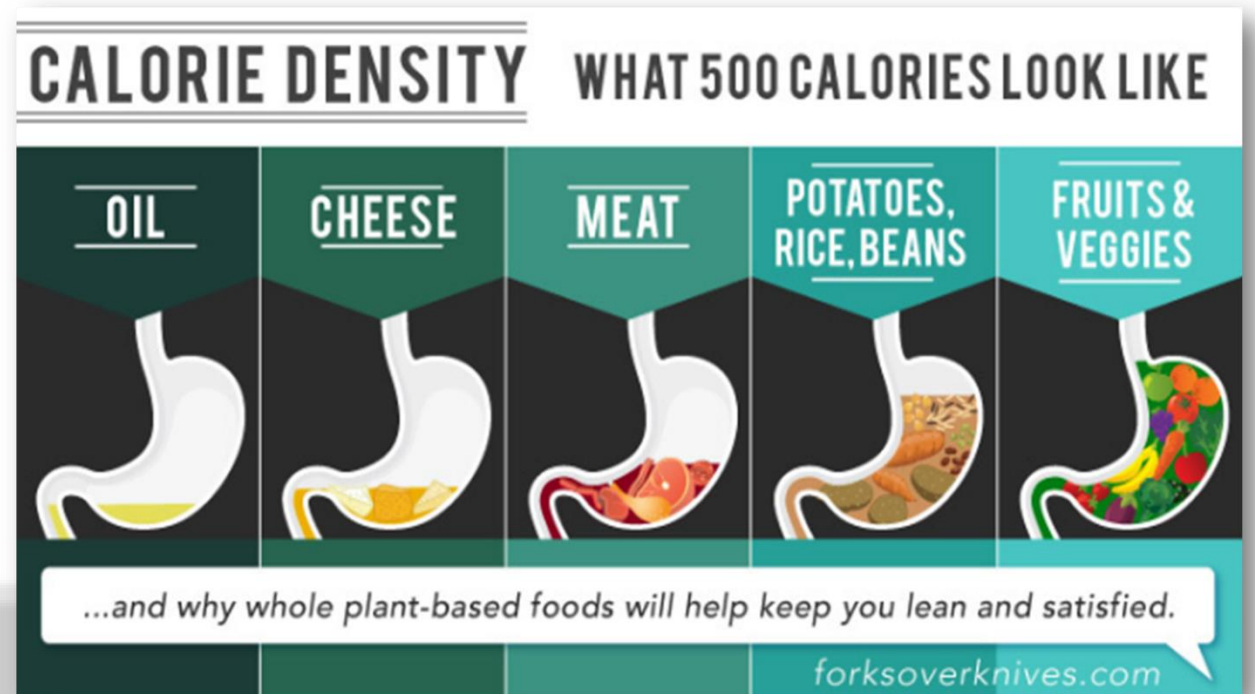


Eat more to  
weigh less:  
Foods that  
cause you to lose  
weight!



# Agenda

- Obesity
- Law of satiety
- Calorie Density
- Eating more to weigh less
- Foods that cause you to lose weight

# Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

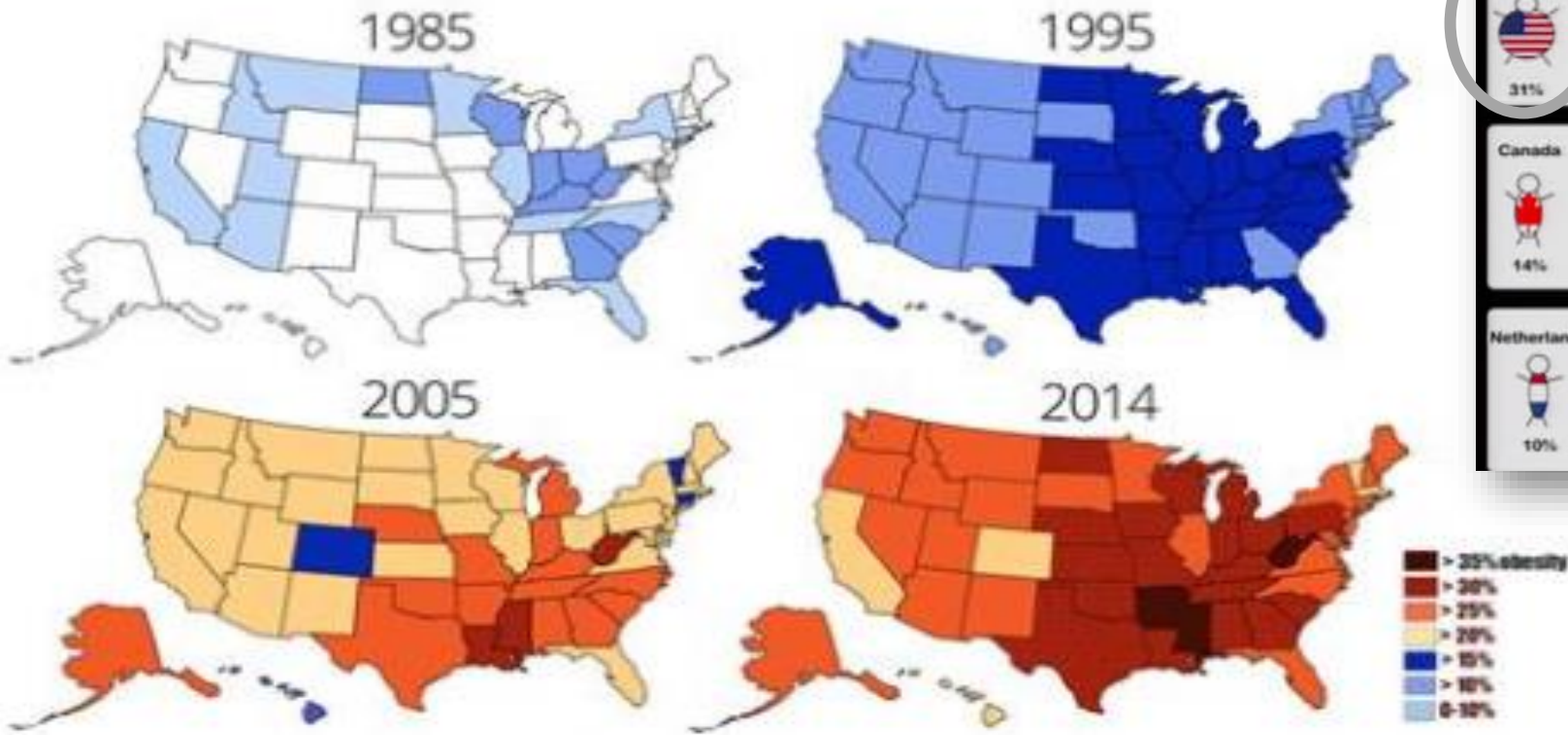
# Current State of Health

- Americans are in trouble
  - 2/3 of Americans are overweight or obese
  - Every 52 seconds an American dies from Heart Disease (more than 140 people will have died during this presentation)
  - Some research estimates that the lifetime risk of acquiring cancer is 1 in 2.
  - Nearly 50% of Americans have pre-diabetes or diabetes



# Obesity

**Obesity Trends Among US Adults 1985-2014**  
(Obese = BMI  $\geq$  30 kg/m<sup>2</sup>)



<https://www.cdc.gov/obesity/data/prevalence-maps.html>

**OBESITY:** The percentage of the population older than 15 with a body-mass index greater than 30.



# Most deaths are preventable and related to nutrition

Figure 3. Number of Deaths and Percentage of Disability-Adjusted Life-Years Related to the 17 Leading Risk Factors in the United States in 2010 for Both Sexes Combined

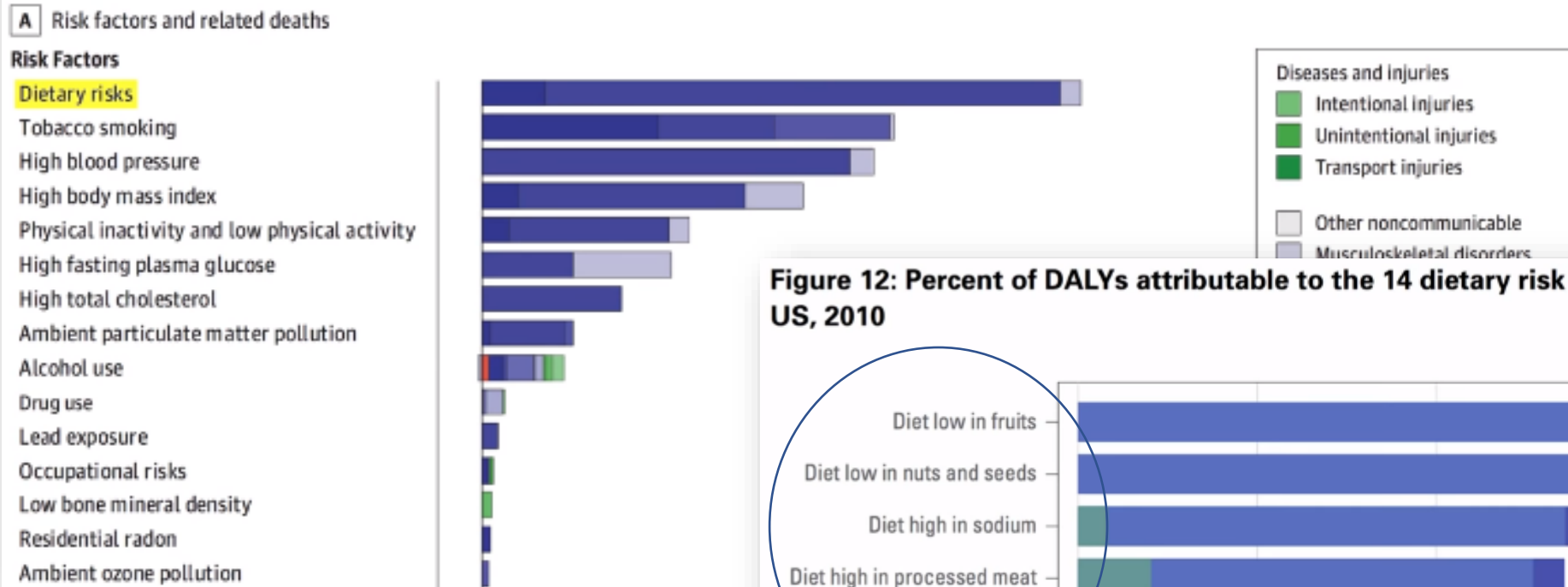
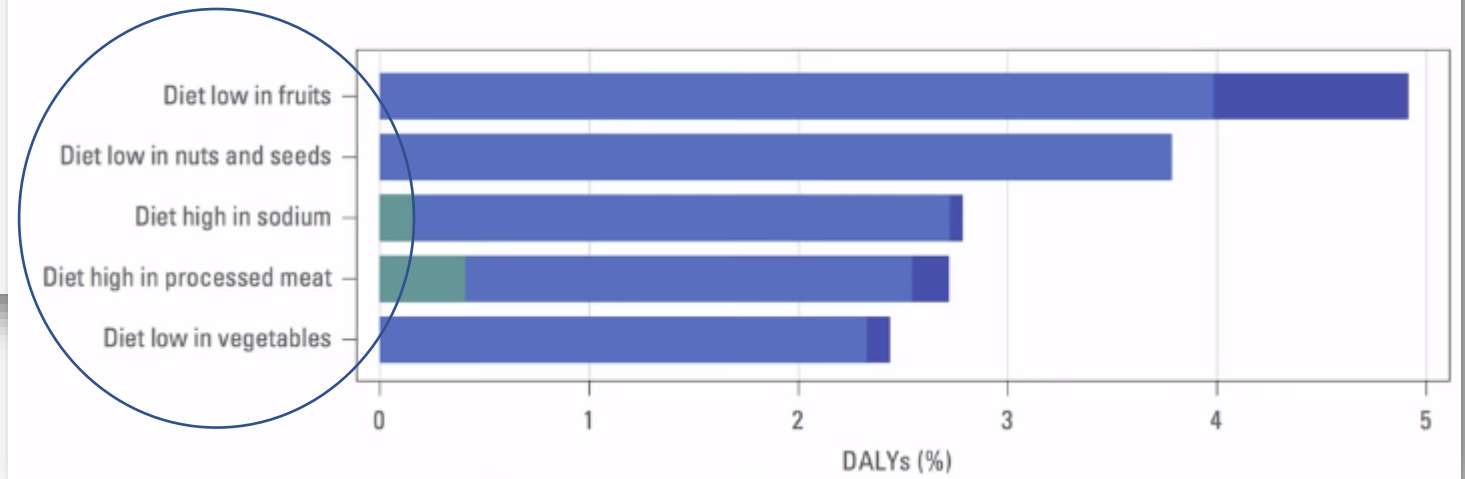
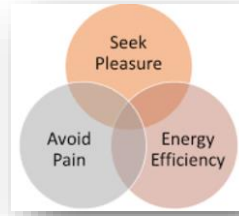


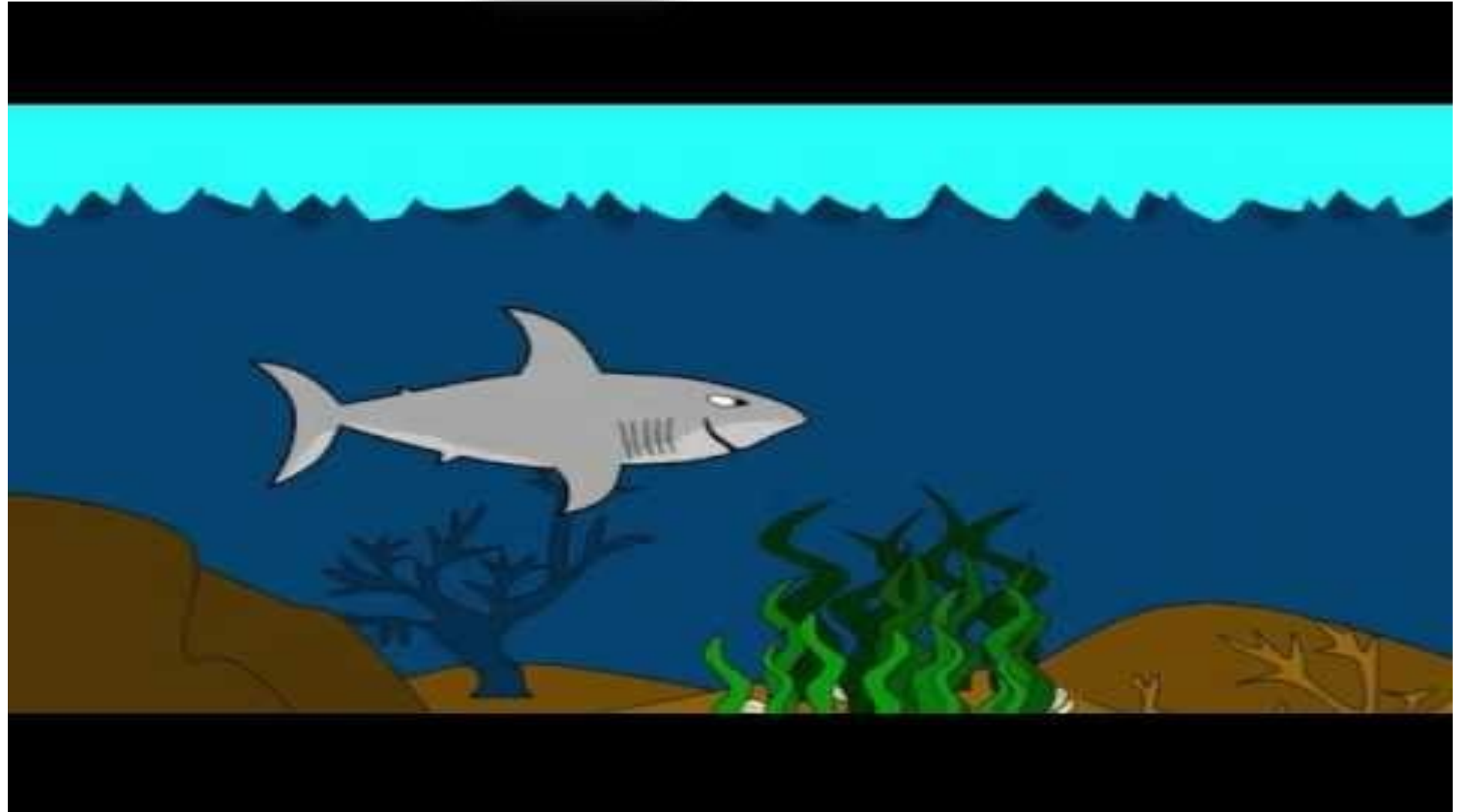
Figure 12: Percent of DALYs attributable to the 14 dietary risk factors, both sexes, all ages, US, 2010



# Motivational Triad



[Video Link:](#)



# Law of Satiety

- Animals eating to full satisfaction (satiety) in their natural habitat will – over time – eat neither too much nor too little for optimum health.
- Unconscious processes regulated by the hypothalamus. Regulates water consumption, sleep, comfort levels, etc. The same thing happens with food. We all have a perfect satiety mechanism.
- Our satiety system is monitored by Stretch receptors and Nutrient receptors:
  - **Stretch receptors (volumetric control)** – regulating system in your body that tells you when you are full and when to stop eating.
  - **Nutrient receptors (caloric density analysis)** – nervous system can detect fat, protein and carbohydrates. Your body can find out how much we have put into our body to assess how many calories we have eaten,



# Leveraging Best Practices



## Calorie Density & Eat more to Weigh less

- ▶ Jeff Novick, RD
- ▶ Recommends whole food plant based nutrition
- ▶ He has a variety of DVDs available on Amazon
- ▶ <https://www.jeffnovick.com/>



## Foods that Cause you to Lose Weight

- ▶ Neal Barnard, MD
- ▶ Recommends whole food plant based nutrition
- ▶ Must read – Food's that Cause you to lose weight and/or Vegan Starter Kit. Many more available.
- ▶ [www.pcrm.org](http://www.pcrm.org)

# Calorie Density/Satiety Connection



<https://www.youtube.com/watch?v=X6ogG1wEcXo>

# Calorie Density/Satiety Connection

## The Calorie Density/Satiety Connection

### ◆ Factors That ↓ CD

- ◆ High Water Content
- ◆ High Fiber Content
- ◆ Bulk (Volume)

### ◆ Factors That ↑ CD

- ◆ High Fat Content
- ◆ High Sugar Content
- ◆ High Refined CC Content

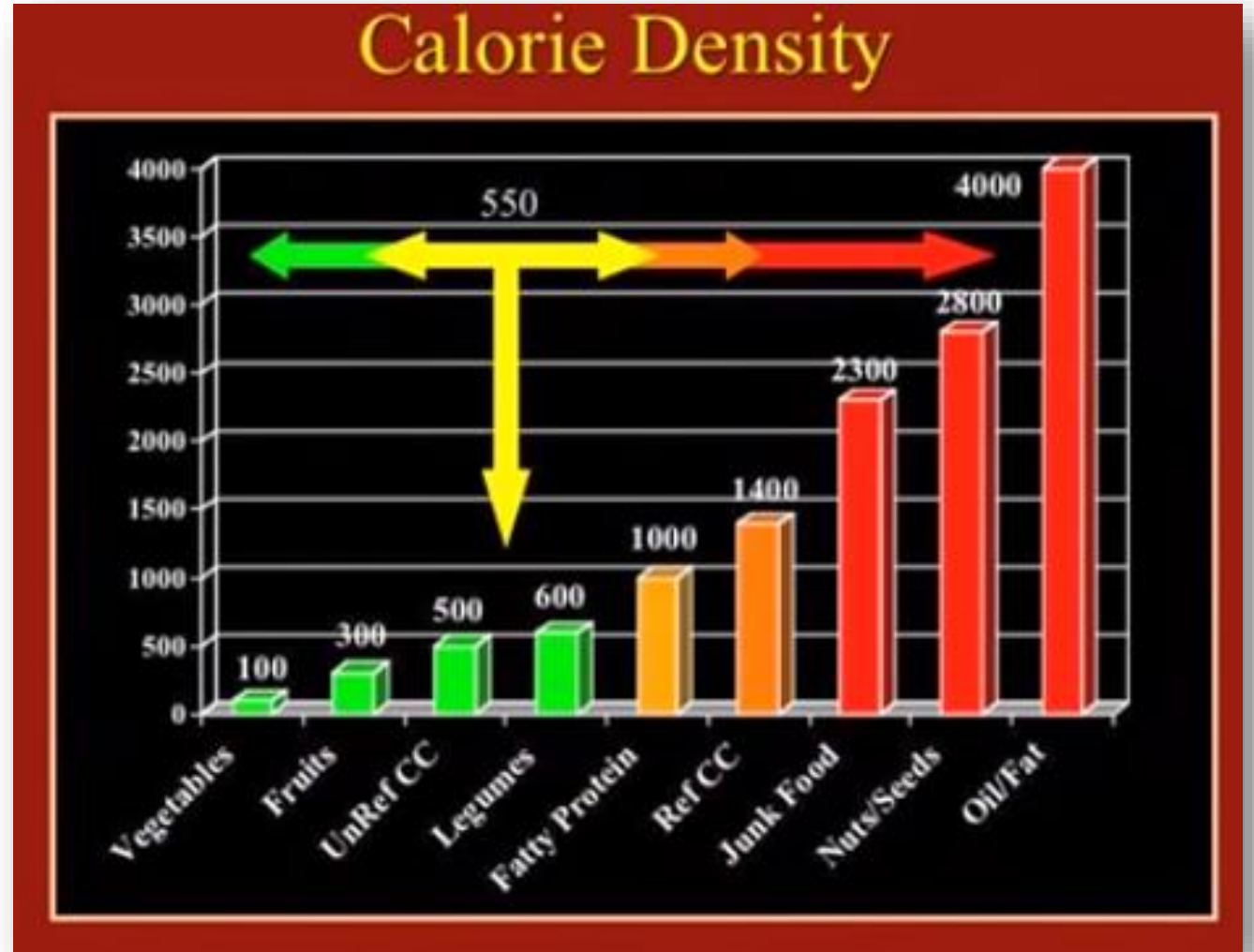
### ◆ Factors That ↑ Satiety

- ◆ High Water Content
- ◆ High Fiber Content
- ◆ Bulk (Volume)

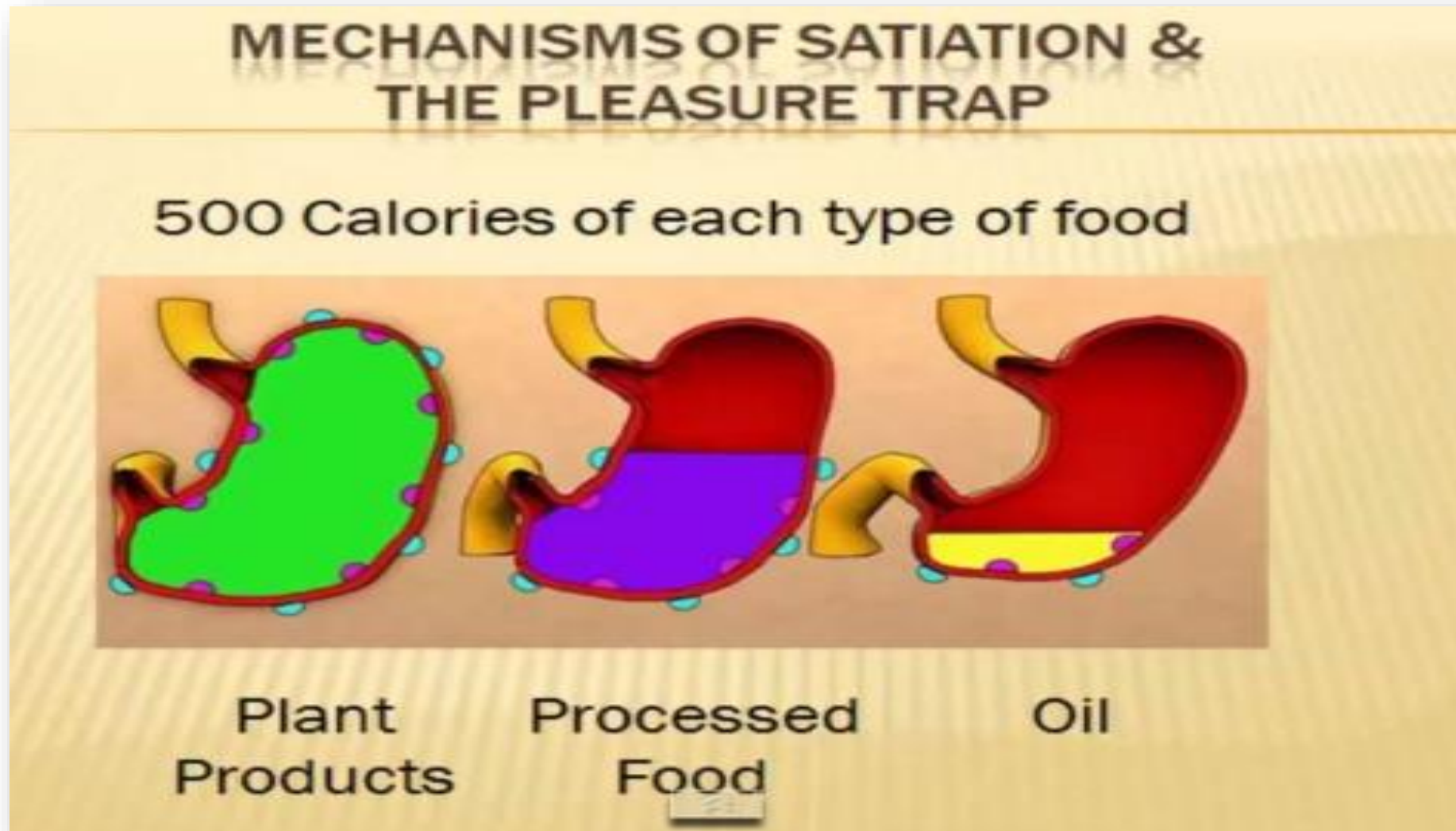


# The Calorie Density Solution

- **Sequence foods**
  - Eat foods that decrease calorie density first
  - Start meals with a vegetables, fruits, soups and salads
- **Don't drink your calories**
  - Liquid calories have little satiety
  - Eat your fruits and veggies, don't drink them
- **Vegetables vs Fat**
  - Adding vegetables always lowers calorie density and raises satiety
  - Adding fat always raises calorie density and lowers satiety



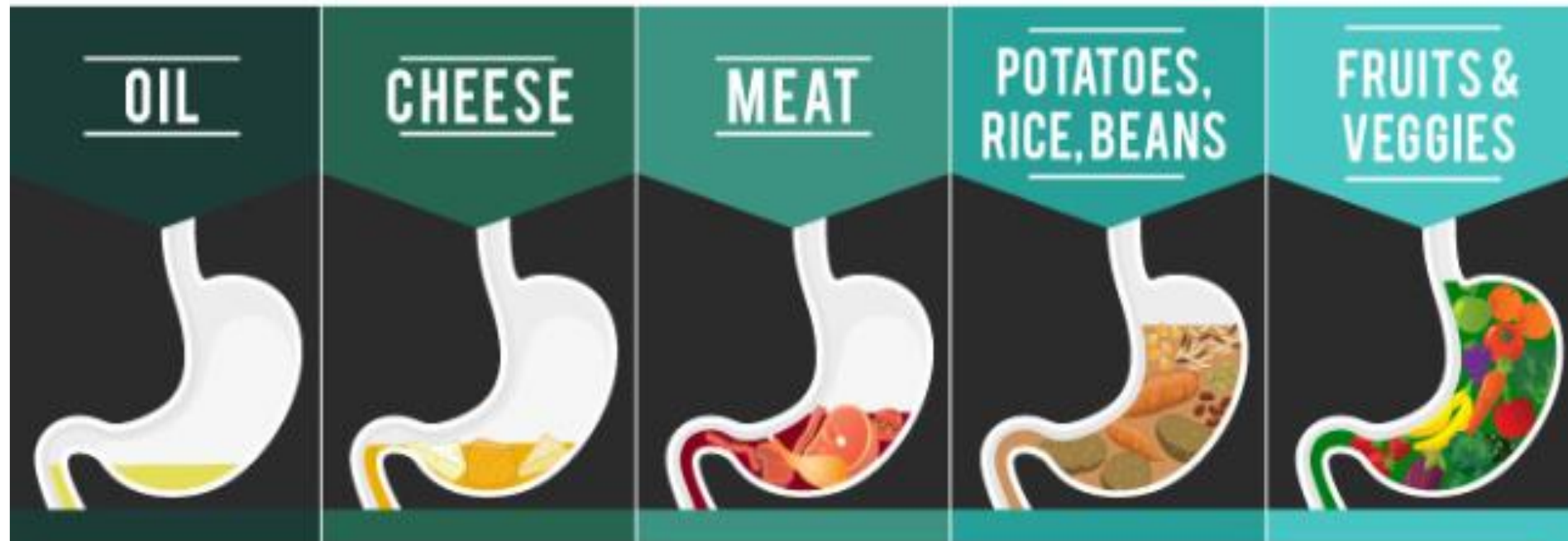
# Law of Satiety



# Law of Satiety

## CALORIE DENSITY

## WHAT 500 CALORIES LOOK LIKE



*...and why whole plant-based foods will help keep you lean and satisfied.*

[forksoverknives.com](http://forksoverknives.com)

[forksoverknives.com](http://forksoverknives.com)

# Caloric Density of Food (calories per pound)

- Most non-starchy vegetables/salad (100 calories per pound)
- Fruit (300 calories per pound)
- Potatoes, Rice, Beans (500 calories per pound)

---

- \***Ice Cream** (1,200 calories per pound)
- \***Bread** (1,500 calories per pound)
- \***Cheese** (1,700 calories per pound)
- \***Sugar** (1,800 calories per pound)
- \***Chocolate** (2,500 calories per pound)
- \***Potato Chips** (2,500 calories per pound)
- \***Pure Fat/Oil** (4,000 calories per pound)

\*Pleasure Trap foods – Not Whole Natural Foods



# Caloric Density of Food (calories per pound)

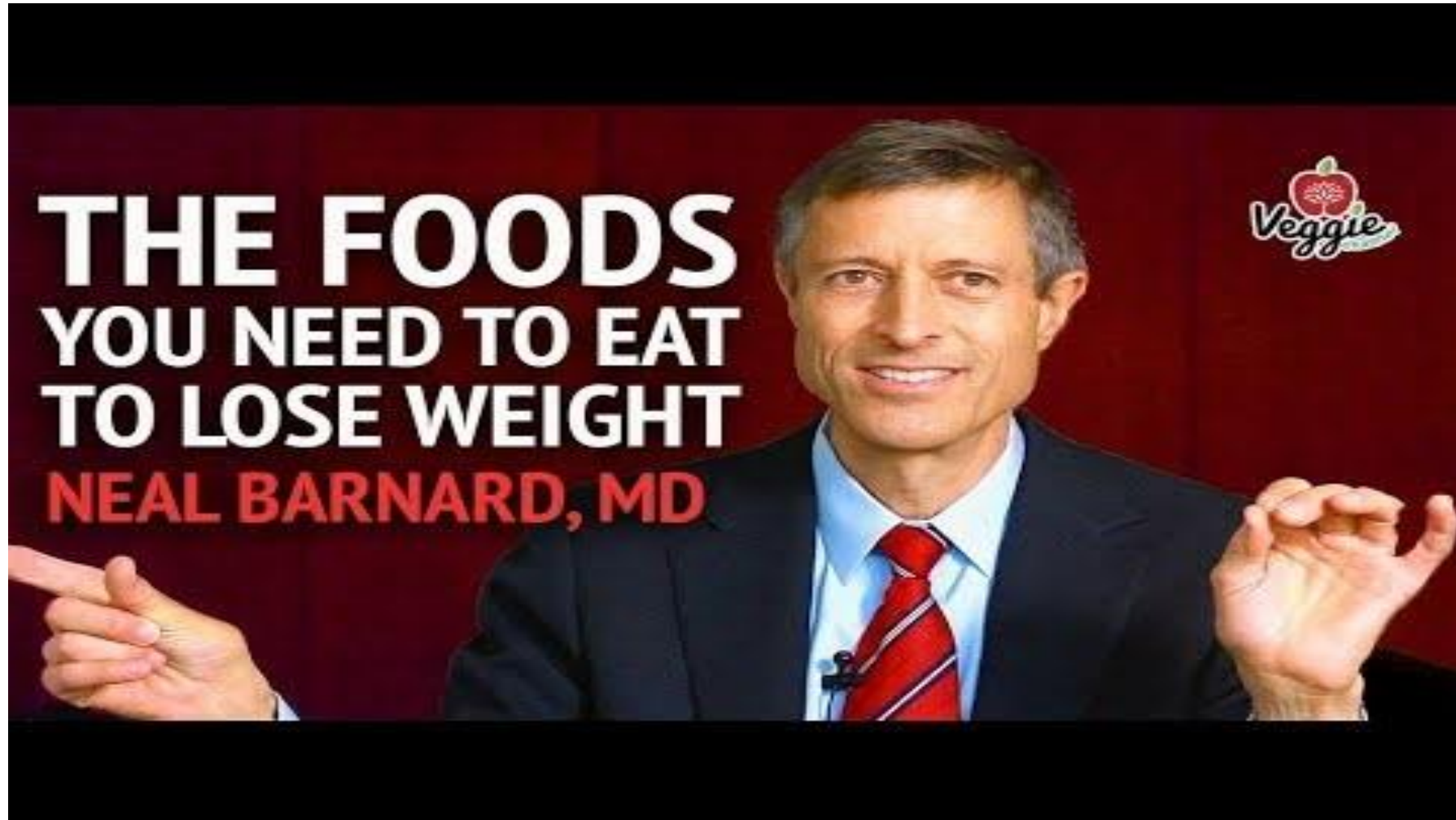


For Health,  
Disease  
Prevention  
and reversal  
and especially  
weight loss...  
Eat to the left  
of the red  
line!





# Foods that cause you to lose weight TRANSFORM



<https://www.youtube.com/watch?v=HGo9oh5jCzQ>

# Foods that cause you to lose weight

## Basic Concepts:

- When you go on a low calorie diet your body is concerned you are starving, and it will trigger a number of biological mechanisms to try and stop you. In a period of starvation or dieting, the body slows down the metabolism.
  - Minimum Calories per day (Ideal weight x 10 calories = calories):
    - $120 \times 10 = 1200$  calories
    - $150 \times 10 = 1500$  calories
    - $180 \times 10$  calories = 1800 calories
- Weight loss should be gradual so you don't slow your metabolism and you will be able to retain your progress.
- Typically when most people 'diet' they end up binge eating and then they scold themselves due to "lack of will-power" – please note binge eating comes from diets.

# Foods that cause you to lose weight

## **Basic Concepts:**

- The cultural trend in western countries in the past several decades has emphasized meat, dairy products, fried chicken, French fries, and other high-fat foods. Combined with an increasingly sedentary lifestyle, the predictable result is that many people become overweight.
- People mistakenly believe the problem is the quantify of the food they are eating, rather than the type of food.
  - Rather than abandon the offending foods, they simply eat less. A restrictive diet begins.
  - The natural result is lowered metabolic rate, cravings and binging.



# Foods that cause you to lose weight

## Carbohydrates:

- Carbohydrate rich foods are actually low in calories. A gram of carbohydrate = 4 calories.
  - Compare that to fat. A gram of fat has 9 calories, more than twice the calorie content of carbohydrates. It is only when carbohydrate rich foods are covered with fatty toppings that lots of calories are added.
- Carbohydrate-rich vegetables, beans and grains are the best friends to anyone trying to shed some pounds.
- We do not have any “carbohydrate storage areas” on our bellies and thighs. If the body is to store the energy of carbohydrates in fat, it has to chemically convert the carbohydrate molecules into fat. This process consumes a fair number of calories. “The fat you eat is the fat you wear.”
- Carbohydrates boost your metabolism. There are virtually no complex carbohydrates in chicken, fish, beef, pork, eggs, or dairy products. The more animal products you eat, the more you are pushing carbohydrate-rich vegetable foods off your plate. That is one reason why the most effective weight-control programs are vegetarian menus.

# Foods that cause you to lose weight

## Carbohydrates :

- Complex carbohydrates are found only in plants.
- An added bonus to foods from plants: Fiber. Grains, beans, and vegetables contain fiber, which adds texture and makes them filling and satisfying. Fiber is what people used to call roughage, the part of the plants that resists digestion in the small intestine. The value of fiber was not appreciated until relatively recently, and so it was often removed by refining methods.
  - Result was white bread instead of whole-grain breads, white rice instead of brown rice, and baked goods that were more densely packed with calories and less satisfying than they would have been had the fiber been left in. Fiber adds a hearty texture to foods but has virtually no calories.
- Like complex carbohydrates, fiber is only found in plants. Grains such as wheat, oats, rye, corn, rice, and the breads, cereals, and other foods that are made from them are loaded with fiber. Vegetables of all kinds and legumes, such as beans, peas, and lentils are also rich in fiber.
- Animal products contain no fiber at all. Americans now consume only 10-20 grams of fiber per day, on average which is about half of what we should have. Due to animal product and refined plant food consumption.

# The Negative Calorie Effect

- Many people still believe that the number of calories in any given food tells you just how fattening that food is likely to be.
  - For example, a cup of rice has about 220 calories. Three slices of bologna also have 220 calories. So some people believe that these foods have exactly the same effect on the waistline. They don't. The very same number of calories coming from bologna and from rice have very different effects. The bologna tends to be fattening, as a general rule, while the rice does not.
- One of the most exciting concepts in the science of weight control in many years is the fact that certain foods can actually assist in the loss of fat. By now, it will come as no surprise to you that carbohydrate-rich foods are power foods for weight control.
- For every 100 calories of carbohydrate that your body tries to store as fat, 23 are lost in the process of breaking down carbohydrates molecules and building fat molecules from them. That means that, of the 220 calories in a cup of rice, about 50 calories are used up just in the chemical processing.
- Leaving grains whole, like rice, cereals or corn, rather than grinding them into flour to make bread or pasta, also causes them to release fewer calories.
- Because carbohydrate increases the body's metabolism, more calories are burned off as the metabolism increases.

# The Negative Calorie Effect

- Your body does not just pay attention to how much you have eaten. It actually has a way to monitor how much carbohydrate is coming in. When it has had enough, it reduces the feeling of hunger. Carbohydrates are the cue the body needs.
  - So, if there is a lot of carbohydrate on your plate, you will tend to eat to feel satisfied and to turn down the drive to fill your plate.
- The natural sugar in fruits, called fructose, also has an appetite reducing effect.
- If you like, you can forget technical terms like carbohydrate.
  - As long as your diet is made from grains, beans, vegetables, and fruits, rather than animal products, it will be naturally rich in carbohydrate.

# Foods that cause you to lose weight

## 20 Foods you can eat in virtually unlimited portions:

- Listed below are twenty foods that you should feel free to eat in very generous portions. Unless you are really stuffing yourself, you can eat as much of these as you want. In fact, there are many more than twenty, as you have learned. One caveat:
  - Enjoy these foods with no butter, margarine, or oily toppings – fats are fattening.
- |                           |               |
|---------------------------|---------------|
| • Corn                    | • Celery      |
| • Rice                    | • Peas        |
| • Potatoes                | • Cauliflower |
| • Lettuce (all varieties) | • Pineapple   |
| • Broccoli                | • Cabbage     |
| • Carrots                 | • Oranges     |
| • Black Beans             | • Apples      |
| • Kidney Beans            | • Grapefruit  |
| • Spinach                 | • Bananas     |
| • Lentils                 | • Oatmeal     |



# Foods that cause you to lose weight

## Cutting out Fats and Oils

- Now for the most important part of the food prescription.
  - Cut out the fats and oils
  - Fats and oils are packed with calories
  - Fat in foods = fat on you
- Every single gram of fat or oil holds 9 calories. This is true for all fats and oils: beef fat, chicken fat, fish oil, vegetable oil, and any other kind of fat or oil.
- For weight control, we need to be concerned about all forms of fat. All fats and oils have the same calorie content.
- If all the foods food we eat are very low in fat, we can eat far more food than we could on a high-fat diet, without more calories.
- Be on the lookout for fat in the two forms in which it comes: animal fat and vegetable oil.
- Meats, poultry and fish have two main problems for those concerned with weight. First, like all muscles, they have inherent fat, adding concentrated calories. Second, because muscle tissues are just protein and fat, they reduce the carbohydrate and fiber content of the diet. They displace the fiber and carbohydrates that are essential to a satisfying and metabolism-boosting menu.

| Type:                          | % of calories from fat: |
|--------------------------------|-------------------------|
| Chicken breast (no skin)       | 23%                     |
| Sirloin                        | 38%                     |
| Salmon                         | 40%                     |
| Hot dogs                       | 82%                     |
| Bologna                        | 83%                     |
| Most beans, grains, vegetables | Less than 10%           |

# Foods that cause you to lose weight

## Cutting out Fats and Oils

- There are other serious problems with fats, too.
  - Fats in foods contributes substantially to the risk of several forms of cancer (breast, colon, prostate and others), heart disease, diabetes, gallstones, and numerous other problems as well. Although animal fats are the worst, vegetable oils also increase health problems.
- A low-fat menu is a recipe for a slim, healthy body.
  - It can take some getting used to because, unfortunately, people crave high-fat foods. Grease is like an addicting substance. We all have a tendency to return to fried chicken, greasy burgers, potato chips and fried onion rings, so be on the lookout. It is easier to cut them out entirely than to continually tease oneself with occasional greasy foods.
- Salad dressings can be packed with fat. A salad made of one cup of romaine lettuce with half a tomato holds 20 calories. But with a tablespoon of dressing can easily add 65 – 100 calories (Dressing adds 4-5 times more calories)
- We do need some fat in the diet. But we need only a fraction of what most of us typically get. A small amount of fat is inherent in grains, legumes and vegetables. This is all the body needs. Children can (and perhaps should) have a bit more fat in their diet.

# Foods that cause you to lose weight

## How to check the fat content of foods:

- What is important is the % of calories that come from fat. (The % of fat by weight is not important, because it can be easily thrown off by the water content of products.)
- On the information panel on the package, notice the number of calories from fat in one serving. Then divide by the number of calories per serving. Then multiply by 100.

$$\text{Calories from fat} / \text{Calories in serving} \times 100 = \% \text{ calories from fat}$$

- Let's try an example. Here is an information label from a supposedly low-calorie pizza. Serving size 1.0 oz. Servings per package = 8. Calories = 65. Calories from fat = 23.

$$23 / 65 = .35 \times 100 = 35 \% \text{ of calories from fat}$$

# Foods that cause you to lose weight

## What about Protein?

- Protein is the subject to many myths. The bottom line on protein is this: High protein diets are dangerous!
  - This type of diet is not a formula for success. It can cause a rapid, and usually temporary, water loss. But usually the weight comes back on very quickly.
  - There are serious dangers to high protein diets: osteoporosis and kidney disease.
    - The amino acids which make up protein and are released when protein is digested make the blood slightly acidic. In the process of buffering this acid, calcium is pulled from the bones. Additionally, meat protein is very high in sulfur containing amino acids which also leach calcium from the bones.
    - When we eat two or three times the amount of protein the body can use, much of it is broken down and excreted. In the process, it not only interferes with the calcium balance of the body, it can also overwork the kidneys
- Protein myths:
  - Milk builds strong bones
  - Egg whites are good
  - Vegetarians do not get enough protein
- There are indications that milk proteins contribute to juvenile-onset (Type 1) diabetes, and specialized cow proteins (antibodies) are now known to cause colic in infants. Like it or not, cow's milk was designed for baby cows, not for people.

# Foods that cause you to lose weight

## **Limit Alcohol**

- Alcohol adds to the calories you are already consuming, rather displacing any
- Alcohol can really widen your waistline. For alcoholics, the effects are different. Alcoholics often consume less food than do non-alcoholics and are deficient in a host of nutrients.

## **Sweets and Sweeteners**

- Concentrated sugars, such as hard candies and just chunks of simple sugars and lack any fiber or water. As a result they are as concentrated a form of calories as can be found in a carbohydrate food.
- In cookies, pies, and cakes, there may be a lot of sugar, but there is usually a huge amount of fat, too.
- When selecting sweet foods, pick those with the lowest amount of fat. How about fruit for dessert? An sodas should be replaced with spritzers or water.
- Forget artificial sweeteners. They are no answer to weight problems. They don't seem to have much power to help in weight control and artificial sweeteners are poisonous.

# Foods that cause you to lose weight

## Watch out for stuffing

- Most overweight people do not overeat. Most actually eat less than thin people do. But some people do overeat. Stuffers keep eating long after others would have had enough. Let's look at three principal reasons for overeating.
  - 1. The Restrained-Eater Phenomenon – this kicks in after periods of very low-calorie dieting. The key, of course, is to avoid the very-low-calorie regimes that tend to produce binges.
  - 2. Eating in Response to Emotions – Ask yourself these questions.
    - Is food your usual answer to stress?
    - Do you eat when you are not at all hungry?
    - Do you eat throughout the day?
  - 3. Carbohydrate craving – There is a group of people who have a particular craving for carbohydrates. It is not because of taste; the foods can either be sweet or starchy. This is apparently due to an effect carbohydrates have on the brain. They boost a brain chemical called serotonin, which is important in brain functions, including sleep and mood regulation.

# Foods that cause you to lose weight

## The Role of Physical Activity

- Our lives have become all too sedentary. We have eliminated most of the physical activities that got our blood moving when we were younger and that kept our ancestors fit. It is terrific to bring physical activity back into our lives for four reasons:
  - 1. Movement burns calories
  - 2. Regular physical activity boosts your metabolism
  - 3. Physical activity helps preserve your muscle mass
  - 4. Physical activity helps control the appetite.
- How much activity?
  - Start with a half-hour walk every day, or, if you prefer, an hour three times per week.
  - Pick a place to walk that is enjoyable for you. Enjoy the sights, sounds, and smells.
  - The key is to have fun. Choose something you'll enjoy. If you like dancing, gardening, bike riding, a run with your dog, or a vigorous walk in the woods, then off you go! Bring a friend along if you can. Making activity a social event decreases the possibility of drifting back into sedentary living.

# Foods that cause you to lose weight

## **Review / Basic Concepts:**

- Diet: The overall dietary changes are simple. Eat mostly or all whole food plant based foods: Fruits, Vegetables, Whole grains, Legumes (beans, peas, lentils).
- What these simple steps do is cut way down on fat, reduce protein content moderately, and give us the metabolic boost of carbohydrates, plus lots of fiber.
- Unless you are really stuffing yourself, you can enjoy unlimited quantities of foods. If you really are overeating, you will need to address the psychological factors that prevent you from treating your body better.
- All you can change is what you are doing today. And tomorrow, you can make the same decision again, if you like. But you do not need to plan what you are going to eat twenty years from now.
- To get the results you want, do not water down these guidelines. Adding occasional servings of chicken or French fries will erode your progress. Give yourself the best.
- Walk for a half-hour per day or an hour three times per week.





# Foods that cause you to lose weight

## Planning for success

1. Asking for the degree of change you want. Doctors or researchers who sell their patients short with weak recommendations get nothing more than they ask for.
2. Don't just read about foods; taste them as well.
3. Go for maximal reward. Nothing is more encouraging than success.
4. Simplicity in foods
  1. Use no animal products
  2. Keep vegetable oils to an absolute minimum
5. Foods must be enjoyable.
6. Change completely
7. Think short term (start with three weeks)
8. Family and friends – All you need to ask them to join you while you are working on this program.
9. Follow this program to the letter. Do not “cheat.” You are embarking on a powerful and rewarding program. Give it every chance for maximal success. You deserve no less and I believe you will be really please with the results.

# Foods that cause you to lose weight

## **Getting Offending foods out of the House**

- Get rid of all of the following:
  - Any meat, poultry or fish products
  - All dairy products, including butter, milk or cream, yogurt or cheese
  - Margarine
  - Vegetable oil (Yes, even olive oil.)
  - All salad dressings other than non-fat dressings
  - Cookies, cakes, pies, and ice cream, other than non-fat.
  - Potato chips
  - Nuts and nut butters
  - Sugary candies
- Eat before shopping
- Keep in touch with your health care professional.

# Foods that cause you to lose weight

## **Breakfast:**

- Fresh fruit – it can be the entire breakfast or just the beginning.
- Hot cereal – Choose from old-fashioned rolled oats, grits or other hot cereal. Cooked versions are best but instant is acceptable. If you like, top with cinnamon, berries, raisins, or other fresh fruit. Do not use cow milk.
- Whole grain toast – Have plain or top with jelly or cinnamon. Do not use butter, margarine or cream cheese.
- Cold cereal with almond milk or soy milk. Choose whole grain cereals. Use only low fat soy milk or almond milk.
- Black beans on toast – Simply empty a can of black beans into a saucepan and heat. Spoon the beans onto toast and top with a touch of mild salsa or Dijon mustard. One can of black beans holds two generous servings.
- Chick peas (garbanzo beans) – Open up a can of chickpeas and rinse. Eat plain or with non-fat dressing. One can holds two generous servings.

# Foods that cause you to lose weight

## Lunch:

- At lunch time, convenience is often key. Low-fat lunches not only help you slim down, they also prevent the after lunch fatigue that follows high-fat meals.
- Instant soups – Health food stores stock a wonderful variety of split-pea soup, couscous, noodle soups, and others. These are easy to keep in your desk at work, since you just add hot water.
- Bread, bread sticks, pretzels, melba toast.
- Finger vegetables. Cherry tomatoes, baby carrots, broccoli and cauliflower tops with non-fat dressing.
- Fresh fruit
- Sandwich – Have a (CLT) Cucumber, Lettuce, Tomato, on whole grain bread.
- Chickpeas
- Leftovers from dinner or breakfast
- If you eat lunch in a cafeteria, enjoy the cooked vegetables, potatoes, or the salad bar, using a twist of lemon juice instead of dressing. Avoid all meats, eggs, dairy products, and keep vegetable oils to an absolute minimum.

# Foods that cause you to lose weight

## Dinner:

- In planning meals, start with a vegetable or two. Then add a grain or other starch, such as rice, potatoes or pasta. Include a bean dish and finish with a serving of fruit. Be generous with grains and other starches, and have smaller portions of bean dishes.
- Vegetables – any or all. The more color the better, the greener the better. For flavor always look to include onions, garlic and mushrooms.
- Grains and other starches.
  - Rice is one of the best foods for slimming down. Enjoy the many varieties.
  - Whole grain spaghetti with tomato sauce
  - Whole grain breads
  - Corn is a grain and not a vegetable
  - Potatoes. Baked, mashed, steamed or boiled
- Legumes (beans, peas and lentils)
  - Black beans
  - Vegetarian baked beans
  - Lentil soup
- Fruits – any delicious fruit.

# Foods that cause you to lose weight

- This program is so simple, yet it is the most effective way to control your weight permanently. The great part is that there is no need to count calories, skip meals or eat small portions. You can enjoy food in reasonable quantities, and enjoy a slimmer healthier body.
- Wishing you the very best of health and success in your new venture.



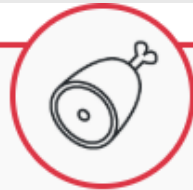
# Don't try – do it

- Keep Learning & Watch the movie: 'Forks over Knives'  
<https://www.forksoverknives.com/the-film/#gs.nWCW0xo>
- Clear out your kitchen / Stock your kitchen / Plan meals in advance
  - [21 day Vegan Kickstart](#) / [Engine 2 Diet 7 day challenge](#)
  - [Nutrition Studies 7 day challenge](#) / [Purple Carrot - meal delivery](#)
- Do it! (Ideally with a partner) - Take the 21 day challenge
- Be resilient!



**EAT** whole plants such as grains, nuts, and fruit

Studies have shown that populations with mostly plant-based diets have longer lifespans.



**AVOID** animal products such as meat, fish, and dairy

Populations that eat mostly animal products have higher rates of chronic disease.



**AVOID** processed, artificial foods

These foods can be high in sugar, sodium, trans fats, and preservatives, and are stripped of original nutrients.



**AVOID** added fats and sugars

Rich, fatty food and sweets offer no nutrients and create addiction-like cravings.

# Don't try – do it

- You will be more likely to succeed if:
  - You have clear, personal reasons that justify a strong desire to change the foods you eat.
  - You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
  - You have the necessary skills and confidence to implement this new lifestyle.
  - You feel positive about your new eating habits and believe they will be beneficial.
  - Your dietary goals are consistent with your self-image and social norms.
  - You have support and encouragement from people you value and a community that supports your dietary changes.
- You are in the driver's seat. Success is yours to grasp, and it is easier, tastier, cheaper and more convenient than you may realize. Better health is a practice, a goal that can achieve!



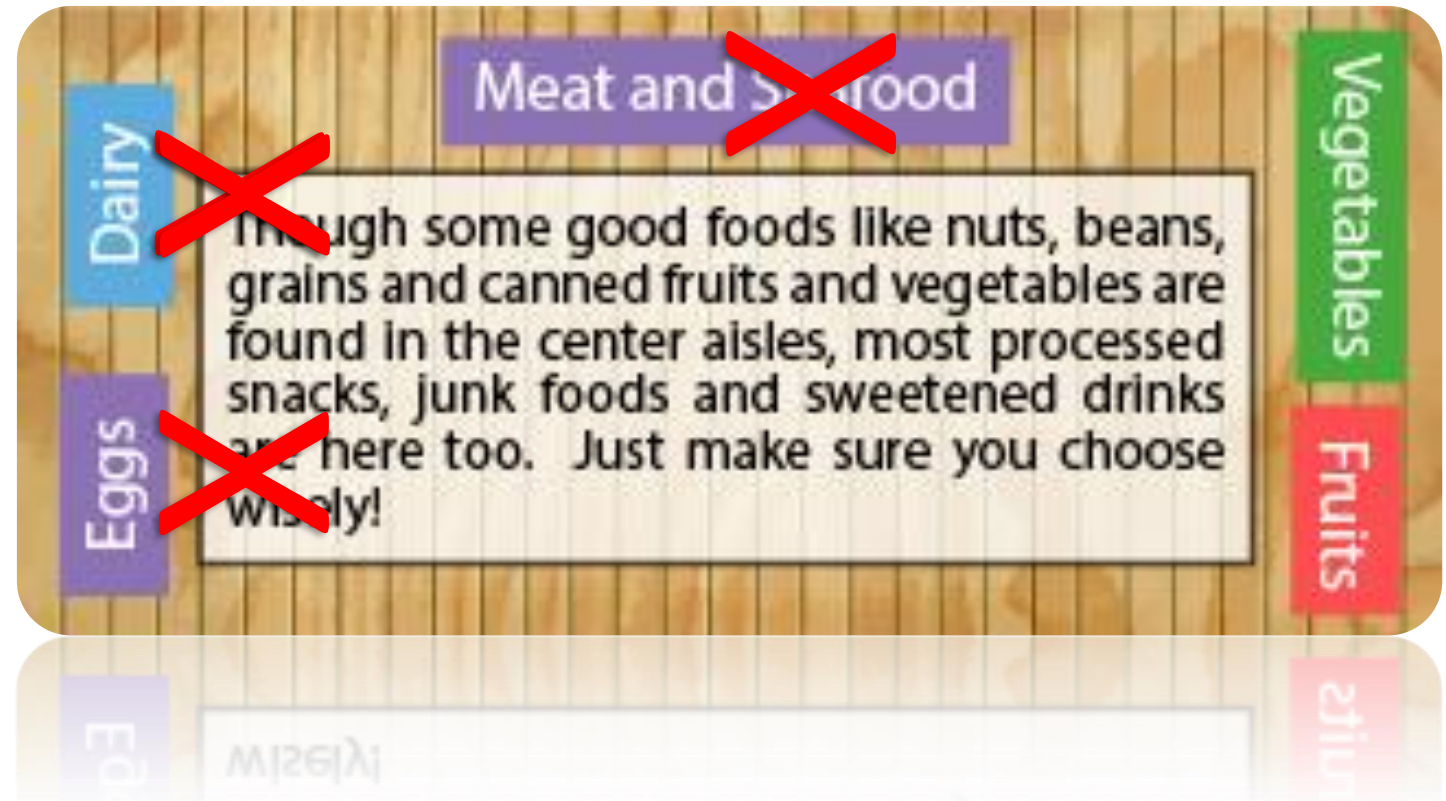
# Shopping with a registered dietitian



<https://www.youtube.com/watch?v=PXi998JX8YM&list=PLFdu1bF7qe9sEBUI3SPKS4RP6Lv8hUgh5&index=2>

# How should I shop?

- When shopping in the grocery store shop mostly in the produce section. (The more color and variety the better)
- Shop in the inner aisles for select items (oatmeal, healthy cereals, whole grains (rice, quinoa, etc.), beans, nuts, seeds)

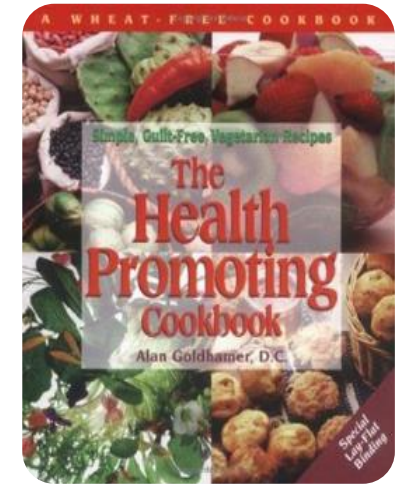
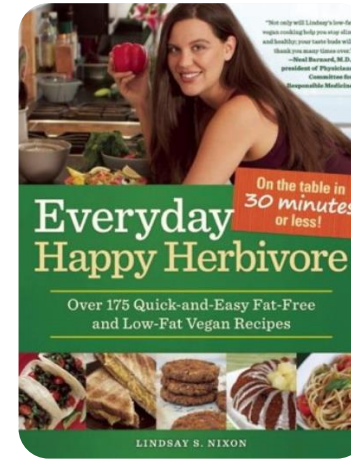
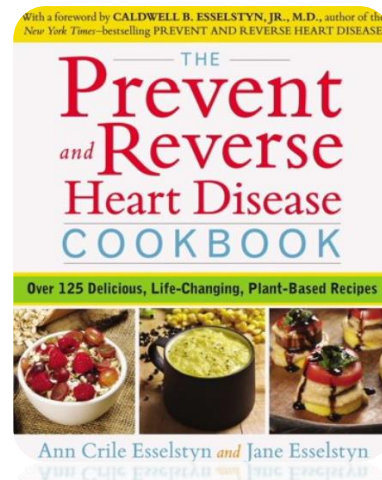
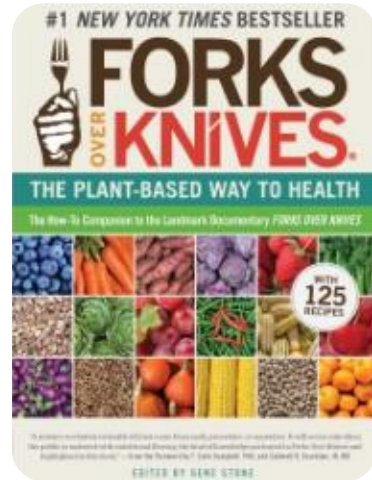
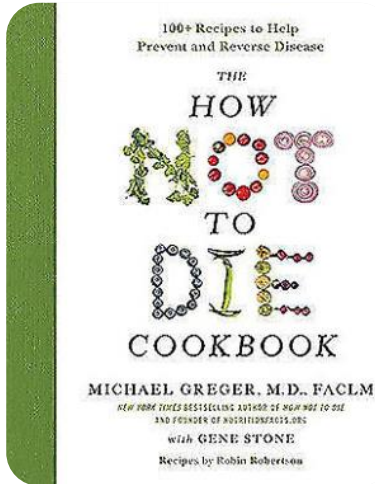


# How to read nutrition labels

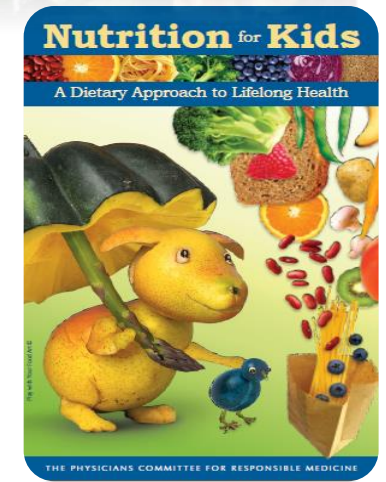
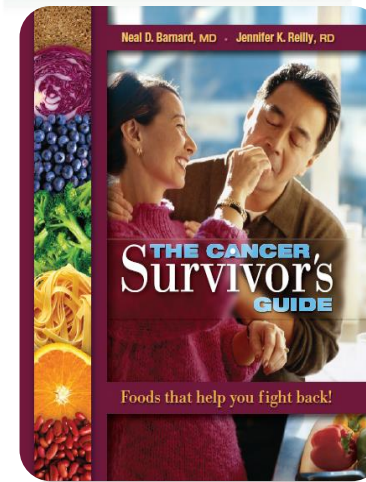
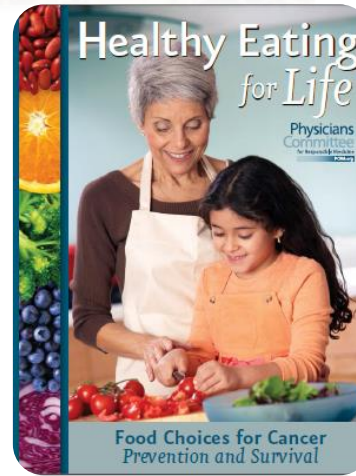
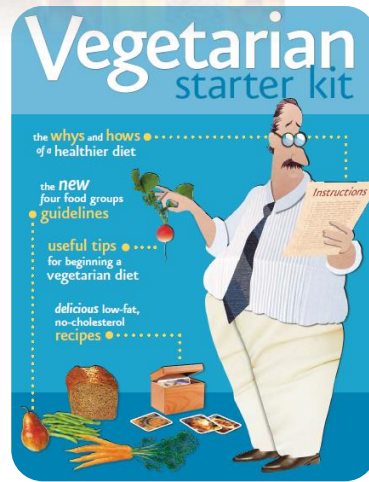
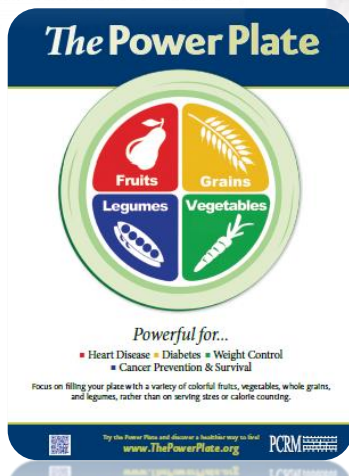


<https://www.youtube.com/watch?v=yd9XnyNGXGs&index=4&list=PLFdu1bF7qe9sEBUI3SPKS4RP6Lv8hUgh5>

# Cookbooks:

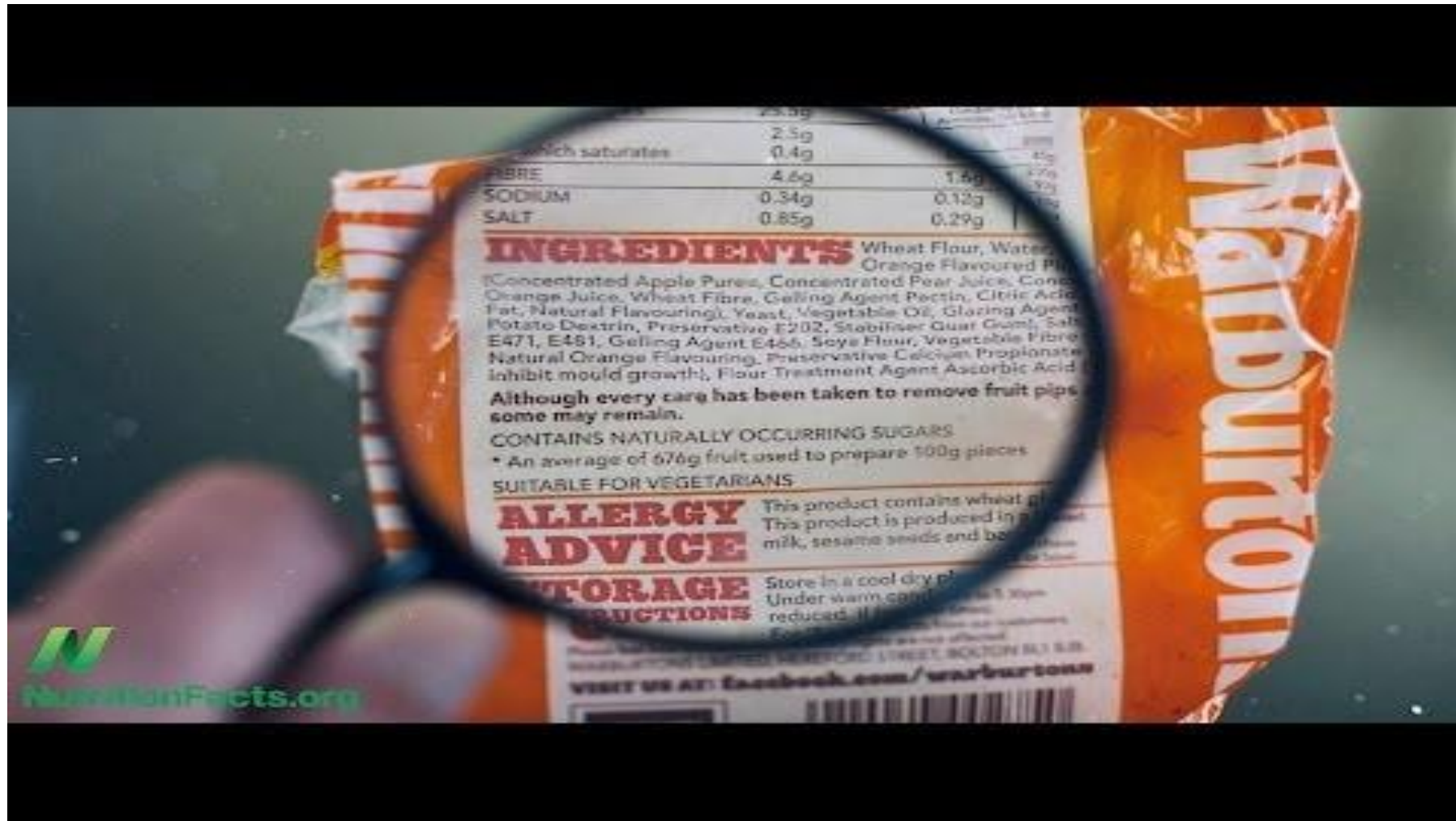


[How Not to Die](#) / [Forks over Knives](#) / [Prevent & Reverse Heart Disease](#) / [Happy Herbivore](#) / [Health Promoting Cookbook](#)



[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

# Fiber – the 5 to 1 rule



# Recipe Resources:

Click to access links:

- [Whole Food Plant Based Cooking Show](#)
- [Happy Herbivore](#)
- [Forks over Knives](#)
- [Dr. McDougall](#)
- [Physicians Committee for Responsible Medicine](#)
- [Nutrition Facts](#)
- [It Doesn't Taste Like Chicken](#)
- [Dr. Fuhrman](#)
- [Ornish Lifestyle Medicine](#)



**Plant Based  
Made  
EASY  
MEMBERSHIP**

**JOIN NOW FREE!**

**Whole Food  
Plant Based**

[Join us - plant based made easy!](#)

# Lett-uce Review

- Cut the C.R.A.P (Calorie Rich and Processed)
- In order to reach and maintain a healthy weight we can adopt a mostly whole-food plant based diet based primarily on whole or minimally processed fruits, vegetables, grains and legumes
- A whole-food plant based diet has the potential to not just prevent, but actually reverse chronic illnesses including heart disease, many cancers and diabetes.



<https://www.youtube.com/watch?v=LdZjh6JcdRw>

## Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to reach and maintain a healthy weight?
- Questions?

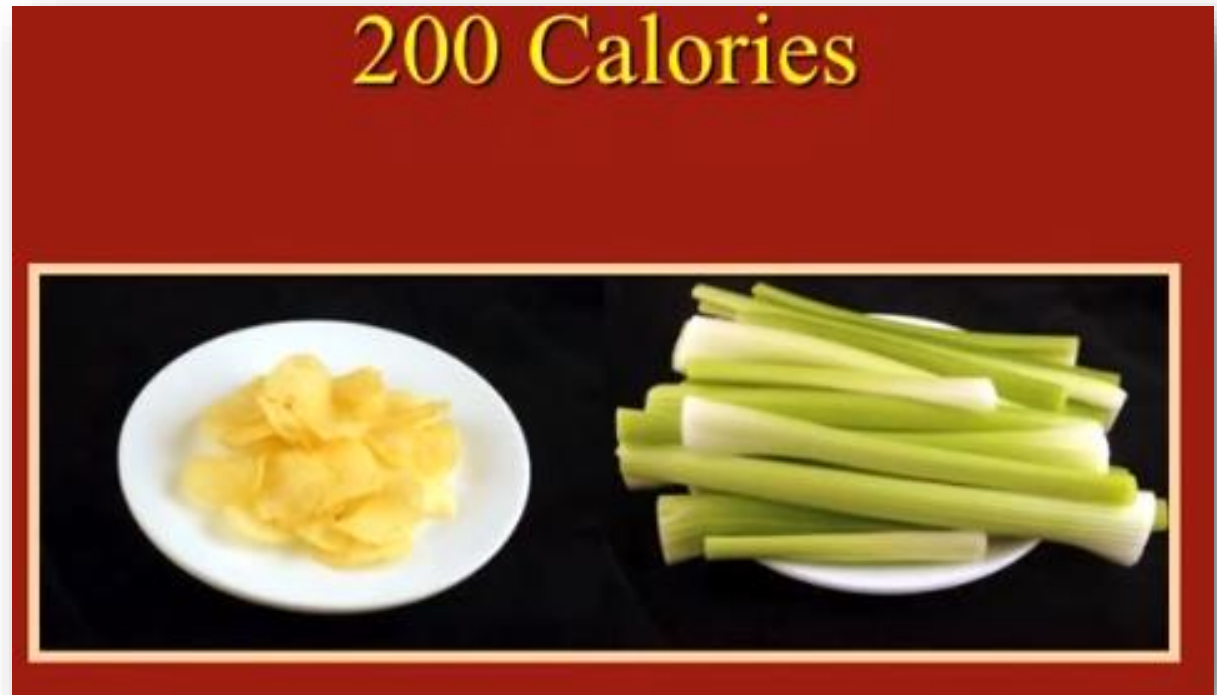
“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead



# Calorie Density / Satiety Connection

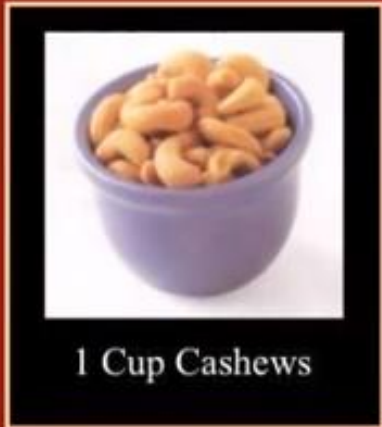
- Food for thought... the following pages show you examples of eat this and not that...



# Calorie Density / Satiety Connection



800 Calories



1 Cup Cashews



6 Small Baked Potato's

100 Calories



2 Chix Nuggets



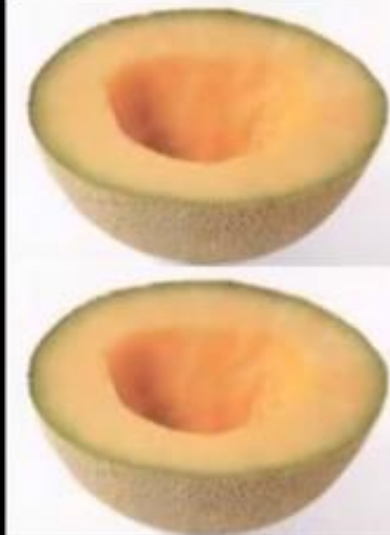
1 1/4 Cups  
Vegetable Lentil Soup

# Calorie Density / Satiety Connection

140 Calories



2 Low Fat  
Fig Newman's



1 Small Cantaloupe

450 Calories



2 lb Fresh Pineapple



4 oz  
Gummi Bears

# Calorie Density / Satiety Connection



200 Calories



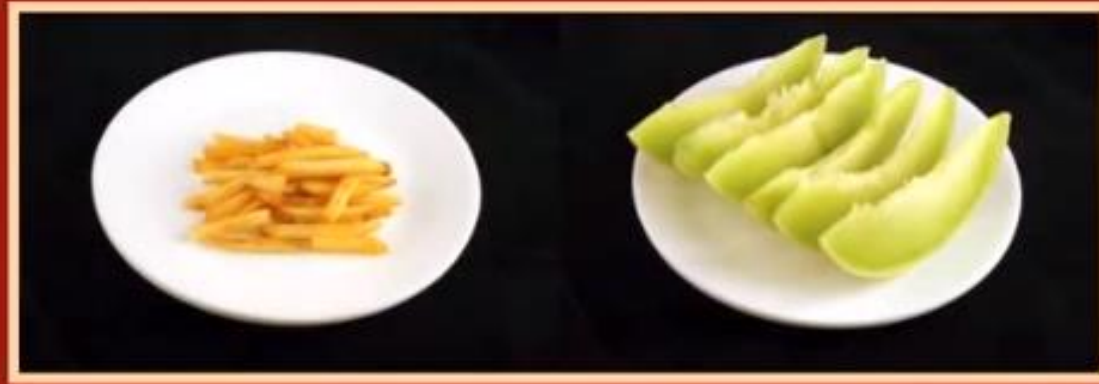
200 Calories



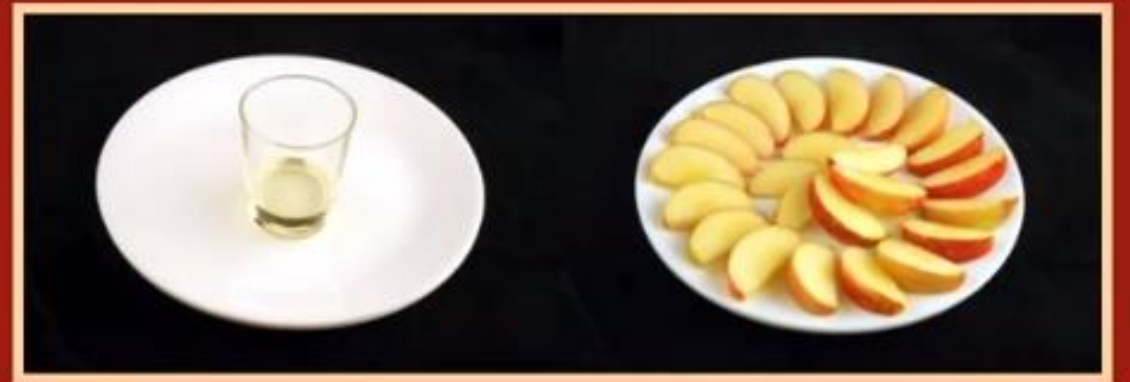
# Calorie Density / Satiety Connection



200 Calories



200 Calories



# Calorie Density / Satiety Connection



200 Calories



200 Calories

