

TogetheriCan

13

February

THREE WAYS, TIMES OR CIRCUMSTANCES THAT THE BODY ACCUMULATES FAT

1. Eating more calories than the body is utilizing

- a. Use a 9-inch plate instead of a 1- inch plate – portion control
- b. Eat small 100-calorie fuelings every 2 1/2 to 3 hours
- c. Add a lean and green meal once a day (400 to 600 calories)

2. Eating simple sugars that create sugar spikes in the bloodstream, which in turn requires insulin to lower the blood sugar

- a. Candies, cakes, cookies, white bread, white rice, potatoes—all have a very high glycemic factor—all contain simple sugars which go from the stomach directly into the bloodstream.
- b. Blood sugars combining with insulin produce triglycerides that turn into fat accumulation.

3. Consuming more than 15 to 18% of your diet in fat

- a. Digested fat turns into fatty acids. When a larger amount is consumed and not used for energy immediately, it then adds to the fat stores, adipose layer of the body.

Ketosis is the result of fat being used for energy, whether it is the fat consumed in the diet or the fat is pulled from the adipose layer (stored fat) of the body.

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Free Health Coaching – provided by the "Together i Can Group"

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