

## Healthy Diet tips:

- **Consider Vegetarianism:** The bulk of nutritional research indicates that the healthiest diet is one that greatly limits (or better yet, eliminates) food from animals. Multiple studies have shown that a vegetarian diet prevents and reverses diabetes and heart disease. Some research also indicates that this diet may prevent certain kinds of cancer. Unconvinced? See the recommended books below for more details...
- **Buy scales:** Buy both a bathroom scale and a food scale. Use the bathroom scale to weight yourself daily. Studies show that people who weigh themselves daily are more motivated and lose more weight. The food scale is to measure a serving (what is an ounce, anyway?). Getting a good set of measuring cups will also make figuring out what a serving is easier (see more below).
- **Use smaller plates:** An English study showed that simply using smaller (7-8 inch) plates as opposed to dinner plate (12-13 inches) increased the feeling of fullness and reduced food intake.
- **Eat 3 meals a day:** The human body is designed to eat three meals a day. By skipping one meal (usually breakfast in our society), the body goes into storage mode, and when food comes in, a higher percentage gets turned into fat. By eating three meals a day, this is prevented. In addition, studies show that people that eat 3 meals a day eat *LESS* throughout the day (by eating smaller snacks and lunch/dinners).
- **Eat at restaurants less than once per week:** Studies show that most people's home cooking is much lower in fat and calories that those served at restaurants.
- **Stop drinking calories:** Most Americans *drink* all the calories they need in a day. Reduce your alcohol intake. Slowly change from whole milk to skim. Change from regular sodas to diet. Avoid juices – they often contain as many calories as regular soda.
- **Portion control:** The major contributor to obesity in America is oversized portions. Start reading labels. At the top of the nutrition label, it says: "serving size." Get out the scale and measure a serving. It will surprise you.

**Recommended Diet Books:** (Available through Charleston County Public Library @ <http://www.ccpl.org>)

- **The China Study** by T. Colin Campbell, PhD and Thomas M Campbell II
- **The McDougall Quick & Easy Cookbook** by John McDougall
- **The New McDougall Cookbook** by John A McDougall
- **Cooking the Whole Foods Way** by Christina Pirello

## Helpful Websites:

- Calorie Search Engine for every food:  
[www.calorieking.com](http://www.calorieking.com)  
Click on "Resources and Tools" tab at the top of the main web page. At the next web page click on "amazing food database search" to use the food database to calculate the calories contained in the foods you eat. It is useful to calculate the calories based on calories per gram or ounce. Once you know this you can weigh your portions using a food scale. The Resources and Tools web page also has calculators for computing:
  - 1) Caloric needs to maintain a desired weight
  - 2) The amount of calories you can burn performing certain activities and exercises
  - 3) Your target heart rate