

THE SKINNY ON WEIGHT LOSS

A SHORT PROGRAM BUT IT WORKS

1. AEROBIC EXERCISE 30 MINUTES A DAY, EVERY DAY. WALKING A MILE TAKES OFF 100 CALORIES. WALKING A MILE UPHILL AT A 15 DEGREE UPHILL SLOPE TAKES OFF 250 CALORIES. START WITH 5 OR 10 MINUTES IF YOU NEED TO, AND BUILD UP. ONLY EXERCISE HAS BEEN SHOWN TO TAKE OFF LARGE AMOUNTS OF WEIGHT AND KEEP IT OFF. AEROBIC MEANS WALKING, RUNNING, BICYCLING, DANCING, SWIMMING.
2. WEIGH YOURSELF EVERY DAY.
3. EAT THREE MEALS A DAY. DO NOT MISS BREAKFAST.
4. FOLLOW A LOW GLYCEMIC INDEX PROGRAM. THAT MEANS AVOID FOODS THAT TEND TO RAISE BLOOD SUGAR MORE.
5. NO-NOS:

SOFT DRINKS

SUGAR

ICE CREAM

BREAD OR ANYTHING ELSE MADE FROM FLOUR- BAGELS, WAFFLES, PIZZA, CHIPS, POPCORN, PANCAKES, CAKES, COOKIES

CANDY

FRUIT JUICE

POTATOES, FRENCH FRIES

WHITE RICE

ALSO CALLED "ANYTHING WHITE"

CHOCOLATE

FRIED FOODS, BUT STIR-FRIED VEGETABLES ARE OK

6. YES-YESES:

VEGETABLES- LETTUCE, SPINACH, BROCCOLI, CABBAGE, CAULIFLOWER, KALE, BRUSSELS SPROUTS, TOMATOES, ARTICHOKE, CARROTS, RADISHES, CUCUMBERS, CELERY, ONIONS AND OTHERS

FRUITS- ALL BERRIES AND CHERRIES, AVOCADOES, APPLES, PEARS, ORANGES, GRAPEFRUIT, MELONS, GRAPES, PEACHES, PLUMS. LESS IN THE WAY OF TROPICAL FRUITS- BANANAS, PAPAYAS, MANGOS, PINEAPPLES, SINCE THEY TEND TO RAISE THE BLOOD SUGAR MORE.

MEAT

CHICKEN

TURKEY

FISH

EGGS

MILK
CHEESE
YOGURT
LAMB
LENTILS
NUTS
SEEDS
TEA
WATER- THE MORE THE BETTER

7. AIM FOR WEIGHT LOSS OF ONE POUND A WEEK. MORE THAN TWO POUNDS A WEEK WILL BACKFIRE.
8. STAY OUT OF RESTAURANTS AS MUCH AS POSSIBLE. EAT AT HOME.
9. ONCE A WEEK YOU MAY BREAK THE RULES AND EAT WHATEVER YOU WANT, BUT ONLY ONE TIME AND NOT THE WHOLE DAY.

ALLAN SOSIN, M.D.