



Center for Plastic Surgery

DIETARY RECOMMENDATIONS

You need to change your EATING HABITS and TASTE. DIETS DO NOT WORK because they force a sudden change on you that your brain never accepts. Instead, you need to make one little change each meal, each time you prepare a recipe and each time you visit the store until you have gradually achieved a diet that your brain accepts that is low in carbohydrates, sugars and salt with only a moderate calorie content. This will allow you to achieve your goal of a BMI of <25 and a waist of <32" female or <35" male and maintain it.

- Food creates a hormonal response. Controlling this response aids in achieving proper health and controlling your body composition.
 - Significant absorption of sugar (a part of ALL carbohydrates) with elevation of the blood sugar causes Insulin production that drives the sugar into the cell as Fat.
 - The easier the sugar is absorbed, the more the Insulin response.
 - Exercise creates Glucagon and Growth Hormone that can remove fat from the cell unless there is Insulin present. Someone 20 lbs. overweight is doing the equivalent of carrying a 20 lb. barbeque grill gas tank around all day (significant exercise) but not losing any weight. In order to lose weight you MUST FIRST be on the right diet which is, therefore, paramount in weight loss.
- You must RESTRICT both CALORIES and the TYPES of food you eat.
- Over restriction of calories, however, causes the body to think it is starving and hold onto fat. The trick is to eat an adequate amount of the proper composition.
- Do a Food Diary for a while. You will be surprised at how much you really eat.
- Learn to recognize the proper proportion of the types of foods and the proper portion size of each. Suggested daily calories per food group:
 - 33.33 %, 1/3rd, from CARBOHYDRATES (for most, this has usually been 60-80%)
 - 33.33 %, 1/3rd, from PROTEIN
 - 33.33 %, 1/3rd, from FAT (non-animal, polyunsaturated, non-trans-fat)
- Sugar is toxic. Gradually reduce or eliminate it from everything you eat or drink. Do NOT use ANY sugar substitutes, as these only retain your taste for something sweet.
- Except for dairy products, "low-fat" foods generally contain excess sugar as seasoning.
- Avoid as much as possible any carbohydrate over 50-55 on the Glycemic Index. See www.GlycemicEdge.com.
- Eat non-processed food. The fresher and more colorful the more nutrition and antioxidants. The less processed or cooked the food, the harder it is for the body to extract the contained sugar, thus keeping blood sugar and secreted insulin low.
- Buy Groceries from along the outside supermarket walls. Do not go down the isles (where prepared foods are) except to buy spices, etc. for flavoring.
- It is fat and protein that make you feel satiated. Therefore, you can feel satisfied with less. Calories from these are used more readily than those from carbohydrates.
- Reduce Saturated fat (found in Red meat, Dairy, & other) and eat NO trans-fat.
- Eating five (5) small meals a day (or three [3] meals and two [2] snacks) maintains a steady metabolic rate along with drinking water to aid in efficient digestion.
- This generally means eating a protein serving the size of a pack of cards and filling the rest of the plate center with high fiber, low glycemic carbohydrates and the proper fat.

- Use NO ADDED SALT and observe the amount in purchased foods.
- If you want a dessert, choose those less sweet, add protein and fiber and reduce the calories elsewhere.
- The average non-exercising person will eat 3 “Blocks” each of Protein, Carbohydrate and Fat at Breakfast, Lunch and Dinner, and 1 “Block” each in mid-afternoon and late night. (See below.) Those doing heavy weight training will require twice as much. Those exercising 1 hour, 5 times a week will fall between. Larger people will require more and petite people less.
- After reducing the rapidity of sugar absorption and beginning “waist loss,” by the proper diet, begin exercising at least three (3) hours per week, including muscle building types of exercise. This will increase the rapidity of your waist loss and improve your health and how you feel in general.

SOME ACCEPTABLE FOODS by BLOCKS:

1 PROTEIN BLOCK

beef, lean (1 oz)
 cheese, fat free (1 oz)
 skinless chicken breast (1 oz)
 low-fat cottage cheese (2 oz)
 egg whites (2)
 lamb, lean (1 oz)
 milk, 1% (1cup) [also 1 Carb Block]
 mozzarella cheese (1 oz)
 pork, lean (1 oz)
 ricotta cheese (2 oz)
 seafood (Gen. 1.5 oz)
 soy based meats (2 oz)
 soy milk
 tofu (3 oz)
 turkey (skinless) (1 oz)
 yogurt, low-fat (2 oz) [also 1 Carb Block]

1 FAT BLOCK

almonds (1 tsp)
 avocado (1/2 tbs)

canola oil (2/3 tsp)
 guacamole (1/2 tbs)
 lt. mayonnaise (1 tsp)
 mayonnaise (2/3 tsp)
 peanut butter (1/2 tsp)
 olive oil (2/3tsp)
 olives (3)
 peanuts (6)

1 CARBOHYDRATE BLOCK

apples (1/2)
 applesauce, natural (1/4 cup)
 apricots (3)
 artichoke (1)
 asparagus (12 spears)
 beans, lentils (1 cup)
 bell peppers (2)
 blackberries (1/2 cup)
 blueberries (1/2 cup)
 broccoli (1 cup)
 brown rice (1/5 oz)
 brussels sprouts (1 cup)
 cabbage (1 1/2 cup)
 cantaloupe (1/4)

cauliflower (1 1/2 cup)
 cherries (7)
 cucumber (1)
 dill pickles
 eggplant (1 1/2 cups)
 grapefruit (1/2)
 grapes (1/2 cup)
 honeydew
 ice cream (1/5 cup, also Fat & Protein)
 kiwi (1)
 lemons/limes (1)
 mushrooms (3 cups)
 oat bran cereal (1/2 oz)
 oatmeal (1/3 cup)
 okra (1 cup)
 onions (1/2 cup cooked, 1 cup raw)
 orange (1/2)
 peach (1)
 pears (1/3)
 peas (1/3 cup)
 pineapple (1/2 cup, cubed)
 plums (1)
 radishes (2 cups)
 raspberries (2/3 cup)

spinach (1 cup cooked, 4 cups raw)
 strawberries (1 cup)
 sugar free jams (1 tbs)
 sweet potato (1/3)
 tangerine (1)
 tomatoes (2)
 wheat-bran cereal (1/2 oz)
 whole grain pasta (1/4 cup)
 yellow squash (1 cup)
 zucchini (1 cup)
 lettuce (6 cups)
 tossed salad (1 bowl)

EXTRAS

balsamic vinegar
 broth
 coffee, unsweetened
 herbs/spices
 Perrier, etc.
 mustard
 Tabasco sauce
 Tea, unsweetened

For further reference, see: You on a Diet, Michael F. Roizen, MD & Mehmet C. Oz MD, Enter The Zone, A Dietary Road Map, Barry Sears, Ph.D., Regan Books, 1995, or The South Beach Diet, Arthur Agatston, MD¹