

HEALTHY EATING PROTOCOL

Being overweight and obese are major risk factors for the top causes of death, including hypertension (high blood pressure), adult onset diabetes, heart disease, cancer and stroke. Obesity is the major cause of the overall loss of energy experienced by many people as they age.

According to the National Institute of Health and the US Surgeon General, most of “ the top ten causes of death due to disease are attributable to health risks associated with excess body fat”. The National Institute of Health states that flatly: “Obesity is a leading cause of heart disease, hypertension, stroke, diabetes and even cancer.”

Heart Disease and Obesity

The risk of heart disease is increased almost **eight times** for those that are obese. Obesity is defined as those with a Body Mass Index(**BMI**) of more than 30 kilograms per metered square or higher. You are considered overweight if your BMI is greater than 25.

Those with existing disease such as diabetes already have a 2 to 3 times greater risk for cardiovascular disease. Add a little body fat and those risks increase dramatically. If you are suffering from a chronic disease, weight control is of utmost importance to your health and longevity. To attain optimal health and longevity a person must be at or below their ideal body weight. Today’s lifestyle and access to fast food makes that a hard goal to attain.

BODY MASS INDEX

- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater
-

See Appendix A to calculate your Body Mass Index

DIETING DOES NOT WORK!

The latest fad diet may give you temporary results, but if you don’t change your lifestyle you wind up heavier than you were before you started. 40 million people or 25% of the US adult population is currently on a diet according to the Atlanta based Calorie Control Counsel survey regarding dieting activities. An earlier study by the Food and Drug Administration’s Center for Food Safety and Applied Nutrition found that 62% of American men and 71% of women were trying to lose weight. Researchers found that the respondents averaged a new diet attempt every year. These yearly failed attempts contribute significantly to the almost 40 billion dollars spent yearly on failed weight control plans!

If these fad diets really worked, you would not be reading this right now. You should view dieting as a major health risk and must be avoided at all costs.

The Hazards of Dieting

“Yo-Yo dieting” is the term used for repeated episodes of losing weight by dieting and subsequently regaining that weight over time. The act of dieting especially with fad diets or very low calorie diets acts to cause people to lose weight by decreasing their bodies muscle mass. When they start to gain weight again, they do not regain that muscle mass, but replace their weight with fat. So increasingly, over time, their percent body fat increases with each “yo-yo

episode”. This has been shown to increase the risk for heart disease and stroke and has been proven to significantly shorten life spans.

THE THREE KEYS TO SUCCESSFUL LONG TERM WEIGHT MANAGEMENT ARE:

1. EXERCISE
2. A LOW FAT MODERATE CARBOHYDRATE DIET USING LOW TO MODERATE GLYCEMIC INDEX FOODS – THE MEDITERRANIAN DIET MODEL
3. BEHAVIOR MODIFICATION

KEY NUMBER ONE ⇒ EXERCISE

No long-term weight loss goals are possible without **consistent** exercise. Not just while your losing weight, but **FOREVER**. If you’re not willing to exercise on a regular basis, please do the following:

1. Stop reading this article.
2. Turn the TV on.
3. Go grab a Twinkie and lay on the couch, because you have no hope at being successful at permanently losing weight.

EXERCISE CHOICES - You don’t have to be an Olympic athlete.

The world’s best exercise is the one you want to do. **You need to become addicted to exercise.** Find something you enjoy and do it often.

NOTE: NEVER BEGIN AN EXERCISE PROGRAM WITHOUT CONSULTING WITH YOUR HEALTH CARE PROVIDER FIRST.

Definition of Exercise: Any activity that raises your heart rate for at least 20 minutes.

During exercise you should achieve your “target heart rate”. Because this target can vary significantly with both age and the medications you may be on, you should discuss with your healthcare provider what an appropriate goal heart rate is for you.

You should exercise three times per week. More is fine, but give your body a rest at least once or twice a week. Some examples of good general exercise include brisk jogging or walking (two eighteen minute miles per session), tennis, racquetball or walking nine holes of golf.

Sorry, but the following are not considered exercise:

1. Golf with an electric cart.
2. Bowling.
3. Chasing the kids or grandkids around.
4. Your work/job unless it involves strenuous activity such as lifting,digging,pushing etc.
5. Using the TV remote control.

The Wonders of Resistance Exercise – Aerobics is not enough

Resistance exercises, such as lifting weights, offers significant benefits over other forms of exercise. **Resistance exercise will build muscle mass.** Increasing your muscle mass has been shown to increase your metabolic rate. This means that you will burn calories faster. It is a proven activity for the prevention of osteoporosis and it's probably the best anti-aging medicine available. Increasing your muscle mass also causes a significant increase in human growth hormone, which is thought to be the hormone of youth. Testosterone levels are also increased in men and women which can significantly increase your sex drive and energy level.

SEE APPENDIX C FOR OTHER EXERCISE REFERENCES.

KEY NUMBER TWO ⇒ DIET

The grapefruit diet, the Mayo Clinic diet, the Adkins diet, and the list goes on and on. Every time you turn around another expert is advocating a new diet. The only safe and acceptable diets are those that are balanced in protein, fat and carbohydrates and in which **you can continue it's basic principles for a lifetime.**

You Can't Live Without Fat

Ah, wonderful fat. Fat adds taste and texture to our meals. It is almost addictive in its lure. Unfortunately, in large amounts it is the leading cause of premature death. But by the same token, we can not live without fat. Fat is essential to the production of normal body hormones. Our bodies make both male and female hormones from cholesterol. When fat intake is too low, it can suppress your immune system and you become more likely to contract diseases. Therefore we need to reach a healthy medium. Luckily, these days with food labeling, this can easily be obtained. For the purposes of weight loss the optimum total fat intake appears to be between 30 and 50 grams of fat. This is easily calculated by looking at the "nutritional facts" label on the package of most food. While this label lists alot of useful information, the two most important numbers for us are in the **total fat grams** and the **total carbohydrate**. Please keep in mind that these numbers are based on a very specific serving size as indicated on the top of the label. Therefore if the label states that the **Total Grams** of fat as five, and there are 6 servings in this particular package, then that means there are five grams of fat per each individual serving. The same is true with carbohydrate. In addition to finding labels on the foods themselves, there are a variety of pocket guides that can be found in any large bookstore, which list the total fat grams to be found in virtually every commercial food including fast foods.

BEWARE OF TRANS FAT!

Trans Fat (Trans-fatty acid) is processed fat formed by partially hydrogenated edible oil. It is used commercially to prolong the shelf life of foods. Trans fat has clearly been linked to increased risk of heart attack and stroke. The National Academy of Science says that no amount of trans fat is safe. Unfortunately, it is found in forty percent of all supermarket food! If the food label lists partially hydrogenated oil as one of the first four ingredients, don't buy it. Note the amount of total fat listed and compare it with the breakdown of specific fats on the label. If there's a big difference, this probably represents trans fat.

There's a few fast foods that might be a little eye opening: **Don't forget that the size of proportion to his not necessarily relate to its fat content.** For instance a tablespoon of ranch dressing can have as much as 16 grams of fat!

While a moderate fat intake (30 to50 grams) is very important in maintaining your health, the next topic may hold the key to significant and prolonged weight loss and maintenance.

The Carbohydrate Connection – It's all about sugar` `

Carbohydrates are sugars and starches. Sugars are also called simple carbohydrates while starches are also known as complex carbohydrates. Starches are simply many sugar molecules joined together into one very large molecule. Starches are broken down into their constituent sugars molecules in our mouths and intestines. The sugar molecules are then absorbed by the intestine into the blood stream.

The problem with simple carbohydrates (generally) is that they raise blood sugar so quickly that fat production often occurs. In addition to this, blood sugar rises so rapidly that the body often over-secretes insulin; causing a huge "flooding" of the cells with glucose. The high insulin level also causes large amounts of glucose to be transported into fat cells where it is stored as, you guessed it, fat. What ends up happening is that, because of the over-secretion of insulin, blood sugar levels then plummet, leaving you tired and lazy. This low blood sugar isn't good for the brain (it requires glucose for energy production), and the brain gets precedence. The body's solution to the now low blood sugar level is to free up glycogen from the liver, converting it to glucose, to get blood sugar levels back up again. Problem is, the liver only stores about 100 grams of glycogen - less than a days supply of glucose - and once this is exhausted proteins begin to be leached out of the skeletal muscles to be converted into glucose by the liver. This is obviously NOT a good situation for muscle strength and size! If you ate no carbs at all your body would convert up to 200 grams of protein a day into glucose just to feed the brain.

Complex carbs, on the other hand, raise blood sugar slowly (generally) not leading to the over-secretion of insulin or the preferential storage of fat (unless of course glycogen stores are already filled). This also has the effect of resulting in better glycogen storage in the muscles because no excess glucose is hastily converted into fat. In addition, having a moderate insulin level in the bloodstream (as promoted by complex carbs) has a few other very important advantages. One, it keeps proteins from being taken out of the muscles to be brought to the liver; two, it keeps cortisol, considered the "death hormone" by anti-aging experts, levels low; and three, it may inhibit androgen-binding globulin which binds testosterone and keeps it from breaking into its free (active) form. The lesson to be learned here is that anyway you look at it, at least from a *general* standpoint, complex carbohydrates should be your preferred source of carbohydrates.

High-Fructose Corn Syrup – The Devil’s Candy

In the mid-1970’s the food industry started using High-Fructose Corn Syrup (HFCS) as a main sweetener in a variety of foods. HFCS is very sweet and very cheap making it an ‘ideal’ food sweetener. The problem is that HFCS is not a naturally occurring food. Because of this, your body does not recognize it as a source of calories. Normally, when you eat a lot of calories, hormone changes occur in your body that decrease your appetite and cause you to stop eating. Because HFCS does not affect these hormones, you can eat hundreds of calories of HFCS and it will not decrease your hunger! In 1960, Americans consumed no HFCS. In 2001 we consumed 18,000 tons. Many experts feel the explosion in obesity that started in the 1970’s and 80’s is a direct result of the steady increase in HFCS in our diets. While it may be impossible to eliminate HFCS from your diet, limiting its use can significantly lower your calorie intake. **Read your food labels!**

The Glycemic Index

Certain carbohydrates raise the blood sugar level more than others, even in non-diabetics. The glycemic index is a measure of how much a given carbohydrate source can elevate the blood sugar level. A higher glycemic index means that food raises the blood sugar more than a food with a lower glycemic index. Eating foods with a **high glycemic index** may have a number of deleterious effects. These include **lower levels of the good (HDL) cholesterol, higher triglyceride (fat) levels, resistance to the effects of insulin, increased appetite, less fat burning, weight gain and more coronary artery disease.**

As a broad generalization, simple carbohydrates (sugars) have a higher glycemic index than complex carbohydrates (starches). However, exceptions to this rule exist. Some complex carbohydrates (starches) have a higher glycemic index than some of the simple carbohydrates.

The glycemic response of a food is a measure of the food's ability to elevate blood sugar. The glycemic response is influenced by the amount of food you eat, its fiber content, fat content or amount of added fat, and the way the food is prepared.

Highly glycemic carbohydrates are best consumed during and after exercise. They enter the bloodstream quickly and are readily available for fueling exercising muscles.

Low glycemic carbohydrates enter the bloodstream slowly and are best eaten before exercise. They provide sustained longer-term energy, and help maintain stable blood sugar levels during extended exercise periods (greater than one hour).

AGE-MANAGEMENT MEDICINE ♦ FOR A LIFETIME OF HEALTH

St. John Center for Wellness and Family Medicine

18303 Ten Mile Road Suite 500, Roseville, MI 48066 586-498-5160

THE GLYCEMIC INDEX OF SOME COMMON FOODS

VERY LOW GI = <=39 LOW GI = 40-54 MODERATE GI = 55-69 HIGH GI >=70

Glucose	100	Orange Juice	57	Apple	36
Baked Potato	85	White Rice	56	Pear	36
Corn Flakes	84	Popcorn	55	Skim Milk	32
Cheerios	74	Corn	55	Green Beans	30
Graham Crackers	74	Brown Rice	55	Lentils	29
Honey	73	Sweet Potato	54	Kidney Beans	27
Watermelon	72	(Ripe) Banana	50	Grapefruit	25
White Bread/Bagel	70-72	Orange	43	Barley	25
Table Sugar	65	Apple Juice	41		
Raisins	64				

While the glycemic index is not perfect, it's a great place to start. The true glycemic index can be affected by a variety of factors including how the food was prepared, fat, protein, or the overall acidity level. Recognizing that both the **glycemic index** of carbohydrate containing food and the **amount of carbohydrate** evenly affect blood insulin levels, researchers have coined the term **glycemic load** to describe these two factors considered together. Glycemic load is a much better indicator of both total insulin demand and the workload of the pancreas than just the glycemic index itself. At present the glycemic load of foods is much more difficult to obtain.

YOU CAN FIND MANY SOURCES OF INFORMATION ON THE GLYCEMIC INDEX IN APPENDIX C.

The Mediterranean Diet

To date, the healthiest diet known is the Traditional Mediterranean Diet. The traditional diets of the Mediterranean region: Crete, much of the rest of Greece and southern Italy, circa 1960 were based mainly on foods from their rich and varied plant sources and included fruits and vegetables, bread and grains, beans, seeds and nuts.

It was recognized that the rates of chronic diseases were among the lowest in the world and adult life expectancy was among the highest for these populations at that time, even though medical services were limited.

To illustrate the traditional diet clearly, Researchers from Harvard and Oldways developed the Mediterranean Diet Pyramid (*See Appendix B*). **Incorporating the Mediterranean Diet Pyramid into your own diet, even if only three or four days per week, will make a significant difference in your overall health.**

AGE-MANAGEMENT MEDICINE ♦ FOR A LIFETIME OF HEALTH

St. John Center for Wellness and Family Medicine

18303 Ten Mile Road Suite 500, Roseville, MI 48066 586-498-5160

The main components of the Mediterranean Diet are as follows:

- Incorporate an abundance of food from plants sources, including fruits and vegetables, bread and grains, beans, seeds, and nuts.
- Eat minimally processed and seasonally fresh and locally grown foods.
- Use Olive Oil (extra virgin is preferred as the principal fat, replacing other fats and oils.
- Eat low to moderate amounts of cheese and yogurt daily.
- Consume low to moderate amounts of fish and poultry. And limit eggs to four servings per week.
- Eat fresh fruit as a typical daily desert. Limit sweets with a significant amount of sugar and saturated fat (remember the glycemic index?).
- Limit red meat to only a few times per month.
- If appropriate, drink a moderate amount of wine, normally with meals; about one to two glasses per day for men and one glass per day for women.

If you have High Blood Pressure (Hypertension), consider the DASH Diet

The National Heart, Lung and Blood Institute (NHLBI) developed the DASH Diet (**D**ietary **A**pproaches to **S**top **H**ypertension). This is a modified version of the Mediterranean Diet with salt restriction. If followed closely, it can CURE hypertension. If you are interested, ask your health care provider for a copy or go to www.nhlbi.nih.gov/health/public/heart/hbp/dash/

SEE APPENDIX C FOR ADDITIONAL SOURCES OF INFORMATION ON THE MEDITERRANIAN DIET AND THE PYRAMID.

KEY NUMBER THREE ⇒ BEHAVIOR MODIFICATION

People who are thin eat because they're hungry. People who are overweight frequently eat because they're stressed, depressed, and anxious. Learning to associate eating only with hunger and not with these other emotions is a key to maintaining a lower weight.

The following acts as a laundry list of suggestions that can significantly aid in weight loss if practiced on a regular basis. They are in many ways behavior modification and stress reduction techniques. If you follow these principals as well as the previous three keys you will be guaranteed success as well as improved health and longer life.

BEHAVIOR KEYS TO HEALTHY EATING

Exercise

The need for exercise can not be stressed enough. **One thing I can guarantee you is that if you do not adopt exercise on a regular basis for the rest of your life you will never maintain a lower weight.** This key cannot be skipped. Exercise causes a **significant reduction** in stress, which by itself can reduce poor eating habits.

Exercise with a friend.

It's very difficult to keep up a regular exercise program on your own. However when you do it with a friend you can push one another on days when one of you does not want to exercise. Exercises is also more enjoy able when done in the company of friends.

Schedule your exercise.

The only way to exercise regularly is to make it an integral part of your day. First, you have to remember it. Give this a priority that you would any other "must do" event of the day.

Ignore the elevator.

You should try at all costs to walk wherever you have to go. If getting to your job involves walking five flights of stairs or less, you should not take the elevator and walk up to work. If you need to take more than 5 flights consider walking the first 5 flights then hopping on the elevator the rest of the way. Over time you may extend this to walk a greater number of flights every day. Walking stairs burns a significant number of calories.

TURN THE TV OFF!!!

The TV and the Internet may be technology's greatest contributions to the epidemic of obesity in our country. It has resulted in a significant reduction in exercise, and a decrease in independent thinking, which has been proven to increase the risk of dementia in later life, and a significant increase in late night snacking. By turning the TV and the computer off at **least one night per week** and finding another activity to occupy that time your chances of snacking go down

significantly. Use this time to read, spend with your family, get chores done around the house, etc. Trust me you won't miss it.

Go to bed early.

Our society is chronically sleep deprived. As a result, this contributes to a higher incidence of chronic diseases including cancers. This extra sleep may allow you rise early enough in the morning to have a short exercise session. Worried about missing your favorite program? That's what VCR's are made for.

Don't go home.

Because stress is a major cause of over eating it's important that you relax **before** you go home. Give yourself a chance to unwind at the end of the day and you will be less likely to resort to snacking or other unhealthy habits. Even if this just means walking around the block before you enter the house.

Learn stress reduction techniques.

This can be something as simple as a walk around the block after you get home from work or more involved such as yoga or self-hypnosis. There is no question that for the majority of overweight patients, **stress plays a major role in over eating**. Anything you can do to reduce your stress will reduce binge eating.

The TV and food don't mix.

When your brain is occupied with other activities this can delay and the signal that tells your body when you are full. This again results in a significant increase in calories. When you eat, concentrate on eating, not watching TV, playing on the computer, or reading the paper.

Keep a food diary.

Writing down what you have eaten every day is frequently a very enlightening experience. When you have the opportunity to analyze your eating pattern, you quickly find the trouble areas in your diet and then have the opportunity to make appropriate adjustments. This activity takes a minimal amount of time but can make a major difference in your results.

Never go grocery shopping and on an empty stomach.

When you are trying to lose weight, nothing is more hazardous than shopping when you're hungry. Foods that would never buy when you're in your right mind will suddenly look very appealing. Do yourself a favor. Eat, then shop.

A grocery list is a must.

Organize your grocery list and **write down every item you plan on buying before you go**. Stick to this list as closely as possible. Do not buy anything at the store that is not on this list, even if that means making a second trip to the store later. You will frequently find that the things you thought you needed were not on the list for a reason.

Disorganized eaters tend to be disorganized shoppers.

It's that simple. When you don't have the right foods on hand and ready to go, you have no choice but to improvise. Improvised eating usually translates into splurging at restaurants or stopping at fast food places and convenient stores. The result of course, is weight gain. Go shopping every week. Not just when the refrigerator is looking a little bare or when you reach the bottom of a gallon of rocky road. **Go every single week.** It's the only way to ensure that you always have the right ingredients on hand to make nutritious meals that are as quick as they are delicious.

A full refrigerator is a happy refrigerator.

Always have the refrigerator full of healthy foods and snacks. Having items available at home will make you much less inclined to go out for that late night fast food snack.

White Bread is poison.

If the first ingredient listed in the bread you eat is enriched white flour, you might as well eat a Klondike Bar. White bread has a glycemic index near pure sugar. It should be avoided at all costs. Instead, buy multi-grain bread in which the main ingredient is unbromated or cracked wheat. These are now available at most large grocery stores. A good example of this is Pepridge Farms Nine Grain Whole Wheat Bread. In general terms the darker and heavier the bread, the better it is for you. Look for bread that contains at least 2 grams of fiber per serving. The higher the better. (FYI white bread usually has 0 grams of fiber)

Out of site, out of mind.

Chances are, if you can't find junk foods in the house you won't immediately go out and get them. You need to do reconnaissance in your kitchen and remove all unhealthy snacks. This is in the best interest of both you and your family. Don't use the lame excuse that your kids or grandkids need the snacks. All you're doing is turning them into the same obese and unhappy person that you have become. **Habits that are started in childhood continue on for a lifetime.** Make everyone in the family healthy eater!

More snacks, fewer calories.

Snacks give you calories when you need them. Snacks keep you satisfied, so you're less likely to experience runaway hunger or emotional cravings. Snacks should be planned throughout the day in between meals. You should view these as being just as important as the meals themselves. Choose a low fat high protein snack. Some good examples of are an apple with some peanut butter on it, a handful of mixed nuts, one or two slices of lean ham or turkey. Yogurt or an ounce of cheese with fruit could also suffice.

You must eat breakfast.

The cardinal sin of healthy eating is to miss breakfast. Breakfast sets the tone for the entire day. If you eat a large breakfast you will be much less hungry throughout the day. When you miss breakfast your body goes into 'starvation mode', your metabolism slows down, you don't burn as

many calories and you feel fatigued and easily stressed. You should try to consume about one-third of your daily calorie consumption for breakfast.

Drink lots of water.

While some people feel this is controversial, I believe that significantly increasing your water intake is a tremendous aid to weight loss. We recommend at least 64 ounces per day. Water appears to act as a natural appetite suppressant. It helps the muscles maintain good tone and also inhibits the sagging skin that often follows weight loss. Considered buying a water filter. Either one that attaches to your kitchen sink, or a filtering pitcher for your refrigerator. If the taste of water is too bland for you, try adding lemon, lime or cucumber to your water. Try and stay away from diet drinks. At least one study has shown that the **artificial sweeteners in diet drinks can stimulate your appetite.**

Salads are great but salad dressing is not.

Green salads are among the healthiest foods you can eat. They have almost no fat, are high in fiber and low in calories. But salads can be notoriously unhealthy if you pick the wrong salad dressing. Try to avoid creamy dressings and stick with vinegar and oil based substitutes. Read the labels carefully. Another good suggestion is to always have your salad dressing on the side. Dip your fork in the dressing then grab some greens. This way you get the same taste while limiting the calories.

Slow down when eating.

Your brain has a tremendous ability to tell you when you're full, however it's not very quick. Your brain takes on the average 20 minutes to send the appropriate signal that you are no longer hungry. If you eat very quickly, this delay can amount to a significant number of calories. To this end, when you eat you should concentrate on eating **s-l-o-w-l-y**. This means looking at the food, concentrating on the food and paying attention to your chewing. If you are talking to someone while eating, put your fork down while you are talking and do not begin eating again until you are done talking.

Reward yourself once a week.

OK, so you're hooked on hot fudge ice cream cake. Having a healthy diet does not mean you can never eat them again, but simply must limit how often. Use your favorite treat as a weekly reward for doing well on your diet. Think about that treat throughout the week and how much you want it. And keep your goals in mind as the day you can have your treat gets closer. If you did good this weeks, go splurge...you earned it!

AGE-MANAGEMENT MEDICINE ♦ FOR A LIFETIME OF HEALTH

St. John Center for Wellness and Family Medicine

18303 Ten Mile Road Suite 500, Roseville, MI 48066 586-498-5160

CONCLUSION

KNOWLEDGE IS POWER. The more you know and understand diet, nutrition and behavior, the greater your chances for success. Getting started is the hardest part. Before starting any significant weight loss and exercise program you should have a complete physical with appropriate blood work to evaluate your current state of health and to be sure you do not have a hidden underlying medical or hormonal problem that can make success difficult.

The ideas presented in this protocol have been proven successful. Not only will they make you slimmer, but they will prolong your life.

GOOD LUCK!

*Prepared by Edward Pazuchowski M.D.
Diplomate American Board of Anti-Aging Medicine
Diplomate American Board of Family Practice*

AGE-MANAGEMENT MEDICINE ♦ FOR A LIFETIME OF HEALTH

St. John Center for Wellness and Family Medicine

18303 Ten Mile Road Suite 500, Roseville, MI 48066 586-498-5160

APPENDIX A. BODY MASS INDEX

Risk of Associated Disease According to BMI and Waist Size			
BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

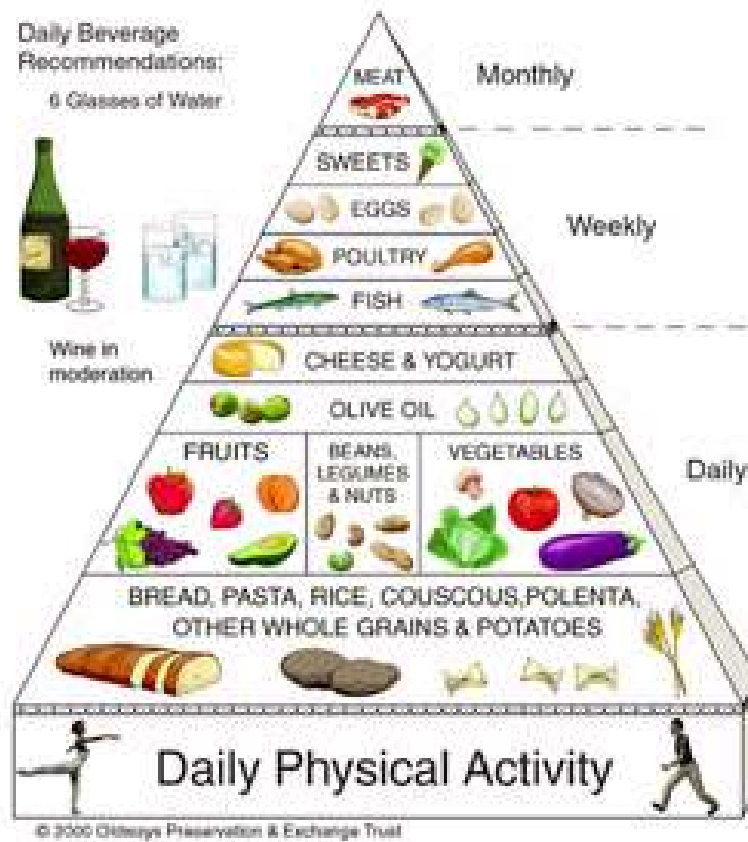
BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Body weight in pounds according to height and body mass index.

Adapted with permission from Bray, G.A., Gray, D.S.,
Obesity, Part I, Pathogenesis, West J. Med. 1988: 149: 429-41.

APPENDIX B. THE MEDITERRANEAN DIET PYRAMID

The Traditional Healthy Mediterranean Diet Pyramid



APPENDIX C. RECOMMENDED SOURCES OF FURTHER INFORMATION

EXERCISE

Instructional videos from The Firm

www.firmedirect.com 1-800-THE-FIRM or 800-843-3476)

This is a great exercise video series for beginners to advanced that incorporates aerobic activity with resistance exercise.

Strong Women Stay Young by Miriam Nelson, Ph.D.,

Resistance training for women. It's a well-designed, progressive strength-training routine in two 40-minute sessions a week.

ACSM Fitness Book (2nd Edition)

No one knows exercise better than the American College of Sports Medicine. This book offers easy-to-understand instructions on setting up a program and customizing it to fit your goals and schedule. Photos show proper form for strength training and flexibility exercises and you'll even learn how to assess your fitness level and track progress. Includes a blank workout log to record your workouts.

Getting Stronger: Weight Training for Men and Women by Bill Pearl

It covers the basics of weight training for us regular folks as well as for bodybuilders and athletes. It also includes sport-specific training for 21 different sports. You'll find detailed instructions and pictures (over 100 fitness programs) as well as information about equipment, working out with injuries and special attention is given to women who are pregnant.

Maximum Fitness by Stewart Smith, et al

This Navy Seals workout focuses on cross-training to help you break through plateaus and find something new and interesting to do. The workouts include lifting weights, calisthenics, running, biking, swimming and stretching. The time-saver workouts are perfect for busy people who want to maintain their fitness but don't have a lot of time. You'll enjoy the no-nonsense approach.

COMPLEX CARBOHYDRATES AND THE GLYCEMIC INDEX

The Glucose Revolution: The Authoritative Guide to the Glycemic Index-The

Groundbreaking Medical Discovery by Thomas M.S. Wolever M.D. Ph.D., Jennie Brand-Miller Ph.D.

The Good Carb Cookbook: Secrets of Eating Low on the Glycemic Index

by Sandra Woodruff

The Glucose Revolution Pocket Guide to the Top 100 Low Glycemic Foods

by Kaye Foster-Powell, Thomas M. S. Wolever

The Real Vitamin and Mineral Book

By Dr Shari Leiberman

THE MEDITERANIAN DIET

Ultrametabolism

By Dr Mark Hyman

Dr. Mirkin's Good Food Book

by Gabe Mirkin, Diana Mirkin

The Healthy Heart Miracle!

by Gabe Mirkin, Diana Mirkin

The Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health

by Nancy Harmon Jenkins, Antonia Trichopoulos

The Mediterranean Diet

by Marissa Cloutier, Eve Adamson

Olive Oil Cookery: The Mediterranean Diet

by Maher A. Abbas, John W. Farquhar (Designer), Marilyn J. Spiegel

USEFUL AND INTERESTING WEB SITES

www.glycemicindex.com	Lists the Glycemic index of hundreds of foods
www.drmirkin.com	General health and nutrition information
www.drsinatra.com	General health and nutrition information, Mediterranean Diet Info
www.oldwayspt.org	Information on the Mediterranean Diet
www.healthytalkradio.com	General health and nutrition information
www.lef.org	Reliable site for vitamins and dietary supplements
www.gnc.com	Reliable site for vitamins and dietary supplements