

# 10 Steps to Good Health and Permanent Weight Loss

- 1. Eat protein and limit your intake of grains. Forget breakfast cereals, they are sugar coated, carbohydrate-laden diet busters.** These present staples of civilization (tubers and cereals) are poor sources of everything but energy. They weren't chosen for their food value, but because they have a long shelf life and a prolific growth rate. Compared to meat, they are poor in protein, vitamins and minerals.
- 2. To lose weight, limit your total carbohydrate intake to 60-75 grams each day. To lose more weight, try to go for one week with a daily carbohydrate limit of 25 grams. This will be difficult (no bread, no rice, no potatoes, no grains, no fruit) but it is a good way to quickly balance your metabolism and start the weight loss process. If you follow this plan, drink plenty of water during this no carbohydrate week.**
- 3. Avoid all sugar. Sugar has no nutritional value and is loaded with carbohydrates.**
- 4. Stay away from snack foods – as these are always loaded with carbohydrates and, like sugar, have very little or no nutritional value.**
- 5. Eggs, cheese, butter, whole milk, red meat and vegetables are wonderful foods. Make these the basis of your everyday diet.** Include a good portion of red meat in your diet (beef, lamb and pork). Red meat is by far the best source of high-quality protein in the best balance for human consumption. It contains iron, amino acids, vitamins A and D, zinc, calcium, and, if you leave the fat where it belongs, cholesterol. The mental and physical development of children depends on a proper balance of all the nutrients, and no amount of vegetable or other protein provides this ideal combination, in the right proportions, like red meat.
- 6. Counting calories is not necessary (unless you have a severe weight problem). Protein is filling. Eating cheese and eggs and red meat will help you to feel full and stay full longer. Once your metabolism returns to its normal state – after three or four weeks on this diet – you will find yourself feeling full while eating less.**
- 7. Grains are fine, but in moderation. Each meal should be predominantly protein and minimally carbohydrate.**

- 8. Avoid vegetable oils. Use coconut oil, butter or olive oil for cooking.**
- 9. AVOID MARGARINE!!** Vegetable oils are used to manufacture this non-food. It will kill experimental animals.
- 10. Ignore the anti-cholesterol hype. Don't worry about your intake of fat or your lipid profile. EAT YOUR MEAT! Drink whole milk! Have an egg or two for breakfast!**

Eating fat doesn't make you fat. *Eating too much sugar, starch, and fat makes you fat, but eating fat alone won't make you fat.*

Thanks to William C. Douglas, MD for organizing most of these ideas.

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