

# THE WORLD'S EASIEST DIET : EAT NO WHITE AT NIGHT

Nearly everyone who starts a new diet loses weight initially. But, up to 95% of these dieters fail to maintain their weight loss after one year. And, some people gain back even *more* pounds than they lost. Most diets are too complex or restrictive to stick with for very long. People get frustrated.

A basic diet that works – one that's recommended by the prestigious Institute of Medicine – consists of **40%** carbohydrates, **30%** protein and **30%** fat. You do not need to be exact – just checking food labels will keep you in the target zone.

## RULE 1: EAT THREE MEALS A DAY

Many people who end up in weight-loss programs have never made a habit of eating breakfast, and many skip lunch as well. Therefore they're ravenous by **5pm** and often consume more calories at dinner than they would have if they ate three sensible daily meals.

Dinner is the largest meal for most people, which is opposite of what you need for weight loss. In laboratory studies, rats that consume most of their calories at night do gain more weight than animals which are given an equal number of calories spread throughout the day. It is acceptable to distribute all your calories equally at each meal, but you'll lose weight **more efficiently** if you get most of your calories at breakfast and lunch and fewer at dinner.

Helpful Hint: Do not eat anything within **2-3 hours** of going to sleep, when your body's metabolism is slowest. Calories at that time have a greater tendency to go into storage.

## RULE 2: EAT LEAN PROTEIN WITH EVERY MEAL

It curbs hunger more effectively than fat or carbohydrates.

Try this: On one morning have a bagel or muffin for breakfast and slather it with all the jam you want. Write down how many hours after breakfast you get hungry. The next day, eat another bagel topped with two tablespoons of natural peanut butter. You will discover that you do not get hungry for an additional two hours because of the protein in the peanut butter.

Eat at least **10-15g** of protein with each meal ( a small handful). That is roughly the amount of three egg whites ...two tablespoons of natural peanut butter...one-half cup of nonfat cottage cheese...or one-and-a-half ounces of turkey. This is the minimum amount that is needed to curb hunger. The average person requires more overall – about 1g of protein daily for every two pounds of body weight.

SELF TEST: If you're hungry one to two hours after eating, you probably need more protein.

## RULE 3: EAT NO WHITE AT NIGHT...

This means **no white rice, bread, potatoes or pasta** at your evening meal. You'll also want to avoid red potatoes, brown rice, whole-wheat bread and starchy vegetables such as corn and peas. At dinner have lean meat, fish or poultry, and all salad and non-starchy vegetables as you want.

The "white" carbohydrates tend to have a high glycemic index; a measurement of how fast blood sugar rises after eating. Foods with a high glycemic index produce a high insulin response. They can increase your blood sugar about 90% as fast as pure sugar.

The increased insulin response causes your blood sugar to decrease rapidly, which in turn causes more hunger. Eating these high-glycemic foods at night causes higher insulin in the day. This tends to promote weight gain.

During the initial few months of your dietary change, you might want to give up white, starchy foods altogether. Once you have reached your target weight, you can reintroduce them into your diet – but never at night.

SELF TEST: If your energy slumps within one to two hours after eating, you've probably had too many carbohydrates.

### HANDY HINTS:

To lose weight more quickly, also do the following...

- Drink at least 2 litres of water daily (especially if you work in air conditioning )
- Exercise at least 30 minutes 3 times a week **in the morning**.