

Path

PROGRAM



5-WEEK LIFESTYLE PROGRAM



Made by
Medwell



On the PATH to Real Food

Week One introduces the PATH, the importance of process, and the folly of chasing magic molecules. We will get back to basics and reintroduce ourselves to Real Food.

WHAT TO DO THIS WEEK

► LEARN:

- Ingredients to avoid
- Foods to avoid
- Drinks to avoid

► RESOURCES

- Honest food
- Foods to enjoy, and those to eliminate completely
- Stealth foods
- Ingredients watch
- Facts from Nutrition Research



Honest Food

Is it even food at all? Humanity has never had to ask such a basic question. Nevertheless, we are deluged with a wash of food inventions that are counterproductive to our weight and health. We serve our children and ourselves the chemicals that send them and us circling the drain of metabolic disorders that will be imprinted for life. By giving in to clever media messages we treat Fruit Roll Ups as fruit, sodas as a viable substitute for milk, and cheese goldfish as a dairy product.

If you were observing from another planet, and you saw a group of animals eating chemical concoctions rather than the food they were ecologically “designed” for, you would wonder why. It is no surprise that these products lead to ill health. However, when you realize that this group seeks those foods out — often in response to the problems caused by the chemicals in the first place! — you would be baffled at the ludicrous nature of these self-imposed problems.

The animals, of course, are us. Seen from the outside, our attempts to deal with our weight and health by eating hydrogenated chemicals and sugar-filled “weight loss slurries” can seem bizarre, especially when the answer is so basic and straightforward. In fact, it may be exactly because the answer is right in front of us that we cannot see it.

Eat Real Food

How do you know if that product is NOT a food?

- Being sold in the food section does not make it a food.
- Being 600 times sweeter than sugar does not make it a food.
- Looking like food does not make it a food.

We must define food and hold to that definition. Foods can come in two categories:

1. Obvious foods, such as apple, egg, carrot, fish, beans. These:

- Were all alive at some point
- Will normally go bad in a couple of days (with some exceptions like honey)
- May be found in a biology textbook
- Are not inventions

2. Derived foods, such as bread, cheese, ice cream, pasta, chocolate.

These:

- Are composed of parts that all satisfy the above criteria
- Can be made in the home



Examples of Foods to Enjoy

Meats (in this order)

- Fish
- Seafood
- Chicken
- Turkey
- Lean pork
- Ham
- Veal
- Beef
- Prepared meats like sausage

Cheese

- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Gouda
- Mozzarella
- Parmesan
- Provolone

Nuts (unsalted)

- Peanuts
- Brazil nuts
- Cashews
- Walnuts
- Pistachios
- Almonds

Vegetables

- All vegetables

Fruits

- All Fruits

Fats

- Extra virgin olive oil
- Corn oil
- (for some baking)
- Peanut oil
- (for some frying)
- Walnut oil
- (for salads)

Desserts

- Fruit
- Any dessert with real ingredients
- Dark chocolate

Drinks

- Water
- Tea (herbal or regular)
- 100% Juice*
- Coffee
- Milk
- Alcohol
- Wine (1–2, 4-oz glasses/day)
- Beer (1–2, 12 oz bottles/day)

Starches

- Any bread made that day

- Oats
- Pasta
- Rice
- Baked goods

Beans

- All beans

Dairy

- Eggs
- Ice cream
- Milk
- Yogurt
- Cheese

Seeds (unsalted)

- All seeds

Sweeteners

- Sugar
- Brown sugar
- Molasses
- Honey
- Ricotta
- Brie

Spices

- All spices without added sugar or MSG (HFCS, etc)
- All extracts (almond, vanilla, etc)



Example of Foods to Eliminate

Product characteristics

- Plastic-wrapped
- Shelf life > 1 month
- Inventions
- Colors not found in nature
- Versions of natural products

Sweeteners

- Aspartame
- Acesulfame-K
- Splenda
- Saccharin
- Sorbitol

Drinks

- All sodas (diet or not)
- Sugared "juice drinks"
- Flavored waters
- Sport drinks
- Diet slurries

Real Food Substitutes

- Wonder-type breads
- Margarine
- Egg Beaters
- Processed cheese food
- Reduced fat items
- Reduced carb items
- Pre-packaged baked goods
- Sugared nuts
- Lite anything

Stealth Foods

Foods with added sugars you may not be aware of: Ketchup, relish, plastic-wrapped breads, hot dogs, all pre-prepared foods, all low-fat foods.

You must look on the package for the additive sugars such as high fructose corn syrup.



Ingredients to Watch for

Acids

- Lactic acid
- Phosphoric acid
- Sorbic acids

Colors

- Yellow 5
- Yellow 5 lake
- Yellow 6
- Yellow 6 lake
- Red 40
- Red 40 lake

Gums*

- Cellulose gum
- Xanthan gum
- Guar gum
- Locust bean gum

Oils

- Partially hydrogenated oil
- Fully hydrogenated oil

Preservatives

- BHA
- BHT
- Calcium di-sodium
- EDTA

Sugars

- Acesulfame-K
- Corn syrup solids
- Fructose
- High fructose corn syrup
- Maltodextrin
- Non-nutritive sweeteners

Various Metal Compounds

- Aluminum phosphate
- Titanium di-oxide
- Zinc oxide
- Magnesium oxide
- Sulfur dioxide
- Di-potassium phosphate
- Calcium silicate

Other

- Sodium caseinate
- Sodium stearoyl lactylate
- Polysorbate 60
- Sodium benzoate
- Mono- and di-glycerides
- Potassium sorbate
- Artificial flavoring
- Sodium benzoate
- Calcium phosphate
- Artificial flavor
- Palmitate
- Sodium hexametaphosphate
- Artificial margarine flavoring
- Sorbitan monosterate
- Monosodium glutamate
- Hydrolyzed soy and corn protein
- Autolyzed yeast extract
- Alum
- Glutamen

- Monocalcium phosphate
- Ethoxylated mono- and di-glycerides
- Datenin
- Sodium steryl lactylate
- Calcium proprionate
- Di-sodium inosinate
- Di-sodium guanylate
- Sodium sulfite
- Propyl gallate
- Calcium dioxide
- Calcium iodate
- Pyridoxine hydrochloride
- Ferric orthophosphate
- Copper sulfate

***Note:** Current research suggest gums consumed in moderation, are likely safe. You do not need be so concerned if noticing them in the ingredient list especially if the prepackaged food is free of many of the other ingredients listed on this list and you are not eating foods that contain them on a regular basis.

Facts from the front lines of nutrition science research:

We are eating more sugar.

US Food Supply Data agree with the USDA Continuing Survey of Food Intakes of Individuals (CSFII). Americans eat more calories than ever, and the largest source comes from added sugars in processed and low-fat food products, and especially soft drinks.

For adolescents, from 1965 to 1996, soft drink consumption increased by 187% for boys and 123% for girls.

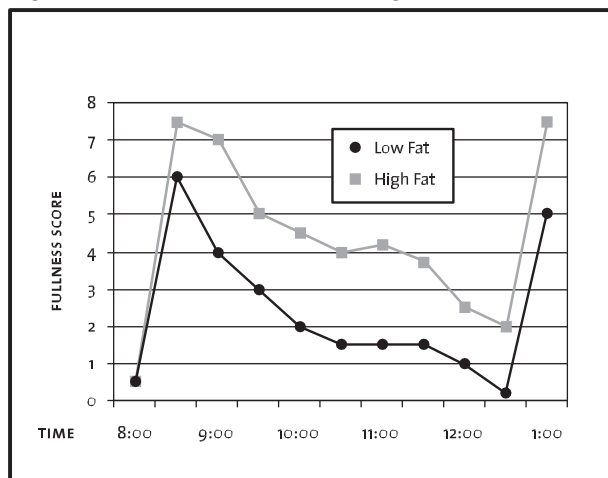
These simple sugars such as fructose, found in low fat and processed foods, make us hungry. Just look at the data below!

Drs. Sepple and Read at the University of Sheffield in England have shown that eating a low-fat breakfast makes subjects hungrier before lunch. Moreover, these same subjects ate more food at the lunch meal!

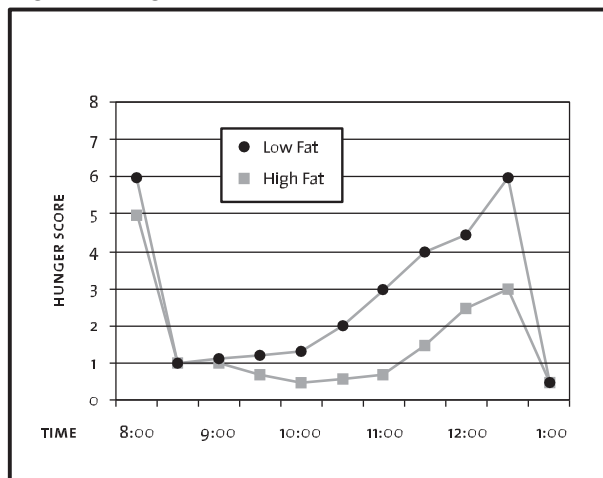
Food with natural levels of fat stimulates satiety hormones to decrease hunger between meals and even at the following meal.

The study below demonstrates the real-life effect of this principle. They compared subjects' feelings of hunger and satiety after eating a high fat versus a low-fat breakfast. After the high-fat breakfast, subjects were more satiated and less hungry than the low-fat group.

Higher Satiety Caused by A Higher Fat Breakfast



Higher Hunger Caused by A Lower Fat Breakfast



From Sepple CP and Read NW (1990): "Effect of prefeeding lipid on food intake and satiety in man"
Gut Vol 31(2):158-61