ✓ For most people that is 60-120 grams per day depending on your weight

Take supplements to replace the vitamins and minerals lost by cooking and processing food.

- ✓ Quality multi-vitamin
- ✓ Vitamin B-complex
- ✓ Flaxseed oil or fish oil
- ✓ Calcium/Magnesium supplement

Recommended Reading:

- *Wheat Belly* by Dr. William Davis
- *Why We Get Fat* by Gary Taubes
- *The Big Fat Surprise* by Nina Teicholz

Recommended Resource Websites:

- www.Asimplelowcarblife.com Numerous resources, tips, recipes, and more
- www.alldayidreamaboutfood.com Great recipes
- www.netrition.com For supplements and healthier ingredients for cooking and baking
- www.pinterest.com/asimplelowcarb Thousands of low carb and gluten free recipes
- www.facebook.com/asimplelowcarblife More recipes and tips

To look up any food to discover:

- Calories per serving
- Protein in grams per serving
- Fat in grams per serving
- Carbohydrates in grams per serving

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Dirty Little Secrets to Living

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Comprehensive Video Training Modules 1-12

This comprehensive and very detailed approach is included in your nutrition package.

Click the link below this video to begin...

- *If your healthcare provider has enrolled you in this program, be sure to follow up regularly for optimal results and ongoing guidance!*

"If you do what you always did,
you will get what you always got."

--Anonymous