

The 80/20 fat loss PROGRAM



The 80/20 Fat Loss Program is a revolutionary program based on science and natural foods to help you to lose weight fast and healthily.

Emma Deangela
Best-Selling Author of Alkaline Diet & Alkaline Gourmet Cookbooks

Medical Disclaimer

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Preface

For centuries, countless people have spent a great deal of time, energy and money on attempts to improve the way they look and the way they feel. We all want to look and feel our best and there's absolutely nothing wrong with wanting to build a good looking body by burning off the excess fat and feeling great about one's self. But knowing the most effective way to go about losing weight and achieving the good looking, healthy, happy body you desire sometimes isn't so easy.

There is a whole world of information out there, an entire dieting industry overflowing with all sorts of different and sometimes contradictory ideas that promise to hold the keys to effective weight loss. You might have even tried a few of them yourself.

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80/20 Fat Loss isn't just another one of those claims as 80/20 Fat Loss actually works because it isn't a diet plan like so many others.
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80/20 Fat Loss is a lifestyle choice I have developed over many years as a nutritionist, travelling the world and helping people conquer their excess body fat for good. In my books and talks, I don't go on about diets or miracle cures that may result in superficial weight loss in the first week only to see all that weight come back straight away. A lot of people in the diet industry make a lot of money doing selling these false claims of miracle cures to people who just want to look and feel great.

My approach is much different because it's simple, healthy and it works for good. By putting the ideas in this book into practice, you will see big changes in many areas of your life, starting with looking fantastic. That's an assurance I can make.

In this way, 80/20 Fat Loss is as much about transforming minds as it is about transforming bodies.

80/20 Fat Loss will:

Help you to lose weight and build the healthy body you've been trying so hard to achieve.

Teach you why all of those other diets don't work by explaining to you the way our bodies work with the foods we put in them.

Losing body fat can be hard work, but it doesn't need to be horrible and painful. In fact, if it's done the right way, your weight loss journey can be a positive and rewarding experience! And that's what I aim to bring to each person I help lose weight - a positive life improvement. Are you ready to make yours? Let's get going!

Emma Deangela

80/20 and Weight Loss: Why it Works

Are you ready to hear something amazing and life changing that will alter the way you think about losing weight forever? By changing only 20% of the food you eat, you will see 80% of your weight loss results. That's the core truth that 80/20 Fat Loss works with.

I know what you're thinking: **20% is so small!** How can such a small amount of change have any effect? You're right! 20% is a small amount and that's *precisely* why it works.

You can think about how the 80/20 principle might apply to other areas of your life. For example, we generally only regularly wear 20% of all of the clothes we own, and there are many other examples in life and work where the majority of the results are made possible through only 20% of the effort we put in. These are the same very simple ideas we're working with in 80/20 Fat Loss.

If you target just 20% of your diet, swapping bad foods for healthier options or even simply reducing your overall portion sizes you will see enormous results.

So, why does this 80/20 approach work?

Most fad diet plans have people changing everything in their eating and lifestyles all at once and they expect too much and end up delivering so little.

Physical change is most effective and healthiest when it's gradual, when our bodies have time to adjust and to detoxify from all of the bad foods - fats, sugars, salts and the range of preservatives and additives that saturate all of that food the food companies are trying to make us believe we not only want but need.

80/20 Fat Loss is a gradual approach to weight loss and it works because it doesn't force you to change everything in your diet straight away. Just 20%!

What does this mean?

Introduction

If you swap just a 20% portion of each of your meals for healthy options you will see a huge result in your weight loss, and I'm talking about results you can see! But you'll also be able to feel them too, and not just in how well your clothes are fitting. You'll also be able to experience the results in how you feel emotionally about yourself, and I promise that when you start to feel good about yourself, you'll start to feel good about all sorts of other areas of your life.

The 80/20 Fat Loss program is an eating plan based on nutrition and mental focus, designed around your personal motivation and your desire to lose weight and feel good.

It's very much a one step at a time approach. These simple foundations of motivation and gradual change, in my years of professional experience see the fastest and most lasting weight loss results.

We work in three levels – **easy, medium and advanced** – with each level involving a little more adaptation than the last. As you progress through the levels of 80/20 Fat Loss you may find yourself easily adapting to an overall 80% difference and that's great! But to start, we're only asking for a small change.

**The 80/20 Fat Loss Program is not designed to shock your body into using up its fat stores like other weight loss ideas and diets. Instead we work with gradual changes to transform the body so that it can perform at its optimal level.

80/20 Fat Loss isn't just about transforming bodies, it's also about transforming minds. I work to eliminate any negative thinking about failing at diets that are designed to fail in the first place and I work to change the way people think about food and the way their bodies work.

There is a wide world of food choice out there, and just because something is good for you doesn't mean that it's bland or boring. 80/20 Fat Loss shows you how wholesome and nutritious food can be just as quick as and a hundred times more delicious than processed and fast foods.

With the 80/20 Fat Loss plan, I also aim to coach people in how the body works,

why fat gets stored and why it's so hard to get rid of. Once we understand about how fat works then it's all the easier to fight and then keep from coming back.

80/20 Fat Loss Is a Hands On Approach

We'll set **realistic weight loss goals** for you to work towards.

We'll use a **food journal** to help you understand where your food choices are and which 20% to change to achieve the maximum positive effect. When you look at your food journal you might like to try for more than 20% change. That's great! The more bad food you change the more weight loss results you'll see but just go slow at the start - remember, gradual change does work best. You might like to start with 20% in the first couple of weeks and then advance.

We'll show you how to do **regular self-checks** so you can track your progress and watch the amazing transformation your body is undertaking.

Regular exercise will of course help your weight loss goals but our focus here is on food. Food is the core of health, and you just can't exercise away a bad diet.

The 80/20 Fat Loss Program

Your Goals

First, start thinking about the goals you would like to achieve with your weight loss journey. Is it all only about losing weight? Do you have a particular pair of jeans you'd like to fit back into? Are you also wanting to increase your energy and overall lifestyle? Understanding what you want from yourself can be really helpful in keeping you on track and in check as you progress through 80/20 Fat Loss.

If you're looking for a specific number of pounds to be shed, the safest and most healthy rate of weight loss is around 5kg or around 12 pounds per month. Keep that number in mind so you can make realistic weight loss goals. Once you have your goal in mind, you can move onto choosing which level of the 80/20 Fat Loss Program is right for you.

The Three Levels of 80/20 Fat Loss

The 80/20 Fat Loss plan can be done on three different levels depending on your goals and how quickly you would like to see results, and how dramatic you would like those results to be. Many of my clients have seen great success at starting with the first, easiest level and gradually building their way up to advanced level 3 over a period of months.

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The plan you choose will depend on your desires for weight loss and also the state of your current diet and levels of body fat.
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The main idea across all three levels of the diet is to reduce your intake of sugary, salty, processed nutrient deprived foods.

Introduction

Level 1 – Easy

The first stage of the 80/20 Fat Loss plan is to essentially continue eating the foods you are currently eating but to simply reduce your portion sizes.

There are different ways to reduce your portions:

- Buying the smaller packet and not keeping leftovers,
- Cooking only what you need to eat for a single meal and
- Not keeping leftovers so you are not tempted by second helpings, or even
- Sharing your usual portion between two people.

In the final chapter of this book we'll learn more about how to watch your portion sizes. On this level of 80/20 Fat Loss you can also **start to choose healthier options**. The Easy level of 80/20 Fat Loss is the best place for most people to start as it promotes gradual change.

If you only have a few pounds to shed, you might like to stay with the easy level.

If you would like to shift more weight as well as build a healthier body overall, start with the easy level and then move up to the next grade after about a week.

Level 2 - Medium

The medium level of 80/20 Fat Loss involves **reducing your portions** of usual food in addition to choosing more alternatives and healthier options.

Portion control will be important here too, but here's you're also working with nutrition to ensure your body stays satisfied when you're reducing the amount of food you eat as well as providing more nutritious foods to aid your body through the physical stresses of fat loss and too helping it recover from any organ damage excess fats have caused.

After you have spent a few days to a week on the Easy level of 80/20 Fat Loss and your body is starting to adjust to eating less food overall, you can increase

the effectiveness of your weight loss by starting to choose more healthier options. The Medium Level of 80/20 Fat Loss is designed to not only help you to lose weight and look good but also to help you feel better and have more energy.

If you're choosing to move up through the stages of 80/20 Fat Loss, stick with this medium level for *around three weeks* to give your body the best chance to adapt to your new lifestyle.

Level 3 - Advanced

This is the highest level of change we do in 80/20 Fat Loss where you not only reduce your portion sizes and make some healthier additions, but also **reduce and eliminate all bad foods** from your diets. This can allow for the occasional cheats, but the most effective results will be seen in the fastest time with strict control.

This is a more restrictive level of the 80/20 Fat Loss plan so you should probably not start on this level if you know you have had troubles with maintaining willpower, or if your diet currently consists of predominately bad food. Remember that making sudden and drastic changes to your body can actually be bad for your health and result in you gaining more fat.

Once your body has adjusted to your new healthy eating lifestyle, you can stick with the 80/20 Fat Loss principles for as long as you like. I've helped many people who start with the lower levels, move through to the advanced level and are so impressed and amazed with their new bodies that they choose healthy options from that point onwards.

So, now you know your goals and you've got a plan for which level of 80/20 Fat Loss you're going to choose to start with.

The first real action step in 80/20 Fat Loss is to examine your existing diet and identify where the different food choices can be better made.

Start Losing Fat by Making A Food Journal

A food journal is a log book of every food you eat, when you eat it and how you're feeling before and after you eat, and it is a critical tool in learning about your eating behaviors, identifying which foods you need to reduce or eliminate and the effect different foods have on your physical and emotional well-being.

***It's every important that absolutely everything you eat and drink gets recorded in your journal.*

If you taste something from the pot while you're cooking, put it in your food journal even if it's just a tiny bite. If a friend offers you a small taste of their slice of pie, put it in your food journal. You can also record the way you cooked something to see how or if your cooking habits are affecting the way your body uses food.

For even more benefits from your journal, record how you feel before you eat and after.

Are you still hungry 20 minutes after a meal?

Do you feel sleepy after eating?

Were you cranky before you ate? Ravenous?

Your food journal doesn't need to be anything fancy, it can just be an inexpensive notebook, or you may like to use a dedicated diary. Some people use their computers to record their food journal in a document or spreadsheet and there are also a lot of different food journal apps for your mobile device.

It doesn't matter which method you use - and you'll have a preference for what works better for you in terms of how convenient it is to record your data - just make sure the data gets recorded.

Here's an example of a simple food journal:

Week 1, Monday

Breakfast 7:00am

One bowl Cheerio's (about 2 cups) with full fat milk (about 1 cup)
1 cup of coffee with cream and two teaspoons of white sugar
1 slice of toast, white bread, with strawberry jelly.
Hungry before eating, full after eating and energetic.
Generally good mood.

Snack 9:00am

1 chocolate chip muffin
1 cup of coffee with cream and two teaspoons of white sugar
Felt tired and hungry before eating. Felt energy after eating.

Lunch 12:00pm

1 bagel, cream cheese
1 serving of fries
1 can soda
Tired and hungry before lunch. Not a good mood. Still tired after lunch, but mood better.

Snack 4:00pm

1 chocolate bar
1 glass of water

Dinner 7:00pm

1 pork chop, fried with vegetable oil. Two fried potatoes
1 cob of corn. 1 piece of broccoli, small.
1 glass red wine
2 scoops vanilla ice cream for desert
Very hungry before dinner. Not a very good mood. Tired before wand after dinner.

Keep a food journal for a few days before you start your new 80/20 Fat Loss plan so you'll be able to have an accurate measure from where you're starting from. As you progress through the 80/20 Fat Loss book you will start to learn about what different types of food do to your body and your fat stores and how you can then look at your food journal and see where the not-so-great choices you've been making can be improved.

You will learn why eating that pork chop fried in vegetable oil is not the healthiest idea; why there are better options than a chocolate bar as an afternoon snack and even why you started craving a sugary treat at that time in the first place.

Keep your food journal on hand as you're learning about how your body works with the different food choices and seeing how you can implement different choices on the different levels of 80/20 Fat Loss.

At the end of this book, I've put together some typical diets taken from surveys together with the healthier options for each meal and how to control your portion sizes to help you better understand how to transform your life for the better.

Do Regular Self Checks

In my professional experiences, people stay motivated as they watch their weight loss results and their body change with easily recorded data. Here are the best things to check on as you're tracking your weight loss journey:

Weigh Yourself

Weight naturally fluctuates by as much as 1-2kg each day, particularly for women and especially throughout their monthly cycles. While your total weigh can be a result of a lot of different factors, the numbers on those scales are still an important factor in determining your results.

Weigh yourself once a week under the same conditions, same time, same clothes etc. It is best to weigh yourself first thing in the morning after you've gone to the toilet.

Measure Yourself

Take your measurements with a tape measure around your waist, your hips and thighs. This is a very accurate way to see your fat dropping off. You'll also start to notice your clothes will start feeling loose and comfortable.

How do You Feel?

Also make regular check-ins with how you're feeling generally. How much energy do you have? Are you sleeping better? Are you digesting food more easily? Are you in a better mood? You might like to record all of this data from your self checks in your food journal as you go along.

Your Motivation is Important

While the 80/20 Fat Loss Diet is a lot easier on you and your body than most other eating plans designed to lose weight, it's still a process of change and it is still going to need you to get motivated and take control of your health.

Your health is your responsibility. Not your doctor's, not the food companies, not the people who get rich by selling diets that don't work or exercise machines that are impossible to use. It's not mine either.

In my professional experience, I've seen time and time again the clients who are most motivated and committed to their health changes see the most results. I can't help you lose weight if you're not willing to take my ideas and apply them to your life.

You are in charge of your life and everything in it. Realizing this is the first, positive and empowering step to reaching your weight loss goals.

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There are no miracles in 80/20 Fat Loss Program. There are no false promises and no unrealistic expectations.
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It's a lifestyle approach based on simple and super effective changes and educating our minds on how to think about the food we eat and the way we understand our bodies. I've witnessed the principles at work in 80/20 Fat Loss help countless individuals from all walks of life lose weight, get healthy and feel fantastic about themselves and everything in their lives, and it can help you too.

So, now we know how 80/20 Fat Loss is designed to help you transform your body, let's get cracking and start to transform the mind.

In Part One of this book we're about to change the way we think about burning fat and look at how and why our bodies use fat to help make changes to get a better body!

Why and How we Store Fat

Fat is the building block of obesity and weight problems and understanding what it's for, how it's stored and how you can get rid of it is crucial in getting you to reach your weight loss goals.

We use two main sources of energy - glucose and fat. Glucose, a type of simple carbohydrate, is a quick burning source of energy whereas fat is for slow release fuel. Think of it as the difference between a piece of paper thrown into your fire-place that burns really fast – that's glucose - and a heavy log that smolders away slowly – that's fat.

It's just an unfortunate truth that our bodies are designed to store fat, it's left over from our beginnings when food was not always available so our systems needed a store of fuel.

When our bodies feel like they're starving, they go into slow metabolism fat saving mode. So really, all those crash diets on the market claiming to burn fat are just encouraging our bodies to store fat!

For many thousands of years, our prehistoric ancestors relied on fat stores for survival and unfortunately nature hasn't quite caught up to the reality of the modern world where not only is food abundant and rich but also a lot of us don't need a lot of moving about to get things done in our daily routines.

We sit at desks, we drive cars, we use remote controls, everything we need is readily available at our fingertips, including the fuel we need to run our bodies. Our lifestyles don't use up all of the consumed calorie energy and our bodies store the excess as fat.

Why? As an energy reserve for later.

When people go on consuming those calories, our bodies have no need to tap into their fat stores, so we just end up with more and more fat. You can see where this is going.

For most of us, we simply don't need our bodies to store fat like it is genetically designed to do. It's this combination of sedentary modern lifestyle as well as an abundance of super high calorie food that has led to the obesity epidemic that is plaguing western societies.

Imagine how our bodies would be different if we only have the most basic and nutritious foods available, many of them grown ourselves. This is exactly the lifestyle that our previous generations lived.

The Victorian Diet

In 2009, a group of researchers from the U.K conducted an analysis of the typical lifestyle of the mid-Victorian era. The study found some fascinating results that help to shine a light on the modern lifestyle problems that are responsible for the obesity crisis.

According to the study, life expectancy in the Victorian era was just as good as or even better than it is today and public records from the time show that people lived just as long and often considerably longer than the averages we see today.

Most people in the Victorian era engaged in about twice as much physical activity as we do now, but their caloric intake was roughly twice as much as our too.

So what's the difference?

The difference is the type of food that was consumed in the Victorian period.

The Victorian diet was high in fresh fruit and vegetables and whole grains as well as oily fish like salmon. There was also very limited access to tobacco and alcohol for most people.

We might think that with all of our modern advances in medical science and research into nutrition that we would have a more healthy diet and live healthier lives, but in fact the opposite is true.

The study shows that the Victorian diet was ten times more nutritious than the average modern diet today, and instances of the degenerative diseases that take so many modern lives were almost non-existent in the Victorian era.

Weight Loss isn't Only About Counting Calories

The Victorian diet study is proof that weight loss isn't only about counting calories. The Victorians didn't weigh out their meal portions or index their calories like many calorie-counting based diet plans would have us believe is the only way to eat healthy.

Victorians were healthier because **their food was more nutritious and fresh, not the packaged stuff that fills our market shelves today.**

It isn't only the basic amount of calories that are consumed in modern diets that is causing so many problems but also ***the types of foods that are being consumed.***

The average modern diet, particularly in Western nations is simply made up of bad food that is not only ridiculously high in calories, but it's also highly processed, packed with fats, sugar and salt as well as all of the artificial chemicals added to foods to make them last longer. It's a wonder we call it food at all!

A lot of popular ideas about fat reduction are reduced to a simple equation – use more calories than you consume. This is a good general starting guide to thinking about weight loss but it is just not that simple.

Many diet designs seek to target fat stores by dramatically reducing the number of calories consumed so that the body will be forced to tap into its fat stores for fuel.

It makes sense in theory, until we realize one other genetic trait of human beings.

When our bodies notice a sharp drop off in energy intake they quickly shift into low power mode. Our metabolism - that's the process of converting food or fat to

the energy we use to live and move around - slows down so we end up storing more fat and that's the essential reason why most diets don't work.

By reducing calories and burning fat gradually by working in harmony with our fat storing system, we're able to burn off existing stores of excess fat without sending our body into fat saving mode and see lasting results, and that's exactly what 80/20 Fat Loss will do for you.

How to Lose Fat

I'm going to tell you some news that a lot of people are surprised by when they first hear it, and it's good news that will perhaps save you from trying to do a hundred sit-ups in order to get that flat belly you want.

While our bodies certainly do store fat in particular areas before others - thighs, bottom, belly – we cannot spot reduce fat.

*This means that it is **impossible** to target fat loss in one specific area of the body.*

No matter what those fad diets and fancy exercise machine companies will tell you, fat is burned from the entire body simultaneously. Sure, targeting specific areas with exercises will build muscles in those areas, but it's no good having nice toned muscles if they're hidden beneath a layer of fat.

To lose weight, more specifically, to lose fat we need to target the fat system as a whole and to do this we need to understand the fat burning hormones that all work together to effectively burn fat, and keep it away.

The Fat Hormones - How and Why They Affect Fat

Our bodies are much, much more than tissues and bones. Inside of each of us there is an incredibly complex system of chemicals, called hormones that work round the clock to keep up going, usually without us even noticing.

We have many different types of hormones shooting around inside of us, each

of them triggering different cell reactions that make our organs work. Hormones are also how our bodies deal with storing fat and eating in general, how hungry we feel, how we crave different foods and even which foods we're craving, how energetic we feel, how we sleep, how we digest.

Hormones are everything which is why weight loss isn't as simple as measuring calories in and calories out.

Getting a handle on how these hormones work can be one of the most effective weapons in your arsenal against fat. Understanding hormones and how they relate to the foods you eat let you reduce your hunger, control cravings increase your energy and mood and fire up your metabolism.

What does that mean?

Control your hormones and you'll control your fat loss easily and effectively. Let's look a little closer.

There are numerous hormones at work in our fat systems, but the main players are Leptin, Insulin, Cortisol as well as our sex hormones. All of these chemicals are at work influencing your appetite, your cravings, your metabolism and even where your body decides to store fat.

Leptin

Leptin is a chemical that is produced by fat cells and secreted into the bloodstream. It tells us when we're hungry and reduces hunger when we're full and manages fat stores.

So why then, if Leptin is responsible for telling us to stop eating, is it responsible for making people overweight?

It all goes back to that fat storing survival mechanism we were talking about before. When your fat stores start to drop, Leptin signals the hypothalamus in the brain and your brain triggers alarm bells all over the body. The thyroid gland—

the metabolic control center located in the throat—starts to alter its production of thyroxin and turns down your metabolism to save more energy, which translates into holding onto those fat stores.

Remember that saving mechanism we were discussion earlier? Here it is in action. Your body thinks it's starving so it starts to conserve more fat. Also, the brain sends out a hunger spike, so we'll feel the need to go out and look for more food and replenish our fat supplies.

Since leptin is produced by fat, a person with more fat will have an abnormally high level of leptin. Everyone needs some base level of fat so everyone has leptin but an abnormal excess of leptin in a person with too much fat results in our brains becoming leptin resistant, which essentially means feeling a constant need to eat together with a constantly slow metabolism.

All of this boils down to more stored fat and greater levels of obesity.

How do we control leptin, prevent leptin resistance and lose weight?

Leptin is controlled by eating wholesome and nutritionally balanced meals regularly.

Of course, a person who is not following 80/20 Fat Loss might still be eating regular meals, but it is the 80/20 emphasis on healthy food choices that allows the program to work in harmony with your leptin system. Plus, there is one other important factor that makes 80/20 Fat Loss so effective in controlling your leptin as you're trying to lose weight and that is gradual change.

So many people I have helped manage their weight tell stories about times when they have been on diets and then had a cheat day, gorged themselves on one day and then starved themselves the next to try to make up for it, thinking that weight loss was just about balancing calories.

Calories amounts are important but they're not the only factor in fat systems, as our friend Leptin here has shown. The gradual approach of the 80/20 Fat Loss

system allows your leptin levels to get used to the altered levels of calories and fat stores so that it doesn't send your body into low drive power saving fat storage mode.

Insulin

Many people will associate insulin levels with diabetes, and while this is true it's not only diabetics who need to understand and control their insulin levels.

Insulin is produced by the pancreas and used to regulate carbohydrate and fat metabolism which makes it a key hormone in fat storage and weight control. Remember the fast burning glucose fuel we talked about above? Insulin stimulates glucose uptake from the blood to be used in tissues such as muscles and organs. Basically this means that insulin is responsible for creating the vast majority of our everyday energy.

Because insulin controls the distribution of glucose through the body, ensuring insulin levels remain regular is crucial in maintaining consistent energy levels.

When our energy levels crash, we go looking for more energy, more quick burning fuels and typically this will be highly refined carbohydrates and sugary foods which are certainly no friend of anyone trying to reduce their fat.

A diet high in refined carbohydrates – white bread, white pasta for example – and high sugar causes insulin levels to malfunction by causing erratic surges of insulin known as insulin spikes. When insulin levels spike and then fall quickly, the body has a hard time telling when it's hungry, urging you to eat more, and is also prompted to store excess glucose as fat.

In some cases insulin levels continually increase until the body becomes resistant to insulin, creating a dangerous condition is called insulin tolerance or insulin resistance which is an early stage of Type 2 Diabetes.

In fact, an obese person is at almost five times higher risk of developing Type 2 Diabetes as excess fat in your cells can contribute to insulin resistance.

It's not only refined carbohydrates and sugary foods that cause insulin problems either. ***Studies show that foods high in saturated fat also directly contribute to insulin resistance.***

What does this mean for weight gain and weight loss?

Not being able to control your hunger because your insulin levels are out of order means that you're very likely to over eat as your body is confused about when it needs food.

Also, when your insulin levels are all over the place the glucose in your blood is not being used effectively and anything left over is converted into stored fat for later use. The insulin is not properly converting food to energy and so your body wants to eat more for more energy, even though there is already energy there, it's just not being used.

So you eat again, get a quick insulin spike which then falls just as quickly before the food is properly metabolized. Combine these two effects and it's easy to see how insulin problems and weight problems go hand in hand.

In a similar way that eating regular portions of balanced food will control your leptin levels, eating regular small meals of low GI (Glycemic Index) foods is also the healthiest and most effective way to maintain your insulin levels and reduce and even eliminate insulin tolerance and lose weight. We'll go into more detail about GI foods and how they can help you to lose weight in Part Two of this book.

Cortisol

Cortisol is a hormone released in times of stress and it is a major contributor to fat accumulation, particularly in the abdomen and upper body. The 80/20 Fat Loss philosophy promotes nutrition and natural foods which will help you more easily get a hold on your cortisol levels.

What does cortisol do?

Basically cortisol sends our body into emergency mode when we perceive a threat from any kind of stress, and that includes emotional and mental as well as physical stress.

In this emergency mode, our non-essential organs are slowed down and our digestion slows too so we can utilize as much energy as possible to either run away from or stand and fight whatever is threatening us.

Again, this fight or flight mode is something that our bodies have been hard-wired to do since our cave man days. What this means for fat is that because your body has gone into this low metabolic zone, it is not using up its ready energy and instead saving it as fat.

Cortisol levels also increases glucose levels for fast energy which sends our insulin spiking and crashing all over the place and we've already seen how insulin problems can also contribute to fat storage.

It isn't only external stressful situations that can send your cortisol levels out of control. Eating poor quality food also creates a physical stress as the body has to work so hard to digest as well as eliminate all of the additives like excess salt that is contained in a lot of processed packaged foods, not to mention deal with all of those excess calories.

Your taste buds may have been programmed to enjoy that sort of food but your body is still very unhappy about having to deal with it.

How does it express that unhappiness? By releasing cortisol, making it all the harder to deal with the excesses of fat these bad food choices are encouraging.

Cortisol also regulates the use of stored fat. Visceral fat, that's the dangerous type of fat that's stored around our organs, has a very high number of cortisol receptors which means the more visceral fat you have, the higher your cortisol levels will be and the harder your body will have to work to maintain proper function, and that's even before you even try to lose any fat.

We'll look a little closer at the dangers of visceral fat in the next section talking about fat and your organs.

So just as we've seen with the other hormones related to our fat system an imbalance of cortisol stops you from properly using the energy from the food you have eaten and stores it as fat, and in addition to this an imbalance of cortisol also makes it extra hard to shift the existing fat your body has already stored, so it's a double edge danger.

Getting regular sleep is also vital to maintaining healthy cortisol levels. There is a section later in this chapter explaining how sleep is important for maintaining all hormonal systems and promoting weight loss.

Exercise also has an important relationship to cortisol although it's important to stick with regular less intense workouts as opposed to high intensity workouts which can cause more physical stress resulting in higher cortisol levels.

The best way to manage cortisol levels is through regular meals of the types of nutritious foods that 80/20 Fat Loss promotes as well as the 80/20 Fat Loss philosophy of gradual change working with your hormonal systems.

Because 80/20 Fat Loss also promotes healthy and nutritious natural foods it will mean your body has an abundance of the quality nutrients it requires which means it will be under less physical stress from poor quality food. It also means that because you'll be making gradual changes your body won't suffer and your cortisol levels will be all the easier to control which means you'll be looking good and feeling terrific in no time at all.

Sex Hormones

Our sex hormones, estrogen and testosterone do more for us then determine whether or not we're male or female and drive our physical need to reproduce. Sex hormones are also keys in fat storage.

Testosterone is the primary male sex hormone, but it's also found in females at

about one tenth the amount male testosterone.

Testosterone, which is mainly produced in a male's testicles and a female's ovaries, and a small volume is also put out by the adrenal glands, is important for muscles which help the body metabolize fat more quickly, and it's also important for healing.

The connection between testosterone, muscle mass and fat is one reason many men, who have more muscle than women, start to gain belly fat as they get older and their muscle tone starts to decrease. Women too are likely to gain a bit more belly fat as they age which is to do with estrogen levels, which we will get to in a minute.

No matter if you're male or female, your body's capacity for making and secreting testosterone is heavily connected to how much fat is in your diet, and research has also shown that the more body fat a person is carrying, the lower their levels of testosterone.

But it gets a little more complicated than just saying that fat is bad for testosterone.

Fat is actually important for the way your body makes and uses sex hormones, as fat has cholesterol which is converted to testosterone and also estrogen. So a certain amount of good fat is necessary in your diet to maintain healthy a hormone system.

Wait... Good fat? What?

That's right, **there are good dietary fats and bad dietary fats**, which is something we'll go into a lot more detail about in Part Two of this book. For now it's important to understand that small amounts of the good types of fats – the unsaturated fats like those oils from fish, nuts and some plants - are needed for the proper function of our sex hormones.

Female sex hormones, the estrogens, help to decide body fat distribution. They are made mainly by the ovaries in women but men too have low levels of estro-

gen.

Because of estrogen, women are genetically designed to store more fat than men are. Sorry girls! This is also why women tend to pack on a few more pounds of fat during pregnancy as well as in menopause and is also why in menopause fat tends to accumulate more around the belly section.

The links between estrogen and weight gain are multiple and complex, but the most prevalent reason that estrogen causes weight gain is so that the body ensures a woman has enough fat reserves to be converted to energy during pregnancy and lactation.

This is why women tend to store fat around their middle section – thighs, hips, buttocks, and abdomen – more than men tend to do.

When a woman is pregnant and then also during lactation, the fat in these areas which is typically very tricky to shift is not so stubborn which suggests that fat being stored in these areas is meant specifically to meet the demands of reproduction. Just another one of those ancient genetic traits hardwired into the human body!

In this way the link between estrogen and body fat can be normal and healthy but problems with estrogen can cause abnormal metabolism and encourage fat storage, and you guessed it, excess of body fat can cause problems with estrogen and so the cycle continues.

Fat cells also produce estrogen which means the more fat you have, the more estrogen you have and that goes for men as well as women. Rises in estrogen have also been shown to reduce our efficiency in turning food to energy, which creates more fat cells.

Not only this, but excess estrogen also encourages fluid retention and creates a bloated belly feeling. Too little estrogen also causes fat problems as the body compensates for decreased levels of estrogen by increasing fat cells to manufacture more estrogen.

Research shows that maintaining healthy estrogen levels has a positive effect in reducing fatty deposits, particularly around the abdominal area.

Research shows that maintaining healthy estrogen levels has a positive effect in reducing fatty deposits, particularly around the abdominal area.

So how do we control estrogen and burn fat? Again, balance is the key to control.

Eat a range of fresh fruits and vegetables and stick with as many natural and unprocessed foods as you can and maintain a healthy level of good fats in your diet. And this is exactly what 80/20 Fat Loss helps you to do.

Sleep and Your Hormones - Why Sleep is Important for Weight Loss.

We all know sleep is crucial for the healthy functioning of a body, but some people are surprised when they learn about the proven links between **getting enough quality sleep** and losing weight.

Sleep regulates everything in our bodies including our hormonal systems. Lack of sleep sends your leptin levels down which means you don't feel satisfied after eating.

Being tired produces a lot of cortisol as the body is in low metabolism stress mode when it is tired, and too little sleep also interrupts the production of the sex hormones.

Tiredness will also cause another hormone called ghrelin, which is also responsible for controlling your hunger levels, to spike which means you'll be on the lookout for more food.

In a study by researchers at Laval University in Canada, ghrelin levels were found to be 15 percent higher in people who have only five hours sleep a night, compared with people getting eight hours a night.

Sleep cycles also has an effect on our stress levels so getting regular sleep also means you can keep your cortisol levels in check and maintain a stable, normal metabolism. Keeping your stress in check is important when you're undergoing a significant lifestyle change like weight loss which puts a lot of pressure on you physically and mentally.

So how much sleep do we need?

Regular and quality sleep, between seven to eight hours every night is ideal.

Establishing new sleep patterns can sometimes be very difficult so to make it as easy as possible for your body to adjust, it's better to go to bed earlier at the same time every night rather than trying to set regularity by waking up at the same time every morning. It might be hard at first to get used to going to bed earlier, especially if you're not feeling tired, but your body will soon get used to the idea and follow suit.

Fat and Disease

While losing weight is about looking and feeling great, getting your body in shape also keeps it functioning at its optimal level so you have a better chance of avoiding disease and can get on with enjoying a long and happy life.

The Dangers of Obesity

In Western countries, obesity is nothing short of an epidemic. That might sound like an over exaggeration at first, but the troubling truth is that obesity – that's having an excess of body fat – is a disease, and the number of obese people in the world is consistently increasing so too are the people suffering from it getting younger and younger.

There are many consequences of carrying so much weight in the body; excessive skeletal and muscle stresses are some of the most obvious problems. But there are other, far more serious consequences of excessive weight that a lot of people may not realize.

Obesity has a direct relation to other dangerous health conditions such as heart disease, stroke, diabetes and cancer, and that's just naming a few.

70% of heart disease cases and 80% of Type 2 diabetes cases are directly related to obesity, and it causes over 30% of all cancers. Second after smoking, obesity is the biggest preventable cause of premature death in the United States.

The National Health and Nutrition Examination conducted by the Center for Disease Control in the United States reveals that 30 percent of Americans are obese.

But America isn't the only country suffering from this epidemic. Recent statistics reveal that 23 percent of people in the U.K and 21 percent of Australians are obese. These are distressing numbers, and they keep increasing every year. Why?

The real cause of the obesity epidemic is the food industry and most people simply not knowing how to be healthy. We're surrounded by fast food, convenient food, highly processed foods all with staggeringly high levels of fat, salt and sugar that line our grocery store shelves.

Consumers buy these foods over and over again, seduced by clever advertising not to mention being addicted to all of the sugar, salt and fats sometimes not even realizing just how harmful this so called food actually is. The sole purpose of the food industry is not to sell food, it's not to nourish and feed, but rather only purpose of the food industry is to make money and it's your health that's paying the consequences.

OK, so that's the bad news about obesity. The good news is that no one has to live with obesity. We can fix it, and this book is going to show you how.

Fat and Your Organs

All of these fat hormones, and all the other hormones in our bodies are produced and regulated by specific organs, and yes, fat tissue is an organ too. When our bodies are either over producing or under producing different hormones, our organs suffer considerable stress which can lead to irreversible damage.

In addition to this, the fat that is produced by malfunctioning hormones is stored in and around our organs and muscles. This is called visceral fat and it is directly responsible for an enormous range of health problems and even death. There is absolutely no doubt that visceral fat is caused by a diet that contains high amounts of saturated fat.

Visceral fat is not a passive substance either, but rather it is an active system that constantly pumps dangerous toxins into the body which have been shown to cause cancer, damage the intestines and colon and damage blood vessels.

Liver and heart disease are two specific examples of what an excess of visceral fat can do to a body. Liver disease, or “fatty liver” (also called steatosis) is a build-up of fat in the cells of the liver.

Fatty liver disease causes major damage to the liver and brings on serious diseases such as cirrhosis – an irreversible condition where the liver is so damaged it is unable to function and a liver transplant is required.

Coronary heart disease is another preventable illness that is **directly related to an excess of body fat**. This is a dangerous condition caused by a buildup of a fatty substance called plaque that collects inside the arteries connected to the heart, and when this plaque gets too thick, the blood vessels are too narrow to let blood flow to the heart.

Other organs are also at risk from carrying an excess of fat. Kidneys are damaged when glucose is unable to be processed properly due to insulin imbal-

ances, and the pancreas also suffers when insulin production is abnormal.

Research also shows that carrying visceral fat can alter the way we feel and cause bad moods mood by increasing production of cortisol, and reducing levels of feel-good endorphins. These harrowing facts are true for both genders.

Some people may be carrying an excess of body fat and still be a long way off such dire consequences.

But even a small amount of excess fat can prevent the organs from working effectively and stop us from reaching our highest potential. We've seen that hormonal imbalance, fat increase and organ function are all linked in a cycle. The good news is that with 80/20 Fat Loss you can end that cycle right now, prevent any more damage and even healing any damage already done.

How to Lose Fat

As we've seen above, the body is a complex system of hormones and organs which is why simply trying to reduce the number of consumed calories isn't the only factor is achieving your fat loss goals. In burning fat, what you eat is equally important as how much of it you eat.

In 80/20 Fat Loss we focus on not only reducing the amount of food in your diet, but also **reducing the amount of BAD food in your diet and replacing that with healthier foods** that work in harmony with your body allowing it to gently change naturally to a healthier state to burn fat.

We've seen how sensitive the fat system hormones are and how they essentially have a mind of their own when it comes to telling your body and your fat stores what they think is best and natural.

Most diet plans work against these systems, trying to shock the body into shedding fat and this is why most diets don't work. The trick to burning maximum fat is working with these hormones with gradual change, allowing your system to naturally adjust and get used to the different physical state your new lifestyle is

promoting.

Now that we've seen how these hormones operate and why, it will be all the more easy for you to change your body into the healthy machine that you both want and deserve it to be.

Is it Easy to lose fat?

No. But some ways are harder than others. We've seen that our bodies are often hardwired to hold onto fat and it will do everything possible to stop you using up your precious energy stores. Since so many diets work against this genetic function, they fail.

80/20 Fat Loss is different because it works with this genetic function and is designed to make the whole process as easy as possible for you both physically and emotionally.

It is important to remember though, that any diet plan, even a healthy and smart one like 80/20 Fat Loss is going to require a certain amount of **dedication and will power** on your part.

Often, the mental battle with oneself is the hardest part of weight loss. I have met with hundreds of clients who feel guilty that they have allowed themselves to put so much fat on in the first place, who feel upset and deprived when they're denied the foods they like to eat the most, and then they feel terrible when whatever crash diet they try doesn't work. Since we're not about to cut out absolutely everything in your current diet, you're far less likely to experience the intense food cravings that other diets cause.

With 80/20 Fat Loss, you can still eat the foods you want to eat so long as you remember to reduce their amounts and also reduce how often you indulge in your favorite treats.

It's important that you reduce the total amount of bad food you eat, and replace a portion, twenty percent, of your unhealthy food choices with healthy options

and we'll learn about these healthy options in the next section of this book and show you how to put them into action during the program.

A lot of clients I have worked with on this plan start by making small changes to their healthy choices and then build up from there, and soon enough healthy food becomes the only choice for them - the option of a plate of a delicious salad becomes so much more appealing than a grease laden slice of nutritionally empty pizza topped with artificial cheese products and heavily salted processed meats.

Once you start to experience first-hand how marvelous good food can make you feel, you'll want to go after that feeling again and again and soon enough, the bad food won't even be your first choice!

Remember, only you are responsible for your health and it is only your choices that can put you on the road to optimal health and happiness.

And with 80/20 Fat Loss, that road can be a pleasant one to travel.

Why Diets Don't Work

How many people start their new diets and then fall straight back into bad choices after a few days? I might not even need to tell you that it's a lot!

You may be one of these people yourself. I've heard a lot of clients say that diets don't work for them - and it's true that a lot of diets don't work. In fact, I'm going to change that statement and say that NO diets work, not if you're looking to build a healthy lifestyle, lose fat and keep it off for good.

Many diets leave you feeling deprived and miserable, and some of them even literally starve you so of course people are going to jump straight back into the arms of their favorite treats to help them feel better.

On many diets, people do experience "weight loss" but then they're surprised when all of those pounds the bathroom scales have told you have dropped come straight back. Why?

Because that "weight loss" is not fat loss but rather water loss and even in the case of some deprivation diets, it's also weight lost muscle deterioration. In the few instances of fad diets that actually do trigger fat loss, that fat will come back again as soon as the diet is over because the diet is not promoting a lasting lifestyle change or educating you on how to make every day food choices.

Let's take a look at a couple of very popular but very unproductive and very unhealthy diet products that are heavily promoted by the industry. You will probably have heard of some of these, and perhaps even tried a few yourself.

Master Cleanse and Other Extreme Deprivation Diets

Master cleanse is a popular diet developed in 1940 and has been used by many people all around the world who are looking to lose weight and burn fat.

There are two main aspects to the Master Cleanse program: 1, the lemon drink and 2, the laxative.

Whenever you feel hungry, Master Cleanse tells you to drink a concoction of lemon juice, maple syrup and cayenne pepper mixed with water. There are no other foods or drinks allowed in Master Cleanse, and people are made to drink six to twelve glasses of this lemon drink each day and then take a laxative before they go to bed, and then another when they wake up in the morning.

Does this sound like an appealing, let alone healthy way to exist?

Of course not!

People do “lose weight” on Master Cleanse. They jump on the scales and see a drop and think it’s losing fat. It’s not, it’s losing water and as soon as your return to normal eating which will be very soon as no one can live on a diet like this, all of that water weight will return.

And not only that, as we’ve seen from our previous talk about hormones, the stress Master Cleanse places on the body may have even contributed to your existing fat stores.

Some people claim that Master Cleanse flushes toxins from the body, but there is no scientific evidence to prove this.

What has been proven is that Master Cleanse can cause include fatigue, nausea, headaches, dizziness, and dehydration, and loss of muscle mass, vitamin deficiencies, protein deficiency and numerous gastrointestinal disorders.

Master Cleanse is just one of many extreme deprivation diets. Others include the Cabbage Soup Diet (eating nothing but watery cabbage soup for a week) and the very popular Grapefruit Diet.

The Grapefruit Diet, also known as the Hollywood Diet, claims that grapefruit contains a fat-burning enzyme which will help you quickly shed pounds regardless of whatever else you’re eating.

These diets have nothing to do with fat burning, and actually actively encourage

fat storage because they are so stressful on the hormonal systems. It is only the diet industry and a lack of public education that has allowed them to last in the public mind for so long.

Low-Carb High Protein Diets

There are a lot of diets out there claiming that eating low or no carbohydrates – and this is everything from breads, rice, candy to even fruits and vegetables – is the best way to lose weight.

The Atkins diet is probably the most well-known of these sorts of diets. Atkins has the idea that by eating a very limited amount of carbohydrates the body will switch from using glucose as a fuel to using fat stores.

In order to do this, the diet interferes with a body's normal insulin levels, keeping them at their lowest which makes people who try the Atkins diet generally feel quite unwell and quite frequently tired and irritable. The Atkins diet does cause fat loss, but it also triggers muscle loss and water loss and can be very damaging to your organs and digestive system as the body is simple designed to eat carbohydrates.

High protein diets like Atkins also encourage meat and fat consumption without addressing any of the health risks associated with eating meat or educating people on the differences between the types of fats and why some fats are so dangerous to our health.

In fact, carbohydrates are one of our most important sources of energy but these low carb diets don't do anything to teach people about why carbohydrates are important and more importantly, what are the right choices for carbohydrates to eat.

80/20 covers all of this education and teaches you how to use the right types of carbohydrates and proteins for optimal health, weight loss and vitality which is another reason 80/20 Fat Loss is just so different and another reason why 80/20 Fat Loss simply works.

Meal Substitution Bars and Shakes

There are a lot of different brands of meal substitution diets – Slimfast, Sure Slim, Slim Wise are just a few- but they all have things in common. A person on these diets purchases food substitution products, often packs of wrapped bar foods or flavored powders that are then stirred into water to create a shake.

The idea is that these are calorie controlled energy sources that can help you tap into your fat stores for fuel and lose weight. While these products might be helpful in teaching people how calorie amounts contribute to fat storage, they do nothing to address the complexity of the fat storing and burning process of hormones so they are overall ineffective weight loss tools.

These are not designed for lasting lifestyle change – can you imagine someone only eating diet bars or diet shakes for every meal in the rest of their lives? Even if people manage to stick with these substitute diets for a short period, there is no education about what types of foods to eat to improve your diet and further weight loss, and there is also no way to address the reasons people may make bad food choices in the first place.

Very rarely does the diet industry address why people make bad food choices in the first place. So why do some people make bad food choices? As well as being conditioned by the food industry, people are driven to eat poor quality, nutritionally empty foods because of the deep connection between eating and emotions.

Emotional Eating

Eating can be as much an emotional process as it is a source of body fuel, and so much of how we feel about ourselves and life is connected to how we see our bodies.

A diet may be getting hard to follow, you might be hungry and grumpy and feel-

ing bad because you're not seeing the weight loss results you expected to see - probably because you were promised a miracle by whoever was promoting the diet. People then reach for the convenient and the comforting, usually those bad foods like cakes, biscuits, chocolate and then they feel like a failure for cheating on their diet.

What's the point? I've already cheated so far, who cares if I have another cookie or serve of fries? And then they're right back where they started.

Does this sound familiar to you?

The idea of emotional eating often goes hand in hand with the image of someone drowning their sorrows in a box of cookies, a tub of ice cream or a slab of chocolate, of all of them at once! It's true that a lot of people do use food as a way of feeling better about their problems.

It is estimated that around 75% of over eating is caused by negative emotional states including depression, boredom, loneliness, anger, anxiety, frustration, stress, relationship issues and poor self-esteem.

Food cravings can be at their strongest when we're at our emotionally weakest and we often lack the willpower to resist cravings when we're feeling down and turn to the instant gratification of a food treat, consciously or unconsciously, to make us feel better. It can work in the very short term by creating a glucose spike which gives a temporary rise in energy and a lifted mood, but not long after this spike comes the dreaded crash and all of those bad feelings soon return, often bringing their friends along to make you feel even worse.

What's more, if you're trying to lose fat and you go on a sorrow drowning binge, you'll often feel really guilty, the negative emotional cycle is compounded and continues.

Emotional eating also can be connected to positive emotions. How many parties have you been to that offer bowls of salty snacks, chips and high fat deep fried appetizers? At Christmas time we're encouraged to laden our tables with all of

the trimmings, puddings, cakes, salty meats and candies. Hotdogs, nachos or burgers have long been associated with having a great time watching a sports game, and what's a birthday without birthday cake? Add to these celebratory foods the typical beverages that accompany them, alcohol and soda pop for kids and anyone not drinking alcohol.

These traditions encourage us to associate these bad food choices with good times.

These traditions encourage us to associate these bad food choices with good times. Children are rewarded with candies and taught from early age that sugary treats and celebrations go hand in hand. How many parties have you been to that offer a plate of carrots and celery sticks? Not a lot, I would assume.

Food and eating is tightly wound up with our social experiences. We often eat to feel good and to connect with our friends and family just as much as some people eat when they find themselves in a glum slump.

It is important to not only consider the triggers of emotional eating - paying attention to when we eat and what we eat and how we're feeling before - but also to re-condition ourselves slowly to change the types of foods we choose to eat when we are looking for a treat or a pick-me-up.

That's another reason where 80/20 Fat Loss is different to so many of the popular diets out there, because 80/20 Fat Loss lets you choose where you make the changes in your diet by helping you monitor your existing eating habits through your food journal and then helping to educate you as about which foods are the better choices.

This is because 80/20 Fat Loss is not a fad diet, but a manageable lifestyle plan that works with your body and your emotions so that you can achieve the body you've always dreamt about but never thought it was possible to achieve.

Trust me when I say that with 80/20 Fat Loss, your life is about to change! No more diets that are impossible to follow! No more meal supplements! No more feeling terrible that you've "cheated" on your already impossible to follow diet! From now on, it's just about feeling full of energy and vitality and looking better than you ever have before. Are you ready to start transforming? Let's go!

Fats and Oils

Types of Food – How to Identify the Good, the Bad and the Downright Ugly

Armed with the power of knowledge about why we overeat and what happens in the body when faced with an excess of fat, it's time to start looking closely at the food options that are available to us.

Before we start to look at some examples and places in your daily diet where you can start to make healthier options, let's look at the good and the bad of some major food areas and how they relate to fat storage and weight loss so you can get learn to identify where your 20% of dietary changes can be best made.

Fat doesn't need to be a bad word. There are many different fats and oils, and some are absolutely critical for the healthy functioning of our bodies, where some other fats however are extremely bad for us.

The bad fats clog arteries and raise levels of LDL cholesterol linking to all kinds of diseases including heart disease, cancers, stroke, and many different types of poor organ function.

The good fats help to reduce LDL cholesterol, aid in hormonal function, help heal and maintain our soft tissues. Just to clarify, there isn't any different between fats and oils, we just generally use the different terms to make a distinction between solid fats and liquid oils.

Notes on cholesterol

Cholesterol occurs in two forms, one bad and one good, and each does a different thing in our bodies - LDL cholesterol, which stands for low density lipoprotein; and HDL cholesterol which stands for high density lipoprotein.

LDL is the bad cholesterol as it clogs the arteries and causes health problems such as stroke and heart disease.

The good cholesterol is HDL. It helps eliminate bad cholesterol and helps our hormonal systems function properly. A healthy amount of good cholesterol in your diet will also help your skin and hair look radiant, so it's not only good for your insides!

People with high blood cholesterol should limit their intake of cholesterol rich foods such as egg yolks and offal such as liver, kidney and brains as well as other meat and animal products, but more importantly be sure to eat plenty of vegetables. All plants contain plant sterols which actively block the body's ability to absorb cholesterol by around 10%.

Limiting or eliminating foods rich in saturated fats is also vital to reduce bad HDL cholesterol. Let's look a bit closer at the different types of fats.

Different Types of Fat

There are four kinds of fat and each type does something different inside the body. The four groups of fats are:

1. Saturated fats
2. Trans fats
3. Mono-unsaturated fats
4. Polyunsaturated fats

Saturated Fat

Saturated fats are directly connected to many diseases as they raise LDL cholesterol levels, clog arteries, raise blood pressure, and build visceral fat. Takeaway foods, burgers, fries, hotdogs are jam packed with saturated fats, so too are some dairy foods like cheese, as are sweets like pastries, cakes and biscuits. Fatty cuts of meat are also full of saturated fats, as are coconut oils and palm oil.

The typical American diet is enormously high in saturated fat, and it is estimated that for every 1% of saturated fat that is replaced with a polyunsaturated fat there

would be more than a 3% reduction in coronary heart disease incidence. See what a difference small changes can make!

You can make these small changes by swapping saturated fats like butter with unsaturated fats like olive oil, and also by reducing the amount of meat you eat, and limiting your consumption of fried and takeaway fast food.

Trans Fats

There aren't a lot of trans fats found naturally besides a slight amount in beef, lamb and dairy. Most of the trans fats consumed in the diet are created during the manufacturing process of margarine and other oily spreads that are used to make baked products such as pastries, cakes and cookies and it's these manufactured trans fats we need to be very careful of.

Trans fats and saturated fats do similar things inside our bodies in that they both raise LDL levels and clog arteries. However in addition to this nasty effect, trans fats can also reduce our levels of good HDL cholesterol, so they are even worse than saturated fats!

To decrease the amounts of trans fats in your diet, choose spreads and condiments that contain less than 1% of trans fats (or skip spreads altogether!), reduce or eliminate baked products like pastry and cakes and other processed snack foods, and instead of using margarine or other trans fat laden spreads, opt for unsaturated vegetable oils.

Unsaturated Fats – Polyunsaturated and Monounsaturated

Unsaturated fats occur in two types: monounsaturated and polyunsaturated. To get a little technical, the difference between the two is a matter of how many double bonds are present in each fatty acid chain.

A diet rich in both monounsaturated and polyunsaturated fats is ***desirable in maintaining optimal health and weight loss.***

A healthy diet should contain a maximum of 20% monounsaturated fats.

Unsaturated fats have a lot less calories than saturated fats and they can also help reduce the damage caused by eating bad fats, including helping lower cholesterol. Replacing saturated fats with unsaturated fats is one easy and highly beneficial substitute you can incorporate into your new 80/20 Fat Loss lifestyle.

Monounsaturated fats can be found in good food sources like

1. Peanut and olive oil
2. Avocados
3. Seeds such as safflower, sunflower and pumpkin
4. Nuts like cashews, almonds and peanuts

In addition to monounsaturated fats, your diet should have around 10% of polyunsaturated fats. There are two types of Polyunsaturated fats: **omega-6** and **omega-3** fats.

Omega-6 fats are found primarily in nuts like

- Walnuts and hazelnuts
- Seeds and oils made from plants such as corn and grapeseed

Omega-3 fats occur naturally in plant foods as well as seafood and the best sources of omega-3 some from fish, especially fish with oily flesh like salmon, tuna, and sardines. When eating fish it is important to remember that some types of fish contain a lot of mercury which can be transferred to our bodies. Fish that are high in mercury tend to be the bigger fish that are higher up in the food chain such as tuna, shark and swordfish and these should be limited to a single portion, once a week.

Very young children and pregnant women (or women planning to become pregnant within six months) are advised to eat fish and seafood that is low in mercury. Low food chain fish like sardines are low mercury fish, as are shellfish like prawns and other crustaceans.

Research into polyunsaturated fats has shown many health benefits including, lessening the effects of bad fats; improving blood vessel quality; regulating the heart rhythm; reducing the chance of blood clots; reducing inflammation; strengthening the immune system; and lowering blood pressure. New research suggests omega fats may also be helpful in treating depression.

Oils, Calories and Weight Gain

Even good oils that we need to maintain a healthy lifestyle tend to come laden with lots of calories. Fat has more than double the amount of calories per gram than carbohydrate or protein, making it very energy dense.

So, remember that this means that high fat foods are high calorie foods. It is best to be careful of your portion sizes with all fats.

And one final note on fats that may make you think twice about reaching for the butter over the olive oil, saturated fats have been scientifically shown to contribute to abdominal fat storage more than unsaturated fats.

Things to Note When Cooking With Oils

Different oils have different cooking properties, and are useful for different things. Olive oil burns at a very low heat which means it's not good for frying, searing or any other cooking process that requires a high heat. Olive oil turns black and smoky and also burns off quickly so you have to use more.

Olive oils are best used in low temperature cooking and can also be used straight from the bottle as a delicious salad dressing, or as a healthy alternative to butter on bread.

Grapeseed oil is an excellent oil for cooking high temperature foods. It has a very high resistance to heat and a high smoking and burning temperature. It

also a lighter taste so it won't compromise taste in your cooking like some other more flavorful oils like olive oil or sesame oil can. Grapeseed oil is another source of essential omega-6 oils.

80/20 Fat Loss Action Choices

Look at your food journal and find where any saturated and or trans fats are coming from. For example, look for meat especially meat with fat trims as well as processed meats like sausages, hams and salami; also look for cakes and biscuits, cheese, butter, cream, pastry, fries, pizza, condiments and spreads.

80/20 Easy Level

If you're using the Easy level of 80/20 Fat Loss, The first step is to reduce the amount of foods and even preferably eliminate them. Try to reduce cake, biscuits and similar types of foods to one serve per week. You can also start to choose healthier alternatives when selecting oils and fatty foods.

For example, try using a plant based oil, a nut spread or avocado instead of butter. If you must use butter or margarine, use butter in a very small amount. If you have to cook with any type of fat, opt for an unsaturated oil instead of butter, lard or ghee. Snack on raw, unsalted nuts such as almonds, cashews and walnuts. Even try throwing a few nuts into your salads for a tasty crunchy treat.

80/20 Medium Level

In the Medium level of 80/20 Fat Loss you will not only reduce your total amount of saturated and trans fat intake, but also eliminate more of these bad fat sources and replace them with healthy alternatives. If you must use salad dressings and mayonnaise, choose those made from oils such as sunflower, and olive oils.

For an easy homemade salad dressing, mix a splash of olive oil with a squirt of lemon juice and some black pepper. For an extra kick use cayenne pepper in-

stead of black pepper. Don't forget to check out the section later in this chapter about how spices just like pepper can help you lose weight.

Eat one serve of fresh fish per week instead of a red meat or chicken. Replace all fatty cuts of meat with lean cuts, and opt for white meat over red meat. Don't forget to take a look at the next section on proteins to understand why a low meat diet is the healthiest lifestyle option.

80/20 Advanced Level

For those undertaking the advance level of 80/20 Fat Loss you will be looking at eliminating all sources of saturated and trans fats and replacing them with unsaturated fats, following the examples for the lower levels. Remember too that even though you may be eating a good source of fat like Omega 6 or Omega 3, it is still important to monitor your portion size so that you don't over eat and end up with a calorie surplus.

Protein

Modern Western cultures are obsessed with the idea that protein from animal sources is the best, and some may say only valuable source of dietary protein but this is simply not true. Yes, protein is an absolutely essential part of our body and it needs to form a significant part of our diet, but that protein does not need to come from meat and other animal products.

Plants for Protein!

Here's a straightforward truth - **plants** are a healthier source of protein than meat and meat is not necessary to live a healthy lifestyle.

This may come as a shock to a lot of people who have been conditioned to believe that meat is not only healthy but vital but there is a world of scientific evidence to prove that people can live super healthy lifestyles without eating meat, in fact people who live on no-meat diets are typically healthier all round, and I'm not here just talking about weight loss and fat control.

There is a lot of evidence that points to a vegetarian or vegan diet, or at least a diet that contains very little meat, having the most benefits when it comes to weight loss and fat control. Some people might argue that humans have eaten meat for countless generations.

So what could possibly be wrong with eating meat?

The difference is that not only were people not eating heavily processed meats like ham or sausage and the overall quality of meat was far superior than what is readily available to us today, but it is also important to remember that the amount of meat consumed in days gone by was nowhere near as much as is consumed in our modern diets.

In the Victorian era meat was not a common food. It was hard to source unless it was grown fresh and even then it was still very expensive and not eaten often by most people.

As we saw above, the Victorians trumped our average modern diets for health

and vitality.

Our teeth even suggest that humans are designed to eat a predominantly plant based diet as most of our teeth are low, flat grinding teeth instead of the long sharp canine teeth of carnivores.

There is an old and widespread myth that plants do not contain as much protein as meat, but this is simply not true.

Plant food like beans, legumes, mushrooms and some fermented soy products are all valuable sources of proteins and iron, and plant based proteins have the added benefits of containing a lot of fiber and additional healthy nutrients that meat doesn't, as well as not having the saturated fats content and sodium content that meat has. Meat just doesn't compare!

On the 80/20 Fat Loss plan, one of the best adjustments you can make to your diet is to swap your meat or other animal based protein for a plant based protein.

Still not convinced? Just try it for a week and witness the proof for yourself.

Just because people have been eating meat for a long time does not mean that we should continue to do so especially considering how much evidence there is now that proves eating meat is not necessary to live a healthy life.

Arguing that meat eating is a tradition of western culture is about as effective as arguing that smoking tobacco is a long part of human history and therefore it's ok to smoke cigarettes! Ridiculous, isn't it? No one doubts the major health risks of smoking because the scientific evidence proves time and time again that it is extremely bad for us.

So, why are people still doubting the evidence that proves that eating meat is a significant health risk?

Health Risks Associated with Eating Meat

Unhealthy Ingredients

Meats contain a lot of saturated fat as well as sodium. A diet high in red meat risks high cholesterol, heart disease and other organ problems, and there is increasing evidence to suggest red meat is also connected to a lot of cancers.

Studies have shown that life expectancy is also significantly lower in people who eat a lot of meat, including fresh and processed meats.

Recent evidence has also suggested that a reduction of beef, pork and lamb in our diet could prevent one in 10 early deaths in men, and one in 13 premature deaths in women.

Processed meats such as salami, bacon, sausage, hot dogs, ham and other deli meats are the pinnacle of the bad food groups when it comes to meats as they not only contain a lot of saturated fats, they are also dangerously high in salt, sugar as well as some concerns regarding the chemical preserving agents used in their production.

The way that most meat is cooked can also present significant health problems. It has been shown that cooking any muscle meat at a high temperature, including red meat, poultry, and fish, can generate compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which increase cancer risk. The formation of HCAs and PAHs is typically linked to grilling meat.

Meat does contain a significant amount of iron which is important for a healthy diet, particularly in women. However there is some evidence to show that the heme type of iron in meat can damage our cells and lead to cancer. There are many valuable sources of non-heme iron in the plant kingdom such as beans, bran and oats and dark green leafy vegetables such as spinach.

The Dangers of Growth Hormones and Antibiotics used in Meat Farming

As well as the health risks associated with the meat products themselves, the way meat is farmed and produced also presents significant risks to our health.

In many western countries, the United States and Australia in particular who are both wide international exporters of meat, beef cattle as well as pigs and other meat producing animals are injected with massive doses of hormones, known all together as Hormone Growth Promotants. These are used so that the animals will grow larger, or make dairy cows produce more milk, in a shorter period which means a fast turn over for farmers and far bigger profits for the farming industry.

But what does this mean for our health? There is a lot of valid concern all over the world that the hormones used in meat production can be absorbed into our bodies when we eat hormone treated meat, and this can not only disrupt our own hormonal systems but also cause diseases like cancer.

The hormones that are being used in meat farming, which are mostly estrogens and steroids, are both naturally occurring (which means they have been derived from animal sources) and artificial hormones made in laboratories to mimic the animal's natural hormones.

Even though some of these hormones are naturally occurring chemicals, injecting an animal with a heavy dose of hormones so much higher than what their bodies naturally produce is just not natural for the animal, so it's a wonder that anyone can consider this mass farmed meat to be natural at all.

In 2003, the Australian Department of Health and Aging conducted a study into the risks of meat treated with hormones not just looking at Australian farming but on an International level.

The study concluded that if the animals are treated with good veterinary care when being dosed with these hormones there is "unlikely" to be any health risks to humans. But the same report concludes that there is not enough evidence to come to any firm conclusions, that more scientific study is needed.

The report also states that finding this evidence is a difficult process due to a person's own fluctuating levels of hormones which are so sensitive and variable and easily affected by lots of different factors, so it's hard to test for the presence of hormones left over from meat consumption.

So what this basically means is that scientists do not know if cattle dosed with hormone growth promotants are safe for people to eat and there is no real evidence to say that it is safe. The evidence for the health risks from hormone treated animals is so sketchy that hormone treated meat, and any meat imported from the United States, has been banned in Europe. Does this sound like something you would like to risk?

Hormone Growth Promotants are not the only chemicals used to increase meat farming productivity. Animals are also frequently treated with antibiotics and different types of insecticides to control parasites like ticks and worms. Some of these antibiotics also encourage the animals to grow faster, again making more meat. These poisonous chemicals leave a residue in the animal which is then passed onto people eating the meat.

There are not only health risks associated with consuming these chemicals, which include toxic poisoning, organ damage particularly liver damage, and cancers, but also the widespread use of antibiotics is creating armies of antibiotic resistant bacteria.

In 2001, the New England Journal of Medicine published a report that proved antibiotics had absolutely no effect on 84% of the dangerous salmonella strain of bacteria, that's the bacteria that causes food poisoning, that was grown in ordinary minced meat from the supermarket.

What does this mean for our health?

If the unfortunate situation ever arises when a person legitimately needs antibiotics to treat some illness they have picked up, the antibiotics they have already consumed from meat risks their infection being essentially immune to antibiotics

and the medicines will have no effect on the invading bacteria.

Not only this, but animals themselves become resistant to bacteria so then when an animal picks up an infection, this infection is then transferred to humans through the meat.

Studies have shown that people have absorbed antibiotic resistant salmonella bacteria from eating pork from pigs treated with antibiotics, and another study from the FDA in 1999 showed that chickens treated with antibiotics were directly responsible for people developing infections in their intestines after consuming the chicken meat.

In addition to all of these chemical treatments for animals to grow as much meat as possible and sometimes ineffectively control their health, animals farmed for meat are typically confined to cramped pens and feed lots and fed with cheap and poor quality foods.

When an animal is fed with inferior food with little nutritional value, this is passed into their meat so that the meat that people are eating is also of poor nutritional value. Not to mention that raising animals in such conditions is a cruel practice that no animal deserves.

So, what does all of this have to do with losing weight and 80/20 Fat Loss? It all comes down to our good health and the nutritional quality of the food we eat.

Most of the meat available to us in supermarkets and also in restaurants and other food establishments comes from these mass produce farming practices, so most of the meat you're eating is laced with chemical cocktails of growth hormones and antibiotics and pesticides and is also significantly lacking in nutritional quality because of the poor living conditions of the animals.

All of this means that the effect of eating this meat influences the way your body works. Meat hormones may interfere with your own hormonal systems making it difficult for your body to properly metabolize food which not only contributes to

weight gain, it also makes it all the more difficult for you to burn off any excess fat you have already stored.

It also means that you have more chance of ingesting bacteria and getting sick and then less of a chance of being able to use medicine to help you get better, all meaning your body is under more and more stress and ceases to function normally.

The simple truth is that a diet that is made of plant foods has none of the negative health effects or risks associated with eating meat, and is from every angle a better alternative for your overall health, helping you feel better and look better too.

Eat Plants! Save the Planet!

And there's one other important point we can't overlook - a plant based diet also has a lower environmental impact than meat farming.

Meat farming contributes to massive amounts of the world's annual deforestation, significant percentages of the harmful greenhouse emissions created by cattle, and farming is also heavily reliant on non-sustainable fossil fuels.

Plant farming has significantly less impact on the environment as is actually beneficial for soils and the air quality. Studies have also reported that if the same amount of land that is used to grow the grains used to feed the cattle, was used to grow nutritionally equivalent food for human consumption, there would be a massive decrease and possible potential total end to world hunger and food shortages. So vegetarianism not only promotes good health and weight loss, it also helps to save the planet too!

But Some People Like and Want To Eat Meat

While the evidence couldn't be clearer that a low meat or no meat diet is the best option when it comes to health, it's a widespread truth that a lot of people enjoy eating meat and want to continue to do so. A small amount of protein has been shown to be beneficial in curbing appetites and promote a feeling of satisfaction, but remember these protein levels can be obtained from plants for a far healthier option. On the 80/20 Fat Loss program when you are looking at where you can make healthy food choices, reducing your amount of meat and changing the type of meat you eat is a good step.

How Much Meat Should We Eat?

The typical Western diet contains far too much meat. A good rule of thumb is that ***the meat should be the smallest area of your regular sized dinner plate***, but don't just go getting a bigger dinner plate so that prime rib can take up more room. Choose a cut of meat no bigger than the palm of your hand, or a normal deck of cards - that's about 70-100gs. Most steaks sold are average 400grams, so one average steak could feed a whole family!

Healthier Options for Eating Meat

If you must buy meat, *always buy fresh and non-processed meat and choose lean cuts such as sirloin, round steaks and ground beef labeled as at least 95% lean.*

If your meat comes with an edge trim of fat still attached, cut it off before you cook it as this is where most of the saturated fats will be stored.

If you're eating beef, try also to choose grass fed beef instead of beef from grain fed cows. Grass fed beef is leaner overall, lower in saturated fats, and higher in omega-3 fatty acids, but fish, vegetable oil, nuts, and seeds are still your best sources of omega-3s.

Choosing lean mean cuts can also lower the risk of cancer causing HCAs and

PAHs as the lower fat content does not cause as much flaming during grilling. If you are grilling, cook over medium or indirect heat rather than over high direct heat and reduce the amount of flaring flames by turning meat regularly.

Limit frying and broiling, which also subject meat to high temperatures.

White meat such as chicken and fish are also better options instead of red meat for people who don't want to go totally vegetarian. White meats have fewer calories and less saturated fat than red meat and fish has the benefit of also containing many healthy oils omegas. If you're opting for chicken the best ways to cook it are steaming or poaching so you're not adding any extra calories in frying process or risking griller cancer.

80/20 Fat Loss Action Choices

80/20 Easy Level

If you are on the Easy plan of 80/20 Fat Loss, you would simply reduce your amount of meat consumed overall to the guidelines discussed above. So, one daily serve of meat would be no bigger than the palm of your hand.

You can also think about starting to choose plant based proteins instead of animal based proteins or at least incorporate more plant based proteins into your diet.

80/20 Medium Level

For the Medium stage of 80/20 Fat Loss, you will switch at least one of your animal based proteins per week to a totally plant based protein. If you are still choosing to eat meat in your other meals, reduce the portion size and switch to organic grown meat which has not been treated with hormones or antibiotics, and also has been fed with grass and not grains as this will lessen some of the health risks associated with eating mass farmed meat.

You would also be choosing lean cuts, and you might also consider eating white meat instead of red meat.

80/20 Advanced Level

For 80/20 Fat Loss Advanced level, you can eliminate meat altogether or you might significantly reduce the amount of meat you eat, eating lean white meat no more than once a week and poaching or steaming your meat instead of high temperature grilling.

If you do still choose to eat meat on this program you'll also be following all of the healthy options above, going for organic hormone free lean meat.

Grains and Complex Carbohydrates

Let's get one thing straight before we start talking about carbohydrates and grains; not all carbohydrates are the same and just like we saw there are some good fats and some bad fats, there are also some good carbohydrates and some bad carbohydrates. Let's look closer.

Carbohydrates are an essential part of any healthy diet. Carbs provide our bodies with the primary fuel we need for all physical activity, including just being alive, and they're also important for proper organ function.

Low-carb and high meat diets such as the Atkins Diet are a multi-million dollar craze in the weight loss industry and while some low-carb diets do result in short-term fat loss, any fat lost while a person is on a low-carb diet comes back once the diet finishes, often bringing more fat than before for the reasons we've already seen.

Not only are these low-carb/high-meat diets not at all good for losing weight and controlling your fat storage, they also pose significant risks to your health as they are high in salt and saturated fats and also very low in fiber and can damage your organs, particularly your kidneys and your digestive system, not to mention all of the other health concerns we've just seen connected to eating meat.

Some of these diets would have us believe that all carbohydrates are bad for us and especially bad for losing weight, but this information is just a lie.

Bad Carbs and Good Carbs

Eating the right kinds of carbohydrates in balance with other types of foods is a key strategy to maintaining stable levels of all of the fat system hormones we talked about before. The right kinds of carbohydrates help to control your appetite as well as help to maintain consistent levels of energy throughout the day so that you can live an active and healthy, happy life and achieve your maximum fat loss goals.

So, what are these good carbohydrates and bad carbohydrates? Carbs come in two basic types – complex carbs, the good ones, and simple carbs, also sugars,

which are the bad ones.

Foods that are bad simple carbs, or sugars, include just about anything that has a high amount of added sugar including

1. Candy
2. Soda drink
3. Most breakfast cereals.

Foods that are made of refined carbs like white pasta and white bread anything made of white flour are also simple carbs and they turn to sugar pretty much as soon as you eat them.

Refined sugars, wheat and flours also have very low nutrients as the part of the plants that contain the healthy nutrient qualities has been stripped away during production. Not only this, but the simple carb sugars actively rob nutrients from our bodies as they are digesting.

Manufacturing processes also leaves most refined carbohydrate foods considerably low in fiber. As fiber is crucial for a healthy digestive system and is a great friend of fat loss, these bad guy refined carbs should be avoided when you're trying to lose weight.

The good guys are the complex carbs and these are foods like

1. Spelt flour bread
2. Grains
3. Brown rice
4. Quinoa
5. Millet
6. Buckwheat
7. Amaranth.

Just a note, when choosing grain based products, it's best to **choose grains that have been fermented or sprouted** so that their nutritional elements can be better absorbed by your body. Soaked, sprouted and fermented wholegrain is also less likely to cause digestive problems in people who are sensitive to gas-

to intestinal inflammation.

Natural fresh vegetables are also high fiber and super nutritious sources of good carbohydrates.

Natural fresh vegetables are also high fiber and super nutritious sources of good carbohydrates. When you are changing your life with 80/20 Fat Loss, these good guys are the carbs you need to be looking at.

Carbohydrates and Body Fat

All of these simple sugar carbs not only have a great deal more calories than their good complex counterparts, they also work differently when they get into our bodies and have different effects on those all-important fat controlling hormones we were talking about in the beginning of this book.

Refined simple carbs turn into glucose almost immediately after we eat them. This creates a very fast burst of energy, thanks to the sudden insulin spike they have just sparked, and it is this quick release energy that makes us crave sugary foods especially when we're feeling a bit sluggish.

As we've discussed before, these up and down insulin levels cause excess glucose to be stored as fat and also create insulin resistance so we feel like we need to eat more and eat more often.

Because these quick energy release refined sugary bad carbs are digested so quickly they also influence our leptin and ghrelin hormones which tell us when we are hungry – and remember when anything starts interfering with these appetite controlling hormones, people often end up eating a lot more food than they need and storing all of the extra as fat.

Simple carbs can also make losing already accumulated fat all the more difficult because of these very same reasons. If a person is trying to reduce the amount of food they eat, eating these highly refined carbohydrates that make you feel hungry after you've eaten them is like trying to roll a boulder up a hill – it just

keeps rolling back and might never get anywhere with your weight loss goals because you constantly feel so hungry.

But carbohydrates are not the enemy of fat loss (as some advocated of low-carb diets might claim), in fact, eating a diet based on the good groups of complex carbs is actually a very important element in weight loss. Again it comes down to hormones and appetite.

Foods from the complex carbohydrates group are much higher in fiber which will give you that satisfying feeling of fullness so you won't feel you have to eat as much and can therefore easily cut down on your overall portion sizes without feeling deprived or hungry.

Whole grains, preferably fermented or sprouted grains, are also more nutritious than their refined brothers so you'll be feeding your body with overall better food not only promoting fat loss but reaching your overall tip top shape, have loads of positive energy and generally just feel better about everything.

There is another critical issue regarding complex carbs and losing weight and that is how they body breaks down these foods into energy. Complex carbohydrates are slow to digest which means the speed they are converted into glucose and absorbed into the blood is a lot slower than their refined counterparts.

This means that your insulin and other hormones levels remain stable and won't be sending the wrong messages to your brain telling you that you are hungry when you have only just eaten.

This is all to do with the Glycemic Index (or GI), which is a scientifically determined list of numerical values that help to identify how a carbohydrate is broken down in the body. **Getting a grasp on GI can be one of your most powerful tools in your weight loss weaponry.** Let's have a closer look.

Glycemic index

A food's '*glycemic index*' is a number that refers to *how quickly its carbohy-*

drates are broken down and absorbed into the bloodstream for energy. High GI foods enter the bloodstream more quickly than Low GI foods, which means they causing a greater spike in the level of blood glucose.

A rise in blood glucose is known as a glycemic response. Studies have shown a link between High GI foods and a range of health problems including: excess body fat particularly around the abdomen; Type 2 diabetes; High cholesterol; Hypertension (high blood pressure); and heart disease.

There are three levels to the Glycemic Index.

High GI foods have a GI of 70 or more and include foods like sugary cereals, soda, white bread, white rice, white pasta, and white potatoes.

Intermediate GI foods have a range of 55 to 70 and include foods such as yams, couscous, bran, and bananas.

Low GI foods have a GI of less than 55 and include nuts, raw oats, apples, beans, barley and quinoa.

Stick as much as you can with foods from the Low end of the GI scale, occasional foods from the Intermediate section and only rarely eat High GI foods and you'll be seeing your weight loss goals realized in no time.

Gluten Intolerance and Carbohydrates

Gluten Intolerance is a common health complaint associated with carbohydrates, particularly wheat and grains. Gluten intolerance is becoming more and more widespread and it is being linked to a number of common health complaints particular those related to inflammation around the body as well as digestive problems.

People suffering from gluten sensitivity often suffer from bloating, abdominal pain, and diarrhea and can often have trouble with fat gain because food cannot be digested properly.

Gluten Intolerance isn't an allergy but rather a condition in the digestive track where gluten proteins from wheat and other grains, are not digested properly and remain in the gut for longer than normal.

The body sees these proteins as a harmful substances and reacts to them like it would any other foreign intruder causing inflammation which irritates the tissues and disrupts the function of the intestines.

One major effect here is the flattening of the microvilli, the tiny fingerlike tissue protrusions that line our intestines, which means there is a lot less surface area in the gut to absorb the nutrients from food. This can lead to malnutrition and result in symptoms such as fatigue, iron deficiencies, skin rashes like psoriasis, nausea, depression, and many others.

Gluten intolerance may also cause a number of other symptoms including headaches, migraines, fluid retention, tiredness, and hyperactivity.

There is some evidence to suggest that low nutrient diets make it difficult for the body to suppress the immune cells that attack these otherwise harmless proteins. With the prevalence of heavily processed foods with poor nutritional values in our western lifestyles, it is not difficult to realize why gluten intolerance is becoming such a common ailment.

Making small and easy changes to your diet, reducing the amount of processed foods, increasing the amount of natural and nutritious foods will improve your digestion and help you become less susceptible to digestive problems like gluten intolerance.

It's startling to realize how much money would be saved on healthcare, not to mention lives improved, if this simple piece of knowledge was known by more people.

Many people can eat gluten without suffering these side effects, however many of the gluten free alternatives such as brown rice are better alternatives for overall health and weight loss so even the average person may benefit from trying

some gluten free foods. You may even find your digestion, which you thought was normal before, could be improved. This may be something you might like to incorporate in your 80/20 Fat Loss healthy choices.

80/20 Fat Loss Action Choices

The GI list is a helpful tool to get to know, but while you're still getting familiar with the GI of different foods, the easiest thing to do when you are making your carbohydrate choices is to skip over anything sugary or anything made from white flour or other refined grains and opt instead for the most unprocessed forms of whole grains, legumes, vegetables and fruits.

These foods are not only typically moderate or low GI, they also contain the widest variety of essential vitamins and minerals as well as being rich in dietary fiber.

Remember to always read the labels of packaged foods to look for hidden simple carbs like sugar (any word ending in "-ose" is sugar), and look for foods that contain fermented or sprouted whole grains and spelt flours. Many packages these days make a reference to a food's Glycemic Index.

One final note when you're choosing foods for a healthy source of carbohydrates, if you're looking for a fruity hit, opt as much as you can for fresh whole fruit over fruit juice. Fruit juice can cause an insulin spike, especially if your drink it quickly, and whole fruit has the added benefit of containing lots of fat-loss friendly fiber.

80/20 Easy Level

On the Easy level of 80/20 Fat Loss, your healthy options would be to reduce the overall amount of portions of all carbohydrates, and to switch some of your carb choices from bad foods like white pastas and white bread to fermented or sprouted whole grain alternatives of the same foods.

You would also reduce your overall intake of sugary processed foods like soda, cakes, cookies and even many savory snack foods that may not taste sweet but

have a high sugar content.

80/20 Medium Level

In the Medium level of 80/20 Fat Loss, you would do all of the steps of the easy level but all of your carbohydrate choices would come from complex whole grain sources as well as vegetables. You would also avoid foods with a high GI.

80/20 Advanced Level

For the advance level getting really serious with 80/20 Fat Loss for maximum results, do all of the above steps, but also completely eliminate all refined sugars and all simple carbs and switch all of your carb choices to more nutritious types of carbohydrates.

For example, choose quinoa or amaranth over rice or pasta, use buckwheat flour instead of regular wheat flour in cooking, and only eat foods with a very low GI, eliminating all High GI foods. You can also at this stage try some gluten free choices.

Dairy Foods

We're often told that a diet rich in dairy is the best way to get the calcium we all need for healthy bodies. In fact, this idea is so deeply ingrained into Western minds and culture that few people would even start to question whether or not dairy is any good, or start to explore some healthier alternatives in their dairy food choices.

But the truth is that the majority of dairy foods that are widely available in our grocery stores and are consumed in large amounts in most Western diets are riddled with health risks and wrapped in all kinds of wrong information and downright myths.

Milk

The Risks of Pasteurization, Homogenization and other Farming Practices.

The vast majority of cow's milk readily available to us is pasteurized and homogenized milk. Homogenization is a process of filtering the milk in order to reduce the size of the fat molecules so they can be even distributed through the milk.

If you have ever seen raw milk straight from the cow, you would have seen a heavy layer of cream on top of the milk. Homogenization combines this layer evenly through the rest of the liquid letting the fats mix with the water and proteins also contained in the milk.

Homogenization was first developed in 1899 and is now standard practice across most dairy industries as it also helps to more accurately measure the amount of milk being bottled and sold.

But there is one significant problem with homogenization that poses risks to our health.

When the fat molecules are made smaller, it makes it hard for our bodies to digest them so a lot of undigested proteins are allowed into the intestines and can even be absorbed wholly into the blood. This causes a lot of inflammation

and sometimes intestinal discomfort and can also trigger a response from the immune system leading to milk allergies and intolerances.

Typically, pasteurization will go hand in hand with homogenization of milk. Pasteurization was a milk producing process that started in the early 1900s, and it involves treating the raw milk at high temperatures in order to kill of any bacteria present in the milk before it is bottled.

In that era, the health worries associated with diseases such as typhoid, botulism and tuberculosis being spread through the milk supply did have a small kernel of truth but in our modern day pasteurization is simply not necessary as the whole milking process is so much more sanitary today than it was 200 years ago so the risks of bacterial infestation are minimal to none.

The pasteurization process itself can actually have many adverse health effects for humans. Milk contains its own natural levels of healthy bacteria and these are destroyed in the pasteurizing process. These harmless bacteria can continue to preventing any other harmful bacteria from invading the milk and when they are destroyed the properties of milk changes all together.

When raw milk is left to stand it will turn into butter milk or sour cream, however when pasteurized milk is left to stand it goes rancid and can cause serious illness.

Pasteurizing milk also causes lactose intolerance in many people. Lactose intolerance is a very common condition where people don't have the enzymes required to digest the milk sugar, lactose.

Symptoms of lactose intolerance include bloating, stomach ache, diarrhea, and flatulence. Pasteurization destroys the enzymes in milk necessary for its digestion, and so does the homogenization process we've just talked about, so it can not only harm people who already have lactose intolerance naturally, but it can also create lactose intolerance in otherwise healthy people.

Raw milk, however is able to be consumed without the side effects of lactose

intolerance by many people who suffer from the condition.

But that's not all the bad news associated with the mass production of the milk that's so readily available to us. As well as homogenization and pasteurization, dairy cows are also treated with synthetic hormones such as Recombinant Bovine Growth Hormone (rBGH).

These hormones are designed to make the animals grow faster and larger so they can produce a greater quantity of milk in a shorter period of time, and also to make cows lactate for longer than is natural.

So, not only is this unethical treatment of animals, there's also a high risk that all of these added hormones will be transferred into humans who consume dairy made with mass produced milk - and that's the vast majority of the dairy eating population! These are the same health risks we saw with hormones added to animals for meat production, and they include an interference with our natural hormonal systems which can alter the ways our bodies regulate fat storage, and also risks cancer causing cell mutations.

80/20 Fat Loss Action Choices

Lot of people enjoy milk in many parts of their diet, including in tea and coffee, on breakfast cereals and as a beverage in itself, and joining in with 80/20 Fat Loss doesn't necessarily mean you'll be forced to give up milk altogether.

Organic raw milk straight from the cow is the best alternative to ordinary shop bought cow's milk, when it comes to making healthy foods choices while you're on your 80/20 Fat Loss journey, if you must drink cow's milk at all.

There are many regulations concerning the sale of raw milk and obtaining it can be sometimes difficult but with the wonder of the information available to us today with just the click of a button, a quick web search will set you on the right path to tracking down a raw milk supplier in your area. And remember, I said difficult, not impossible. Many thousands of people feed their whole families on raw milk. Because it is not able to be produced in the same high volumes as

modern farming milk, raw milk can sometimes be more expensive, but the value of raw milk comes in its many health benefits which include a greater range of micronutrients that have not been destroyed by the pasteurization process other milk goes through, and also the simple fact that raw milk is easier and therefore better for your body to digest.

80/20 Easy Level

If you're on the Easy level of 80/20 Fat Loss, reduce the overall amount of cow's milk you're drinking and try to opt for raw and organic milk. This might sometimes be a bit tricky to find but many specialist markets do supply raw milk.

80/20 Medium Level

On the Medium level, further reduce your consumption of cow's milk to every second day at a maximum and again only choose raw and organic milks.

80/20 Advanced Level

On Advance level, you can consume raw and organic milk at maximum of one serve a week or for even better weight loss results, eliminate cow's milk from your diet altogether. Instead of cow's milk you can drink other non-dairy sources of milk like foods such as almond or rice milk

Cheese

Many cheeses that are widely available to most of us are made with treated cow's milk and so they have many of the same health risks we've just talked about above. Not only that, cheese is typically made with high fat milk and contains levels of sodium which has a whole bag full of its own health risks as we'll see in the later section of this book.

When it comes to all of those heavily processed fat, salt and sugar laden packaged cheese products in the dairy cabinets of your local supermarket – cheese

sticks, slices, sauces, spreads, and liquid cheese – you can just forget about them having anything to do with healthy food choices.

Cheese can be one of the most unfriendly foods when it comes to losing weight and building a healthy body. In fact, in my experience I have seen dramatic results in people who are trying to shed excess fat who make few changes to their diet and lifestyle apart from the complete elimination of cheese.

80/20 Fat Loss Action Choices

80/20 Easy Level

If you do choose to eat cheese while you're making your 80/20 Fat Loss changes, on the easy level reduce the amount of cheese you eat and try as much as you can to eat raw and organic cheese and try for sodium reduced cheese, and don't eat processed cheese products like cheese spread.

80/20 Medium Level

On the Medium level, eat a single portion of raw and organic cheese only once a week.

80/20 Advanced Level

On the advance level, steer clear of all types of cheese altogether.

Yoghurt

Yoghurt can be a very healthy food choice, **but the catch is you need to be careful to choose the right type of yoghurt.**

A good yoghurt contains live cultures Acidophilus and Bifidus, and some of the better yoghurts also contain Lactobacillus. These cultures are types of bacteria that are friendly to digestion and help our stomach and intestines process food,

metabolise nutrients and generally function more effectively.

And remember, a better functioning digestive system means more effective weight loss journey!

Sometimes eating these pro-biotic bacteria can also be helpful in preventing illnesses such as yeast infections. For a lot of lactose sensitive or intolerant people, eating this good type of yoghurt does not create any problems because the pro-biotic culture actually produces the lactase enzyme that is needed to digest lactose.

But these friendly bacteria are not the only thing that goes into a good yoghurt. When you're choosing your healthy yogurt, you also need to watch out for the type of base ingredients used to make the yoghurt.

Choose organic yoghurt so you can be assured it has not been treated with antibiotics and growth and or rBGH.

And watch out for sugar! So many yoghurts, or products claiming to be yoghurt, are filled with sugar as well as artificial flavors and colors. To be sure you're choosing the absolute best yoghurt opt for the plain varieties, also called Natural or Greek style yoghurt, that don't have any added sugar or flavorings.

Plain Organic Greek yoghurt is generally the all-round best option for choosing a yoghurt as it is all natural, without sugars and typically contains more nutrients including more proteins than other styles of yoghurt.

80/20 Fat Loss Action Choices

Yoghurt is a great choice when you're looking for healthier foods you can incorporate into your 80/20 Fat Loss choices.

80/20 Easy Level

On the easy levels, you might like to add a serve of plain natural yoghurt instead of ice-cream or other less healthy dessert choice for a dessert. If you'd like something sweeter, try adding some chopped fresh fruit to your yoghurt. Or if you're already eating yoghurt, make your switch to organic, natural yoghurt.

80/20 Medium Level

For the intermediate levels you can swap all of your deserts for a single serve of your organic natural yoghurt with added fruit as suggested above.

80/20 Advanced Level

On the advanced levels you can eat yogurt for your deserts or snacks just as the other levels but you might also like to incorporate it into your other meals.

For a delicious salad accompaniment, crush a few leaves of fresh mint into some natural yoghurt and leave covered in the refrigerator for about an hour, add this to salads and it can even be a delicious alternative to a condiment for meat, especially spicy foods like Indian curry or Mexican flavorings.

Natural yoghurt is also a fantastic substitute for sour cream – it's lower in fat and also has the added benefits of the pro-biotic bacteria.

General Dairy Foods and Disease

While we've just looked at a few healthier choices for choosing milk and other dairy products as part of your new 80/20 Fat Loss lifestyle, there are some other health risks associated with eating dairy foods, both raw and the mass produced farmed dairy, that trouble a lot of people and prompt many people to give up dairy from their diet altogether or at least significantly reduce their overall intake of it, only choosing the better types of dairy like natural yoghurt.

Many advocates for a high dairy diet often claim that dairy, particularly cow's milk is crucial for the prevention of osteoporosis.

Calcium is important for the early prevention of osteoporosis; however research has shown that increased milk consumption in women over a 12 year period didn't prove any protection against the risk of bone fracture, and in fact actually showed the opposite was true!

Osteoporosis is a disease relating to bone density, and since human bone density does not increase after around age 25, and an argument for a calcium rich diet to improve overall bone strength is of little grounding.

Reducing protein from animal sources and reducing sodium and as well as increasing your intake of vegetables and fruits, regular exercise and getting calcium from plant sources such as leafy green vegetables and legume has been clinically shown to be the best way to prevent osteoporosis.

Frequent heavy consumption of dairy products, both raw and heavily processed, has been linked to several cancers, and particularly ovarian cancer. A Harvard study revealed that the ovaries can be affected when too much dairy is consumed as the enzymes related to its metabolism are not able to break down large amounts of galactose.

Galactose is a sugar created by the breakdown of dairy sugar lactose and when it is not adequately broken down, it can accumulate in the bloodstream and damage organs, particularly the ovaries. Studies have shown that some women have particular difficulty breaking down galactose and when they regularly consume any type of dairy products, they triple their risk of ovarian cancer.

High consumption of dairy products has also been linked to breast and prostate cancers due to a compound known as insulin-like growth factor, a protein which is present in cow's milk. Studies have shown that men with high levels of this compound had a quadrupled risk of prostate cancer in comparison with those who had low levels.

Large amounts of general dairy consumption, even of raw dairy products has also been linked to Insulin-dependent diabetes, also known as childhood-onset or Type I or diabetes. Studies have found a specific dairy protein triggers an

auto-immune response, which damages the cells of the pancreas that are responsible for producing insulin.

The milk proteins, sugars, and saturated fats in some dairy products can have significant health concerns for children. The American Academy of Pediatrics recommends that babies younger than one year should not be given cow's milk of any kind, as a dairy-rich diet and cow's milk products in particular, especially pasteurized and homogenized are especially low in iron and can cause a dangerous iron deficiency.

Colic is another problem linked to cow's milk consumption in infants. About one fifth of all babies are affected by colic and it has been shown that a breastfeeding mother who consumes any type of cow's milk risks their baby suffering colic. Also, childhood food allergies have been linked to consuming milk and other dairy, so too has chronic constipation in children been linked to cow's milk.

These findings are all related to the frequent heavy consumption of dairy products, but if you choose organic and or raw sources of dairy and only eat in small to moderate portions, milk and yoghurts and small amounts of cheese can be a healthy part of your diet. There are many people who choose to eliminate dairy from their diet all together, even people who do not adopt a full vegan lifestyle. There are many options for dairy-free sources of calcium, so let's look at a few now.

Non-Dairy Sources of Calcium

Calcium is vitally important for a healthy body, particularly for children and younger women, but there are plenty of rich, non-dairy sources of calcium.

Some of these are: collard greens, black-eyed peas, blackstrap molasses, navy beans, kale, Chinese cabbage, oranges, and almonds. You can also buy a number of calcium fortified products such as fruit juice and milk substitutes like almond or rice milk.

The same environmental impact we talked about earlier about choosing plant

based proteins over animal meat proteins also goes for dairy, so choosing plant based calcium sources can be a good way to lessen your environmental impact as well as look after your health.

80/20 Fat Loss Action Choices

80/20 Easy Level

On the 80/20 Fat Loss Easy level, you might like to try replacing a small portion of their total dairy consumption with the addition of one of these healthy plant based options. For example, try almond or rice milk on your breakfast cereal once a week, or swap the cheese in your sandwich for a spread made of pureed almonds (which will also give you a serve of healthy oils!).

80/20 Medium Level

A medium level choice might be to limit your animal based calcium sources to once or twice a week, implementing the changes shown in the above Easy level.

80/20 Advanced Level

An advance level of 80/20 Fat Loss might be to eliminate all animal sources from your diet and get calcium from only plant based foods. Taking this step, and even reducing a small portion of your animal based dairy calcium will lessen your overall caloric intake as well as lower the amount of saturated fat in your diet from full fat dairy products, so you will very likely see more rapid and effective fat loss results.

There are few more controversial and yes, even sometimes confusing foods than soy when it comes to health risks and health benefits. There are two basic types of soy products, fermented and unfermented.

Unfermented soy has been related to many health problems, whereas fermented soy is a marvelous addition to a healthy diet. However, most Westerners consume unfermented soy mostly in the form of soymilk, tofu, textured vegetable protein, and soy baby formula.

The History of Soy

Soy is an oily Asian legume that grows on a low bush, maturing in furry pods.

Soy was not originally cultivated as a food for humans, in fact it was originally grown by Chinese farmers with the purpose of digging it back into the fields to increase the nutrient levels in the soil. It was a very long time before anyone discovered a way to eat soy without experiencing any of the harmful side effects of gastric bloating and other digestive disorders that come from eating the bean.

Soy began to be treated with a process called fermentation. Traditional soy fermentation destroys the problematic antinutrients contained in raw soy, which lets you reap the various nutritional benefits soy can offer.

However, most soy products – and you'll be surprised to learn just how many everyday foods contain high amounts of soy – are unfermented and are very harmful to your health in many ways despite the fact that the soy industry has been marketing the little green bean as a super food for decades.

Many advocates of soy will claim that soy consumption is the reason there are far less incidences of cancer in Asian countries than there is in the West. There could be a little truth in this as small amounts of fermented soy does have some protective benefit, however the traditional Asian diet contains very small amounts of soy, around three teaspoons per day, typically used as a seasoning in the form of fermented soy sauce.

However, this information on the benefit of a small amount of dietary soy has been blown completely out of proportion and applied to the completely wrong types of food in Western diets. Let's have a closer look at the differences between unfermented and fermented soy and the effects they have on our bodies.

Unfermented Soy

Unfermented soy has been connected to digestive problems, malnutrition, immune system dysfunction, thyroid issues, brain function decline, infertility, heart disease and cancer. Unfermented Soy reduces the body's ability to absorb many essential nutrients including calcium, magnesium, copper, iron and zinc; it interferes with protein digestion and is linked to pancreatic disorders and it also promotes blood clots thanks to a substance called Hemagglutinin.

Soy also contains elements called isoflavones that inhibit the production of hormones and is directly linked to the dysfunction of the thyroid gland, one of the most important glands in our bodies that is crucial for regulating our flow of hormones.

When the thyroid gland is not functioning, a person will experience overwhelming tiredness and a lack of energy, depression, hair loss, bad skin conditions, weight gain, and a low libido and these symptoms have all been connected to people who consume large amounts of unfermented soy.

Soy contains compounds similar to human estrogen, called phytoestrogen, which can damage natural human estrogen production, as well as decrease the production of testosterone.

In women, soy can interfere with normal menstruation resulting in a heavier flow, increased cramping, and even infertility, and in men, soy can reduce the quantity and quality of sperm and decrease the libido.

Unfermented Soy is widely used in the production of infant formula and studies have shown infants who consume soy based formula can have up to twenty thousand times more estrogen in their bodies than those fed other formulas.

That's the equivalent of 5 birth control pills! As infants consuming soy based formula are getting all or most of their daily food from soy, the effects of soy can be severe in a developing child, even so far as preventing the development of normal genitals especially in boys, preventing their healthy hormonal development which can manifest as the child gets older with problems with the very early onset of puberty and later reproductive issues including infertility.

Unfermented soy is in a wide variety of foods, typically in the form of soy oil, sometimes labels as soyabean oil, vegetable oil, margarine or shortening. Other widely consumed forms of unfermented soy include tofu, soy sauce, soy milk as well as soy flour which is a cheap ingredient in most bread products we find in the supermarket.

Unfermented soy is also used in processed food marketed as meat alternatives for vegetarians including, soy sausages, soy and veggie burgers and anything labelled as textured vegetable protein or protein concentrate. It is also found in low carbohydrate pasta, and protein powders and energy bars marketed for muscle building.

Fermented Soy

While unfermented soy is a hazardous ingredient in your diet, fermented soy made from organic soybeans has many health benefits. Fermented soy has been shown to promote a lower risk of cancer, particularly prostate cancer and has been significantly associated with a decreased risk of death and recurrence of breast cancer among women.

Studies have also pointed to a higher level of brain function in subjects taking fermented soy supplements, decreases in heart disease and dementia.

Soy also contains a range of essential nutrients and adding a small amount of fermented soy to your diet can be a great way to add variety to your meals and provide a number of good food alternatives.

Some good sources of fermented soy are tempeh, miso, fermented soy sauce

(most mass produced soy sauces are unfermented, so check the packaging carefully).

80/20 Fat Loss Action Choices

In reading this book so far, you will be getting a good idea of how building a healthy body builds an effective metabolic system, making it all the easier to decrease your fat storage and start to lose the fat you've already accumulated. Getting a handle on the good and the bad side of soy and learning how to add it to your diet will help you get your healthy body and manage your weight.

When it comes to soy, the most important change to your new and improved life is to eliminate unfermented soy as much as you can on all levels of 80/20 Fat Loss and then try some different ways to introduce small amounts of fermented soy into your diet.

Whichever level of 80/20 Fat Loss you're undertaking, remember to keep your soy intake, even fermented soy, to a minimum and try to have a soy based meal only once a week.

80/20 Easy Level

In the Easy Level of 80/20 Fat Loss you will be eliminating all the unfermented soy from your diet, reading food packaging labels very carefully and choosing options that do not contain any soy or only choosing those that specifically say fermented soy.

80/20 Medium Level

On the Medium level, as well as eliminating unfermented soy, add a bit of fermented soy to your diet – splash a little fermented soy sauce in a pan with some finely chopped vegetables of your choosing and a little water or unsaturated oil like peanut oil and you'll have a quick and easy Asian inspired dish.

You might also like to start to substitute some of your meat dishes with some

fermented tempeh, a highly nutritious soy product with a delicious nutty flavor. Try using finely chopped tempeh instead of scrambled eggs for a wholesome breakfast alternative.

80/20 Advanced Level

On the advanced level of 80/20 Fat Loss, you can do all of the above changes and you might also like to start to use tempeh in a wider variety of meals as well as trying some miso soup.

Salt

Salt has no calories and does not in itself directly contribute to fat storage. So why are we talking about it in a book about losing fat? Because an excess of sodium causes all sorts of problems to our health including fluid retention and organ damage.

These problems make us unhealthy, inefficient, and prevent normal metabolism so not only does salt indirectly promote fat storage, too much sodium also makes it extremely difficult to burn off fat.

We all need a small amount of sodium to keep healthy as it helps to regulate and maintain the right amount of various body fluids including blood flow. However, a lot of people are eating much more sodium than is needed and are risking their health because of it.

The average Western diet is dangerously high in salt. 90% of Americans eat more sodium than is recommended for a healthy diet and an average Australian diet contains nine times the amount of required sodium.

What's the difference between salt and sodium?

Sometimes the terms are used interchangeably but, salt and sodium are not the same thing. Sodium, which is found naturally in most foods, accounts for about 40% of table salt. When salt is added to food, the sodium content of the meal increases by about 40% of the total amount of added salt.

How much sodium do we need?

Adults should eat a maximum of 1,600mg of sodium per day, which is around 4 grams of salt, in order to stay healthy.

The average American eats about 3,300 mg of sodium a day and it has been estimated that if Americans were to minimize their salt intake to these healthy recommendations, there would be a \$20 billion per year saving on medical costs. Again, see how such a trifling change can make such a huge difference!

Salt and Your Organs

Our kidneys are responsible for regulating sodium levels in our body. **Too much sodium** puts a great deal of stress on the kidneys and can risk forming painful kidney stones as well as kidney malfunction. Too much salt can also harden arteries, *cause high blood pressure and lead to strokes and other types of organ damage.*

The Sources of Salt in Your Diet

A healthy diet is a low salt, or low sodium diet, but sometimes it's difficult to see just how much salt we are consuming. There are the obvious sources of salt, like salty snack foods or adding table salt to meals.

Food manufacturers also add salt in massive proportions not only as a flavor enhancer but also as a preservative, and this is often where the sodium and salt are hidden as what we're eating, bread for example, might not even taste salty at all.

A large proportion of sodium in average modern diets comes from bread products, deli cuts and cured meats, pizza, fresh and processed poultry, prepackaged soups, burgers, cheese, condiments such as tomato ketchup, and snacks such as chips, pretzels, and popcorn.

Is Sea Salt, or any other type of natural rock salt better for you than normal table salt?

No. Fancy salts like Celtic sea salt and Himalayan rock salt are, like plain salt, mostly sodium and have exactly the same harmful effects of your body. The only real differences are the way the various products are made and the way they taste.

Sea salt is made by evaporating the water from sea water and collecting the salt crystals that remain.

Table salt is made by processing and purifying the sodium chloride from sea salt.

Rock salt is obtained from mining land that was once ancient seas or lakes.

Just because sea salts and rock salts are unprocessed and in their natural state, their sodium content is still very damaging to your body. Because of their grainy or sometimes flaky texture, sea salts do not have the same salty punch that processed table salts have so in fact you might end up consuming more sodium looking for that salty kick.

Sea salts and rock salts do contain small amounts of additional minerals that table salts don't have, such as magnesium and boron but these are only of benefit to people suffering chronic mineral deficiencies. Both sea salt and table salt contain the same levels of iodine.

Healthy Salt Options

The healthiest salt option is no added salt. Try not to add salt as you're cooking, and don't have it as a condiment option on your dinner table.

Many packaged foods such as sauces and canned vegetables do come with No Added Salt options but if you can't find one, or simply don't like the taste, then opt instead for a reduced salt version of the same product. When looking at food labels for sodium content, choose foods that have no more than 150mg of sodium per 100 grams which is considered "low sodium."

There are some commercial salt substitutes available but be sure to read the labels carefully as many of them are just as high in sodium. Some low sodium salt substitutes also contain potassium chloride (and a little magnesium chloride for taste).

Potassium Chloride has small additional benefits for blood pressure, but fresh fruit and vegetables are far richer sources. When you're shopping for low salt alternatives, be sure to compare different brands of the same product as not all

companies use the same amounts of sodium and the variations can be massive. If you really do want to add salt, use a sparing amount of Celtic sea salt or Himalayan Salt (which is a type of rock salt from Pakistan). While these salts still contain sodium and can have a harmful effect on your health, they at least contain slightly more nutritional value than ordinary table salt.

It can be difficult to know how much sodium you're consuming when eating out at restaurants. You can always ask the chef about the cooking process but if you'd prefer not to, opting for dishes with a predominance of fresh vegetables is the best option – and remember to watch out for salty sauces, cheeses and gravies.

A taste for salt is just another one of those things that's rooted deep into our genetics but it is possible to get your taste buds accustomed to less salty flavors which you may even end up preferring after a while.

80/20 Fat Loss Action Choices

Here's a handy tip when preparing your own meals on any level of 80/20 Fat Loss – a tiny splash of vinegar, lemon juice or cayenne pepper used instead of a sprinkle of salt can often provide that flavor kick you're looking for, and especially with vinegar, sometimes your taste buds won't even be able to tell the difference!

80/20 Easy Level

For beginners on the easy level of 80/20 Fat Loss, try switching to Celtic Sea Salt or Himalayan salt instead of using ordinary table salt, and reduce the amount of extra salt you add to your meals. And don't forget to try the vinegar trick!

80/20 Medium Level

For the Medium level of 80/20 Fat Loss, continue to swap your table salt for mineral rich rock salts as well as choose salt reduced or salt free versions of packaged foods. You can also start to reduce the amount of salt you use overall,

perhaps only adding salt to a meal once a week and only in a small amount.

80/20 Advanced Level

On the Advance level, eliminate added salt altogether from your diet and only choose products that are low sodium.

Water

I can't understate how important water is for building a healthy body. Our bodies are 80% water; it's the basic building block of life. Water helps remove waste from the body; it helps counteract the effect of too much salt (though you can't just drink a lot of water and expect salt won't do you any harm); water maintains healthy organ function and helps our joints move properly; it helps you think clearly and prevents dehydration and constipation.

Water is absolutely essential in losing fat programs as it helps to flush toxins from the body, it also helps keep you regular which is important when making changes to your diet, and it also helps to promote a feeling of fullness so you might not be tempted to overeat.

Did you know that sometimes the signals you're getting from your body that you're getting dehydrated can often be mistaken for hunger? This can be a real problem for those looking to reduce the amount of food they're eating, so the next time you start feeling a bit peckish, try a big glass of water instead and see if that curbs the appetite.

Regular water intake is needed even if you're not feeling particularly thirsty because when your body sends you the signal that you are feeling thirsty it means that your body has already been depleted of water and has probably been dehydrated for a while.

In an ideal world where everyone ate and drank according to what was absolutely best for their body, water would be the only liquid we would consume. But that's hardly close to reality and is extraordinarily unlikely anyone will only ever just consume water alone. But everyone should strive to drink water more than any other drink.

Types of Water

Many of us, perhaps most live in urban areas where our water comes from the water treatment supply plant. In some places the water coming from the tap might look like ordinary water but it can sometimes be heavily treated with purifying chemicals like chlorine – yes, the same stuff used in swimming pools – and

other salts. Some places also add fluoride, an ingredient in toothpaste, in the water supply as an attempt to promote dental health in the community.

The health effects of fluoride are controversial with much conflicting evidence, but it is known that by brushing your teeth regularly with is more than enough fluoride than you need to healthy teeth and that anything over this has the potential to harm your health.

Drinking pure natural or filtered water is best to avoid any risks from these chemicals. There are many types of cheap and simple types of water filters available from a wide variety of stores. You might like to purchase one of the more expensive and more technical models that remove a greater amount of purifying chemicals, or simply go with a basic model.

If you are worried about other things in your water supply, like bacteria, then boil your water in an ordinary kettle and let it cool before drinking. This is not to say that if you don't have access to a water filter, than you shouldn't drink your ordinary tap water. You should! And you should drink a lot of it as its benefits will outweigh any potential risks: it will still help your body to process waste, function effectively and lose fat.

How much water do we need?

Healthy water consumption is at least 8 12oz glasses per day, which is about 2 liters. When you are engaged in strenuous physical activity or even if it is just a very hot day you will need to drink more than that, around 4 liters in order to prevent dehydration and keep your cells functioning at their optimal level.

Also, water is more easily utilized by your body if you drink it slowly in small amounts rather than guzzling it down quickly. This is because taking small sips allows the body to maintain a regular absorption of water into the blood rather than constantly flushing it out through the digestive system.

We do drink other beverages that contain water, like tea, coffee, juice or soda and these can, in small amounts, contribute to your total water intake. But tea,

coffee and many soda drinks also contain caffeine which is a strong diuretic. This means that caffeine quickly passes water out from our bodies before we've have a chance to rehydrate with it. Soda also contains a lot of sugar, as does coffee and tea if you add it, which can also counteract the positive effects of water.

Fruit juice is a better alternative to coffee, tea or soda as it also contains healthy nutrients. The best thing to do is if you're going to drink other beverages is to count them as additional water on top of the eight glasses of pure water you're already consuming.

Whole fruit, particularly juicy fruits like watermelon and citrus and even vegetables do have a high water content and can contribute to your overall fluid intake for a healthy body but again, it is best to use these in addition to your regular drinking water.

Is there such a thing as too much water?

It is possible to drink too much water, resulting in a condition called water intoxication or dilutional hyponatremia. Water intoxication occurs when an excess of water has disrupted the normal balance of electrolytes in the body. It is an extremely rare condition and it generally only occurs when people have lost a lot of fluid when involved in highly strenuous activities such as running a marathon, and they drink too much water too quickly, replacing the fluids they have lost without replacing their electrolytes. Water intoxication has also occurred in people in water drinking contests, as well as people who have taken drugs.

The kidneys of a healthy adult can handle processing fifteen liters of water a day! So, unless you're running a marathon or doing some other physical activity where you'll be losing a lot of electrolytes and drinking a lot of water, water intoxication is very, very unlikely. So drink up!

80/20 Fat Loss Action Choices

In the case of water intake all levels of the 80/20 Fat Loss plan need to adjust their water intake to drinking around 2 liters of water a day. To remind yourself

to drink more water, try carrying a small bottle in your bag or keep a bottle on your desk at work.

80/20 Easy Level

On the easy level plan, the 2 liters can be in addition to other beverages you're consuming although do try to cut back on sugary soda drinks.

80/20 Medium Level

For the intermediate level, drink the 2 liters of water and start to reduce all other beverages. Eliminate sugary soda drinks all together and reduce your amount of tea and coffee.

80/20 Advanced Level

For the advance level, replace all of your beverages with water.

Sugar

Sugar is not just a bad food, it's a terrible food. Sure, sugar has no fat but it does contain a whopping great amount of calories and also reaps havoc with our insulin levels - and we've already seen how harmful improper insulin function can be for our bodies. Sugar is highly addictive, which is why so many people crave sugary treats. Cutting down on sugar, or removing it altogether is one of the most important steps you can take in losing fat.

Sugar is a refined carbohydrates and it provides a quick source of energy without any nutritional value. This is why sugary foods are often referred to as "empty calories."

Processed foods typically contain *staggering amounts of refined sugar as it is used for taste and color, as a thickening agent and also as a preservative*. There are tons of foods we might not even consider unhealthy, such as bread and breakfast cereals that contain massive amounts of these sneaky sugars and it's these types of heavily processed and refined sugars that cause the most damage to our bodies, and fat storage is just one in a very long list.

Harmful Effects of Sugar

Here are just some of the harmful effects caused by consuming sugar:

- Causes obesity
- Increases visceral fat
- Lowers immunity
- Spikes insulin levels and creates insulin resistance
- Causes depression
- Contributes to the risk of diabetes and heart disease
- Causes high blood pressure and high bad cholesterol levels
- Rots teeth
- Decreases the production of leptin, which we've seen is the hormone critical for appetite regulation
- Can cause a bad mood
- Contributes to attention disorders

Sugar and Obesity

Sugar is perhaps the biggest culprit for the western obesity epidemic and this is not just related to the amount of excess calories in the sugared food itself, but also the negative effects it has on our hormonal systems like we saw with insulin.

In a recent study published in the Journal of the American Medical Association, 6100 adults were examined, monitoring the relationship between their sugar intake and fat levels. The sugars considered were all types of sugars that can be added to foods such as table sugar, honey, brown sugar, high-fructose corn syrup, molasses, agave and other sweeteners that contain calories.

The study concluded that the people who consumed the most sugar had the highest levels of body fat and bad LDL cholesterol.

While this science does provide irrefutable facts that sugar intake causes fat storage, it is a link I've seen all too often in my treatment of clients coming to me seeking help with their weight. Many people just can't understand how, when their diet is low in fat, they are still suffering from weight issues and other fat related problems including high blood pressure, high cholesterol and in the more extreme cases, Type 2 diabetes and some organ diseases.

The first thing I do with these patients is to look at their sugar and refined carbohydrate intake – remember from our section on carbohydrates that refined carbs like white bread are converted almost instant to glucose as soon as they are eaten. To do this I get them to make a food journal just like the one you'll be making on 80/20 Fat Loss.

Once the refined carbohydrates and sugars are identified, I ask people to reduce or eliminate all added sugars. The results are generally the same – people who reduce or eliminate sugars without making any other lifestyle changes lose fat, their blood cholesterol levels reduce and even sometimes their diabetes (depending on the original severity) disappears. All because of the harmful effects sugar has on our physiology!

Types of Sugar and Sweeteners

There are many different types of sugars and sweeteners, each having a different effect on our bodies. When we think of sugar, we usually think of the white grainy stuff, raw sugar, brown sugar or cane sugar. Don't be fooled by natural sounding sugar types like brown sugar or raw sugar that sound better for you.

Raw sugar comes from sugar cane, and it has a brownish color because of the molasses it contains. Sugar manufacturers bleach raw sugar to create white sugar, and then brown sugar is created by adding the molasses back into the heavily processed white sugar. These different sugars all have different tastes and cooking properties but when we're talking nutrition and weight loss they're all on the same level as very bad foods.

Some will argue that raw and brown sugars have higher nutrients than white due to the molasses content, but these minerals are present in super small quantities so hardly matter at all. There are loads of other, far healthier sources for the trace elements present in sugar that also don't come with the load of nasty side effects the sweet stuff brings.

Sugar from Fruit

Some sugars are generally better than others, such as the naturally occurring sugar found in fruit. Fruit contains natural fructose as well as a large amount of dietary fiber.

Even though it is a sugar, fructose is a slowly digested form of sugar which means it does not cause the same erratic insulin spikes in your body, which as we have seen before causes the body to store fat, but rather produces a steady release of sugar to the blood.

That said however, it is still important to control the amount of fructose you're

eating from fruit, especially fruit juice. If you are going to drink fruit juice, only drink freshly squeezed 100% juice preferably that which still has the fruit pulp, and drink it slowly to lessen the severity of blood sugar spikes.

Given the choice between fruit juice, and whole fruit, always choose the whole fruit. Two serves of whole fruit a day is a good guide for a healthy diet, and it is best to consume these two serves during the morning so that the energy release from the fructose can be used up during your daily activities, lessening the chance of it being stored as harmful fat.

High Fructose Corn Syrup

High-fructose corn syrup (HFCS), also called glucose-fructose syrup might just be the worst enemy your body can come across when it comes to sugars. HFCS is corn syrup that has undergone enzymatic processing to convert some of its glucose into fructose to make it sweeter. HFCS is used all over the world as the most common sweetener in most packaged foods including breads, cereals, lunch meats, yogurts, soups, and condiments as well as a whole range of beverages.

High Fructose Corn Syrup, whatever form it is in, is responsible for a great deal of the world's obesity epidemic, a major contributor to cardiovascular disease, fatty liver disease, diabetes, kidney malfunction, pancreases damage, various cancers Alzheimer's disease, and macular degeneration. And this is in addition to all of the regular harmful effects that come from consuming sugar!

There is also some evidence that suggest that HFCS is more harmful to humans than regular cane sugar. Studies have shown that **test subjects consuming HFCS gained more abdominal fat and had a higher level of dangerous blood fat** than those consuming the equivalent calories in regular cane sugar.

The health risks of consuming HFCS are also compounded by the fact that many widely consumed products that contain the ingredient are also very high in saturated and trans fats such as sweet snacks, cookies, cakes and pastries.

Sugar Alternatives

The first thing most people think of when thinking sugar alternatives is one of the artificial sweeteners like Splenda or Sweet n Low. Many pre-packaged food products that claim to be sugar free are laden with these artificial sweeteners. There are also natural options for sugar alternatives, as we'll also see.

Artificial Sugar Substitutes and Sugar Alcohols

Sugar alcohols are carbohydrates with chemical structures resembling sugar and alcohol that are used as sweet, lower calorie alternatives to sugar. Both sugar and sugar alcohols are considered “nutritive sweeteners” as they contain calories.

Some widely used sugar alcohols are Sorbitol, Mannitol, Erythritol, Isomalt, Lactitol, and Hydrogenated Starch Hydrolysates (HSH). Xylitol is a natural sugar alcohol derived from the bark of a birch tree and is a good alternative to processed refined sugar as it contains about half the calories as refined sugar.

Many foods labeled as sugar-free are packed with sugar alcohols such as chewing gum, baked goods, soda and candy. Sugar alcohol does not affect the body's glycemic quite as drastically as sugar, and it also does not cause as many dental problems. Together with this lower calorie level, sugar alcohols can be a reasonable option for people looking to improve their diet and eliminate sugar.

But this does not mean that sugar alcohols are a free for all of good health. Some are still a chemically produced compound, not a real food and they can have an adverse effect on your body.

The most common health complain related to sugar alcohol, including Xylitol is intestinal upset. Sugar alcohols are not able to be fully absorbed into the system, which is why they have a lower calorie count, and cause intestinal bloating and diarrhea if over consumed. In some countries, any product that contains sorbitol or mannitol must by law include a warning on their label that “excess consumption may have a laxative effect.”

What are Non-Nutritive Sweeteners?

Non-Nutritive sweeteners are sweet chemicals that are widely used as another sugar alternative. Some commercial productions of these chemicals are Sweet'N Low, NutraSweet, Sweet Twin, and Necta Sweet. These chemicals contain no calories, or do not contain enough calories to have any effect on humans, they do no effect insulin levels and do not cause tooth decay. They are also many hundreds of times sweeter than sugar. But before you rush out and start gorging on spoonfuls of this sweet stuff, read on.

Two of the most widely consumed non-nutritive sweeteners are aspartame and saccharine. Aspartame is chemically known as a form of aspartic acid phenylalanine dipeptide called methyl ester, although you probably know it better as NutraSweet, which is the first commercial name it was sold as.

Aspartame is sweeter than ordinary sugar by about 200 times which means that even though aspartame does contain calories, it is considered non-nutritive because such tiny amounts are needed to produce a sweet taste. When aspartame is consumed, even in small amounts, the body processes it into a range of chemicals including formaldehyde which is a toxic substance used as an embalming agent, an industrial cleaner, an ingredient in explosives and is an undisputed carcinogen.

Saccharine is another very common artificial sweetener, known chemically as benzoic sulfilimine and has been shown cause cancer in laboratory experiments. There has been a great deal of controversy surrounding the truth of the effects of saccharine and even though the America EDA removed saccharine from its list of harmful substances in 2010, the proof that saccharine is safe for human consumption over a long period is still a topic of hot debate.

When faced with such sketchy and contradictory evidence, my advice is to avoid the stuff altogether. Even if it can't yet be conclusively proven that saccharine causes cancer, it is still clinically proven to cause many side effects as all non-nutritive sweeteners have been shown to do.

Here's a long list of side-effects that non-nutritive sweeteners, especially aspartame and saccharine, have been conclusively linked to - headaches, breathing problems, skin rash, diarrhea, dizziness, mood disorders, vomiting, nausea, abdominal cramps, blurred vision, fatigue and in the some severe cases, slurred speech, seizures and convulsions, memory loss.

Non-nutritive sweeteners have been identified as a common trigger for various types of migraine. They are not recommended for children and should not be consumed by pregnant women.

If this long list of side-effects hasn't put you off eating non-nutritive sweeteners, consider also that most of them were developed in laboratories as accidental discoveries when, for example, as with the case of the invention of saccharine, researchers were working on other projects related to coal tar derivatives. Does this really sound like a "food" you would choose to eat?

Natural Alternatives To Sugar, Sugar Alcohols And Non-Nutritive Sweeteners Honey

Honey contains a mixture of different types of sugars, water, and small amounts of other compounds. Honey has a similar fructose/glucose ratio to HFCS and because of its similar sugar profile and lower price, HFCS is sometimes illegally used to "stretch" honey.

While it is a natural product, honey is still a type of sugar and it still has an effect on our insulin levels and our ability to metabolize fat and lose weight. The benefit of using honey over sugar is that honey contains a lot of different nutrients and antioxidants, and has also been linked to medicinal benefits including a type of antibiotic effect, an allergy control, and other uses. Honey is a bit sweeter than sugar so you also don't need to use as much.

There are many different types of honey derived from bees collecting pollens and nectars from different tasting plants. These are known as honey floral classifications and there is some belief that different plants provide different health

benefits for the honey, such as Manuka honey. But the real and important health differences between honeys come from the way the honey is produced. If you're buying honey, ensure that it specifically says pure and raw honey.

Raw honey is the best type of honey for your health. It is honey that has been scraped directly from the beehive without any processing treatment. Raw honey can contain bits of beeswax and honeycomb, and even sometimes the occasional part of a bee, which can be off-putting for some people.

In order to make raw honey more presentable for popular consumption, a sieving filtering process can be applied which removes these physical impurities but does not alter the raw honey's natural health benefits. This filtered honey is still labeled as pure honey. Whipped or creamed honey is where the raw honey is put through a filter and then aerated to produce a creamy white texture and it still contains the health benefits of raw pure honey.

Pasteurized honey is made, just like pasteurized milk, by putting the raw honey through very high temperatures. This process changes and even destroys the nutritional benefits of honey's mineral and enzymes and pasteurized honey does not have a very long shelf life.

Crystalized honey is another form of processed honey that has been subjected to chemical treatment in order to provide the honey with a granular like texture. Crystalized honey still contains some of honey's natural nutritive benefits although not as much as raw honey.

Honey is a better choice than refined sugar, sugar alcohol or non-nutritive sweeteners, but if you're choosing to use honey, remember to only use a small amount, 1 – 2 teaspoons per day, as it still has an effect of your insulin levels and the way your body processes food to energy or stores it as fat.

Maple Syrup

Like honey, Maple Syrup is a natural sweetener. Do be sure though to buy Pure Maple Syrup and not Maple flavored syrup. Maple floured syrup is a refined

sugar syrup that has been flavored with an artificial chemical made to imitate the taste of pure maple syrup.

Pure maple syrup is derived from the xylem contained in the sap of the sugar maple as well as a number of other species of maples. It consists primarily of sucrose and water, with small amounts of other sugars. The major appeal of pure maple syrup is that it also contains nutritionally valuable amounts of potassium, zinc, calcium and manganese as well as trace amino acids that maple flavored syrup does not have.

Studies into the health benefits of maple syrup have shown it is beneficial in treating Type 2 Diabetes as well as being good for cardiovascular health. Maple Syrup does have just as many calories as sugar so remember to watch your portion sizes and only consume around 1 teaspoon of pure maple syrup on any day.

Agave

Agave is a sweet substance derived from the same plant that is used to make tequila. It has more calories than sugar, but as it is sweeter not as much is required. Agave does contain a small portion of calcium, potassium, and magnesium, but not enough to make any nutritional impact. Agave isn't a particularly good alternative to sugar as it behaves in the body quite similarly to HFCS.

Molasses

Molasses is a thick liquid and is produced during the refining process when plants such as sugarcane or sugar beets are processed into sugar. In some parts of the United States, Sweet Sorghum is called molasses, but Sweet Sorghum is not real molasses.

Molasses is a highly nutritious food. One tablespoon of organic molasses contains one fifth of the recommended daily intake for calcium, magnesium and around two fifths of the necessary daily intake of iron.

Molasses has also been used in traditional medicine to treat arthritis, constipation, acne, anemia, and heart palpitations. It's best to purchase unsulfured and organic molasses as this molasses has not been treated with sulfites so its natural nutritional content has not been altered. Molasses does not taste very sweet compared to other sugars but a lot of people find they develop a liking for this slightly bitter sweetness and end up preferring it to other types of sugars.

Stevia

Stevia is a natural sweetener with numerous health benefits. As a sweetener, stevia has a much more subtle taste and can sometimes have a bitter or aniseed-like aftertaste and it has far less calories than sugar making it a good sugar substitute.

Stevia has been suggested to have anti-inflammatory properties as well as having a stabilizing effect on blood glucose levels and insulin production. Because Stevia doesn't spike the insulin in our bodies, it can be a really helpful food to train your taste buds to prefer less sweet foods as it lessens the addictive properties of sugar caused by the sudden onrush of energy caused by an insulin spike.

Using Sugar Substitutes for Weight Loss

A lot of people have a sweet tooth and enjoy a sugary treat. Many diets which downright deny sweet foods don't allow for the emotional processes these sugar cravings can also involve, and a lot of the time it's the sugar craving that will be the downfall of a lot of dieters.

Instead of trying to cold turkey quit sugar, a sugar alternative can be a better option to wean your taste buds away from the sweet flavor, and 80/20 Fat Loss allows you to make these choices. If you do choose to take this path on your weight loss journey, choose one of the natural alternatives pure maple syrup, molasses or stevia. If you also gradually reduce the amount of these alternatives it is also possible to get rid of your sweet cravings altogether.

The best option for a sweet alternative when you're having a sugar craving is a piece of fresh fruit, as you'll also get all of the added benefits of vitamins, minerals and fiber.

When you're looking at food labels trying to identify sugar, a good rule of thumb is to look for words that end in "ose" -, glucose, maltose, sucrose, fructose and dextrose for example.

80/20 Fat Loss Action Choices

80/20 Easy Level

On the Easy level of 80/20 Fat Loss, try to reduce your overall sugar intake. Cut down on the obvious forms of sugars like candy, cakes and soda and look for low sugar brands of foods as well as trying to reduce the sugar you add to your own foods including beverages like tea or coffee.

80/20 Medium Level

Follow these same steps on the Medium level of 80/20 Fat Loss and also replace your sugars with natural sugar alternatives such as stevia. Remember that you can gradually reduce the amount of sweetener you use in order to re-train your taste buds not to crave sugared treats.

80/20 Advanced Level

If you're following the 80/20 Fat Loss advance level, totally cut out all sugar and sugar alternatives and only get your sweet hit from a piece of whole fruit, no more than two serves of fruit a day. Remember that fructose from fruit best eaten in the morning.

Alcohol

Alcohol has a direct relationship to weight gain, and so if you're trying to lose fat, it's best to start looking at alcohol as something you can start to reduce or preferably eliminate.

Not only is alcohol very high in calories and contains a lot of sugars, studies show that drinking alcohol impedes the fat burning process by 30%. When we drink alcohol, our bodies focus on eliminating it from our bodies first so it leaves the metabolism of everything else until after it has started to work on the alcohol.

Alcohol also drastically inhibits all of the body's hormonal systems especially the function of leptin and the sex hormones. Studies have also shown that alcohol triggers a hunger drive in a lot of people, which is why when you drink it's common to get "the munchies" – it's not hard then to see why alcohol can be responsible for such a high impact calorie surplus. In some people, especially those prone to depressive disorders, alcohol can also trigger the same emotive states that contribute to emotional eating.

How to have a Healthy Diet and Still Enjoy a Drink

So, it's best to give up alcohol all together and forever and drink only water, right? Well, in an ideal world this might be the case, but reality is probably a different story. Alcohol is woven into the fabric of many cultures and societies, particularly the Western culture and some people just simply enjoy their drinking. A small amount of alcohol can be present in an otherwise healthy diet. Let's again emphasize that word "small."

There are also healthy choices you can make within your individual alcohol choices. Try watering down your drink with water or plain mineral water. This will not only reduce your caloric intake from the alcohol but will also increase the overall size of your beverage and help it to last longer, which may prevent you feeling deprived, especially in social situations.

You can also opt for drinks that are typically lower in calories. Drink light beer over normal beer, and choose wine over beer, opting for dry white wine over red wine. I know what you must be thinking right about now; isn't red wine meant

to be good for you?

Studies have shown that the antioxidants in red wine can have a benefit for our bodies, reducing heart disease for example, in very small amounts. However, the overall benefits from not drinking red wine at all do outweigh these small positive effects so if you are looking for antioxidants to benefit your body, opt for other far richer sources of the same nutrients such as the grapes that wine is made from. It's best to avoid spirits, though if you are still drinking spirit based drinks try to avoid sugary sodas like cola or lemonade as mixers.

80/20 Fat Loss Action Choices

80/20 Easy Level

On the Easy level of 80/20 Fat Loss look for better choices of alcohol. Drink wine instead of beer as beer contains more carbohydrates overall and more calories. If you must drink beer, drink low alcohol beer.

A number of low alcohol and low calorie wines are now becoming more and more popular. And if you're choosing wine, opt for white over red which has less alcohol and less calories overall. Avoid sugary colored mixer drinks that typically come premixed in bottles and avoid spirits. You should be having at least three alcohol free days per week and no more than one standard drink of alcohol per day.

80/20 Medium Level

On the Medium level, opt only for one standard drink of low alcohol white wine per day and have at least six alcohol free days per week.

80/20 Advanced Level

On the Advanced 80/20 Fat Loss level, cut out all alcohol altogether. Once you're totally alcohol free just watch those fat levels drop!

Condiments

We use condiments to enhance the natural flavors and add a little extra to the flavor of foods.

Condiments can be a healthy part of a diet, if the right condiments are chosen. Many of our widely available condiments such as ketchup, mustards and mayonnaise are very high in salt, sugars and saturated fats.

Salad dressings such as mayonnaise and ranch dressing can be unexpected land mines of fat and sugar, and the various types of liquid and spreadable cheeses that line our grocery stores contain massive amounts of salt, sugar, fat and not to mention all of the artificial additives used in its production.

A salsa can be a healthier option for a condiment, however many packaged salsas still contain large amounts of sugar and salt. In order to choose the best condiments for your health, read the packaging labels and avoid those which are high in sugar, salt and soy oil, as well as avoiding those which are made with artificial flavorings or artificial sweeteners. Let's look a bit closer at what's inside some popular condiments.

Mayonnaise

Hellman's Mayonnaise is the highest selling condiment in the United States. It comes in a variety of types – Real Mayonnaise, Light, Low Fat dressing and Canola Cholesterol Free. Here are the ingredients as they are listed on each of these products:

Hellman's Real Mayonnaise

Soybean oil. Water. Eggs and egg yolks. Salt. Sugar. Vinegar. Lemon juice. Flavors. Calcium disodium EDTA.

Hellman's Light Mayonnaise

Water. Soybean oil. Vinegar. Modified corn starch. Eggs and egg yolks. Sugar. Salt. Xanthan gum. Lemon. Lime. Sorbic acid. Calcium disodium EDTA. Phos-

phoric acid. Vitamin E. Flavors. Beta carotene.

Hellman's Low Fat Mayonnaise Dressing

Water. Modified corn starch. Soybean oil. Vinegar. High fructose corn syrup. Egg whites. Salt. Sugar. Xanthan gum. Lemon. Lime. Colors. Lactic acid. Calcium disodium EDTA. Phosphoric acid. Natural flavors.

Hellman's Canola Cholesterol Free Mayonnaise

Water. Canola oil. Vinegar. Modified corn starch. Whole eggs and egg yolks. Sugar. Salt. Lemon juice. Xanthan gum. Calcium disodium EDTA Vitamin E. Phosphoric acid. Flavors. Citric acid. Oleoresin paprika. Beta carotene.

Take a look at the list of ingredients in “Real Mayonnaise.” While it might look like there are fewer harmful in the Real variety than in the others, remember that actual traditional mayonnaise is made of three ingredients – oil, egg and either vinegar or lemon juice.

We have already looked that the health risks of consuming unfermented soy products like soya bean oil. Where is the sugar in traditional mayonnaise? And what's Calcium Disodium EDTA? It's actually a type of salt, so the salt content isn't only from the salt listed this is extra salt! Not only that, Calcium Disodium EDTA is an industrial salt and a principle ingredient in many industrial cleaning products. Does that sound particularly “Real” to you?

Even the low fat and light variations are deceptive, as Low Fat and Light are both still considerably high in fat and calories and is only low compared to the levels in the other variations of the same product. And this hasn't even begun to touch on the long list of artificial additives used in the production of these mayonnaises.

Mayonnaise is easy and fun to make at home and far more delicious than any store bought varieties as well as healthy. For an easy homemade mayonnaise recipe, blend 2 egg yolks with a splash of lemon juice and whisk in small amounts

of olive oil until the mixture starts to whiten and thicken. You can also add some cracked pepper or other spices to taste. Simple!

Just remember though that even healthy home-made mayonnaise is still a calorie dense food, so use a small dollop instead of a thick slather to enhance natural flavors of your salads and sandwiches and other meals.

Miracle Whip

Kraft's Miracle Whip is one of the highest selling packaged condiments in the U.S. It was first released in 1933 during the Great Depression as a cheap alternative sandwich spread but now costs about the same as Hellman's mayonnaise.

Miracle Whip it is made by blending mayonnaise with extra oils, vinegars, spices and sugar. These are the ingredients in Kraft Miracle Whip - Water, sugar soy-bean oil, vinegar, eggs, high fructose corn syrup, salt, mustard, paprika, garlic, potassium sorbate, egg yolk, sucralose, acesulfame potassium. Just look at the sugar content in this list!

Not only is there ordinary refined sugar, but also HFCS and two artificial sweeteners, sucralose and acesulfame potassium. Not only that, Miracle Whip also contains unfermented soy oil and a moderate amount of salt. So there next time you're deciding between Miracle Whip and mayonnaise, choose the mayonnaise and better yet, make your own delicious mayonnaise.

Tomato Ketchup

Heinz Tomato Ketchup is another widely consumed condiment in the United States. There are two kinds: Traditional Heinz ketchup which contains tomato concentrate, high fructose corn syrup and standard corn syrup, salt, vinegar, spices, and onion powder.

Heinz also make an Organic ketchup with organic tomato concentrate and organic vinegar, spices and onion powder and uses organic sugar instead of corn syrup. One tablespoon of either type of ketchup has 4 grams of sugar, not only

that, in regular ketchup that sugar is coming from the dreaded HFCS! The average person will use two or three tablespoons of ketchup in one serving which alone brings them close to the daily sugar limit of no more than 24 grams for women and 36 grams for men. And that's just from the sauce!

In each tablespoon of both traditional and organic ketchup, there is 190mg of sodium. Again, most people eat more than a single tablespoon in one serve. Think also of the types of things ketchup is usually had with – burgers, hotdogs, fries and other fast foods all of which have massive amounts of salt. So, as far as condiments are concerned, ketchup is adding insult to injury.

Why not have a try at making your own tomato sauce by simmering some peeled and chopped tomatoes in a small pan with some water and herbs like basil or oregano for flavor, add a sprinkle of pepper or chili and simmer and reduce until a sauce thickens. If you do like a sweeter sauce, add a few spoonfuls of grated apple for a tasty and tangy twist. This won't be like exactly ketchup but you will have a wholesome tomato sauce that will not only work better to enhance the natural flavors of various foods but also be delicious and healthy in itself.

Salsa

A lot of the time, a salsa can be a healthier condiment option but it's still important to be on the lookout for sugars and salts in pre-packaged salsas.

The most popular packaged salsa consumed in the United States is Tostitos Salsa Con Queso. While Tostitos salsa is relatively low in saturated fats (just 0.1 gram per tablespoon serve), and it does not contain added sugar, it does contain an unhealthy amount of salt.

A super fast homemade salsa that's fat, sugar and salt free is quick and easy to make. Just dice up some tomatoes, some peppers (or capsicum), you might also like to throw in some corn kernels, or any other type of vegetable you fancy. Mix it altogether with some lemon juice and a small dash of a good quality olive oil.

For that extra and authentic flavor hit add some oregano, some chili or cayenne pepper, some garlic and a sprinkle of cumin and paprika. In less time than it takes you to go to the store and buy a jar of salsa, you've got a healthy delicious treat made all the more tasty because it's homemade and good for you.

Yellow (or American) Mustard

Yellow mustard, also known as American mustard, is consumed by thousands upon thousands of Americans every day, slathered on hot dogs or bologna sandwiches, and has become a familiar part of American culture.

The popular French's Yellow mustard contains - vinegar, water, mustard seed, salt, turmeric, paprika and garlic, although other mustards on the market also contain high amounts of soy oil and sugar.

French's yellow mustard is a generally better alternative for condiment choices although it does contain a significant amount of salt. In one serving of French's mustard, which is about 1 tsp or 5 grams, there is about 55 mg of sodium. Most people will slather on much, much more than one teaspoon of yellow mustard in a single serve. If you do eat mustard, only use a small amount.

Hot Sauce

Frank's Red Hot Sauce is the highest selling hot sauce in America and one of the most widely consumed condiments in the country, used as a sauce for chicken and other meats.

Frank's Red Hot Sauce contains cayenne peppers, garlic powder, vinegar, water and salt as well as natural spice flavors. While it does not contain any saturated fats or sugar, Frank's Red Hot Sauce is very high in sodium with 200mg per one teaspoon serve.

Hot sauce is a better alternative than a fat and sugar laden dressing but to make an even healthier choice for a condiment that still provides the fiery kick of hot sauce, why not make a healthy homemade version using a little sprinkle of cay-

enne pepper, a dash of paprika and black pepper combined into a past with about teaspoon of olive oil. Delicious and sodium free!

Better Choices for Store Bought Condiments

If you do have trouble reducing or eliminating the condiments from your diet, and don't want to make your own homemade versions, then opt to make better choices from the range available in the grocery stores.

Buy reduced salt and reduced sugar varieties and always compare food labels between brands as the same products do vary from brand to brand. Opt for healthier varieties of condiments such as salsa and steer clear of fat filled cream based dressings.

One type of condiment that is particularly good for you, even in store bought varieties is hummus. Made from blending chickpeas, lemon juice and a little olive oil, it's an easy spread to make at home. When you're buying hummus from the shops, check the labels for any oils it has been made with, avoiding soy oils, as well as added sugars and or salts.

80/20 Fat Loss Action Choices

80/20 Easy Level

On Easy level of 80/20 Fat Loss you can reduce your overall amount of condiments you use, sticking to the suggested portion sizes, typically only 1 or 2 teaspoons, that is says on the packages. You can even go for one meal a week in which you'd typically uses a store bought condiment, like a sandwich, and go condiment free.

80/20 Medium Level

On the Medium level you would look at further reducing your condiment use

only using one store bought condiment serve per week, and the rest of the time make your own substitutes at home.

80/20 Advanced Level

On the advance level of 80/20 Fat Loss you would only use your own healthy homemade condiments and only a small amount on one or two meals per week.

Microwave Cooking

It might seem strange to have a dedicated section on microwave cooking in our getting to know food chapter, but most western households have microwaves these days and a lot of people use a microwave as their main way of preparing meals. It's true that microwaves can be fast and convenient, but they also come with a range of associated health concerns. Knowing how to use your microwave effectively is an important part of learning to live a healthy lifestyle.

One major known problem with any microwave cooking is that fact that in the microwave oven food doesn't heat evenly. This means that there are hot and cold spots which is a perfect breeding environment for bacteria and all sorts of other organisms and toxins. If you're using your microwave to thaw frozen food, turn your food over every 20 – 30 seconds to try to lessen this.

The safest option for thawing frozen food is to place it in the refrigerator overnight. This is just the one widely known problem of microwaves. There have been very few studies done into the health effects of microwave cooking which is really surprising considering that they've been a common part of the western lifestyle for several decades. Is it a coincidence that it has been in these last decades we have seen such troubling rises in preventable lifestyle diseases, particularly obesity?

There is a small amount of evidence to suggest that the radiation used in microwave cooking does change the nutritional of the food. What's more is that with the rise of the microwave has come the rise of the pre-prepared microwave dinner.

Microwave dinners, even the ones that appear to be complete and wholesome meals are typically filled with saturated fats, sodium and sugars, many of them are made with processed meats and processed dairy products and have about the same nutritional value as eating a telephone book.

Most microwave meals also have many times more calories than the equivalent type of meal prepared fresh.

80/20 Fat Loss Action Choices

All of these action choices and alternative for using the microwave can be applied to every level of the 80/20 Fat Loss plan. If you're on the Easy level, you might like to start by simply reducing the use of your microwave overall and then build up gradually to its complete exclusion as you progress through the higher levels of the 80/20 Fat Loss plan.

If you must use your microwave to prepare your meals limit it only to the preparation of steamed vegetables but it is best to pack up your microwave altogether. A far better way to steam vegetables is to use a steamer on the stove top.

Different types of steamers are available, usually quite cheaply from a variety of shops. A steamer is essentially a covered basket, sometimes made of bamboo or metal, which is placed over another pot filled with gently boiling water.

Steamers are so simple to use – just place the vegetables in the steamer, pop on the lid and let the steam from the boiling water below do the rest. Sure, it's a slower type of cooking than microwaving but it ensures all of your nutrients remain intact and also ensures your food cooks evenly.

It's best to do all your cooking with boiling, baking, steaming, or stir frying your foods. Grilling and broiling are also viable alternative to microwave cooking although remember to watch out for grilling meats, as we saw earlier which can lead to numerous health problems.

If you're looking for a quick way to cook a meal, instead of using a microwave, make an Asian inspired stir fry. Stir fires easy to make and ready in the same time it takes to reheat a packaged microwave meal – finely chop your favorite vegetables into bite sized pieces.

Use things like carrots, zucchini squash, asparagus, broccoli, and any other vegetable you like. Add a clove of crushed garlic and about 1 teaspoon of grated ginger and use either water or a small amount of grapeseed oil, and teaspoon of a good quality fermented soy sauce. Add all of these ingredients to a pan

(preferably a wok but a normal frying pan will work just as well) over a high heat, stirring all the time.

You might even like to add a small serving of your favorite lean meat like chicken. Stir fried only take a few minutes to cook, and when it's done, serve with some brown rice or buckwheat noodles (also called soba noodles) and you've just made a delicious, fast and super healthy meal.

Experiment with different combinations of vegetables and proteins and you'll have a whole range of meals at your fingertips that will leave you wondering why you ever needed a microwave in the first place.

Many people use their microwaves for snack making, and microwave popcorn is a big favorite. Microwave popcorn is full of saturated and trans fats as well as sodium, and the sweet varieties also contain masses of sugar. As an alternative to microwave popcorn you can buy an inexpensive popcorn maker that pops natural dried corn kernels using only hot air. This is just as quick as using a microwave to make your popcorn snack and many times more healthy. You'll feel like you're at the movies right at home!

You're now armed with all of the knowledge you need to understand how and why food affects your body, and most importantly how it affects your fat stores, and you've also seen some different ideas about the foods we eat and some ideas about how to make more healthy food choices. Now it's time to turn to some practical examples of putting that knowledge to good use throughout your daily diet and start your own weight loss journey with 80/20 Fat Loss.

Meal Guides Using Examples from Typical American Diets

The following lists of foods are examples of typical American diets, taken from surveys. These are typical diets based on averages and do not represent the absolute eating habits of any one person in particular, however as you start to look through your food journal you may see some of your own habits reflected in these surveys.

Breakfast

Typical American Breakfast

Cereals

Processed packaged cereals, Oatmeal

Bread Products

Bagels, Toast (with jelly, peanut butter or jam), French Toast

Baked and Fried Foods

Donuts, Muffins, Waffles, Pancakes, Hash browns

Eggs

Fried, Deviled, Scrambled, Omelet

Meat

Bacon, Sausages, Ham

Beverages

Orange Juice, Coffee, Milk, Hot Chocolate

General Alternative Options to Improve Your Breakfast

DON'T SKIP BREAKFAST – breakfast is crucial in keeping your hormonal levels even throughout the day and controlling your weight.

Cereals – slow burning carb foods such as oats with fresh fruit; choose a store bought cereal low in sugar, usually a muesli or granola. Unbaked raw natural is best as it has less calories and no added sugar or oil. Be very careful of sugar levels in bought cereal, such as Cheerios, and some also have surprisingly high levels of salt. If you're having cow's milk on cereal, use raw milk or a milk alternative like almond milk.

A lot of people look at me like I'm crazy when I ask them if they have ever tried water on their cereal instead of milk. Seriously though, try it!

Those same people are then usually so surprised when they see how delicious it is and adding water to cereal becomes a regular part of their everyday breakfast routine. If this sounds a bit too extreme for you, then you can instead try some tasty almond milk or rice milk instead of dairy milk.

If you're choosing rice milk, do only use a small amount, or skip it altogether if you're on the Advanced level of 80/20 Fat Loss, as rice milk has a High GI (89). Almond milk is preferable, but either are better alternatives to dairy milk sources.

If you have coffee with milk use raw milk and skip the sugar or phase yourself out of it slowly, using a natural sweet alternative like stevia where possible. Herbal tea is also a great option, have a re-read of the spices section to see how you can easily use some spices to make a tea. Ginger tea for example is an excellent morning drink. If you're going for hot chocolate, make it from organic unsweetened cocoa and use raw milk.

Eggs – eat a maximum of two eggs and scramble don't fry your eggs. Even better boil or poach them in hot water. When scrambling your eggs, mix them with water and not milk or cream and cook them in a non-stick pan so that you don't need to use oil or butter when you're cooking.

Have your eggs with wholegrain toast made of spelt flour if possible, not white bread and don't use butter – the eggs will contain enough moisture so your toast won't be dry. Try adding some chopped up vegetables to your scrambled eggs such as mushrooms, spinach and tomatoes with a sprinkle of black pepper.

You can also try adding any of the other spices from our earlier chapter on spices – a little turmeric with cumin to scrambled eggs makes for a delicious and full flavored breakfast.

Meat – if you absolutely must eat meat for your breakfast, choose a natural and unprocessed source like chicken or steak instead of a heavily salted processed meat like bacon or sausage. It is best though to skip over the meat altogether.

Juices – go for fresh squeezed juice but watch how much you drink – consume no more than a single cup (about 250mls) per day. When drinking juice, it's best to sip it slowly as it can cause insulin spikes.

If you do buy packaged juice, make sure to read the label and ensure it is 100% juice and not just fruit flavored drink. It is best to skip over the juice altogether and have whole fruit instead. In the advanced levels of 80/20 Fat Loss, this could be one of the changes you make.

80/20 Fat Loss Breakfast Choices

80/20 Fat Loss Easy Level Breakfast (using the above typical breakfast as a guide)

Instead of eggs and meat, have wholegrain cereal like steel cut rolled oats or natural muesli on most days. Have eggs and meat once a week if you like, and reduce your portion sizes. Read on to the next section to see how to best adjust your portion control.

Switch to raw milk for your coffee and use a sweet alternative to sugar like stevia. Opt for tea or coffee over hot chocolate. If you do drink hot chocolate, make it

from unsweetened organic cocoa.

80/20 Fat Loss Intermediate Level Breakfast
(using the above typical breakfast as a guide)

Instead of eggs and meat, have wholegrain cereal like porridge, quinoa flakes or natural muesli on most days. Have eggs once a week, reduce your portion sizes and switch to scrambled or poached eggs as described above. You may have meat with your eggs once a fortnight, and make sure it is lean natural cut of meat, not processed meat like bacon or sausage.

Cut out the sweetener from your coffee and switch to raw milk, or no milk at all. Eliminate hot chocolate, although once a week you may have a drink of unsweetened organic cocoa.

80/20 Fat Loss Advance Level Breakfast
(using the above typical breakfast as a guide)

Cut out the eggs and meat altogether and instead opt for a slow burning cereal like quinoa or oats every day, with added fresh fruit and a dollop of natural plain yoghurt or almond milk instead of cow's milk.

Drink only water or a herbal tea made from one of the spices in our spice section. Ginger tea with a slice of lemon is an excellent morning pick-me-up drink.

LUNCH

Typical American Lunch

Sandwiches – typical fillings: processed meats especially chicken loaf, ham, tuna. Mayonnaise, cheese spreads, miracle whip, butter, white bread, bagels. PBJ.

Left over dinners

Subs – typically white bread, meat, cheese, small amount of salad

Pizza

Cheeseburger

Tacos

Hot dogs

Soda

General Options to Improve Your Lunch

Sandwiches can be a very healthy way to eat. Use a low GI bread and load up on the salads, if you really must have meat, opt for poached chicken or tuna instead of processed cold cuts. Use low-fat, low sugar natural dressings in very small amounts (like homemade mayonnaise) and reduce butter, even better eliminate it. A lot of people are really surprised when they find themselves not missing butter at all. Watch out for hidden sugars and salts in breads.

Even a salad on its own, instead of having it with a sandwich, can be a healthy and filling lunch option.

Skip the soda and have a small glass of fresh squeezed juice (if you didn't have juice for breakfast) or even better, water. You can also have herbal tea.

80/20 Fat Loss Lunch Choices

80/20 Fat Loss Easy Level Lunch (using the above typical Lunch as a guide)

Have a sandwich for lunch on most days, made with low GI bread. Limit your take out options to once a week and if you do choose to have take-away, buy the smallest size on offer even if it's a children's size! Follow the portion control guides in the next section for every lunch option you choose.

80/20 Fat Loss Intermediate Level Lunch (using the above typical Lunch as a guide)

Have a sandwich for lunch on most days, made with wholegrain spelt bread and loads of fresh vegetable salads. Skip the butter and other spreads or if you must have a spread opt for hummus or a smear of mashed avocado.

Have meat on your sandwiches only two or three times per week, and choose unprocessed meats rather than processed meat like salami or ham. Limit your take away options to healthier sources like take-away sandwiches.

You might like to start incorporating a fresh garden salad instead of a sandwich into you lunch routines once a week. Swap the soda for fresh juice (remembering though to keep it to only one glass per day), or even better, opt for water or herbal tea.

80/20 Fat Loss Advance Level Lunch (using the above typical Lunch as a guide)

Have a fresh vegetable garden salad every day, and you can add some lean poached chicken every third day for variety if you are still eating meat. You can also mix some legumes, red kidney beans or chick peas for example, through your salad to make it extra filling and if you need a salad dressing use only a small dash of olive oil (no more than a teaspoon) with a fresh squeeze of lemon juice. You might also like to try mixing some cooked quinoa grains through your salad.

Drink only water.

DINNER

Typical American Dinner

Eating out - a wide range of cultural cuisines, particular favorites are Chinese and Italian Pizza

Burgers (with fries and soda)
Fried Chicken (typically with fries)
Steak and vegetables, typically potato or fries
Meatloaf
Hot dogs
Spaghetti and meatballs
Roast chicken and rice and a vegetable
Bread as a side serving

General Options for Improving your Dinner

Make vegetables the main attraction of your main meal with a small amount of lean meat if you have to. Look back over the section in this book on proteins to refresh on the healthiest ways to cook meat – choose lean cuts and white meat over red, and avoid grilling meat over high temperatures.

Do you really need that bread roll with dinner? If so, choose a wholegrain roll instead of white bread. If you are eating a pasta dish, opt for wholemeal pasta over white pasta and brown rice over white rice. You can also try to substitute for a different grain like quinoa or amaranth, both of which have far higher nutritional

values than pasta or rice.

Is that can of soda really going to quench your thirst, wouldn't water be better? If you really don't want to drink a plain glass of water with your meal, you might like to have a cup of herbal tea with your meal instead.

Limit eating out to special occasions and when you do go out, opt for real restaurants that promote fresh ingredients rather than a typical pizza or hamburger joint. Watch out for Italian restaurants too, which may use fresh foods but they're often tied up with giant bowls of pastas made of white refined flours, laden with cheese and heavy on the meat. Traditional Asian food promotes fresh vegetables although in most Western version of Asian cooking, more meat is used as well as heavily salt and sugar laden sauces. If you're opting for an Asian restaurant try to find one that uses mainly fresh vegetable ingredients and is light on the sauces. You can even ask the restaurant staff whether or not they use fermented soy sauce and other fermented soy ingredients.

80/20 Fat Loss Dinner Choices

80/20 Easy Level Dinner **(using the above typical Dinner as a guide)**

Reduce your portion sizes overall and try adding one extra portion of vegetables to every meal. Drink a glass of water. Try to limit take away food and eating out at restaurants to once a week at the absolute maximum and choose the smallest meal size, even if that means you share a main meal with someone else or order an entrée serve.

80/20 Intermediate Level Dinner **(using the above typical Dinner as a guide)**

Reduce your portion sizes overall and make it so fresh vegetables are the main component of your meal, eating only a single portion of lean meat. Limit your use of condiments to healthier options like salsa and skip that bread roll. Eliminate take away fast food like fried chicken, pizza or hamburgers and limit eat-

ing out at restaurants to once a week. Choose water over soda or alcohol, or if you must drink alcohol, only one glass of low alcohol white wine per week.

80/20 Advanced Level Dinner
(using the above typical Dinner as a guide)

Limit total meat consumption to once a week at the absolute maximum and make sure your dinners are made of predominately fresh vegetables with sides of slow burning good carbohydrates like quinoa, but skip that bread roll. Remember too to watch your portion sizes. Eliminate condiments except those you make at home using the advice in this book. Drink only water.

How To Calorie Count

Calories are the name we give to the energy units that are created when we metabolize food. We've talked a lot in this books about calorie counting not being the be all and end all of losing fat and how your hormones and the types of foods you eat are just as important as controlling the amount. This is all still very true, but calorie control is still a part of losing fat and looking good because it helps to determine how much food you need so you don't risk overeating and having an excess of calories that will be stored as fat.

How many Calories Do You Need?

How many calories you need depends on your age, your gender, your body size and how much physical activity you do. Generally, men require more calories than women, and also the bigger you are and more active you are, the more calories you'll need to fuel your body.

On average, the typical man aged between 20 – 30 needs about 2,500 to 3000 calories per day. Men who are older, 31 – 50 need about 2000 – 2800 calories each day and men over 50 should be looking at around 2,000 – 2,700 calories per day.

On average, the typical woman aged between 20 – 30 needs about 1,700 to 2000 calories per day. Older women, 31 – 50 need about 1700 – 2000 calories each day and men over 50 should be looking at around 1500 calories per day. The calorie requirements for a woman will also increase during pregnancy.

Your personal needs might be different to these averages so in order to tailor your specific eating plans to your specific requirements, it is a good idea to have a chat to your doctor about what's best for your body type.

Once you know how many calories you need to achieve your target weight, you have to figure out how many calories are in the food that you eat. Here's a rough idea to get you started showing the calories per gram of major food and beverage categories:

Carbohydrates - 4

Proteins - 4

Fats - 9

Alcohol - 7

It can be tricky to work out all of your calories by these numbers, so it's a great idea to have more detailed charts on hand. There are many calories index books available in your local bookstore, as well as a whole range of free calorie counting databases online.

Calorie counting does involve measuring food but if you're not accustomed to doing this a good way to start is to just eat as you ordinarily would for about a week, but measure everything that you consume.

This will help you to understand your standard eating patterns and how many calories you're used to. Record these measurements in your food journal so that when you review your eating log, and see where your problem foods are and which 20% you would like to start working on, these are the calorie sources you can then start to measure out in order to reduce your consumed calories.

For example, how many of your calories are coming from alcohol? How many are coming from fats? Are these the right kinds of fats? Are your carbohydrate calories coming from refined carbs like white bread or sugary treats? How many of the right kinds of carbohydrates are you using to meet your caloric needs?

Portion Sizes

Getting a handle on portion sizes is another way to easily work out the number of calories you're eating and understanding portion control is critical when you're trying to burn fat for good, but it can be a daunting idea to get the hang of at first.

A lot of people might think that if they have to control their portions they will need to weigh and measure everything they eat and while this is certainly one method of portion control, it's not exactly convenient to carry around a set of kitchen scales to help you know how much you're eating.

It's a good idea to start measuring your food for about a week so that you can better understand the overall volumes of everything you're eating, but no one wants to keep doing this for very long.

A different and far more simple solution is to visually weigh up the size of what you're about to eat using visual cues. An easy way to do this is to compare the size of your food to some common object.

For example: One serving of vegetables is around the same size of a baseball. So, you can look at a medium sized tomato or a pile of spinach or chopped carrot or zucchini (or any vegetable you like!), which is also about the size of a baseball, and know that is one serve of vegetables.

Let's stick with the sport's equipment analogy and think about fruit. One serve of fruit has about the same measurements as a standard tennis ball, so a single apple which is about tennis ball size is one serve, or around 60 calories.

Think about an ordinary hockey puck and you're thinking of the right size for a 70 calorie serve of whole pasta, brown rice or other complex carbohydrate. Of course you don't have to use sports equipment, but think of any common object. For example, a healthy portion of meat has about the same dimensions of an ordinary deck of playing cards or the palm of your hand. See how easy it is?

Portion Control and Eating Out at Restaurants

Restaurants will more often than not serve meals that are far bigger than a healthy portion size, and this is even before we get into the extremely unhealthy concept of the “super-size” meal - even the biggest fast food chains are now starting to realize the social consequences of their Super Size meal deals and are beginning to phase out the program.

If you’re going to eat out at a fast food restaurant, opt for the smallest sized meal with the most amount of fresh vegetable ingredients. The same too if you’re dining out at a regular restaurant. If you only have one size option, perhaps order an entrée instead of a main meal or share a main meal with a friend. You’ll also save money!

So there you have it. By eating the right portion sizes of the right foods, even with just the easy starting level of 80/20 Fat Loss you will be starting to get in control of your body, looking and feeling as good as you deserve to. And best of all, you’ll be making changes you can keep for the rest of your life without feeling like you’re missing out on any of the good things. Are you ready to start feeling great and looking fantastic? Of course you are! I wish you every success on your journey.

Closing Message from the Author

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