

TIPS TO STAY ON TRACK



Essentials for long-term weight control

Pre-planning is essential - Try your best to never get caught hungry and empty-handed.

Control portion size - Eating too many calories will raise fat storage even if your food choices are perfect.

Food and beverage choices - Avoid sugar, HFCS, trans-fat, hydrogenated oils and processed foods.

Slow down - Eat slowly, chew thoroughly. It can take 20 minutes for your brain to realize you are full.

Change your response triggers - Do not use food as comfort or stress outlet. Change your response to triggers.

HALT - Hungry Angry Lonely or Tired - Be aware that those feelings increase your chances of repeating addictive behaviors.

Get enough sleep - Studies show that people who get even 6 hours or less of sleep per night are more likely to be overweight.



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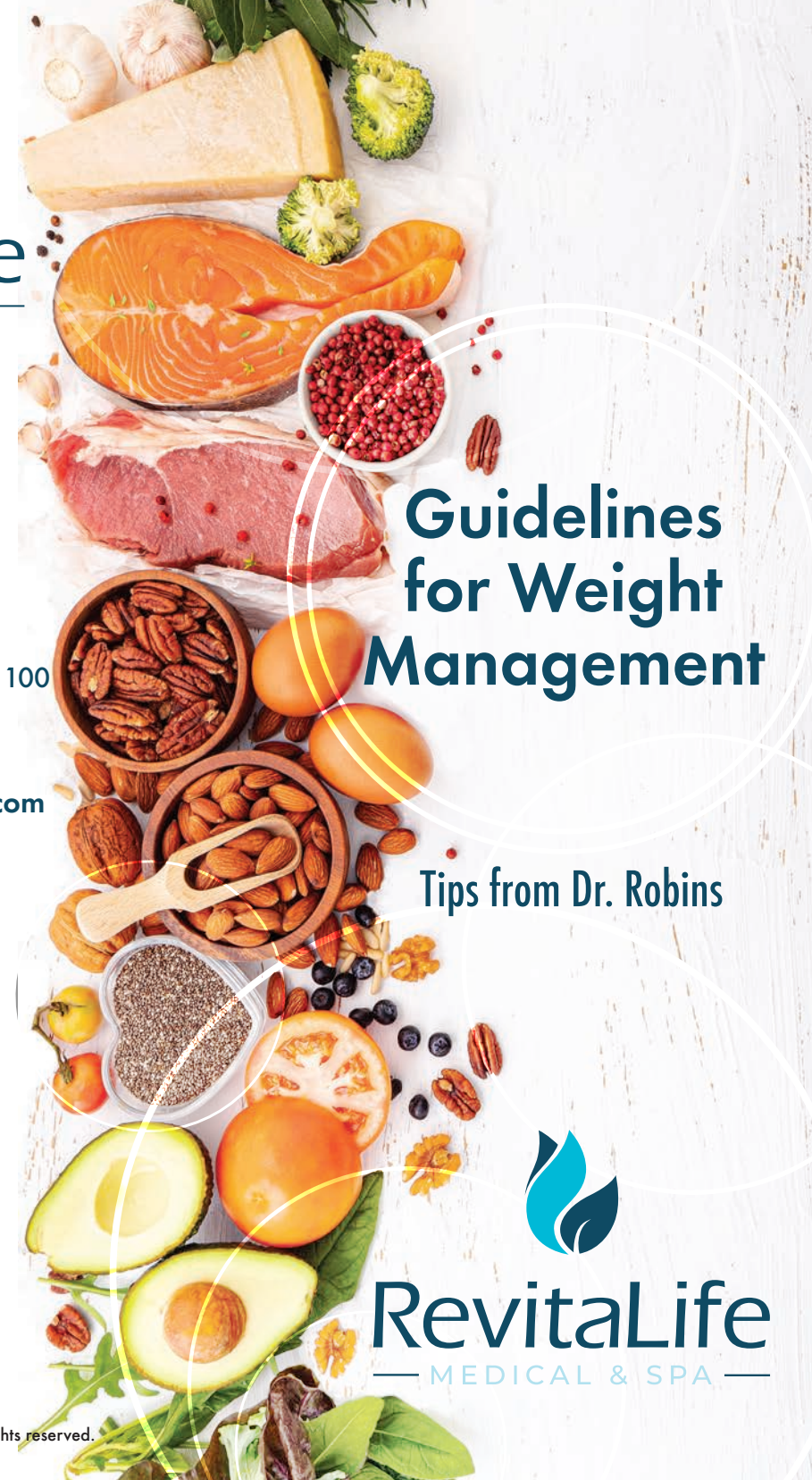
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Guidelines for Weight Management

Tips from Dr. Robins



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The Insulin Link

- You need insulin to live, but too much can make you overweight and lead to diabetes.
- 75% of Americans produce too much insulin due to diets that are high in processed and refined carbohydrates. This problem is called **insulin resistance**.
- Too much insulin makes you **store** fat.
- You can control your insulin levels by minimizing sugar and carbohydrates.

Intermittent Fasting



- Drops insulin levels and makes stored fat accessible to burn
- Great for normalizing insulin sensitivity
- May slow down the aging process
- Studies show increase in metabolic rate by 3-14%
- Less muscle loss than traditional restriction diets

16/8 Method - fast for 16 hours a day and eat during the other 8 hours [Example - stop eating after 8pm, skip breakfast, eat again at noon]

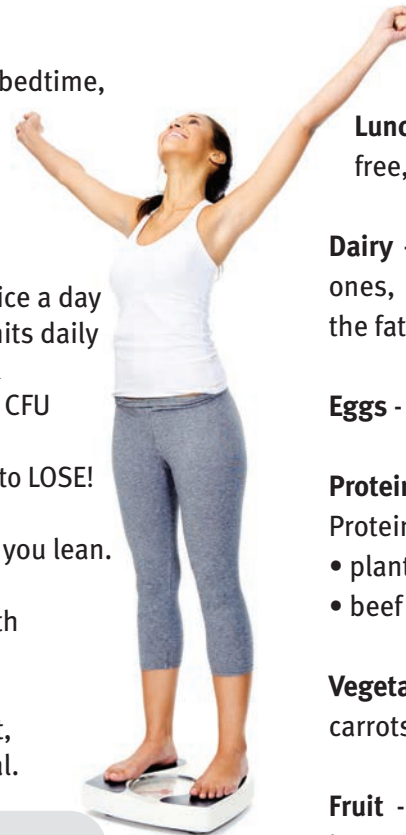
5:2 Diet - eat normally for 5 days of the week, then eat only 500-600 calories on each of the other 2 days

Eat-Stop-Eat - do a 24 hour fast, once or twice/week



Guidelines to Lose Weight

- Eat 30 grams of protein with first meal.
- Eat **less than 25 grams** of carbohydrates for each meal, strictly and consistently.
- Eat no more than 75 grams/day carbs.
- Consume 90-130 grams of protein per day.
- Drink 1/2 your body weight in ounces of water. Water is a great opportunity for adding protein supplements.
- Exercise at least 30 minutes, 4-5 times per week.
- Do not eat 2-3 hours prior to bedtime, and get 7-9 hours of sleep every night.
- Supplements
 - Multivitamin
 - Fish Oil - 1000mg, twice a day
 - Vitamin D3 - 5,000 units daily or 50,000 units/week
 - Probiotic - >20 billion CFU
- Stay off the booze if you want to LOSE!
- Greens and protein will keep you lean.
- You will hinder your goals with bread and rolls!
- Be real. If you eat the dessert, you will regret the whole meal.



Q What can I eat or drink during fasting?
A Unsweetened beverages only

Quality Food to Include in Your Diet

Fish & Seafood - Wild caught, cold water varieties are best. Never breaded or fried. Get tuna packed in water.

Poultry - Chicken or turkey. White meat is best. Nothing breaded or fried.

Beef - Ground sirloin or ground beef, organic and free range are best.

Pork - Low sodium, boiled ham, tenderloin, center cut chops.

Lunch Meats - Must be sugar free; nitrate free, when possible

Dairy - Greek yogurt - low carb, high protein ones, avoid cow's milk if possible - contains the fat-producing hormone Estrone.

Eggs - good protein source.

Protein Product Supplements - Protein shakes or powder:

- plant based
- whey based
- beef based

Vegetables - All are great, but avoid beets, carrots, corn, potatoes and vegetable juices.

Fruit - Okay, but avoid high sugar fruit like bananas, watermelon, canned fruit, pineapple, all dried fruit and fruit juice.

