

# TogetheriCan

**20**  
January

## PORTION SIZES – WHAT DO THEY MEAN BY BALANCED NUTRITION

For weight loss to happen, and happen efficiently, two things need to happen simultaneously.

- A. We need to regulate energy input and expenditure.
- B. We need to regulate insulin. (Considered to be the fat storing hormone)

### **A. We need to regulate energy input and expenditure.**

We do so why making sure that we expend more calories than we are taking in.

**Calories are burnt in three separate ways.**

1. Basic metabolic rate (BMR) The amount of calories you utilize daily form normal bodily functions. This is the place were most calories are expended. You can go online and enter some data and determine your own BMR.

For a fast calculation take your existing weight times 11.

2. Thermal dynamics of food, how much energy does it take for digestion and assimilation.

3. The amount of activity and exercise we incorporate daily. (running a marathon, 26.2 miles uses around 2600 calories.)

Carbohydrates contain 4 calories per gram

Proteins contain 4 calories per gram

Fats contain 9 calories per gram (almost double that of protein and carbs)

Alcohol contains 7 calories per gram

### **Does the program I'm going on require me to count calories?**

The answer to that question is yes and no.

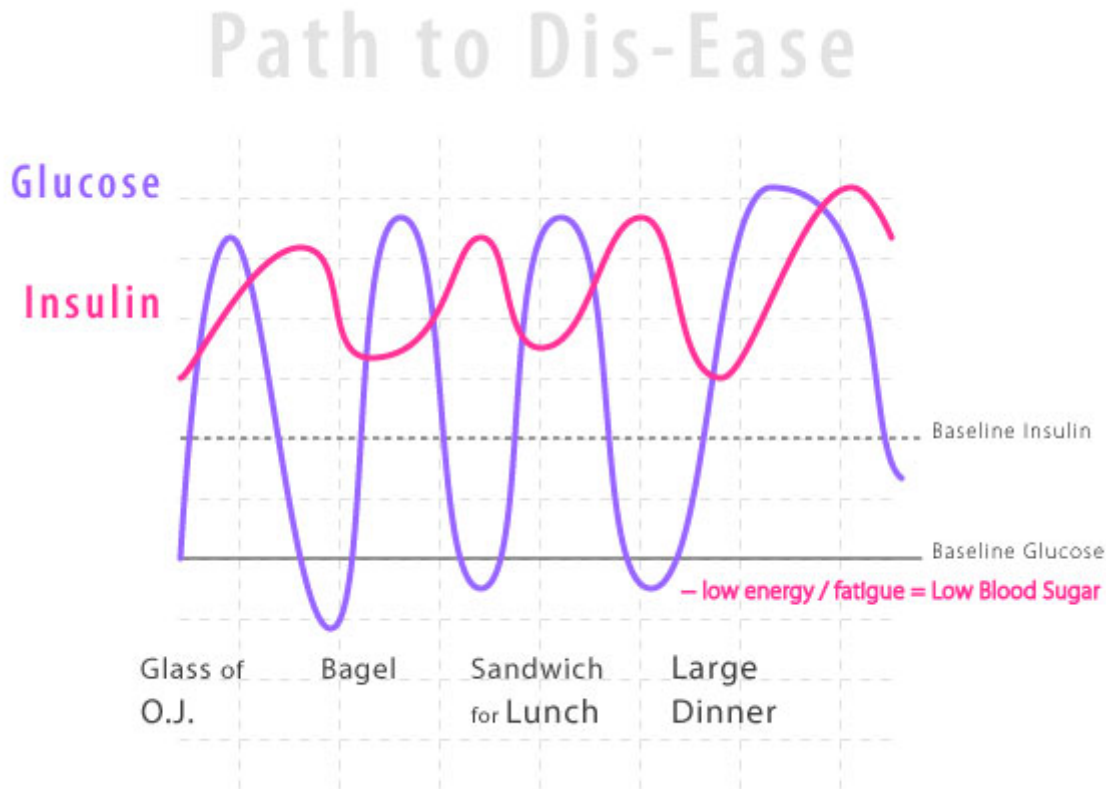
In the beginning, we will be using medically formulated, portion controlled meal replacements. These (PCMR's) are balanced nutritionally and low in calories, hi in protein and low glycemic.

Should you decide not to use the PCMR's The program becomes much more difficult.

(calculate the calories in a fruit smoothie) (all high glycemic, carbohydrates)

## B. We need to regulate insulin. (Considered to be the fat storing hormone)

This is done by regulating the carbohydrates we ingest and by using low glycemic foods, also upping our intake of protein.



Eating every 2 1/2 to 3 hours, low-calorie, fully nutritionally balanced, low glycemic, high-fiber, meal replacements. Plus one regular, what we call, lean and Green.

The lean and Green meal can be planned as a family meal.

### The recommendations are:

Use a 9 inch plate.

50% of the plate or approximately the size of a small paperback book of 100 pages, should be low glycemic green vegetables. (this is the green that is talked about)

25% of the plate should be filled with lean meats. Portion size of a deck of cards. This would be your protein. (Fish, skinless white chicken, wild game Buffalo, and lean cuts of beef or pork.)

25% of your plate should be filled with starch. (Legumes, seeds,)

No additional fat such as butter and or salad dressings are needed.

Nonfat salad dressings and small amounts are allowed. (Use the book)

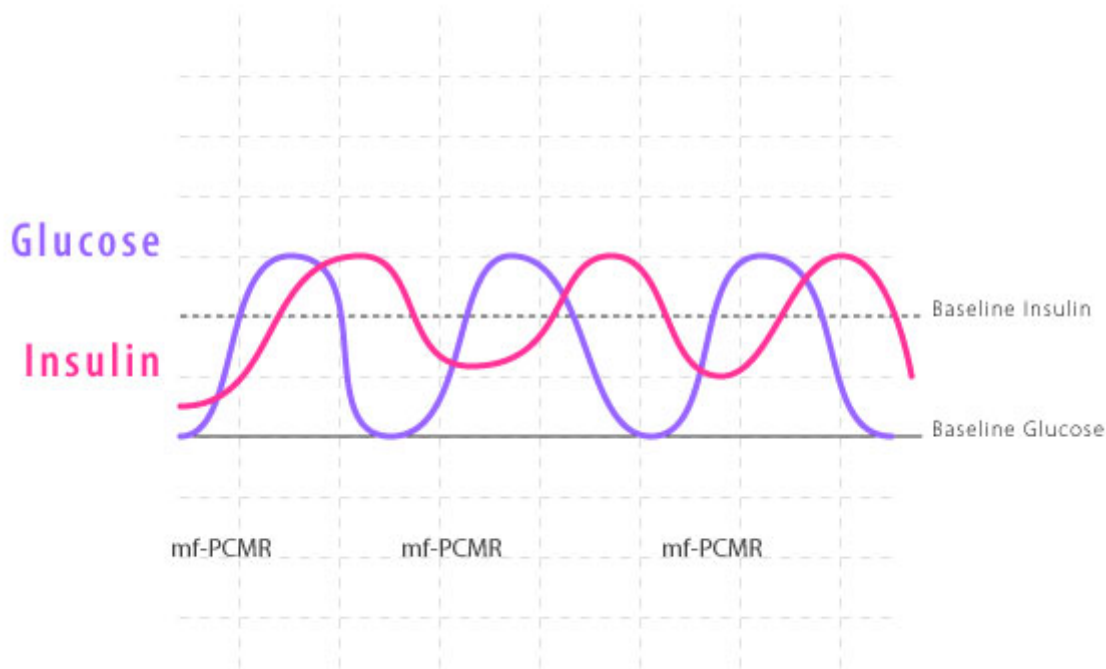
A wide variety of meals are available to us through Medifast. To my knowledge they are the only medically formulated, balanced nutritional meals available to the public.

You will find other companies with bars and shakes, however, if you look closely, their calorie count is all over the place, many of them use sugars, added salt to enhance the taste and others use saturated fats.

Medifast offers breakfast cereals, soups, nutritional bars, nutritionally balanced shakes, chocolate squares, Mac & cheese,

A typical meal replacement will contain approximately 12 g of protein, 25 vitamins and minerals, fat free, low in sugar, low in sodium or salt content, 0 cholesterol, contain between 90 and 110 cal, contain 4 to 6 g of fiber, and generally no more than 15 g of carbohydrates.

## Path to Recovery

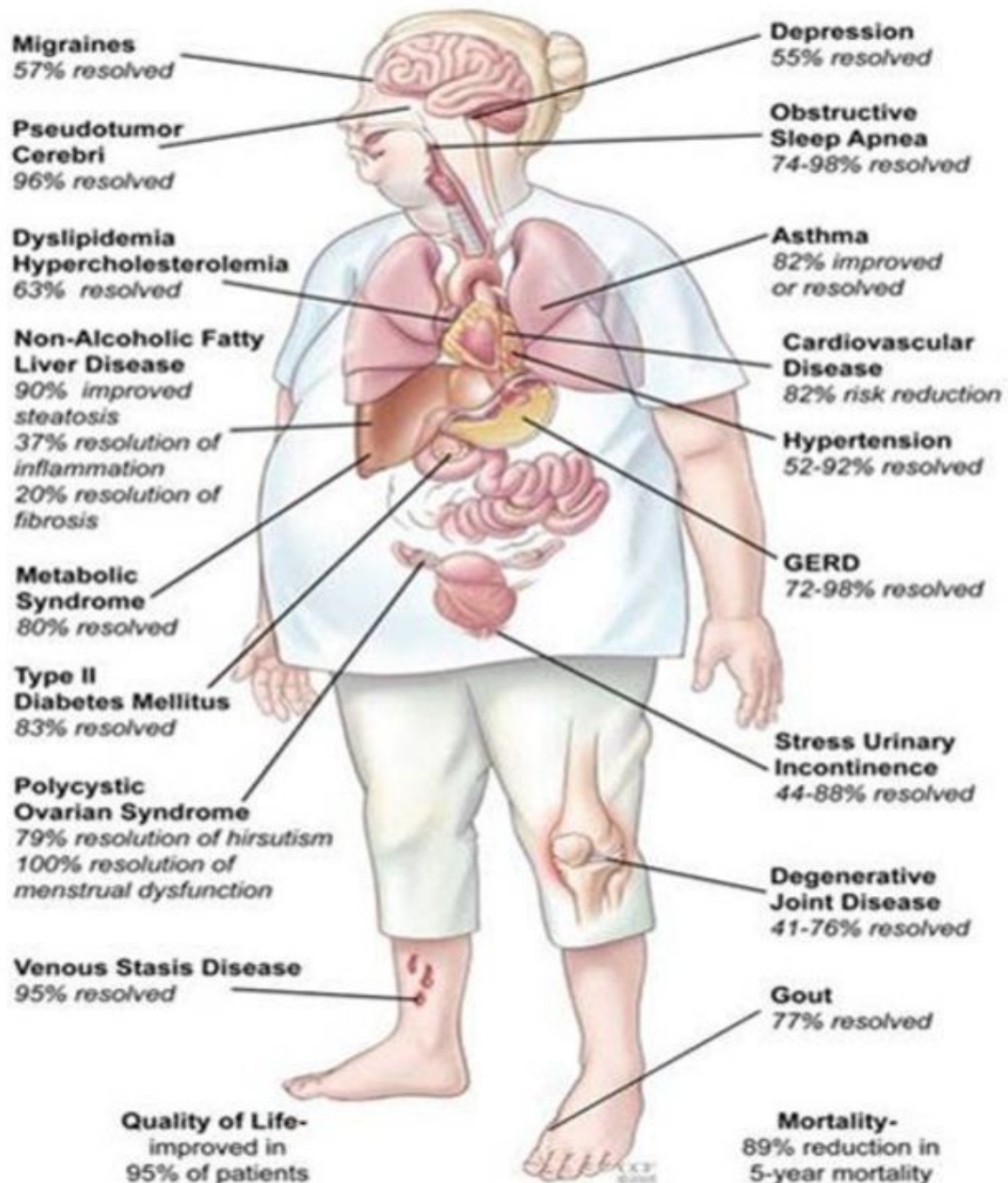


(glucose release from medically formulated – portion controlled meal replacement)

Notice the baseline change on insulin. This is a major key to weight loss. Insulin may be considered the fat storing hormone.

### **Advantages to losing weight!**

# Disease Reductions With Weight Loss



- **Degenerative joint disease** – 41% to 76% resolved.
- **Migraines** – 57% resolved
- **Metabolic syndrome** – 80% resolved
- **Type two diabetes mellitus** – 83% resolved
- **Polycystic ovarian syndrome** - 79% to 100% resolved
- **Gout** – 77% resolved
- **Stress urinary incontinence** – 44 to 88% resolved
- **Gerd** – 72% to 98% resolved
- **Hypertension** – 52% to 92% resolved
- **Cardiovascular disease** – 82% risk reduction

- **Asthma** - 82% improved or resolved
- **Obstructive sleep apnea** – 74% to 98% resolved
- **Depression** - 55% resolved
- **Overall quality of life** – improved in 95% of patients.

*The question becomes:*

## **"What do you think of those odds?"**

Don't know if you're gambling person or not, but with those odds it might be worth taking the chance of losing weight, to see if that happens!

**Join us every Tuesday night to discuss these topics!**

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