

# **The Fat Fallacy**

## **The French Diet Secrets to Permanent Weight Loss**

### **By Dr. Will Clower**

#### ***INTRODUCTION***

- 80% of U.S. population older than 25 are overweight in 2004 – Harris Poll up from 58% in 1983, 64% in 1990 and 71% in 1995.
- American vs. French statistics
  - Obesity rates,
    - ✓ 30% Americans and rising
    - ✓ 8% French and stable
  - Heart Disease – Americans 3 times higher than the French
  - Calories from Fat –
    - ✓ Americans 30-35%,
    - ✓ French 35-45%
  - Fat Free Foods –
    - ✓ 13,000 new products invented in the U.S. in last 15 years
    - ✓ Don't exist in France
  - Life Span – French live 2 years longer for men and 3 years longer for women despite our superior medical system and despite the French heavy smoking

#### ***THE BIG FAT MYTH***

- All fats aren't created equal; some are definitely better for you than others.
  - Natural fats such as cheese and butters are a staple health food
  - Some fats from animal meats will kill you
- French diet for low weight and decreased heart disease
  - Go low on animal tissue fats (particularly red meat)
  - Go high on other natural fats
  - Have healthy eating habits
    - ✓ Take smaller bites
    - ✓ Don't snack between meals
    - ✓ Finish what you eat before taking another bite
    - ✓ Take your time at the table, don't rush it
    - ✓ Eat smaller portions of everything
- Don't fear a normal level of natural fats in your diet
- Adopt eating habits that help control portion sizes, foster lower weight and build a greater appreciation of food you do eat.

### ***A FRENCH LOVE AFFAIR WITH FOOD***

- A healthy relationship with your food
  - Begins by paying attention to what you eat.
  - Take smaller bites, making quality more important than quantity.
  - Eating at a relaxed pace.
- French and American eating habits
  - Your health and weight depends not only on what you eat but how you eat.
  - Americans graze all the time on chips, cookies, etc. The French just eat at mealtimes.
  - Americans eat on the run, in the car rushing to the next appointment, at home in front of the TV
  - French are known for the luxurious length of their meals, usually two hours or more.
    - ✓ Eating slower allows your body to let you know you are full before you overeat.
    - ✓ Eating less food makes you lose weight.

### ***THE SCIENCE OF THE FRENCH DIET***

- Low doses of alcohol keep platelets from building up along artery walls.
- Lyon Diet Heart Study – (Mediterranean diet) olive oil, cheese, some goat meat, wine with meals – reduction in heart disease was dramatic
- 60 different studies all show the strong benefits of low wine intake on heart disease. A glass per day raises HDL levels, protecting the heart.
- You need fat in your diet so you don't have to keep it on your body.
  - Animals fed low-fat diets respond by producing chemicals that make more fat in the body.
  - Higher fat in the diet does not ensure higher fat on your hips.
- Sources of healthy (monounsaturated) fats
  - Extra virgin olive oil
  - Pecans
  - Almonds
  - Cashews
  - Peanut butter
  - Peanuts
  - Walnuts
  - Avacados

## ***TRAIN YOUR BRAIN***

### ***The Genetic Theory for Obesity***

- Here's the theory. Genes play an important role in our current weight dilemma.
- The trouble with this theory is that genes only change over thousands of years but it's been over the past 30 years that weight problems have exploded. We got fatter. Our genes stayed the same
- Americans are all of immigrant stock, so nothing in our genetic makeup would predispose U.S. citizens to obesity.
- Conclusion: You are not a victim of your genes. You can take control of your weight without relying on drugs, radical surgery or gene therapy.
- Our weight problems stem from our eating habits and activity patterns so we should change them.
- The French provide a great example:
  - No drugs
  - No radical surgeries
  - No fat-free/tasteless products
  - No carbohydrate avoidance

### ***Exercise***

- The most obvious way to change your weight is through exercise. By setting active habits for yourself.
- Walk. This applies to everything. If you can walk, walk.
- Do some activity that is great fun. It doesn't have to be painful or sweaty to benefit you.
- Reduce the amount of time watching TV. Trade in high quantity for high quality. Make it the exception not the rule.

### ***Reduce Your Consumption of Sugar***

- Give up drinking sodas. This does not mean switching to diet drinks with artificial sweeteners.
- Switch from eating chocolates that are packed with sugar – milk chocolate to darker chocolates that have cocoa butter and less sugar. The rich, darker chocolate satisfies you and you end up eating less.
- Avoid faux foods. These are always packed with high fructose corn syrup.
- Eat real foods. Your tastes will readjust away from the vats of sweetened food you have become conditioned to.

### ***Upgrade Your Milk***

- You need a normal amount of fat in your diet, which will range from 35 to 45% of your total calories.
- Scientific studies show that a range of fat intake as wide as 25 to 47% has no effect whatsoever on who gets fat and who doesn't.
- A Harvard research scientist stated, "Obesity is primarily a function of total energy intake... the percentage of energy from fat in the diet appears to have little if any long-term effect on obesity.
- On the Fat Fallacy Diet, you will raise your body's baseline from our abnormally low levels of fat. The first step is work your way up to drinking whole milk.

### ***Fine-Tune Your Food Amounts***

- There is a direct correlation between the quantity of food you eat and the length of your life: Simply put, eating less food extends your life.
- This diet is about giving up quantity for quality, about eating richer better food and loving it more. Eating fewer calories results in losing weight.
- Changes that occur from this change in developing a healthy relationship with your food.
  - *Physical changes occur.* As you eat less food the size of your stomach shrinks. You eventually become full with less food.
  - *Chemical changes occur.* Your brain responds to chemicals. Receptors in the nerve cells pick them up as they float by. So put your brain in training. Make your nerve cells adjust their expectations by eating better food, slower.
  - *Psychological changes occur.* You have a mental expectation of what's too much and what's not enough. This amount can change.
    - ✓ Put your food on a smaller dish. There's less space, so you don't have to serve obscene portions to fill it up.
- Conclusion: Develop habits that help you, not hurt you.
  - Reduce sugar consumption
  - Exercise
  - Eat healthy fats
  - Train your stomach, brain and mind to eat normal amounts.

### ***THE PLAN: HOW YOU SHOULD EAT***

- We are to eat a "balanced diet." Therefore avoiding all carbohydrates is a bad idea.
- USDA agrees. "It is the total calories consumed rather than how much fat, carbohydrate, and protein... this is the major determinant of weight loss."

## The Fat Fallacy (continued)

- Only 5% of people who initially lose weight manage to keep it off.

### ***The Details: Habits Matter***

- Rule No. 1 – Return to the family table and take your time eating your food.
- Rule No. 2 – Being in a hurry with your food makes you fat!  
The “full” signal is delayed.
  - Eating too fast makes you eat more than your body wants, which makes you crave more next time.
  - Your appetite keeps adapting to the larger amounts you eat.

### ***Begin with Personal Strategies***

- Take smaller bites. Most of us take colossal bites.
  - Begin with putting a very small amount on your fork.
  - Finish what you have in your mouth before you put something else in there.
  - Put your fork down between bites.
- Take your time when eating. Eating is an experience to savor and relish.
- Eat smaller portion sizes by
  - Eating on smaller plates.
  - Serving less on the plate than you think you might eat. Put less food on your plate with the intention of going back for seconds.
- Eat dessert only if you are not already full from dinner.
- Listen to your body and it will tell you when it's full.

## ***THE PLAN: WHAT YOU SHOULD EAT***

### ***The Differences in the American Food Pyramid and Mediterranean, Latin, Asian & Vegetarian Food Pyramids***

- Meat consumption
  - Recommend eating substantially less red meat than the American Food Pyramid.
  - Eat fish most often, chicken next and red meat least of all.
  - Red meat less than once per week at most.
- Fat consumption - there are good fats and bad fats
  - Good fats, for example
    - ✓ Walnuts
    - ✓ Olives
    - ✓ Avocados

## The Fat Fallacy (continued)

- ✓ Fish
- Bad fats are invented.
  - ✓ The trans fats of hydrogenated oils are found in processed food products, including low-fat products.
  - ✓ Put in products to extend shelf life.
- Alcohol consumption – other cultures recommend we have alcohol with meals in moderation.

### ***Back to Our Main Problem: Fat and Fallacy***

- The dilemma
  - The French eat plenty of fat but don't get fat.
  - Americans eat low-fat, get fatter, and don't know why.
- Our body needs a certain amount of fat, and our cravings reflect that.
  - Fat makes your food taste good
  - Fat makes you feel full. It's an appetite suppressant.
- Food for thought: If you eat the same number of calories of cheesecake as you do in a rice cake, which will you gain more weight on? Neither as it is the number of calories that is important.
- No food is fattening unless you make it that way by eating too much of it.
- Americans are fat because of our
  - Hurried eating habits
  - Astronomical sugar content, including those that are billed low fat. Solution to this problem is to avoid faux foods.
- Skinny countries won't touch fat-free food products. The fat country eats them all the time.

### ***Foods to Add***

- Olive Oil
  - A vital source of vitamin E
  - Enhances the body's absorption of cancer-fighting molecules like beta-carotene and lycopene.
  - Recommend 8 to 12 teaspoons a day.
- Cheese
  - After you've eaten have one or two small wedges of the creamiest, most incredible cheese you can find.
- Yogurt
  - Not the non-fat, low-fat type.
- Nuts
  - One ounce only twice per week to get a 30% lower chance of coronary heart disease.

## The Fat Fallacy (continued)

- Chocolate
  - Eat rich dark chocolate, not milk or white chocolate.
  - Eat chocolate that lists cocoa, sugar and other ingredients you recognize.
  - Only a 1.5 ounces gives you the same heart protective effects as a glass of red wine.

### ***The Final Effect: Satisfied, Not Stuffed***

- This diet stands on two strong legs:
  - How to eat
  - What to eat
- “Satisfied” means the sense of contentment that comes from eating incredible foods, not wanting more, and not having eaten too much.
- Listen to what your body is telling you.
  - What does it mean to listen to your body? It means asking yourself whether you are still hungry, or you’re just eating to eat.
  - A simple rule: If you aren’t hungry, don’t eat.

### ***IF IT AIN’T FOOD, DON’T EAT IT***

#### ***What You Should Avoid***

- The first rule: If it’s natural, it’s okay. If it’s processed, don’t eat it.
- The List: Best Foods, Great Foods and Faux Foods
  - Best Foods – Anything without a label. Bread. An apple. Chicken.
  - Great Foods – Things that you recognize, even with a label on it. Nothing processed. Anything that comes from nature.
    - ✓ Cheese
    - ✓ Olive oil
    - ✓ Pasta
    - ✓ Butter
  - Faux Foods – Processed foods. Partially hydrogenated oil. High-fructose corn syrup.
- The same thing goes for drinks. If you don’t know what it is, don’t drink it. Read the label. If the ingredients are chemicals don’t drink it.
- If you’re thirsty drink
  - Water
  - Milk
  - Fruit juice or wine
  - Tea or coffee

## The Fat Fallacy (continued)

### ***You Know It's a Faux Food if the Ingredients ...***

- *Sound like they came out of the Acme junior chemistry set*
- *Are inventions*
- *Were never alive or never had parents*
- *Won't come up on your spell-checker*
- *Can't be pronounced by your 7-year old*
- *Can't be found in the grocery store*

### ***Faux Foods to Avoid***

- *Olestra*
- *Aspartame*
- *Nitrite and nitrate*
- *Saccharin*
- *Food dyes*
- *High-fructose corn syrup*
  - 700% increase in the American diet over the past 20 years
  - Fructose is about 30 times sweeter than normal sugar
  - If you limit your sugars to natural foods, avoiding faux foods, you will find that your taste for sugar will change.

## ***THE SPECIFICS: BREAKFAST, LUNCH AND DINNER***

Here's a rule to follow: Eat at mealtimes. Don't eat when it's not mealtime.

### ***Breakfast***

- Eating a low-fat breakfast made study participants hungrier before lunch (University of Sheffield, England). These same individuals ate more at lunch.
- What to eat
  - Yogurt
    - ✓ Whole milk, vanilla yogurt. Stonyfield brand
    - ✓ Don't get the single serving size – too large
    - ✓ Add some plain granola
    - ✓ Add fruit to it
  - Eggs
    - ✓ There is no relation whatsoever between eating an egg every single day and developing coronary heart disease.
    - ✓ The egg is a nutrient-dense food
  - Whole milk
  - Toast and butter. Avoid jelly.

## The Fat Fallacy (continued)

- Rule: If you're not hungry for breakfast, don't eat. If I'm still satisfied from last night's dinner, I just wait till lunch.

### ***Lunch***

- Get smaller portion sizes or just eat until your body tells you to stop eating.
- Salads are good because they have lots of nutrients. Avoid low fat dressings.
- Finish the meal with a cup of coffee. Helps eliminate cravings.
- Finish the meal with some decadent cheeses or a square of chocolate (Lindt makes a good one)

### ***Dinner***

- First the rules
  - No prepackaged foods.
  - No snacky junk from a bag.
  - Read the section on good habits and follow them.
  - Food variety is key. Too much of anything is too much.
- Have a lot of colors of food.
- Have some veggies, a meat and some bread or rice.
- After dinner a selection of cheeses

## ***THE SHOPPING LIST***

- Dairy
  - Milk
  - Whole milk yogurt (cream on top)
  - Butter
  - Eggs
  - Sour cream
  - Parmesan cheese
- Frozen Section
  - Breyers ice cream – that has ingredients that Johnny can read
- Veggies – lightly cook in a skillet with a mixture of butter, olive oil and garlic. Cook this side of raw.
  - Asparagus
  - Green beans
  - Red bell peppers
  - Broccoli
  - Squash
  - Eggplant

## The Fat Fallacy (continued)

- Cloves of garlic
- Sweet onions
- Bag-o-salad
- A lemon
- Tomatoes
- Potatoes
- Bakery
  - Fresh baked bread – buy your bread every day if you can.
- Meats
  - Salmon filet
  - Catfish filet
  - Chicken
  - Pork chop filets
  - Polish or Italian sausage
  - Rump roast for a rare treat
  - Sardines, kippers or tuna
- Other Stuff
  - Walnuts
  - Brazil nuts
  - Virgin olive oil
  - Balsamic vinegar
  - Oregano
  - Crushed red pepper
  - Canned white beans
  - Canned field peas
  - Wine (preferably red)
  - Olives (not from a can)
  - Dried cranberries, cherries, raisins, and so on
  - Pears, plums, bananas, oranges, and so on
- What not to get
  - Junk food
  - Soft drinks
- Your long-term goal is to reduce to zero the amount of snack foods you eat. You have “arrived” when you only eat real food, only at mealtimes.