

4. REMEMBER THE SECRET WEAPON: PROTEIN+GOOD FAT+FIBER

Turbocharge the formula for better blood sugar and weight loss

For better weight loss and blood sugar control, the protein + good fat + fiber suggestions on page 50 have been tweaked to limit some otherwise healthy whole foods. For example, concentrated calorie traps like nut butters, granola, and dried fruit; liquid calories like milk (as a beverage) and smoothies; and rapidly metabolized carbs like potatoes, brown rice, polenta, and anything made with flour or processed grains. Limiting these things will help turbocharge success:

Protein combines with good fat and whole food fiber to slow the digestion of rapidly-metabolized foods like grains or other high-carbohydrate foods. This works to:

1. Lower the rise of blood sugar
2. Allow for a more leisurely digestion
3. Delay the return of hunger
4. Help suppress sugar cravings

- **Protein** tends to satisfy the appetite more than carbohydrates, has less effect on blood sugar and insulin levels, and helps maintain more muscle mass.
- **Good fat** (see page 41): higher-fat diets are associated with *more* effective weight loss than low-fat diets, and high-fat minimally processed whole foods are *less* likely to put on weight than high-carbohydrate processed foods. Also, higher-fat diets give better results with diabetes prevention and blood sugar control as well as cholesterol and triglyceride levels. However, portion control is especially important here.
- **Whole food fiber** is amazing stuff: high nutritional content, low caloric density, and efficient at excreting toxins our body wants *gone*. It's also associated with reduced diabetes, heart disease, cancers, infections, obesity, and cholesterol. No need to use portion control with non-starchy vegetables!

Protein	Good Fat	Fiber
<ul style="list-style-type: none"> • Beans, lentils, split peas • Raw nuts and seeds (limit nut butter) • Oil-rich fish and seafood • Meat and poultry (not processed) • Whole milk dairy (aged cheese, yogurt, and kefir) • Whole eggs • Intact whole grains (page 39) 	<ul style="list-style-type: none"> • Avocado • Olives • Extra-virgin olive oil • Raw nuts and seeds (limit nut butter) • Oil-rich fish and seafood • Whole milk dairy (aged cheese, yogurt, kefir, butter, etc.) • Whole eggs 	<ul style="list-style-type: none"> • Non-starchy vegetables (avoid potatoes and corn - page 96) • Whole fresh fruit (like apple, pear, orange, and berries), not canned or dried (except prunes) • Avocado • Beans, lentils, split peas • Raw nuts and seeds (limit nut butter) • Intact whole grains (like oat groats, wheat and rye berries, whole barley, quinoa page 39)