



EAT **One / Half™**

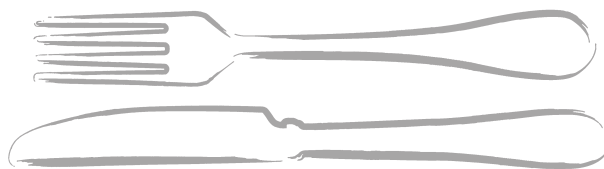
make
WEIGHT LOSS
easy



A scan code on the front cover gives you subscription access to the *EAT One/Half Network* online at www.eatonehalf.com. This innovative resource offers a more personalized focus in conjunction with strategies presented in the book. The Network features tips on healthy foods, exercise, and a calorie tracking system that monitors weight loss. It introduces new ideas, hints, and suggestions to help reinforce your effort to lose weight.

The Network presents ways to deal with difficulties such as unexpected hunger, selecting healthy low-calorie snacks, and moving beyond a stubborn plateau stage. It motivates users to forge ahead and meet weight-loss goals by sharing their successes with others. This groundbreaking digital resource provides a new approach to losing weight using an exciting social forum to exchange recipes, personal stories, and inspirational quotes. What are you waiting for? Scan the access code on the front cover and join our online community today.

EAT ^{One}/_{Half}[™] make **WEIGHT LOSS** easy



“Half the Calories, Twice the Health”

O.Bey MD



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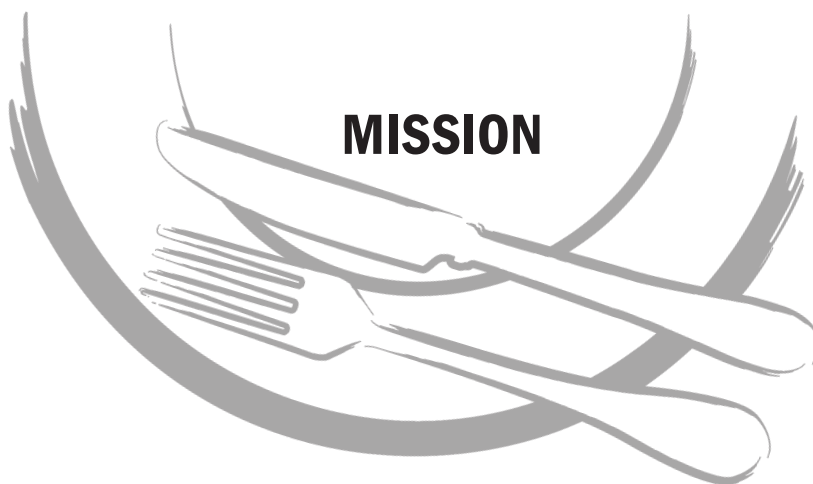
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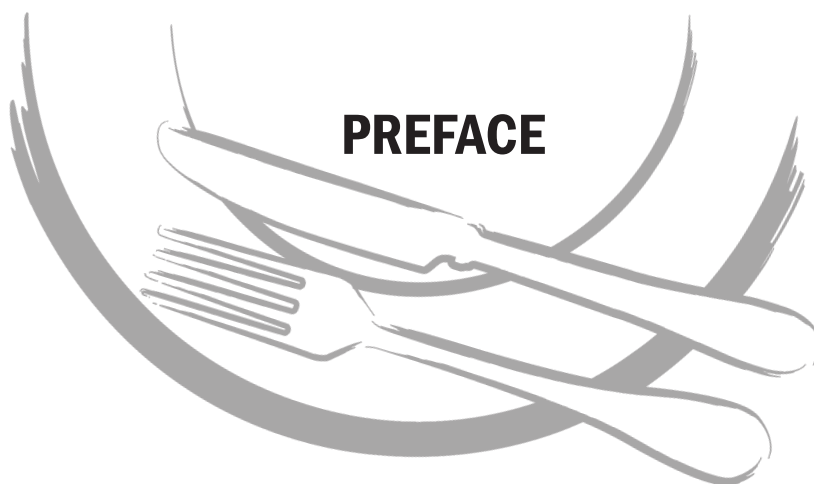
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EAT One/Half was developed as an easy weight-loss plan to support the success of anyone losing weight. The mission is to reduce discomfort and increase knowledge regarding diseases related to extra body fat. Worldwide, millions of people suffer from obesity, which is a preventable health condition. The goal is to reach readers globally and have them understand that neglecting excessive body weight affects health, longevity, and the quality of life. This book provides a practical plan with an emphasis on food choices, healthy eating, and daily exercise. A portion of the book proceeds shall fund continual development of the *EAT One/Half* Online Network. Thank you for your support.





The *EAT One/Half* WEIGHT LOSS plan grew out of my desire for patients with complicated medical issues to lose weight. It is an easy method; it does not require anyone to follow stringent measures or costly guidelines. Instead, an effort goes into driving out fat. An emphasis is on replacing old eating habits with better food choices, increasing exercise, and modifying other types of unhealthy behaviors.

While on the plan, overweight patients withdraw from unhealthy eating. It becomes a means for them to choose what to eat, when to eat, and how much to eat. Other factors like the metabolic rate impact their effort. The rate determines whether a person burns calories quickly or slowly. It gives the person an opportunity to get in tune with the body's fat-burning mode.

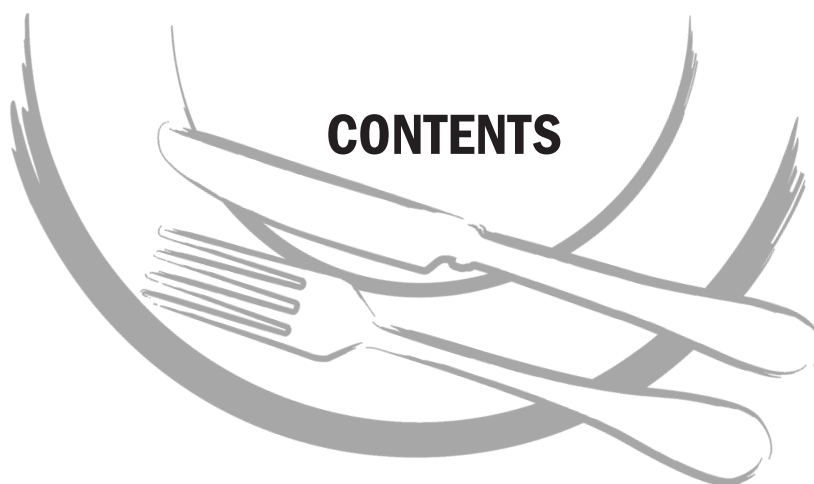
Highly adaptable, the *EAT One/Half* plan is flexible and fits a person's need to choose. Consider it the personal touch. What works for some people may not work for all. This method recognizes differences in an individual's ability to lose stored fat. Besides that, it promotes the desire to feel good, look healthy, and enjoy life. The plan honors most food preferences with an agreement to cut high-calorie portions in half.

This initiative is supplying the steps for building a healthy mindset, one where a person assumes responsibility for eating to live, not living to eat. Thoughts or beliefs that it is okay to overindulge are no longer

PREFACE

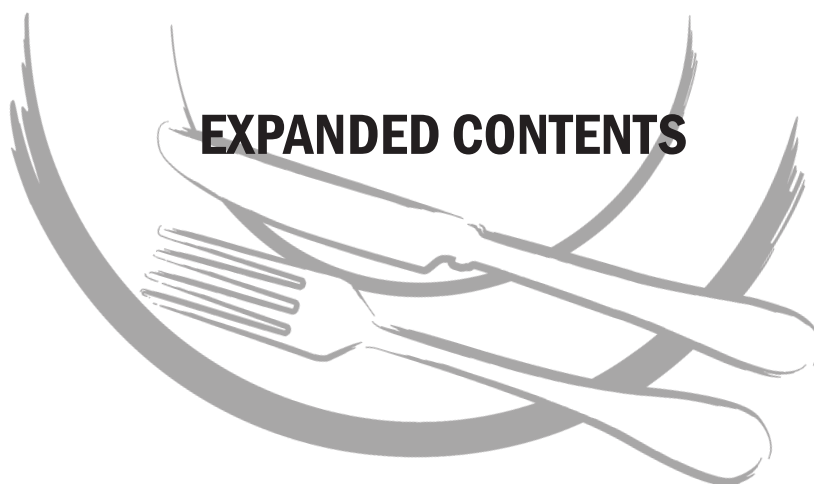
acceptable. Self-control is essential in setting boundaries against the regaining of weight. Moreover, procedures are in place to identify daily calorie needs and understand functions of the body's metabolic rate.

As a physician, I trust this book will broaden awareness of the health benefits of gradual weight loss. In treating overweight patients, the *EAT One/Half* plan has helped many win the battle against obesity. It renews a person's lifestyle and commitment to improve health. In pursuing this endeavor to write for you so that you may become familiar with the plan, credit goes to my patients who say, "Doc, I wish you would share with others what you've done to help me lose weight."



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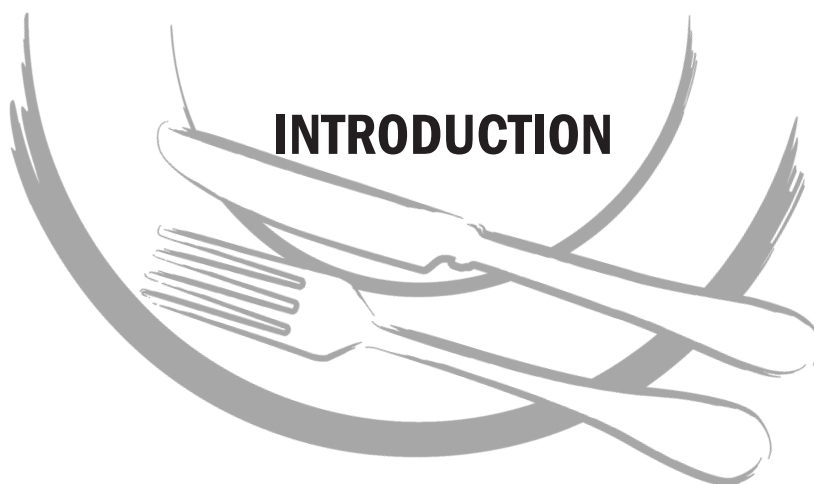
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Thumbs up! You have opened a book asking you to *EAT One/Half*. It carries you on a journey to *Make Weight Loss Easy*. Its road signs can persuade overweight individuals to reshape their lives. There is no need for anyone to be alarmed about making a wrong turn. Stay on the road. It goes in the direction of eating nutritious food.

There is no perfect one-size-fits-all diet. My intent is to present the *EAT One/Half* plan as a smarter way to lose. Think of it as a guidepost to revise unhealthy eating habits. Initially, the plan simplified what one needed to eat from the basic food groups. Nowadays, the plan is effective in reminding a person to reduce portions of high-calorie foods.

Some weight programs inundate people with long, demanding lists, but the *EAT One/Half* plan is different. It is a self-motivational approach with practical strategies. You are involved in choosing foods, physical activities, and useful resources. However, like other programs, there are times when a person is tempted to eat too much. There can also be times when it is necessary to overcome the feeling that one is food deprived.

Equally important, the *EAT One/Half* plan is a slow but sure slimming down process. Compare it to a balloon that is losing helium little by little. Your fat is discharging slowly from storage bins in the body. Of course you want fat cells to empty fast, but remain patient. Continue to look on the bright side and stay the course as the body grows accustomed to nutritional downsizing.

In the Beginning

I treated health problems prevalent among patients coping with weight issues early on in my career. I recommended the weight-loss plan as a disease prevention strategy. Many illnesses at that time related to lifestyle issues and conditions. Most of my patients had persistent challenges with heart disease, lung disease, hypertension, diabetes, kidney disease, or cancer.

To me, it was important for patients not to think of the plan as punishment for being overweight. They already faced numerous medical conditions. Therefore, adding weight to the equation made it even more difficult. This is why the plan had to be flexible and easily adaptable. During patient visits, I clearly explained reasons for cutting their big meals in half. Eager to feel better and improve health, they accepted the charge to change their dietary practices.

Approaching 30 years, the *EAT One/Half* plan remains an effective approach to disease prevention as well as a strategy for losing weight. It seems likely to be successful for another 30 years. Sedentary lifestyle problems and risks are on the rise. One such risk is an increase in weight. Large numbers of people suffer from obesity. Worse, some overweight individuals fail to realize how bad eating habits can harm their health.

Throughout my years of practicing medicine, I have seen weight-loss and fitness programs point out the necessity of eating fresh foods. Despite the emphasis and healthful advice, the need persists to reduce health issues encountered by being overweight. Healthy eating advocates have also taken on the responsibility of raising interest levels based on sound research. So, what does it take for overweight overeaters to cut back?

Are You Ready to Start?

The *EAT One/Half* plan starts with your commitment to apply the 14 steps described to enact the plan. Beginning actions are promoted by making proper food choices and eating reasonable portions. In pushing through with confidence, your behavior confirms a readiness to believe in the ability to change. Here is a chance to preserve the sincere

hope in your decision. Upon taking action, you may find responses to these basic concerns helpful.

- Yes, you can shed pounds while eating the meals you enjoy by considering the best food options.
- Yes, the plan promotes turning a sensible, holistic eating style into healthy lifelong habits.
- Yes, the plan changes the approach to losing weight using an easy-to-adopt solution.

Control weight for the rest of your life as the plan is practical, and there are no surprises. If you are ready to begin, there is no further need for serious contemplation. The plan applies a functional method, reducing body fat through the process of increasing and decreasing the cutting of certain foods by one half.

Why Does It Work?

Surely, it is common knowledge that weight gain normally occurs as a result of constant overeating. When a person eats less, weight is lost. The *EAT One/Half* weight-loss equation gets you to see how eating less high-calorie food and more low-calorie food is effective. In learning how guidelines for this equation are put into action, you get to know why the plan works.

Stay on the road. It goes in the direction of eating nutritious food.

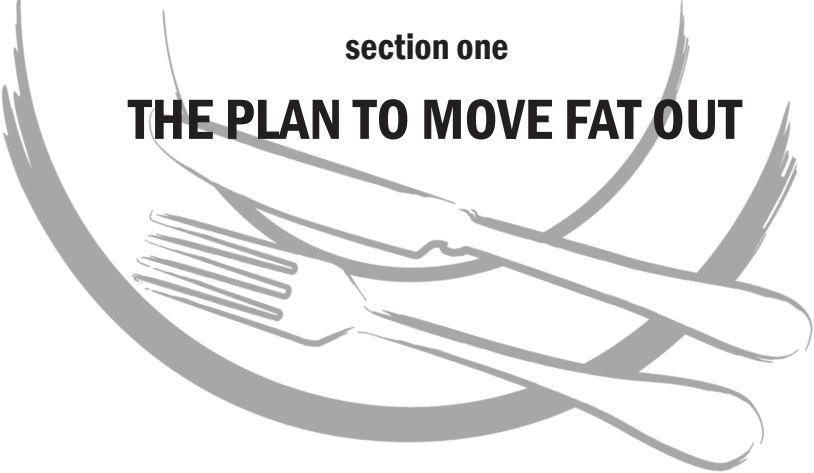
Some of your priorities will change as you begin to alter routines and habits. For instance, you may need to modify shopping for fresh foods, cooking at home, or buying certain precooked products. Changes may also mean taking time to understand the way food marketers are skilled at addressing individual preferences for low-calorie, low-fat, gluten-free, diabetic, vegan, and vegetarian meals.

Go on, breathe a huge sigh of relief; there is nothing difficult about setting a healthy standard for weight loss. Focus on your purpose and becoming familiar with using steps in the plan. Pace yourself, without feeling overwhelmed or rushed. Also, take time to toss out “I can’t do

it” thoughts or a bad attitude standing in the path of changing your future. Dump gloomy thinking; replace it with meaningful thoughts that make you eager to start. Be happy about:

- Becoming healthier, upgrading the joys of life;
- Lowering joint, knee, or back pain by losing weight;
- Reducing hypertension, blood pressure, or cholesterol;
- Having energy to exercise and do more physical activity;
- Taking action for your life to go in a new direction;
- Selecting and eating foods high in nutritional value.

Steer your mind toward a fresh beginning, and implement the best procedures to have the plan work for you. Recognize how an assertive mindset and good feelings work to benefit weight loss. Act with enthusiasm, open the door to welcome the *EAT One/Half* plan. View it as a way to cease repeated episodes of losing and gaining.



section one

THE PLAN TO MOVE FAT OUT

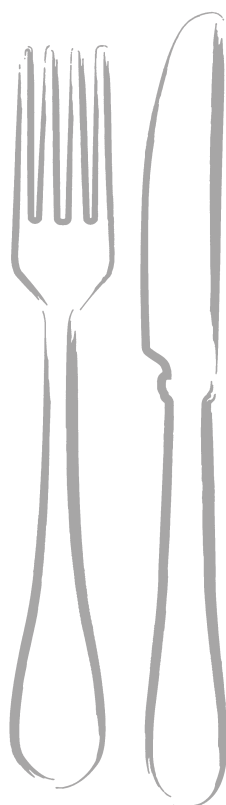
Adjust to Your Uniqueness

Look around, no one is exactly alike. Individuals are different. People vary in age, height, weight, and health. A quality weight-loss program takes into account the one-of-a-kind person, and allows for uniqueness. In fact, I favor the distinction of adapting a program or a plan to fit each individual. It can be fine-tuned and adjusted according to personal like and dislikes.

The *EAT One/Half* plan recognizes a person's choice to eat enough food to feel satisfied. It follows the modern breakdown of energy units in foods, which we refer to as calories. An emphasis is on consuming the calories necessary to meet your body's energy requirements.

Anyone wanting to lose has to know that one pound of body fat equals 3,500 calories. For example, if an estimated daily food intake of 1,900 calories is cut down to 1,400, there is a reduction of 500 calories. At the end of a week (7 days), the total decrease in calories is 3,500, which is the loss of one pound.

Each day, the total number of calories consumed and burned differs. However, keeping track of calories is not required on some weight-loss programs. Sometimes there is no need to monitor the numbers; therefore, little attention is given to you having to count calories. You miss the fun—calculating the caloric value of the foods you eat.



IT IS EASY TO USE

Plain and simple, the *EAT One/ Half* plan is a personalized method to help a person eat healthy and lose weight.

It works on the flexible principle of decreasing high-calorie foods by one half and increasing low-calorie foods by one half or more.

The *EAT One/Half* plan encourages you to compute calories as a means of choosing the right foods for weight loss. A daily record allows you to compare days when rich snack foods are avoided in order to stay within a set calorie range as opposed to days when such foods are eaten to satisfy the munchies.

In addition to watching calorie intake, adjust to exploring your uniqueness in terms of nutritional preferences. This kind of adjustment enables you to decide on foods that are beneficial to your health. Also, branch out to discover new choices, and substitute high-calorie meals for low-calorie meals. I know there can be skepticism, but get outside the comfort zone and try something different.

Some individuals want a weight-loss system to require the eating of particular foods. I have patients who confess to failing after trying such a system. They describe the initial excitement of obeying meal guidelines. After a while, the purchasing of specially prepared meals fails to sustain motivation, causing their interest to wane. Then body fat returns, and determination sinks to a disheartening low.

Life has to include watching weight.

Without giving excuses, patients readily admit, as “weight-loss drop-outs,” that regaining weight is a sad experience. Added to the sadness, they continue to lack knowledge about cutting back on surplus calories. Their effort and time wasted, little is learned about eating high and low-calorie foods as an easy way to lose weight.

Struggles to control weight will be a lifetime process for some people. It is a huge mistake to think that weight loss is permanent. Life has to include watching weight as well as refusing to return to old calorie-laden eating habits. There are people who are surprised when I explain how fat can come back in double and triple amounts. Occasionally, it reminds me of a patient who was frustrated with repeat dieting.

A consummate weight-loss drop-out, she was always searching for the fastest way to lose. Seeing others lose and keep weight off, she wondered why it was not happening to her. She regained not only the initial weight but more, due to poor food choices.



STEP 1 BE TRULY COMMITTED

Commitment means you are going to stick with the *EAT One/Half* plan to achieve and maintain your weight goal.

Remain dedicated to your effort to modify behavior, eat healthy meals, and exercise daily.

In her mid-twenties, 5 feet 11 inches tall, weighing 240 pounds, the young woman had no significant past medical history. Uncomfortable with both her height and weight, she felt insecure. The uneasiness had become a major issue, affecting her psychologically and physically.

Our conversations about motivation and psychological support for dealing with the weight-loss process included her descriptions of unsuccessful diets. It was a painful subject, and she would cry.

As I listened to her story, it seemed that **most of the time, she had been quite successful when trying to lose weight. However, her problem was maintaining weight loss.** Over the next few months, we talked about behavioral modification and eating lifestyle changes. I had her evaluate the foods she liked and identify those eaten regularly as part of daily meals. To achieve lasting weight loss, it was necessary for her to understand what proper portions from each food group should look like on the dinner plate.

On the visit when we discussed the *EAT One/Half* plan, she decided to cut carbohydrates in half in addition to eating more fruits and vegetables. She was not a salad fan, so the idea of eating lettuce with other raw vegetables before each major meal was unacceptable. Meat was not a problem; she liked chicken and fish. In terms of a drink, sugary soda was one of her weaknesses. It stood in the way of her success. Amazingly, before the visit ended, she decided on diet soda as her beverage of choice. Also, she reluctantly gave up ice cream and cake as a nightly treat.

This young lady chose her own meal plan for the most part, which is an easy personalized approach. She identified the daily food choices. In addition, she was happy the plan did not intimidate her, because previous diets had made her feel that way. Better yet, she was determined to lose and not regain the weight she worked hard to take off.

The most rewarding part for me was watching her recapture self-esteem and confidence while looking forward to a bright future. The era of being a repeat drop-out ended. Based on her uniqueness, she moved fat out by staying on the *EAT One/Half* plan.



STEP 2

CUT FOODS IN HALF

Cut your calorie-laden foods in half, which enables you to increase the quantity of low-calorie foods you eat.

Live as a healthy person, one who prepares an *EAT One/Half* meal with proper portions and food choices.

Customized Weight Loss

Once the commitment to lose weight is definite and a person is noticing success with the *EAT One/Half* plan, it builds confidence. However, in situations where confidence is shaken on account of bad eating practices, attempts to improve can lag behind. If this is a problem you face, make unhealthy habits part of the past.

Of course, a bad habit can be hard to stop, but not impossible to break. Deep down you know the fight to overcome a bad routine is not futile. Give a cold shoulder to going back to ineffective procedures. Customized and effective approaches to weight loss enhance healthy practices, mainly the ones that work for you.

Make unhealthy habits part of the past.

I spend considerable time customizing eating plans for overweight patients with health problems, in addition to explaining probable cures for their condition. A doctor's role is to adjust medicine to a patient's body and medical history. For example, if a person has heart trouble, specific medical treatment is recommended. Therefore, when suggesting courses of action for fat reduction, I consider the *EAT One/Half* plan as personalized treatment for weight loss.

On drives between hospitals and patient visits, I get a chance to think more about overweight patients, especially those who use the plan to progress with routines suited to their lifestyle. It helps lower the stress level at a time when they already feel pressured to lose weight. In addition there is the advantage of making changes to tailor their plan without experiencing a long delay.

Taking the First Steps

Taking the first steps to lose validates your yearning to change. If you are ready to enter a fat slimming contract with your body, establish a bond between mind and body, connect thoughts to physical actions. Once the contract is enacted, you embark on a new approach to managing weight—one that is right for healthy living. Steps outlined in the plan serve as guidelines to release pounds safely and steadily.



STEP 3

UNLIMITED SALADS

Green, leafy salads for lunch, dinner, or a snack contain plenty of nutrients and add bulk to an empty stomach.

Every day, eat a large salad made with 90 percent lettuce, 10 percent topping, and a small amount of low-calorie salad dressing before your main meal.

Start by setting objectives to produce predictable results with the *EAT One/Half* plan. Dedication to your intent can help maintain focus, reducing the likelihood of straying from the main purpose—reducing weight. Organize tasks to implement the steps according to a schedule of readiness. Select some or all 14 steps, mainly those that are reasonable to begin at once. It is possible to need more time to implement a few of the steps.

Taking the first steps to lose validates a yearning to change.

Wondering what to expect during the initial phase of the plan is normal. Anticipation can bring excitement. You may become more interested in foods that take up space in the stomach to override feelings of hunger, or enjoy the ability to cook new recipes. Likewise, you may expand awareness on learning to swap less healthy foods for more healthy ones. All kinds of interests can expand around buying, preparing, and eating different foods. Along with the thrill of newness, take the beginning steps and be delighted to accomplish more:

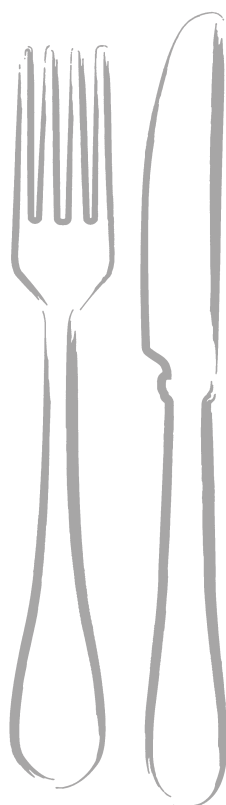
- Become an active role model for your family.
- Overcome the displeasure of being in photos.
- Imagine your life without major health problems.
- Feel confident and secure in workplace situations.
- Use good eating habits to set an example for others.
- Participate with others who enjoy outdoor activities.

Three Opening Stages

Stage one: Agree to use the *EAT One/Half* plan as an eating style to become healthier.

Stage two: Be consistent in cutting your high-calorie foods in half while increasing low-calorie foods as part of a regular eating routine.

Stage three: Develop enthusiastic ideas about adopting practices that can easily be integrated into your lifestyle.



STEP 4

EAT LEAN MEATS

Meat is a primary source of protein, so eat a palm-sized portion of meat that has been baked, broiled, or roasted, but never fried.

Lean meats, such as fish, chicken, and turkey, are preferred for healthy weight loss.

In the beginning, these three stages chart a course of devotion. It is a launching point with a duty to understand definite responsibilities. Agreeing to this sense of duty gives you a nudge to care for your body. Regard it as an obligatory nudge to feel good on the inside and look healthy on the outside. Treat healthy living as a priority.

Acceptance of the *EAT One/Half* plan does not change who you have become or how you fulfill your purpose in life. Instead, the influence comes through to inspire a healthier you with proper nutrition. Regardless of the practices you are accustomed to, do expect the way you choose to eat high-calorie foods to undergo some change as effective methods for losing weight include maximums and minimums. Also, expect to decide on the level of consistency you prefer in bringing opening stages of the *EAT One/Half* plan to fruition.

Metabolic Rate

Our inner body rhythms work in conjunction with a perpetual heart-beat. A particular rhythm is the burning of food calories to provide the body with energy. The speed at which it burns is called the metabolic rate. This rate governs the degree to which your body eliminates fat or stores fat. For a slim individual with a fast metabolic rate, gaining extra weight has probably never been an issue. Without a problem there is little need to be cautious about food selection or physical activity.

On the other hand, when a slow metabolic rate is revealed, keeping a proper weight level usually becomes a lifelong venture. A sluggish metabolism contributes to weight gain because the slow burning of calories turns unused calories into surplus fat. Medically, we know this is a major factor when dealing with morbid obesity. Most significant is the fact that excess fat increases the risk of certain diseases and decreases longevity.

Boosting the metabolic rate is part of winning a never ending battle to not regain weight.

A substantial amount of spare fat is unhealthy, but there is hope. Rev up your metabolism, become an active person, doing things for the body to burn more calories. In other words snap out of idleness, as



STEP 5

EAT VEGETABLES

Vegetables are filled with healthy nutrients, water, and fiber. Enjoy a variety of plant foods in all colors.

Most vegetables are low in calories. Increase your portion by one half.

being labeled a lazy “sofa spud” is not a classy nickname. Assume a proactive stance and ask, “Why should I blame my metabolism for being overweight?” Reply insightfully, “Boosting the burn rate is part of winning a never ending battle to not regain weight.”

When the metabolic rate is slow, reduce high-calorie foods. Drink plenty of water, eat fruits and vegetables, and do not skip meals. Equally important, be an “on the go” person to prevent a stockpile of fat. Anyone with a growth of “fat stash” around the middle needs to get out and walk.

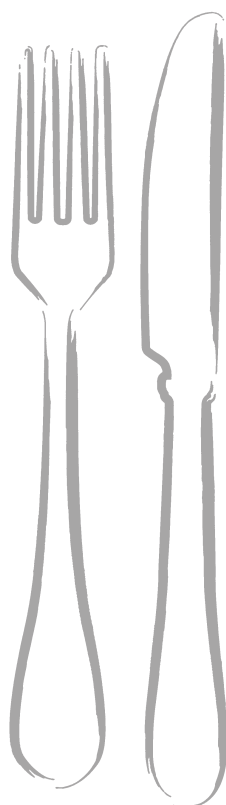
Nowadays, a car prevents us from traveling by foot. It offers us the convenience of doing business or obtaining services at a “drive up” window. Gone is the vibrancy of standing and climbing stairs, movements that boost the metabolism. Such perkiness increases the burn rate, reducing unused calories.

Give Yourself Time to Lose

In the past, how did you decide what weight-loss program(s) might or might not work? Did you flip a coin, go with something popular, or try the one with the magic drink? Most likely you found yourself achieving limited success or feeling pressured to lose. After a while, did you cast caution aside and start eating huge amounts of fattening food? Do you recall experiencing frustration or guilt during this process? All right, enough questions; let’s deal with the heart of the matter. We can agree that losing weight does not occur overnight and requires both commitment and determination.

A healthy weight-loss victory takes time and persistence

Compare a person’s attempts to lose weight to someone who is trying to quit smoking. Believe it or not, a smoker may be able to quit smoking more quickly than an individual who is struggling to lose weight or maintain a certain weight level. Smoking can be an all-or-nothing process. Someone with strong willpower and self-discipline may throw the cigarettes away and never pick them up again. A person who is losing weight cannot wake up one morning, zip the lips, and never eat again. Doing what is necessary to achieve a healthy weight-loss victory takes time and persistence.



STEP 6

REDUCE CARBOHYDRATES

Only place half the portion of carbohydrates you usually eat on your plate. Carbohydrates (starches) are one of the body's primary calorie sources.

Decrease calorie-rich foods, such as grains and starches, when weight loss is your goal.

The vital elements of food and water contribute nutrients to the body, supplying the energy to live. Whereas, the taste and aroma of food influence the appetite, which fulfills the pleasure of eating. Deep down, a desire to change the way you eat and when you eat may not overrule an estimated time projected for you to lose.

Although the *EAT One/Half* plan involves a lifestyle change, ***the act of eating will remain an enjoyable part of life***. It is certainly not about starving or eating very little, but eating smarter and healthier. Therefore, a key consideration is to set a realistic timeline to achieve your weightloss goal. The love of food is natural, and satisfying our appetites can be challenging. But when you are committed, focused, and—most importantly—patient, allowing yourself time to lose will bring success.

Value Behavior Modification

Behavior adjustments are an underlying aspect of weight reduction, so feel vested in the claim to change. Take ownership of your weight problem, and then act on a resolution to mend the concerns, which is a positive means of getting results. Better yet, embrace and value a mindset to change behavior as you incorporate new eating practices.

In addition to behavior, ideas need modification, too. The idea that fast dieting is better than steady, healthy weight loss still prevails. At the start, “quick dieters” may lose fat as it seems to magically drop off. Once they stop dieting, the fat returns. A fast diet usually lacks steadfast principles for sustaining lifelong weight loss. Sure, it works, but healthy habits will outweigh a quick fix when losing fat to achieve better health.

The challenge of achieving an ideal body weight grants you the right to be proud. The dedication required for continued weight loss is commendable, but care must be taken to avoid a relapse, one that results in the displeasure of regaining weight. Without an escape from a relapse, plentiful meals may flatter the tongue with overindulgence. Attempts to prevent setbacks, taper mindless eating, or diminish an “eat on” attitude without an internal stop signal is difficult.

**The courage to transform eating
behaviors through positive reinforcement
exists within you.**



STEP 7 EAT FATS

Oils are healthy fats that come from fish, olives, nuts, or seeds. They contain plenty of extra calories; try to use small amounts. Unsaturated fats are considered healthy fats.

Shift behavior, resolve flaws, and set in motion procedures that work for you to stop eating unhealthy foods. Actions to either halt or deter setbacks involve complying with practices to change behavior. For example, integrate and change activities such as resizing food portions or preparing smaller meal servings, which are key features in the *EAT One/Half* plan.

Beyond a shadow of a doubt, *the courage and ability to transform eating behaviors through positive reinforcement exists inside you.* Assuredly, a person's success at weight loss will be to replace poor dietary patterns. Because eating is necessary to live, doing without food is not an option. A change in eating style can pose a challenge. Treat the 14 steps in this plan as operational guidelines. Moreover, reject any sorry feelings for yourself and understand that weight loss thrives through behavior modification.

Starting Line Commandments

The weight-loss starting line is where you reject any last-minute hesitation and push forward with the intent to lose. At this time, carefully consider the following commandments:

First: Spend a few minutes looking at your body from head to toe in a full-view mirror. Be truthful about what you see and why you want to change.

Second: Believe in your capability to lose weight. Allow no one to interfere with your initiative to develop new and healthier eating practices.

Third: Admit the responsibility to lose weight is yours, and embrace the honor, dignity, and pride this journey will evoke.

Fourth: Identify the conditions or problems contributing to your weight. Then set forth and implement plans to resolve them.

Fifth: Talk to individuals who support your decision to lose weight and openly express a desire to see your weight-loss efforts progress.

Sixth: Rely on willpower to get you through the struggles of over-eating and do not allow excuses or other barriers to stand in your way.



STEP 8

EAT FRUIT

Make fruit a part of every meal. It is tasty, fresh, natural, and nutritious. Eating fruit is a wonderful way to satisfy hunger.

It is a great idea to select fruit as a snack.

Know the Powerful Secret

When the body uses all the calories you eat, weight can begin to be lost or controlled. Clearly, this shows that there is no deep, dark secret to losing extra body fat. The *EAT One/Half* plan puts suspicion to rest, as you build the confidence to add and subtract food portions from your plate. An easy plan, it helps a person cut back on calories consumed each day in order to lose weight.

Shady details or dubious life-enhancing techniques may have you believe that healthy weight loss depends on grueling restrictions. One-sided explanations may also present half-truths about the impact of energy in certain foods, the link between weight loss and eating habits, or the use of dietary supplements. The *EAT One/Half* plan makes weight loss possible without pills, gimmicks, or unrealistic promises. It gives you the means to follow a healthy eating style and adhere to proper caloric requirements.

There is no deep, dark secret to losing extra body fat.

Once more, if the daily intake of calories is greater than what you burn during a 24 hour period, weight is gained. So, when consuming more food than you are able to burn as energy, the result is additional weight. Can you imagine this plain and simple process being difficult to understand? For some unknown reason, figuring out how the body either increases or decreases weight is deemed a mysterious process.

Set Realistic Weight-Loss Goals

Before setting a weight goal or a time schedule, determine what is most convenient for you. It is best to consider activities specifically needed for success—knowing how to select fresh foods, prepare well-balanced meals, and organize time for physical activity. Such actions are proactive and positive.

A strong ambition can turn hopes into genuine possibilities. Choose to target a realistic goal, such as losing 5 to 7 percent of your body weight within two or three months. Know that an unrealistic goal like losing 30 percent body fat within a short period of time can pose a problem.



STEP 9

DRINK LOW-CALORIE LIQUIDS

Juice and soda are both high-calorie drinks. Decline sugary, carbonated drinks and limit diet sodas.

Dilute juice with water to reduce its calories (mix 4 ounces of juice and 4 ounces of water).

Even though some goals may be hard to accomplish immediately, I suggest establishing goals to:

- Prevent further fat gain by strongly affirming your intention and commitment to take weight loss seriously.
- Target the amount of weight you need to lose. Be sure the amount is achievable, and set a timetable appropriate for you.
- Maintain your weight loss once it is achieved. Continue to cut in half carbohydrates like sugars and starch. Eat with the idea of keeping food intake within your daily calorie level.

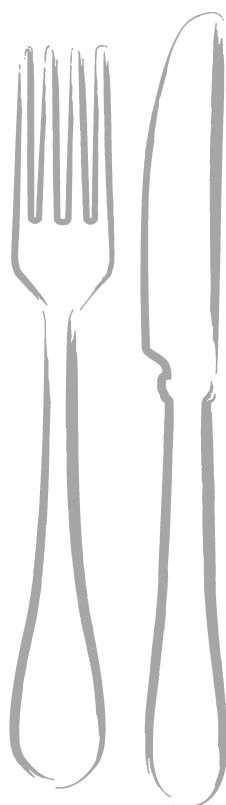
Whatever goals you set, a spotlight shines on weight loss being affected by the difference between food intake and the requirement of daily calories. When taking in fewer calories than the body needs, weight loss occurs because of a calorie deficit. A deficit in calorie requirements for each person is influenced by age, sex, thyroid gland output, and genetic factors.

For instance, men lose weight faster than women because they have more muscle than fat, resulting in the burning of more calories with activity. Older adults of either sex have low energy expenditures, so they burn calories slower and require less, making weight loss more difficult. Another interesting fact is that losing fat and building muscle can be a double-edged sword. Logic would have us believe this would result in weight loss, but muscle weighs more than fat, so the result is more likely to be a leaner, healthier body that is heavier.

Increase Your Success

With the availability of so many diet programs, you may face an unclear consensus on healthy ways to lose. Strict adherence to any diet tends to produce some degree of weight loss. However, once fat reduction slows or stops, a person becomes less inclined to remain on the diet. If this is the case for you, be curious and discover new approaches. Compare differences in principles, practices, and procedures among those you like best.

In deciding on a program, consider the importance of eating healthy foods to increase your success. This way you can enjoy your favorites and take advantage of purchasing fresh seasonal vegetables and fruits. Eating the right foods can draw you closer to accomplishing the goal to



STEP 10 LIMIT SNACKS

Keep high-calorie snacking to a minimum; only eat half the usual portion.

Be ready for snack attacks by preparing small plastic bags of veggies or fruits.

carry less weight. Also, continue to engage in exercise activities and get into the habit of substituting water for high-calorie beverages.

Healthy food is an asset and excessive weight is a liability.

Pause to think whether you are choosing a reasonable time to enter a new program. It is unwise to join a group or have scheduled meetings that are impossible for you to attend on certain days. Obviously, the shortcoming is being unable to fully participate, when attendance is a crucial element to achieving success.

I suggest you circle any day on the calendar for this week with a note to yourself, "Start moving fat out." Think of moving as if you are making a donation of unwanted items. Next, turn your attention to pondering how you are actually going to get it out. If you start with the *EAT One/Half* plan there is a balance sheet; healthy food is an asset and excessive weight is a liability.

Every month mark the same moving date, jotting down your weight. Since fat is a liability, hopefully the number you put down shows a decline. Settle into an even-tempered attitude and expect to lose a certain amount by the next date. In the meantime write down what you wish to accomplish, posting it as a daily reminder.

Monitor progress every month and reward yourself on the "move out fat" date. This gives you something to look forward to while getting closer to the preferred weight. Here are other ideas that can be beneficial in doing the utmost to succeed:

- Do not wait until you are in the "right" mood to start thinking about losing weight. Begin with a task listed on the Action Summary, page 32.
- Maintain a log of the foods you eat, exercise times, and weight-loss successes in a notebook or journal.
- Every time a self-critical thought comes up, replace it with a good thought. Increase the ability to use self-discipline. Put distance between you and stressful situations.
- Cling to good-natured principles that give direction and support your belief of deserving a better life.



STEP 11

WATER AND HYDRATION

Water is a no-calorie drink; have a large glass before each meal. Try to drink 6 to 8 glasses a day.

The body is mostly water, so drink enough to stay hydrated. Keep water handy while exercising.

- If you fall short on meeting an expected outcome, do not be harsh on yourself, because no one is perfect. Admit failure, recommit, and continue your journey.

Face the Med-Moments

The moment anyone experiences disbelief after learning about a serious medical problem is called med-moments. I began using the term many years ago when patients expressed what it was like to be told they had a disease or an illness that required immediate attention.

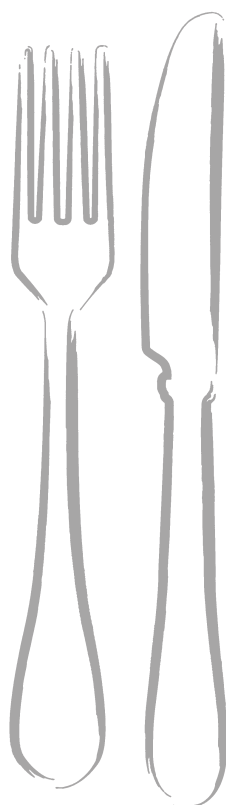
For patients who are obese, sometimes subtle complaints appear before serious problems develop. After there is evidence to confirm a potential for medical difficulty, individuals can have med-moments when told to change their actions for better health. You probably recall a moment when the doctor described early symptoms of a disease or an illness. Rethinking the experience and realizing the importance of a longer life, there is the likelihood you listened carefully as a med-moment captured your undivided attention.

Individuals have med-moments when told to change their actions for better health.

On occasion, physical discomforts force us to reflect on our longevity. We stop to realize how fragile life can be. For instance, chest pain may represent a heart attack, and knee pain may be the result of carrying too much weight. Unexpected health news causes med-moments and leaves notable impacts.

Med-moments can snap you into knowing weight loss is unescapable, with a feeling of wanting to do something about your well-being. It may only take seeing a vision of being unable to lift up a toddler, having shortness of breath climbing a hill, or suffering a severe headache at work. Plus, you are likely to reflect on the loss of someone to an illness that could have been prevented if the symptoms from obesity were attended to earlier.

Pay more attention to the deterioration of health and the shortening of longevity associated with obesity. Any refusal to let weight take control of your health shows concern, an indication that you are ready to react.



STEP 12

DESSERTS

Refuse calorie rich desserts, make better choices, and eat fruit.

If you cannot resist the temptation of a high-calorie dessert, eat a half portion.

Declining to accept disadvantages associated with being overweight shows you care. At some point in life, we discover that med-moments are real and will not simply go away. This particular story may help others understand the harm of excessive weight contributing to additional medical problems.

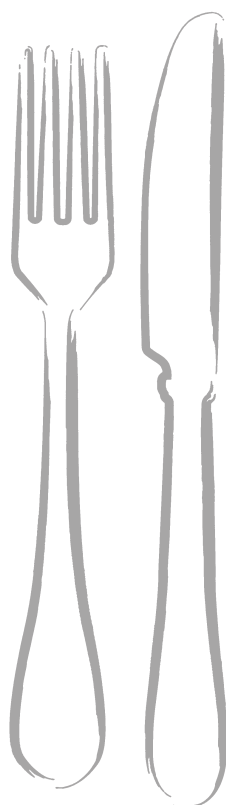
A young lady visited my office primarily because of her weight concerns. Medical records revealed that she had suffered from obstructive sleep apnea and snoring for many years. After a physical evaluation, the numbers showed she was 75 pounds overweight. In talking to me, she described a new problem, which had developed over several months: pain with ambulation in her left knee and ankle. The condition had come to a point where she needed a walking cane for support.

The primary care physician told her it was arthritis, the type of arthritis that develops in weight-bearing joints. **Her biggest fear was a possible downward spiral in her health. This was scary because many of her relatives were dealing with obesity and diabetes.** She wanted medical advice and treatment to help improve her health as well as a way to prevent other medical problems in the future.

The patient viewed excess weight as her number one problem. She realized that weight loss would improve her obstructive sleep apnea, arthritis and decrease chances of developing diabetes. However, she was surprised with med-moments when I explained in a distinct manner to help her understand the seriousness of her medical symptoms. Facing reality, she decided to commit to a weight-loss program.

As a person with many health problems, she understood that it was time for medical support. On a daily basis, she was experiencing symptoms that no longer could be ignored. This patient assumed the improvement of one problem would be the cure for her other problems. She received an unexpected awakening in my office that day. Due to the severity of her disease, weight loss would help significantly, but a complete cure was not possible. In getting to know this person's story, I suggest you not wait for the med-moments; it may be too late to correct certain medical conditions.

If you have experienced unforgettable med-moments, it is possible you know the journey of combating a health problem related to weight.



STEP 13

ENJOY PHYSICAL ACTIVITY

Stay active; daily walks and physical activity are required elements of a balanced weight-loss plan.

Choose enjoyable activities to help burn calories and improve physical fitness.

The triumphs taken to bring you to this point emphasize foresight and determination. Let nothing stand in your way. You can reduce weight with the confidence of transforming your dream into reality. Maintain courage, steadfast commitment, and success can be achieved.

Reduce weight with the confidence of transforming your dream into reality.

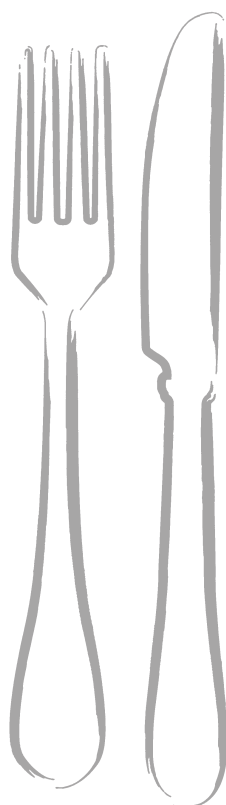
Throughout the book, insightful stories such as the one above refer to real-life medical issues and weight-loss journeys. Featured in most of the upcoming scenarios, are the actions of individuals who agreed to the *EAT One/Half* plan after experiencing med-moments. Shocking news for those advised to lose weight to lower the possibility of suffering with preventable or chronic illnesses.

Apply the *EAT One/Half* Plan

A very simple approach, the *EAT One/Half* plan enables you to eat most of the foods you like and still lose weight. The first step for success is to cut calorie rich foods in half and increase low-calorie foods by one half. In addition, it is essential to make proper food choices and eat appropriate portions to achieve a desired weight level.

Start with the concept of cutting food in half.

1. Cut carbohydrates in half (foods like bread, rice, pasta, and potatoes). Each one has a ton of calories, making it necessary to avoid a full-size portion.
2. Drink only half of drinks or liquids made with sugar. Replace half of each glass of sugary soda, juice, or sweetened iced tea with water.
3. Increase the vegetables you eat at each meal by one half. Sometimes referred to as produce foods, you may recognize leafy greens, peas, broccoli, carrots, beets, carrots, squash, and cabbage. Have portions of colorful vegetables balance out your meal. These foods contain fewer calories and are full of vitamins and nutrients.



STEP 14

STAY MOTIVATED

Take staying motivated seriously. Find ways to maintain your enthusiasm; do not sit around and become a couch potato.

Use positive language to energize your ambition and inner thoughts.

4. Meat and fish are important. Eat proper portions of baked, broiled, or grilled, but not breaded meat. Choose not to fry, because frying increases calories per serving. I recommend lean meats such as chicken, fish, and turkey because they are easier to digest and provide the proteins necessary to build muscle and support vital body organs. Also, proteins fill you up and cause you to burn calories from carbohydrates, which lead to a reduction in body fat.
5. At lunch and dinner, always eat a salad first. It should be 90 percent lettuce and only 10 percent or less of whatever else you like, such as tomatoes, onions, cucumbers, green pepper, nuts, raisins, croutons, and so on.
6. Always eat fruit as part of your main meal. Because fruit has natural sugars, fiber, and nutrients, it is also perfect as a snack. The best fruits to eat when losing weight are apples, all types of melons, and grapefruit. Some fruits, like bananas and grapes, are high in calories, even though they are very healthy.
7. Always have a large glass of water before your meals, because it helps to decrease food intake. Drinking it throughout the day is the best way to prevent dehydration. Water is vital to life and essential to maintaining good health.
8. Before eating high-calorie snacks read package information about calories and portions, then apply the one-half rule. High-calorie snacks will not be among healthy food choices. But if you must have a sweet snack, only eat a half portion every other day.

Eat the Right Portion

Smaller food portions and no second servings of a meal can work to move fat out. Your fat cells come out of storage, like taking nuts out of a shell. Emptying storage bins with portion control involves the setting of boundaries on a plate or inside a bowl. An easy way to do this is to visualize the separation of different foods. Picture a plate with half the normal amount of carbohydrates and an increase of vegetables and fruits on one half. Basically, eating the right portion based on serving more or less of certain foods represents the idea.

EAT ONE/HALF ACTION SUMMARY

1. Stick with the plan, control calorie intake, and prepare foods you enjoy.
2. Calculate online your daily calorie needs using height, weight, age, gender, and physical activity.
3. Make healthy food choices and serve proper portions.
4. Have a large salad before each major meal.
5. Eat lean meat or fish that has been baked, broiled, or roasted, not fried.
6. Fill half of your meal plate with fruits and vegetables.
7. Reduce carbohydrate portions like rice, pasta, and potatoes by one half.
8. Stay hydrated; drink plenty of water.
9. Add water to cut sugary drink calories in half.
10. Walk or exercise every day.
11. Connect with people who support your efforts.

Other ways to set portion limits include using a measuring cup to determine the amount in ounces. It is appropriate to use small plastic containers to measure out your solid and liquid foods. Another approach is to confine servings to fit within certain sized ice cream scoops. Also, use a smaller plate to restrict portions. If high-calorie foods are on your plate, enforce the “cut it in half” premise. However, if low-calorie foods are on your plate, increase the amount by one half. At each meal, apply borderlines to maintain proper portions when using the *EAT One/Half* plan.

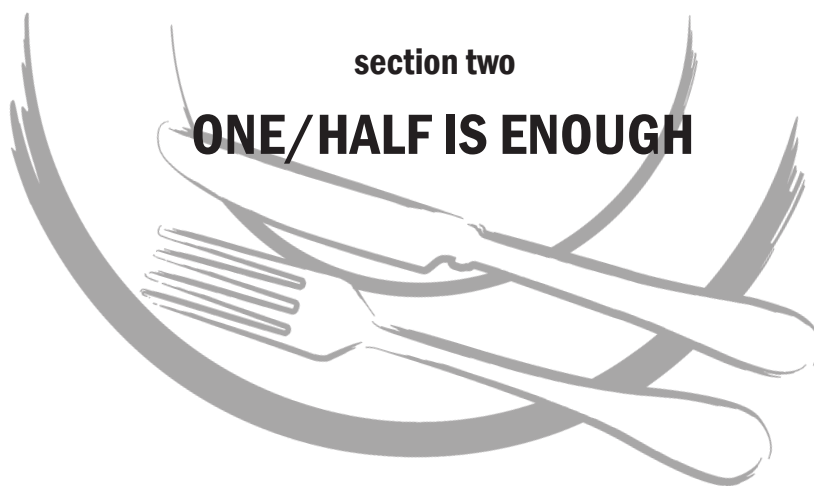
Food Choices

Food choices are just as important as food portions; to effectively lose weight, pay attention to both. An example of bad choices would be choosing cookies or candy as a snack instead of eating an apple, which is low in calories. Watch the amount you eat, particularly when serving high-calorie food, because at the end of the day, you may exceed the refueling of caloric needs. Unfortunately, this results in extra calories hanging around as fat cells, causing weight gain instead of loss. Fortunately, learning to use the practice of portions and choices helps to identify high- and low-calorie foods.

Many of us are caught in the cycle of choosing the wrong foods.

Eating is a satisfying function of life. Undeniably, the feeling of being satisfied with the sweet, likable taste of sugar makes it difficult to unlearn poor food habits. As a result, many of us are caught in the cycle of choosing the wrong foods. No doubt, there will be challenges, but stay on track and let the *EAT One/Half* plan assist you with making proper food choices. It is important to remember the advantage of healthy eating, in addition to becoming better at solving the problem of extra weight.





Opening the Weight-Loss Gateway

Listen to your body. It calls out a warning to stop gaining weight. Pay attention to an unenergetic attempt to walk upstairs, bend over, or run behind active children. The body wants you to downsize on fat. How much longer will you tolerate bumping into merchandise in narrow store aisles, refusing to wear a swimsuit to the beach, or having to be cramped in an airplane seat on a long flight?

Accept the challenge and respond to your body's need to lose weight. The *EAT One/Half* plan is easy to follow, organize, and tailor to suit your intent to lose. It is extremely functional and adaptable to any home, work, or school schedule without cause for high anxiety. The pluses are many, because steps in the plan can support any healthy food weight reduction program. Also, the plan encourages you to become more aware and assess facts related to consuming calories and burning body fat.

The intent is to introduce new options for a person to eat fresh, filling, and healthy food. There is an emphasis on accepting control over cutting high-calorie foods in half. Logically, the plan is meant to work gradually, pounds drop off easily through exercise and eating fewer carbohydrates, sugars, and fats. It is a contemporary approach to opening a personalized fat reduction gateway, an effective means of adjusting ways to improve eating practices.



SMART TIPS

The secret to weight loss is that *there is no secret*. Cut high-calorie food choices in half, because you are what you eat.

Open the weight-loss gateway with the willpower to change old habits and behaviors. Confront it with the tough stamina needed to reach your desired goal. Pace yourself, saving extra stamina for unanticipated ups and downs. This toughness intensifies your drive to accomplish your dream to look and feel good. Also, seek the support of others who admire your dream to become healthier and more active. Tell them about your plan, and permit yourself to see future visions of life in a smaller body size.

Pace yourself, saving extra stamina for unanticipated ups and downs.

Expand Staying Power

Cheer yourself on with a can-do attitude. Each day, pledge a willingness to stay on the *EAT One/Half* plan. Prop up the resolve to not quit by relying on positive thoughts and actions. Find things that work for you. For example, place a weight-loss oath on the pantry door or create a pledge to stock it with healthy foods. Do things to maintain a good mood and promote the pleasure of caring for yourself. Also remember to smile positively each time you politely say “no” to high-calorie sugary sweets or treats.

Focus on the healthy aspects of losing weight. Feel confident about eating nourishing food seconds before putting a morsel in your mouth. Even though meal decisions are personal, the most purposeful aim is to cut down on calories. Establish loyalty to the policy of eating half of the high-calorie foods and increasing by one half low-calorie foods. Alongside your focus, keep in step with three important obligations linked to staying on the *EAT One/Half* plan: 1) ownership, 2) commitment, and 3) enthusiasm.

Ownership: Embrace the plan as though you have a right to optimal health and longevity. Think of it as having sole ownership over your body's nourishment, similar to a food supplier being responsible for healthier meal choices. Do not be afraid to claim ownership and have the authority to get rid of bad eating practices. Act as an individual with permission to take on activities suited to encourage better nutrition as well as wholesome living.



SMART TIP

When excess fat accumulates around stomach and waist areas, it puts a person at risk for obesity-related health problems.

Commitment: Stand firm, as dedication to the *EAT One/Half* plan requires steady determination. Act on these words: “The plan is not legit until I’m really ready to commit.” Gear up for observing eating habits without feeling uncomfortable having to watch or limit food servings. If you do overeat, the extra calories are evidence that you decided to cheat. Be honest and consistent. Perform the task of cutting high-calorie foods in half. Remain devoted to smart choices, such as vegetables and fruits. Actions and commitment to the plan go hand in hand.

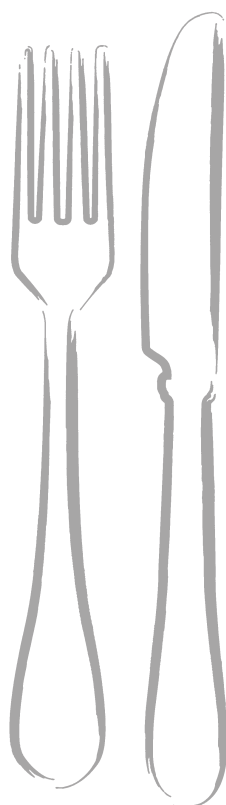
Enthusiasm: Pursue losing weight as a priority; have a passion for it to become part of your life. “Go after the gusto” and excitement of doing it for yourself. Let uniqueness flow from your eagerness, display your happiness and willingness to decrease portions of the calorie-laden foods you love. Be encouraged: the *EAT One/Half* plan lets you enjoy food without the constant fear of gaining weight.

Pursue losing weight as a priority; have a passion for it to become part of your life.

Levels of Expectation

The words “I want to feel like a new person” may not convey the same expectation to everyone. For example, think of the word *anticipation* displayed across weight-loss coins being tossed into a wishing well. Each toss signifies another level of expectancy, sending forth intentions to lose weight. The wishes go from staying emotionally happy while on a diet to wanting a solution to health problems associated with extra weight. A powerful toss, the last wish is finding a new direction for accomplishing the aim to lose weight.

Wishful intentions and dreams of a healthy body takes perseverance. It takes purpose. People are driven by various reasons to start and stay on the *EAT One/Half* plan. I have witnessed 1) the *Weight Preserver*, who shows partial interest in losing weight; 2) the *Weight Plotter*, who pin-points a specific timeline for losing weight; and 3) the *Weight Pro*, who displays fortitude in an ongoing battle to lose a large amount of weight. Given the three levels, you may feel as though you are familiar with these reasons or want to know more about the different expectations.



SMART TIP

A Weight Preserver shows little or no interest in making an effort to decrease body fat. This individual is reluctant to stay on task, preferring not to deal with strategies that can help lose weight.

Weight Preserver

A Weight Preserver may or may not think about the health advantages of losing weight. Sometimes body fat is treated as a mere inconvenience. A casual attitude dominates in watching the scale pointer rise higher and higher. There can be comfort with the thought “I am overweight because I hate denying myself something good to eat.” The person seems to approve of living with heavy body fat. At other times, a lack of concern may come across this way: “When you take away my food, you take away my comfort in life.”

When notions like “why should I care what I eat” or “I cannot force myself to stay on a diet” go unchanged, it usually leads to med-moments, the “nail-biting” minutes listening to a doctor explain the linkage of obesity to health conditions such as hypertension, diabetes, or heart disease. A point when the message is clear: carrying enormous fat can shorten life. Without doubt, this is a crucial reason to stop stuffing the body with fattening foods. The warning to change eating habits before obesity causes other medical problems qualifies as a serious wake-up call.

**The message is clear:
carrying enormous fat
can shorten life.**

Med-moments may startle the Weight Preserver, but the point is not to have the person panic. The primary objectives are to emphasize caring for the body, learning a new set of weight-loss skills, and ways to enjoy eating healthy meals. A person is able to forget about reliving diet failures that resulted in broken promises. Rather, it is best to begin with emphasis on a healthy way to lose weight. Preferably, the objectives become long-term values or turn into developing a firm commitment to the *EAT One/Half* plan.

A Weight Preserver with little patience has to deal with the fact that weight change occurs in the form of baby steps. It is a timely process; there is no need to become discouraged. Instead, be encouraged with ambition and hope to continue an effort to push forward. There may be times when it seems like an endless process, but try to remain positive and think of the results. Exchange doubts for dreams, seek support



SMART TIP

A Weight Plotter prefers quick diet plans when wanting to drop down to a certain weight by a set date. Usually a repeat dieter, this individual looks for fast ways to get rid of extra fat.

for managing stress, and get to know more about handling complex issues similar to the ones outlined here:

- I am overwhelmed by instructions to eat the right foods.
- I wish people would understand the problems I have with food.
- I am not sure what type of diet or support is right for me.
- I want to get my weight down once and for all, but I can't do it.
- I cannot stop the inner messages encouraging me to eat more.

On occasion, the service of a behavioral psychologist or a qualified counselor becomes useful in the need to manage stress or relieve anxiety. Their advice may benefit individuals trying to lose weight without support at home. Some may also find that advice helps with the struggle to cope or deal with uncontrollable urges to go back for seconds. These professionals can also address cultural matters.

Sometimes a person recalls being told as a child, "Eat everything on your plate, because children in other countries go to bed hungry." Whatever services are sought for emotional belittling, remember it is essential for everyone to visit the doctor for a medical checkup and advice before starting any weight-loss program. It is important because the cause of obesity is not always due to overeating, poor dietary habits, or failure to exercise, but may be the result of a medical problem.

Equally important: if weight causes discomfort or painful joint pressure while exercising, contact a doctor. A program with strong emphasis on physical activity is not right for everyone. However, a certified expert physical therapist trained to work with obese patients is usually able to tailor exercises to the individual. Visits to healthcare professionals can lead to understanding the body and healthy practices for daily living. Talk with them, get answers to weight-loss questions, and refuse to think some questions are too dumb to ask. Learn what to expect and appreciate in terms of weight reduction.

Get answers to weight-loss questions, and refuse to think some questions are too dumb to ask.

Ready to lose extra weight? Then take time to watch what you eat. First, point a finger at yourself for eating foods high in fat, salt, and



SMART TIP

A Weight Pro is dedicated to continuing healthy eating practices. The individual assumes responsibility in the effort to reach and maintain a certain weight-loss goal.

sugar. Blaming others in your household for unhealthy eating is unfair. Second, consider ways to compromise when seasoning vegetables with fatty meats by removing a portion for you prior to adding fattening ingredients. Third, cook and find a tune to hum with the words, “If less high-calorie foods pass my lips, it becomes a way to reduce the fat stored in my hips.” Next, use a medium (nine-inch) plate for dinner, and always refuse to have second food servings. Also, remove serving dishes or big bowls containing uneaten food from the table to help prevent the temptation to overeat.

A simple, doable way of losing weight is to follow proven common-sense practices. For instance, put snacks away to stop mindless eating while watching TV, surfing the internet, or talking on the phone. Keep an eye on food intake, and apply sensible practices to stay on course with the *EAT One/Half* plan. When frustrated, never reward yourself with food. Eating snacks as satisfaction whenever life gives you a difficult time can turn into a bad habit.

In keeping calories down, cut back on starchy foods like bread, pasta, potatoes, and rice. Also avoid foods with a lot of fat, such as heavily buttered rolls or highly creamed soups. Reduce sugar intake by adding one half water to your juices, sweet teas, and sodas. Drink water before meals, and if you prefer a beverage, select flavored water with zero calories. Moreover, bring an end to the passion for eating salty snacks, sugary sweets, or fattening treats every day.

When frustrated, never reward yourself with food.

A Weight Preserver's desire for food represents a love and it serves to control the person's life. Decreasing the control of food makes it possible to start influencing decisions about lowering calorie intake. A behavioral adjustment may get the Preserver to eat healthier, in addition to doing more to serve foods in the right portion. Such changes are obvious when a plate shows an increase in healthy, low-calorie choices as opposed to unhealthy, high-calorie choices. Clearly, a Preserver stands to benefit from the development of reasonable eating habits.

Cry out loud to see if someone listens to you. Days are bleak when the scale shows no downward change. It worsens the battle cry to see



SMART TIP

Get your BMI (Body Mass Index), an estimated range of body fat you may have based on your height and weight. It can help in targeting your weight goal. Go online; a BMI calculation is free on most popular health and medical websites.

a gain instead of a loss. You are waiting for tight-fitting clothes to feel loose again. Slumps in losing require you to hang on to courage; do not give up. Bear in mind the notion that “you did not gain weight in one day, and you will not lose it in one day.” Give yourself time to achieve your goal.

Of course, weight-loss slumps are inevitable, but take responsibility for choosing appropriate support to manage various declines. Whether you decide to join weight-loss classes, become a health club member, or buy low-calorie cookbooks, much is available to help with the journey. Check out the library and internet resources to seek different forms of support. Even the “I have been there, done that” champions may share tips, stories, or ideas.

Slumps in losing require you to hang on to courage; do not give up.

With a range of information available, the Weight Preserver can be inclined to feel at ease with new eating practices and exercise, but, if there is little or no weight loss to show for a great deal of effort, inclinations reverse and become downers. One way to stubbornly react against downers is to start evaluating and reading the labels on food products, especially those identified as low-calorie, in order to obtain an accurate assessment of what is eaten on a daily basis. A close evaluation of calories for foods and drinks claiming to be helpful to dieters can reveal the ones blocking weight-loss progress.

Here is an example of a patient who visits my office and explains how she cuts back on food. In her conversation, she describes doing everything right to achieve weight loss. She mentions eating healthy, low-calorie meals served in small but appropriate portions. Though she is careful about what she eats, her weight remains the same.

I ask a few questions about daily food intake. She loves coffee and drinks about five large cups a day. To my surprise, she puts five packs of sugar in each cup. Needless to say, my recommendation was for her to decrease sugar to one pack per cup and to stop eating sugary snacks at midnight. **Decreasing sugar and snacks**



SMART TIP

Get a daily calorie needs calculation online using your height, weight, age, gender, and physical activity.

was enough for her to begin losing weight again. She also had a slow metabolic rate, so calories burned slowly.

On her next office visit, I suggested daily physical activity like walking twenty minutes each day. After beginning a morning walk routine, she started to lose one to two pounds every two or three weeks. Her success showed a healthful weight-loss rate as her body acclimated to reducing fat. The maintenance of normal protein levels allowed her body to lose pounds while retaining muscle.

I help patients assess food calories to succeed at losing one to two pounds every two or three weeks. In some cases, a plateau may be the reason little or no weight is lost in phases lasting four to eight weeks. A plateau is a period when weight does not decrease as one follows the *EAT One/Half* plan. My advice is not to panic but to continue with the plan—be persistent and patient. The body is adjusting to decreasing fat from fat cells as well as preserving muscle or lean body mass.

When someone is experiencing no change in weight, I provide a sense of relief by explaining initial body adjustments, which include the body getting rid of excess water as well as other elements during the initial phase of weight loss. I help the person understand the body's acclimation to weight loss as it prepares to release fat, which is when real weight loss begins. Such explanations help and relate to managing the problem of breaking through a plateau.

Unfortunately, a Weight Preserver's struggle to win against weight stagnation due to a plateau can occur more than once. Such periods of inactivity are hard, but, if armed with knowledge, it is possible to see it as a short-term dilemma. When a setback has controllable consequences, a person is able to restore confidence and move forward. A breakthrough requires self-control, which makes weight loss an achievable goal. It improves the odds of losing fat for better health and longevity.

Breaking down stagnant barriers requires strong willpower, but if done successfully, weight loss becomes an achievable goal.



SMART TIP

If eating is the one thing that truly matters in your life, prepare the meals you enjoy and cut high-calorie foods in half.

Weight Plotter

A Weight Plotter usually slims down by design, losing weight with a proactive purpose in mind. Explicitly, it is a plot, an attempt to lose a certain number of pounds within a specific timeframe. For example, it may be a situation related to fitting into an ideal outfit size for a wedding, a class reunion, or a family gathering. Sometimes the Plotter's expectation to achieve a slimmer body, relates to recognition for losing weight, or special attention for looking different. The admiration goes a long way, as it tends to boost self-esteem.

Even if devotion to losing weight is on a timeline, every individual desires credit for the triumph over fat. Actually, accomplishing the loss of fat according to schedule is remarkable. Although reasons differ among individuals who plot to lose weight, the weight-loss goal is usually achieved. Here are some insightful attitudes and practices of Weight Plotters who lose weight on an irregular basis:

- Losing weight is on my “to do” agenda from time to time.
- Buying clothing two sizes smaller gets me to lose weight.
- Following a meal schedule is something I do at random.
- Judging the way I look in photos is when I decide to diet.
- Dropping pounds to surprise family and friends is cool.

A total commitment to healthy eating and regular exercise is not always continuous for Weight Plotters. At times, weight loss becomes a back and forth “yo-yo” process. The experiences are mostly temporary endeavors, a repertoire of diets that can range from “fast meltdowns” to “laugh off the fat.” Although the desire to lose weight is sincere, the intent to strengthen dedication and stay in control for a lengthy period of time is ordinarily ignored.

A seasoned Weight Plotter tends to exercise and eat low-calorie foods because these elements are vital to success. The *EAT One/Half* Online Network is also useful as a motivational sidekick. It supports the process of tracking calories, meal planning, and sharing ideas. Furthermore, a Plotter may admit to keeping old diets and updating approaches to get rid of fat fast. It is a situation where a new approach like the Network is merged with improvised or traditional fad dieting methods. However, it is unwise for anyone to start an outdated or makeshift diet without seeking advice and a checkup from a medical doctor.



SMART TIP

If you continue to do nothing about extra weight, it becomes impossible to get through life without experiencing med-moments.

The *EAT One/Half* Online Network is also useful as a motivational sidekick.

Stay out of the kitchen to avoid snacking. It is the perfect way to restrict a temptation to nibble. Even if you skip snacks between meals, there is enticement from the “Three ‘F’ Lure” of Family, Food, and Fun. During holidays, the kitchen may be a favorite spot due to the aroma, sight, and taste of good food. It is hard to resist the temptation not to pay attention to food choices or servings. Feeling relaxed and carefree, dining areas pose a problem for a Plotter, who engages in conversation while nibbling on sweets or appetizing treats. Enforce a one-only self-restriction on food and drink before eating the first morsel.

Refusals to join family or friends who are enjoying the love of food can be difficult to uphold. In most cases, they are eating high-calorie favorites, which contain a density of carbohydrates, fats, and sugar. Delicious food linked to a festive mood where everyone takes pleasure in serving or being served heavy scoops from plentiful serving dishes is contagious. There are big plates in front of everybody, and each person gets to go back for second servings after being told to “eat until you can’t see your feet.”

Good health is having the appropriate weight for your height.

Staying away from individuals who pile food on large plates can be a problem. You may not want people viewing you as a social outcast while you decline pleas to eat more, particularly in families where the philosophy is that a person looks healthier with extra weight. They believe it is good to have some weight on the body. A thin person, with what is ordinarily perceived as the ideal body size is urged to eat more and gain weight.

Sometimes it is impossible not to get sucked into what family or friends think is a normal weight level or what a good size should be or look like for you. As a physician, I believe a significant component of good health is having the appropriate weight for your height. Make the solution simple: just tell everyone that you will enjoy a meal with them, but you have to cut portions in half for health and longevity.



SMART TIP

Limit the amount of tempting snack foods you have around the house. Adhere to the adage, “out of sight, out of mind.”

Value the power of green salads as an easy way to drop pounds. Nature’s goodness is an invaluable source, highly significant to the improvement of health and appearance. A smart Plotter knows the merit of eating salads to feel full as well as the nutritional benefits. The fiber in plant foods along with distinct nourishment serves as an aid to the intestinal tract. Plus, there is the wonderful experience of combining salad vegetables and fruits together for good taste. A healthy meal for weight loss, the salad features a wide choice of edible foods, making it fun to add low-calorie toppings.

**A green salad gives an empty stomach
a partially full feeling.**

Salads seem to be available everywhere: prewashed and prepackaged in grocery stores, on the menu at a majority of restaurants, and sold among items included in fresh food vending machines. A nutritionally rich food source high in fiber, it supports weight loss when eaten without high-calorie dressing or fatty add-ons. An everyday obligation on the plan is to eat a salad before the largest meal of the day, which is usually dinner. It helps to reduce hunger and gives an empty stomach a partially full feeling.

A healthy salad is 90 percent lettuce and 10 percent topping with two tablespoons of low-calorie dressing. Allow a creative flair to propel the selection of different toppings. Try sparse sprinklings of meat, fish, crushed nuts, or flavorful seeds like sesame, sunflower, or chia. Expand the choice of delightful salads to eat or build on ideas from the suggestions listed below.

Salad Suggestions
Greens: lettuce, spinach, kale
Toppings: carrots, tomatoes, cucumbers, onions, broccoli tips, beans, celery, peas, mushrooms, olives, peppers, edamame, bean sprouts, parsley, apple, melon, pineapple, berries, grapes, apricots
Dressings: oil and vinegar, vinaigrette, low-calorie selections
Proteins: tuna, chicken, egg whites, cheese, nuts, seeds



SMART TIP

Eat until you feel satisfied, not full. It takes about 20 minutes for the brain to recognize that you are no longer hungry.

I enjoy washing, slicing, and dicing various ingredients in preparing a salad to accompany dinner. My blend of low-calorie greens and grains includes plenty of roughage, an internal cleanse for a healthy body. An alluring mixture of colorful ingredients, the salad is mouthwatering, dazzling the eye and the tongue. Also, everyone enjoys the flavorful vinaigrette dressing. I am now referred to as the “salad captain” and honored for making lettuce taste so good.

The preparation of a lettuce salad is really easy. Incorporate other raw vegetables with the lettuce, toss everything together, and add a low-calorie dressing. You, too, can receive the honor of being called the “salad captain” in your household. Moreover, this title fits the Weight Plotter, who cuts calories sporadically by eating green salads as full-course meals. Here again, an experienced Plotter generally has an awareness and a distinct preference for eating vegetables and fruits high in water content. For example, foods such as lettuce, cabbage, and broccoli contain about 90 percent water, which is most beneficial to healthy weight loss.

You, too, can receive the honor of being called the “salad captain.”

Weight Pro

A Weight Pro fully integrates the *EAT One/Half* plan, blending it into a livable aspect of life. The plan is adapted to fit one’s lifestyle, along with knowing the body’s metabolic rate, the daily calorie requirement rate, and the weekly weight-loss rate. Keeping watch over these numbers becomes a ground rule in checking to be sure one’s weight goes in the right direction. Sometimes a reminder not to mess up on these rates can be triggered by a reprimanding thought: “If you take in more calories than you burn, fat from extra calories will definitely return.” Regaining weight is not something an active Pro wants to do. Therefore, weight-loss practices are planned and followed with care.

Monitoring the preparation of food according to product labels and low-calorie recipes is a challenging task for some Weight Pros. Yet, these tasks can broaden the ability to accept alternatives in solving



SMART TIP

There is not a definite sense of how much you consume when eating from a package. Place food in a bowl for portion control.

difficulties related to meal preparation. Such difficulties existed for the individual identified in the story below.

Several years ago, Mr. S visited my office. He was morbidly obese and weighed close to 375 pounds. Along with conditions of hypertension and depression, he suffered with severe foot and leg swelling that was painful and infected due to poor blood supply to this area of the body.

While living in a rented room, Mr. S did not have the ability to cook. Despite being unable to prepare meals and having little flexibility, he showed positive interest in starting a plan to lose weight. He loved the idea of the *EAT One/Half* plan because sticking to it allowed him to have some of his favorite foods. However, the use of the plan did involve giving up on eating gallons of ice cream, soda, and other sweet drinks.

Each day, Mr. S's main meal was either pitas or fajitas prepared at a local restaurant. He added a salad to the meal and preferred eating apples as a snack. **An adjustment to new eating habits was not difficult, as he refused to let obstacles discourage him.** Initially, it was hard to exercise due to his size and swollen, painful legs. This also made it difficult to increase his metabolic rate.

After losing a significant amount of fat, exercise became less of an issue. Committed to a daily walking regimen, his weight is now about 250 pounds. Down 125 pounds, he continues to enjoy eating green salads, chicken fajitas, and fruit. An inspiring achievement for a Weight Pro, it shows his sincere dedication to the plan.

A Weight Pro realizes obstacles test determination, yet impediments are not allowed to smother the spirit of opening up to different alternatives and options. Discontinuance of old routines or unexpected changes is resolved with the replacement of new practices. Nothing stands in the way of losing weight for the Weight Pro. They will do whatever it takes to stay on the plan. Determined to succeed, their commitment drives change. For this reason, the release of each pound is a huge accomplishment.

Inspiration also comes from using the *EAT One/Half* Online Network. A meal tracker, the Network monitors daily caloric intake. It records



SMART TIP

Reduce portions of dried fruits, because they contain high amounts of added refined sugars.

foods eaten for breakfast, lunch, dinner, and anytime in between. It solves the problem of having to rely on memory. An effortless convenience for identifying calories and getting ideas about healthy meals becomes a means of reducing weight-loss tasks. Moreover, the Online Network works as a dietary resource tool.

A Weight Pro learns to tweak meals using a healthy mix of cooked and uncooked edibles. It is important to understand the nutritional value of eating foods like fats, starches, and proteins as part of a meal. In the following list, information related to these nutritional substances is presented without going into extreme detail.

- Fats, carbohydrates (starches), and proteins are the body's main energy sources. Each one supplies the energy and nutrients necessary for good health. A well-balanced diet includes all three.
- Fats have 9 calories per gram and generally make up about 30 percent of the daily calorie intake. This means that a person eats about 60 to 80 grams of fat, or about 700 fat calories each day. Fats are necessary for the gastrointestinal absorption of certain vitamins and minerals.
- Carbohydrates deliver 4 calories for every gram eaten and should make up about 50 to 60 percent of the daily calorie intake. They are the body's main calorie source, contain the most glucose, and are ready when extra energy is needed. They are stored in the liver as glycogen. However, there is a limit to the amount of glycogen that can be stored. Once the liver reaches its limit, any remaining carbohydrates will be stored as fat.
- Proteins deliver 4 calories per gram eaten and make up 12 to 20 percent of the daily caloric intake. Proteins are made up of amino acids and are necessary to repair, nourish, and maintain our internal organs and muscles. It is very important not to change the recommended 4 to 6 ounce daily portions of proteins (meat or fish), which help maintain lean body mass.

It is important to understand the nutritional value of eating foods like fats, starches, and proteins as part of a meal.



SMART TIP

Slow eaters tend to eat less food. Chew and swallow your food unhurriedly before taking the next mouthful.

Nutrients are a central feature in life. On one hand, weight loss requires diligence as a means of decreasing the amount of high-calorie foods. While on the other hand, the hearty eating of lower-calorie foods like salads, vegetables, and fruits increases nourishment. Eating a variety of these foods enables a person to maintain appropriate levels of vitamins, minerals, and nutrients. Make it a priority to prepare and eat foods with proper nutrients to support good health.

Defeat the Fat Monsters

Perceived legendary fat monsters with intent to prevent a Weight Pro's progress are unsettling. Whether the perception is real or imaginary, be on guard against negative impulses. Treat monster cravings for unhealthy snacks or disinterest in the aim to lose weight as nightmares. Do not allow bad impulses to win. Break away from the fat monsters' traps. Believe in your ability to be the keeper of a healthy body.

Toss out pipe dreams, foolish actions, or thoughts. Honor the effort it takes to stay on the healthy side of life, where you feel good and have a personalized plan. Sensible eating underlies the experience of totaling calories to make sure food intake does not exceed the body's maximum limit, along with core principles, like leaving the kitchen after a meal and having dinner before 7:00 pm.

The fat monsters tempt you to munch on snacks, not realizing extra nighttime calories are a bad idea. Calories do not metabolize automatically; the fat is stored. Envision it this way: the unused fat cells expand, swelling like dried beans soaking in water.

Honor the effort it takes to stay on the healthy side of life.

Fat monsters' envy wants to knock you off course. However, the routine of filling your dinner plate with vegetables and fruits is not changing. You take pride in eating foods with fewer calories, plenty of nutrients, fiber, and substantial amounts of water, which are needed for a healthy body. Likewise, the mandatory practice of eating a large green salad prior to dinner or before lunch goes unchanged. Green salads enrich success at losing on the *EAT One/Half* plan, a guideline helpful in reaching a preset target. Let it stand for a cause to cheer on a win at



SMART TIP

Smoothies contain multiple servings of fruits, juices, yogurts, and other sugars. Watch your portion size.

continuing the Weight Pro status. Delete the fantasies as you no longer hesitate or doubt your ability to lose weight.

I ask you to remain in gear. Become the person who chips away at satisfying a goal. Find the drive to keep going, because a stagnant position produces no results. In fact, you may find these words useful: “You are still moving, even if going backward to go forward.” Initiate actions to celebrate losing weight in a manner that means something to you. Hopefully, it includes your favorite low-calorie foods.

Become the person who chips away at satisfying a goal.

A battle with fat monsters is won when the stomach cries out, “Stop; don’t eat more.” View this kind of refusal as essential to the plan to cut high-calorie foods in half and increase low-calorie foods by one half. Moreover, in sticking to the plan, maintain a vow for longevity. A Weight Pro stops at nothing in finding ways to dismiss the urges of a fat monster.

Guidelines to Become a Healthier You

Eat healthy and feel nutritionally fit on the *EAT One/Half* plan. Put aside your worry of not knowing the foods to avoid. You get around this concern by cutting high-calorie foods, such as carbohydrates (starches), in half and increasing low-calorie foods, such as vegetables and fruits, by one half. Another worry to put aside is feeling deprived, a person gets full on eating low-calorie foods.

Naturally, everyone wants basic food portion guidelines on the *EAT One/Half* plan to be effortless. As you may have guessed, it is the simple one-half, one-fourth dinner plate rule. In getting to understand this rule, think of dividing a plate into four quarters, like drawing a line going east to west and then another line going north to south. Two of these four quarters equal half the plate, which is the space for vegetables and fruits. Next there is space for proteins (meat/fish) in one quarter, and the final quarter is for carbohydrates (starches/grains), the high-calorie foods.



SMART TIP

Have an *accountability buddy*: someone you can talk to daily as a way to stay focused on reducing weight.

Apply the one half, one fourth rule every day, even though food placement on a person's dinner plate is subject to personal preference. Instinctively, you will begin to know whether or not portions are served correctly. Once a plate is in front of you, do not rush to eat; instead, look at the food for a moment with the thought that it is enough to satisfy you. Remember, the plate rule does not decrease all food portions. Specifically, the rule is to place high-calorie foods on the plate in small portions.

Remember, the plate rule does not decrease all food portions.

One half and one quarter plate portions offer the freedom to choose different foods—the ones a person enjoys eating as a part of personalizing the plan. Actually cutting high-calories foods in half to fit two one-quarter plate spaces, leaves space to increase low-calorie servings. Likewise, there is an ease in modifying and continuing the habit of having four or more food choices. The result is cultivation of an eating style based on cutting carbohydrates (starches and grains), meat, and fish in half.

Clearly, elements of the *EAT One/Half* plan are level-headed and practical. You organize eating around cutting back on high-calorie foods and replacing them with healthy, low-calorie foods. Meal planning intentionally goes in the direction of losing weight, to develop a healthier you. Apply the suggestions, options, and ideas described below on a daily basis.

Breakfast: A small meal to get the day started. Here are a few healthy ideas.

Fruit cup	Fruit cup	Oatmeal	Half bagel	Fruit cup
One boiled egg white	Small cereal	Small fruit bowl	Diet butter	Plain yogurt
	Skim milk		One boiled egg white	

Drink: water (preferred), unsweetened coffee, 1% or 2% milk, unsweetened tea, or juice using the one-half water rule for 6 to 8 ounces.



SMART TIP

Reduce the use of sugar and salt. Your taste buds will require time to adjust.

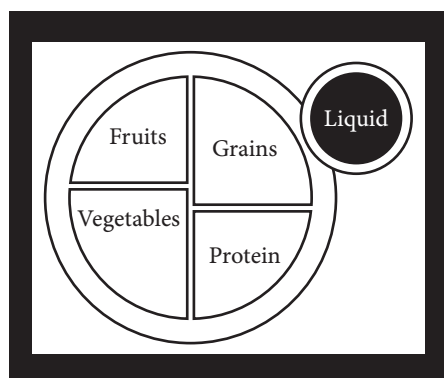
Lunch: A modest-sized meal. Start with a small green salad topped with a low-calorie dressing, plus a half sandwich or a wrap as another option. Do not include fries, chips, or dessert; instead, eat fruit, an apple, or a banana.

- Half sandwich choices: tuna, turkey, egg, or chicken salads
- Wrap/light flatbread choices: tuna, turkey, or chicken, including lettuce, tomato, and cheese
- Drink: water, diet soda, unsweetened iced tea, or juice with one-half water added to make 8 ounces

Dinner: A well-balanced meal starts with eating a large salad as a way to be partially full before the main course. Use 90 percent lettuce or spinach, 10 percent toppings like tomatoes, onions, cucumbers, carrots, or shredded cheese, and two tablespoons of fat-free dressing.

Options for dinner can include a lean portion of baked/broiled fish or chicken and a small portion of starch, such as rice, potato, pasta, or quinoa. Fix a generous amount of steamed vegetables and a serving of fruit. If you have a craving for bread, substitute by eating two salt-free saltines or unsalted soda crackers. Drink 8 ounces of water, and if you must have dessert, eat low-sugar pudding, plain popcorn, or low-calorie sweet treats, based on label information.

Prepare a well-balanced meal according to sections shown on this divided dinner plate diagram.



Fruits and vegetables are on one half.

A protein portion of lean meat/fish is on one fourth; use a card deck-sized portion.

Grains/starches should be half the size of a baseball and placed on one fourth of the plate.

Liquid is water or a low-sugar beverage.

Although the diagram shows no dessert, it is not always possible to skip eating something sweet after dinner. Try, but if you must have



SMART TIP

Hunger is a feeling we are born with. The body becomes less sensitive to hunger feelings as we age.

dessert, read the package for portion details and calories. Reduce the amount by one half, and limit eating dessert to every other night. For example, eat a very thinly sliced piece of cake or pie. Eat only one small scoop of ice cream.

If you must have dessert, read the package for portion details and calories.

Following the basic food groups cannot guarantee anyone perfect health. The different groups (vegetables, fruits, protein, grains, and dairy) only represent a balanced meal, which can be a healthy alternative for individuals who have to manage certain medical conditions. For example, a patient, who I fictitiously name Mr. Q in this story, had to eat healthy, well-balanced meals to control an obesity related medical problem.

My patient wanted to consider the *EAT One/Half* plan even though other approaches were available to him. **He was adamant about not changing the anatomy God gave him. Therefore, gastric bypass surgery was not an option.** Mr. Q's despair was intense after med-moments left him in desperate shock. From a medical standpoint, there had to be a change in his health, so interest in the *EAT One/Half* plan expanded. We discussed possible food options for breakfast, lunch, and dinner. After being on the plan for a while, he found the cut-in-half practices integrated easily with his lifestyle. Most important, he began to realize how losing weight was possible without feeling hungry.

His breakfast included boiled egg whites, one half of an English muffin, water, and coffee. At lunch, yogurt was enough for him. Dinner started with a large salad topped with low-calorie dressing. His starches (rice, potatoes, bread, or pasta) were cut in half.

Vegetable portions were increased by one half, and the meat portion (protein) was no larger than a deck of playing cards. A preference for chicken and fish that was baked or broiled, not fried, was also in accordance with the plan.

He followed most "cut it in half" strategies, like no sugary juice, soda, or other sweet drinks, and no fast food. The snack of choice



SMART TIP

Put leftovers away immediately after eating; this helps to prevent the eating of second servings.

was popcorn without salt or butter. If he got hungry during the day, he ate an apple, orange, or banana. Mr. Q was dogmatic about not eating after 7:00 pm. Sure enough, he did succeed on the *EAT One/Half* plan. It helped him lose weight, and maintain a desired weight. As a real Weight Pro, thoughts of being an appropriate weight for his height were no longer a fantasy.

Healthy food choices do not have to be prepared the same way; most foods can be cooked or seasoned differently. Squash, for example, is prepared in many ways. It can be grilled, stir-fried, or baked. Clearly, the choices vary, as well as use of mixed spices and herbs to change the flavor. Despite regional and cultural influences, most people eat similar foods cooked in different ways.

In households where rice dominates the dinner table, the *EAT One/Half* plan puts an end to large portions. A serving of rice, which is a starch, gets cut back to half the size of a baseball, whereas steamed vegetables are served in full baseball-sized portions. Reducing huge starchy portions may even break with tradition in some households. Of course, old habits can be hard to break, but stop to consider what is at stake: your health.

Old habits can be hard to break, but stop to consider what is at stake: your health.

Next, think of food choices on your grocery list. It is good to include fresh and low-calorie items first, before adding high-calorie items. Even though a list has to fit within the shopping budget, make it a practice to look for vegetables and fruits on sale. This is a smart way to eat healthy and stay with the *EAT One/Half* plan. In fact, here are some additional guidelines I use to point out food servings in order to achieve and maintain better health.

Vegetables: Eat about five servings per day. A serving is about one half cup when cooked; therefore, one cup equals two servings. This includes cabbage, cauliflower, green beans, broccoli, corn, peas, potatoes, eggplant, Brussels sprouts, squash, beets, turnips, and more. Prepare fresh, frozen, or canned unsalted vegetables without added oil, buttery sauces, salt, or sugar. If needed, cook vegetables with a little salt-free broth or no-salt bouillon to add a seasoned flavor.



SMART TIP

Healthy carbohydrates digest slowly, keeping the blood sugar close to normal.

Fruits: Eat two to three servings per day. A serving is usually a medium-sized piece of fruit. This includes an assortment of apples, oranges, melon slices, peaches, pears, blueberries, nectarines, grapefruit, plums, kiwi fruit, and more. Prepare fresh, frozen, or canned unsweetened fruits without added sugar.

Whole Grains: Eat a limit of three to four servings a day. A serving is one slice or about one half cup. This includes bread, pasta, rice, potatoes, couscous, quinoa, polenta, oatmeal, and barley.

Dairy: Eat or drink two or three servings per day. A serving is about one cup. This includes fat-free cottage cheese, plain yogurt, low-fat or fat-free milk, fat-free sour cream, or unsweetened fat-free soy milk products.

Proteins/Meats: Eat four to six ounces as a total daily serving. A serving is close to three ounces, the size of a deck of cards when cooked. Remove skin and visible fat from meat before cooking it. Poultry and fish are the best lean protein choices when baked, broiled, or grilled. If you want to eat these foods fried, cook it this way only once a week, and eat only half the portion.

Protein foods support the body at the cellular level, providing muscle and vital internal organ maintenance without extra fat or calories. However, steer clear of meat and fish with extra calories as a result of being processed, breaded, or ground with added fillers. Canned fish and shellfish packed in water are preferable, because they have fewer calories.

Oils/Fats: Use one full teaspoon in about two servings a day. Limit the serving size for butter, margarine, olive oil, and mayonnaise.

Nuts: Eat about four servings per week. A serving is about one third of a cup for peanuts, mixed nuts, walnuts, cashews, and other choices as well.

Sweets/Treats: Eat no more than two small servings per week. Place sweets out of sight to decrease urges to have sugary foods or drinks, as these are empty calories. Choose fruit, veggies, or sugar-free gelatin as a snack instead of sweets. If you must have a candy bar or cookies, cut the portion in half, as such treats are high in calories. Read the package label to determine the one-half portion amount.



SMART TIP

Calories burned decrease as you age, requiring you to increase activity to maintain your weight.

Liquids: Drink six to eight 8 ounce glasses of water per day. Water is healthy; it helps to decrease food intake, aiding in calorie reduction. It is also a way to keep body functions stable. The habit of drinking a full glass before eating a meal is a good one. A necessary component in order to maintain a healthy mind and body, water is a mandatory element for life.

Sugary beverages like soda and juice are refreshing, but they are high in calories. Therefore, drink diet soda and dilute juice with 50 percent water. Initially a mixture of one half juice and one half water will taste watered down. Be patient; the taste buds can adjust, and soon full-strength juice will seem too sweet. Also, adjust taste buds to unsweetened coffee with 1 teaspoon of low-fat milk and unsweetened hot tea or iced tea with a small lemon wedge.

Alcoholic beverages are high in calories. The habit of drinking a beer, a glass of wine, or a cocktail at the end of each day has to change. Compromise, only drink alcohol at dinner every other day. During special events or social gatherings, drink a cocktail in moderation; have only one for the entire evening. The preferred option is not to drink; instead, have a diet beverage and volunteer to be the designated driver for the night.

Most alcoholic drinks contain simple carbohydrates or sugars that can cause a rapid increase in blood sugar. A rise in blood sugar is usually followed by a crash, leaving a sensation of hunger. Along with the feeling of being ravenous, the calorie intake from alcohol is not filling. To avoid this problem, before going out to drink, have something to eat that contains protein, fiber, or healthy fat. Food seems to decrease alcohol absorption in the bloodstream.

Also, before having a night out on the town, think about this. Research shows that more than one glass of wine may decrease the burning of fat. Alcohol inhibits the body's ability to metabolize stored fat or fat from a meal just eaten. A person's body may use calories from the alcohol first to supply its energy needs. As a result, any food eaten while drinking will be stored as fat, as opposed to being metabolized. The result is weight gain.



SMART TIP

A healthy weight goal can be achieved with nutritious meals, exercise, and the elimination of unhealthy eating habits.

Weight-Loss Management Ideas

Rearrange your refrigerator: set snack containers filled with washed fruits and vegetables on a shelf, not in a lower bin. Put low-calorie foods at eye level in addition to setting fat-free condiments such as relish, mustard, or hot sauce in areas where you can see them.

Purge your freezer of foods you cannot resist, such as pizza and quiche. Remove food cartons and wrappings showing tempting images of calorie-laden foods. Without the packaging, place foods inside freezer bags to prevent cravings when you open the freezer door.

Set up your food cabinet space or food storage areas in the kitchen for small-sized jars, boxes, and containers. Put bulky oversized boxes and bags normally sold at big warehouse stores in places where you do not ordinarily look for food. This limits access to seeing or acquiring a taste for items that can lead to snacking, ruining a chance to decrease calories.

Chew on small sliced veggies to relieve tension as it is a calming technique. If you cannot beat the urge to chew, nibble on pieces of fruit or salad. There is nothing wrong with having enjoyable raw vegetables or fruit snacks accessible, but do not overeat.

Get a marker and several sheets of paper to write down a few quotes, hints, or tips to help with motivation. Fold all the sheets; then ask someone to give each one back to you separately on a particular day each week. Upon receiving the week's message, place it on the refrigerator door or bathroom mirror.

Shop the farmers' market and store sales on a weekly basis to buy fresh food at a good price. Stretch your budget and buy in-season fruits and vegetables. If there is space at home, grow a few cooking herbs in an indoor or outdoor patio garden, and if there is plenty of yard space, have an outdoor vegetable garden. Otherwise, keep an eye out for people with a green thumb; they may sell or give you food when their garden harvest produces more than expected.

Grow a few cooking herbs in an indoor or outdoor patio garden.



SMART TIP

Fiber stays in the stomach longer than other foods. The feeling of fullness stays with you longer, too, helping you eat less.

Develop a habit of shopping with a prepared grocery list in order not to forget ingredients needed to cook meals at home or items to pack for lunch or a trip.

Take off a few pounds by taking the stairs and not the elevator. Each morning, walk or do another exercise that you enjoy to increase your metabolic rate. A normal regimen usually lasts about twenty minutes. Exercise daily so that it will become a regular part of your effort to burn calories and prevent fat cell storage.

Keep a photographic food diary. It is easy to maintain a phone camera journal to remember what you decided to eat and drink during the day. Before you eat a meal or a snack, take a photo to help you recall the calories you ate. Photos can jog the memory, reminding you about the low-calorie foods you have tried, liked in the past, or may want to try again.

A decrease in meal portions can begin by downsizing your plate size to about 9 inches across. To measure portions, use a clear measuring cup, an ice cream scooper, or a small plastic container with amounts displayed on the side. Once you determine the right portions, make it a routine at each meal to only serve the amount given to each food choice. This will help you maintain the commitment made to stay true to the *EAT One/Half* plan.

Eating out is a treat, a part of life that need not be missed in order to lose weight. However, do not dine out more than once a week, and avoid places where the entire menu is high-calorie fast food. Going out to eat, you relinquish control over food preparation and ingredients. Consider these strategies when the meal is big:

- Ask for a take-out container and pack half of your entrée to take home before you begin to eat.
- Save the to-go half for the next day, giving you another chance to enjoy the meal.
- Explain the *EAT One/Half* plan to everyone at the table in order to address any unspoken curiosity about your decision to eat certain food portions.

Make it a standard practice to order a large salad with low-calorie dressing on the side to start your meal. Use two tablespoons of salad dressing, preferably oil and vinegar. Be sure the bread basket is out of



SMART TIP

Unhealthy carbohydrates
(starches and sugars) can cause
spikes in blood sugar levels.

your reach or on the other side of the table. Block the temptation while others enjoy it. If you must join the others, eat only one slice, one piece, or one small roll without butter.

Once the entrée plate is served, eat half of the high-calorie foods like rice, pasta, or creamy potatoes, and carry the other half home. Since vegetables are low in calories, there is no reason to cut them in half; eat all of them if you want. Do cut a large dinner portion of entrée meat or fish in half. Divide red meat into a portion the size of a computer mouse. Fish, chicken, or turkey, should be baked or broiled, not fried. Avoid foods dressed with hollandaise or au gratin toppings. Skip dessert. Stay with the goal to lose weight. If you must give in, share half with someone or take half home.

The preferred liquid to have with a meal is water, but diet soda or sugar-free iced tea is acceptable. If you order juice, cut it in half with 50 percent water; the diluted juice can be a total of 8 ounces. Drinks such as a cup of unsweetened hot tea or coffee with 2 percent milk are good choices. Think long and hard before ordering a glass of wine, as it will definitely increase calorie intake. If you have to indulge, drink half a glass of wine or a light beer, but no hard liquor.

Enough Energy for the Day

I use the *EAT One/Half* plan to stay healthy and maintain a proper weight. It has been an integrated part of my life for many years and supplies me with the energy I need throughout a busy day. It is easy to eat this way; a simple routine for decreasing high-calorie food, along with eating plenty of salads, vegetables, and fruits. Given my metabolic rate, the calories are enough for my body to burn within 24 hours. Also, my eating habits are appropriate for me to maintain an ideal weight of 180 pounds for my 6-foot, 1-inch height.

Three daily meals provide more than enough for me to feel sufficiently full after each one. I have a cup of coffee with one small packet of raw sugar and skim milk each morning. A breakfast of solid foods comes next, because it helps me feel fuller and less hungry prior to lunch. I eat grapes or pineapple pieces, half a plain bagel, one boiled egg white, and a glass of water. At lunch, I get a tuna wrap with lettuce, tomato, onions, cheese, and hot peppers. The side items are usually a small bag of lightly salted potato chips, a banana, and water.



SMART TIP

Age-related body changes are sometimes reduced with regular exercise, healthy meals, and limited alcohol use.

At the last meal of the day, I turn into a “salad captain.” At home, I prepare a large salad, filling the bowl with majority lettuce and a small amount of other ingredients, such as tomatoes, onions, broccoli, green peppers, shredded cheese, carrots, a few raisins or cranberries, nuts, and two tablespoons of low-calorie vinaigrette dressing.

Placing food on four quarters of my plate, there is space for my favorite baked fish, a small amount of starch, such as rice, potato, or pasta, and a generous amount of steamed vegetables. There is no bread with the meal unless I am making a sandwich. A drink is typically 8 ounces of water and sometimes a small dessert of chips or pretzels.

Using the *EAT One/Half* plan in maintaining a proper weight for my height is highly effective. Besides, I have a metabolic rate that burns the right amount for my body to utilize carbohydrates, proteins, fats, and nutrients from my daily food intake without gaining weight. This shows the plan is most doable as a personalized approach, since we are individuals with different metabolic rates.

The plan is most doable as a personalized approach.

Overall, it is important to look at the types of foods you choose and times throughout the day when you eat breakfast, lunch, and dinner. Then adjust adequate choices and portions in addition to cutting back on high-calorie intake. This makes the magic happen. It gives the body a chance to properly utilize the food you eat and not have extra calories to store as fat. Unlike a highly restrictive dieting approach, there is simplicity to the *EAT One/Half* plan. Its flexibility makes weight loss easy, which is a key factor for success.

What to Expect

As I described earlier, a normal rate for weight loss on the *EAT One/Half* plan is about one to two pounds per week for a person committed to the plan. The loss is the result of decreasing calories each week. It is a compilation of less caloric intake based on the rate of burning calories. However, if someone in good health wants to maintain weight, the daily burn rate within a twenty-four hour period is usually 1,800 to 2,300 calories.



SMART TIP

Your body requires essential fatty acids (EFA) for good health. These acids are found in fish, nuts, and green vegetables.

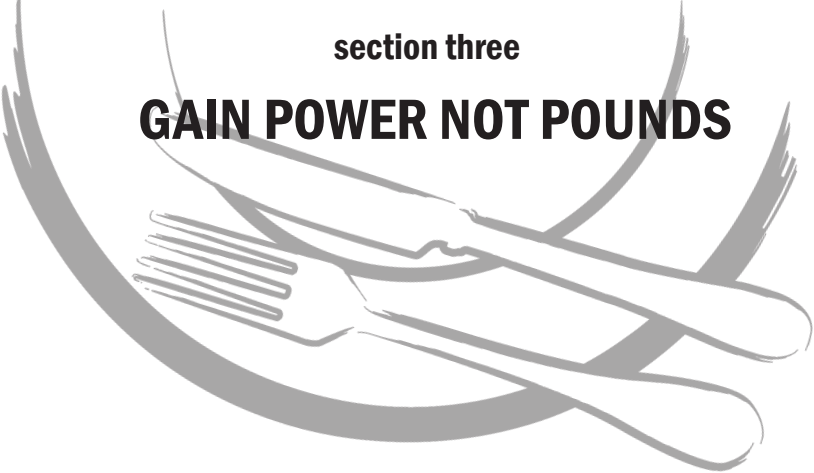
**Losing weight too quickly is unhealthy
because the body is not able to maintain
proper amounts of proteins, electrolytes,
vitamins, and trace elements.**

ONE/HALF IS ENOUGH

Listen to your body identify the need to eat. In satisfying the need with plenty of low-calorie foods, a noticeable number of pounds come off at first, which is the elimination of extra body water. The loss can be as much as five to fifteen pounds over the first one to two weeks. By the third week, the rate of weight loss usually starts to decrease because the reduction of body fat is normally a slow process.

Again, a healthy weight-loss rate is not fast. Reject the notion of losing rapidly. Losing weight too quickly is unhealthy because the body is not able to maintain proper amounts of proteins, electrolytes, vitamins, and trace elements. All of these are necessary for the body to function normally. Moreover, one half is enough by adding and subtracting this amount from food portions, letting a healthy pace of weight loss occur.





section three

GAIN POWER NOT POUNDS

Exercise Turns Your Life Around

In the previous sections, I talked about the concept of cutting calories in half to achieve healthy weight loss. Now a switch to emphasize exercise carries over into understanding why fitness is a vital element in weight loss and weight maintenance. The benefits of regular exercise are many. Exercise can help a person control weight, combat health conditions, improve sleep, and manage stress. However, the best part is that exercise and physical activity can be fun.

Exercise is a means of controlling your weight by burning excess calories, otherwise stored as fat. Body weight is regulated by the number of calories you eat and the amount used for energy each day. Mostly everything you eat contains calories, and everything you do requires calories. The body uses calories as fuel, so any additional activity will burn extra calories.

A regular fitness program enables you to perform a variety of workout routines. It does not matter what type of physical activity you prefer; most active movement benefits weight loss. Physical activity, combined with healthy eating habits, is an efficient way to get a slimmer, more toned body. Whether you want to lose or control weight, do your best to have a regimen.



INSPIRATIONAL QUOTE

A successful formula for weight loss includes believing in your dream.

Get Up and Burn Calories

Sometimes an incentive to be consistent with exercise loses its appeal, but you should not quit. Release the “I can live without daily workouts” attitude that is likely to get in the way of exercising. Be open-minded and realize, the result of exercise is improved fitness. Choose activities you enjoy or at least do not mind repeating on a daily basis. Whatever the activity, move at a pace you can endure. The body adapts to the same workout routine, and after you finish, it continues to burn calories due to increasing the metabolic rate. Engage in exercise that is not too tedious or strenuous, as the purpose is for it to serve effectively as part of the weight-loss effort. You have many options; for example, you can choose to bike, walk, run, or swim.

Active movement is the body’s mechanism for burning fat. Think of it as a car burning fuel. Gas and oxygen power the engine, while calories and oxygen produce the energy needed for the body to function appropriately at the cellular level. The longer someone drives, the more gas a car burns, and the longer a person performs an exercise, the more calories the body burns.

Be open-minded and realize the outcome of exercise is improved fitness.

Start your exercises at a comfortable pace. For instance, if you walk each day and ten minutes is all you can do, it is fine. As you lose weight, there is a chance to do more, eventually getting up to twenty or thirty minutes a day. The most important thing is to be persistent and refuse to give up. Take it one step at a time in order to be successful at your goal of becoming healthier.

When exercise is extremely intense, it is possible to build muscle while losing fat. If this happens, do not be surprised to see no weight loss. You may notice signs of defined muscle tone in addition to feeling vibrant and strong. Though unexpected, while you work to decrease fat, the beautiful new muscle is heavier than fat. Ironically, on one hand you lose fat, and on the other, you add weight. There is nothing wrong with gaining weight this way, especially if the result produces a shapely, healthy body.



INSPIRATIONAL QUOTE

Losing pounds and feeling
happy helps you identify your
inner sunshine.

Smart Exercise Tips

- Talk to your doctor about a weight-loss program that includes exercise. Get clearance to start the program along with recommendations for an appropriate exercise plan.
- If you are out of shape or have not exercised in a long time, start slowly with five to ten minutes of physical activity per day. Allow yourself time to work up to thirty minutes of exercise per session.
- Focus on muscle strengthening and flexibility activities at least two days each week. It is important to make sure you increase the duration of a workout that is comfortable for you. Do not advance the regimen too fast; this prevents injuries.
- Maintain a schedule for your workouts as though you are keeping a regular daily appointment. Team up with a workout buddy or a group to keep each other motivated.
- Avoid eating a heavy meal directly before exercising. However, if you are scheduled to exercise for an extended period, have a healthy snack before starting. After extremely active workouts, it is best to wait about twenty to thirty minutes before you eat.

A Simple Walking Program

On beginning the twelve-week program outlined below, try to walk briskly at least five days each week. Always start with a five-minute slow-pace walk to warm up and end with a five-minute slow-pace walk to cool down. The warmup walk and cool down session for week 1 has 15 minutes in the Total Time column. Each week, the minutes increase gradually.

Week	Warm Up	Target Zone	Cool Down	Total Time
Week 1	Walk 5 min.	Walk briskly 5 min.	Walk 5 min.	15 min.
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.



INSPIRATIONAL QUOTE

While you are taking the time to procrastinate, life is speeding by.

Week	Warm Up	Target Zone	Cool Down	Total Time
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

GAIN POWER NOT POUNDS

Physical Activity and Calories

The following list shows physical activities according to differences in calories burned, as some movements’ burn more than others. Hourly numbers are based on the average calories burned by a 154-pound person while involved in physical activities. A lightweight person burns fewer calories as opposed to a heavy person, who is likely to burn more. When comparing the numbers, it is easy to see how vigorous and intense activities help burn more calories than moderate physical activities.

Moderate Physical Activity	Calories Burned Hourly
Hiking	370
Light gardening (yard work)	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (less than 10 mph)	290
Walking (3.5 mph)	280
Weightlifting (light workout)	220
Stretching	180



INSPIRATIONAL QUOTE

Weight loss can help you look better on the outside, but you are already beautiful on the inside.

Vigorous Physical Activity	Calories Burned Hourly
Running/jogging	590
Bicycling (more than 10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weightlifting (vigorous workout)	440
Basketball (vigorous play)	440

Here again, I suggest checking with your doctor before starting an exercise regimen or vigorous physical activity. Without exception—it is an absolute requirement to be safe—identify any medical issues prior to participating in a workout program. Be cognizant of health conditions or issues such as chest pain, unusual shortness of breath, headaches, wheezing, weakness, joint pain, swelling, or any other complaints due to physical activity. Let your doctor know if you experience problems while exercising.

Once a person adjusts to steps on the *EAT One/Half* plan, an awareness develops, a sense of how regular physical activity slenderizes the body. It moves one further along the road to weighing less. Pick an activity appropriate for your age, body type, health, and interest. Also, satisfy the personal preference of exercising on your own or joining a fitness class that can offer consistency.

**Around three fourths of the energy you burn
each day goes toward activities your body
automatically engages in for survival.**

Physical movement enhances your ability to burn fat. In fact, around three fourths of the energy you burn each day goes toward activities your body automatically engages in for survival, such as breathing, sleeping, and digesting food. You control the remaining one fourth of energy output with exercise and other activities.



INSPIRATIONAL QUOTE

Staying with your goal to lose weight can make it possible to feel calm and energized.

Health and Wellness

I believe weight loss is the key to health, wellness, and longevity. For instance, the benefits of weight loss and physical fitness are many. Some illnesses improve once weight loss is achieved, particularly diabetes, hypertension, and heart disease. Stable blood sugars are a positive factor associated with diabetes after weight control is instituted, helping to prevent secondary medical problems like vision impairment, heart disease, or kidney disease.

Another positive factor is that people with hypertension can expect a decrease in systolic and diastolic blood pressure rates. This and a number of significant effects and consequences are possible. For example, the occurrence of certain cancers can decrease with weight loss. My philosophy is that ideal body weight and being healthy coincide, because to achieve one the other is needed. So, act on your promise to lose weight, if health, wellness, and longevity are the ultimate goals. Commit to losing extra fat without allowing someone or something to sway your intent. Convince yourself and fulfill the goal. I believe you possess the desire and ability to acquire a lasting healthy weight.

**Act on your promise to lose weight,
if health, wellness, and longevity
are the ultimate goals.**

Stick with your objective; assume responsibility. Become empowered on the *EAT One/Half* weight-loss plan. The process of losing weight is not complicated. Empowerment is at the root of choosing to eat healthy and exercise. Activate the plan by cutting high-calorie foods in half while increasing low-calorie foods by half. Also, following through on activities and some worthwhile reminders are helpful.

Remind Yourself

- Weight loss is highly effective for controlling blood sugar and diabetes.
- Smoking is directly related to certain illnesses, stop to improve health and live longer.



INSPIRATIONAL QUOTE

Love yourself enough to care. A healthy body makes a healthy mind.

- Communicate with the people you love about their view on watching you change physically, becoming a slimmer version of yourself.
- Create strategies for handling envious reactions and meaningful conversations about your weight loss.
- While exercising, come up with a visual way to picture yourself at a healthy weight.
- Periodically, measure weight reduction in inches around your chest, waist, hips, and thighs.
- Every morning, read an inspirational quote, motivational message, or your reason for losing weight out loud.
- For stress relief, try deep breathing. Slowly inhale through your nose and exhale through your mouth.
- Eat meals in a peaceful place without distractions such as disturbing noises or loud conversations.
- Each day, make a conscious decision to feel good about yourself and take charge of your health.
- Choose to spend time with friends who recognize the importance of enjoying healthy social activities.
- Modify your thinking about weight loss, because it is easy to reduce weight gradually.
- Replace worry with action; take control and enforce options to support your energy and health.
- Value your weight-loss experience; cultivate a sense of appreciation for personal growth.

Tap into Motivation

What is motivation, and why does a person need it? Motivation is an inner drive, an urge moving us forward while we try to complete a task or obtain a goal. It is needed to keep us focused when things become difficult or tiresome. As an internal support system, it gives us confidence to finish what we start. A loyalty that keeps our interest alive, adding strength to our self-reliance.



INSPIRATIONAL QUOTE

The challenge of weight loss is
not over until you win.

Motivation is an essential element in any weight-loss or fitness program. Once the newness becomes normal, you get comfortable with ongoing routines. You become relaxed with the satisfaction of eating healthy and exercising. Satisfaction works to complement your familiarity. Routines are done with ease as you make small steps count and become your own cheerleader. You decide when to treat yourself to a new boost of enthusiasm. For example, adding new variations to an exercise activity. Go from walking around the neighborhood to walking in the park for a change of scenery.

Focus on the positive aspects of your life.

Another stimulating boost is to focus on positive aspects of your life. Make a list of things you are presently doing successfully or have done successfully in the past. Also, I am sure you will be surprised at the things you can do or want to do in the future. Such a list can help you stay on track. Use it as a guide to lose weight and strengthen the foresight required to prevent you from drifting off course or going in the wrong direction.

Unfortunately, a high level of motivation can be difficult for a person who casts doubts. Watch for “I don’t care” comments like: “I’m too busy,” “I’m not getting results,” or “I got off track because it’s a waste of time.” Try to keep an upbeat outlook rooted in optimism to stand guard against a weak mindset. Look for techniques and messages that work to encourage you.

Ways to Stay Motivated

- Take a liking to music that energizes and uplifts you emotionally. Select favorites that have a quick beat, urging you to get up and dance or at least move around.
- Put power behind talking to yourself. Fill spaces in your head with supportive phrases to reinforce the determination to live up to your expectation.
- Think about looking and feeling healthy once the extra weight is gone. Know that if you start weight loss today and remain persistent, you can reach your desired goal.



INSPIRATIONAL QUOTE

We all need support to reach our goals. Surround yourself with people who lift you up and not those who put you down.

- Spend some time caring for others. Volunteer for activities such as tutoring, campaigning, or fundraising. Visit someone that would enjoy seeing you.
- Shake up mundane things in your life; create new free-time behaviors. Instead of hanging around the kitchen, complete a task you have put off or become interested in a hobby.

Break through Depression

On the other side of motivation is depression: a major drawback factor to losing weight. There is always a chance of depression and weight loss becoming intertwined. In my opinion, it is the cause of many unsuccessful attempts to commit and continue with a weight-loss plan. No matter how much of an effort a person makes to lose fat, one can become depressed. A troublesome situation, especially for someone who uses food as a pacifier.

It is important to note that part of the brain controlling emotion also controls the appetite. Possibly, this connection affects the reason why a person eats or sometimes overeats as a way to feel better. Apparently, an appetite connection to depression threatens weight-loss success. The link seems to pose a problem by contributing to the cause of unstoppable overeating as well as the basis for weight-loss depression.

There is always a chance of depression and weight loss becoming intertwined.

Boredom can occur for a person who sees weight loss as a downer. The sadness can seem endless or turn into uncontrollable eating. In a depressed state of doom, people tend to eat fattening foods. Sure, some restrictions can lead to feeling down, but a person may find ways to break out of the slump. It is important to identify and analyze reasons for being depressed. Did depression develop because of weight, or did depression stimulate overeating? Which one led to the problem?

At some point in our lives, most people experience some level of depression. Therefore, it is wise to have a strategy in case discontent makes it difficult to continue losing weight or prolongs a depressive period. Ask family and friends to support you and explain to them the



INSPIRATIONAL QUOTE

Never doubt your ability to lose weight. Being doubtful kills more dreams than failure ever will.

extra effort it takes to be diligent about losing weight. No one should have to face losing weight alone. If possible, get a weight-loss buddy to partner with you during the process, a person who takes time to listen, encourages you not to quit, and gives enthusiastic persuasion to realize your goal one pound at a time. Reverse gloomy moods; think about positive outcomes. Share stories about your desire to lose weight as well as your progress. In addition, talk to yourself about what you expect. Here are some examples:

- My weight-loss goal is a healthy lifestyle.
- My effort to lose will go to the finish line.
- My mission is not to give up on weight loss.
- My objective is to kick the “I can’t” message.
- My intentions are to feel good and become fit.

Turn unhappy moods around by thinking about positive outcomes.

Support like counseling, religious resources, exercises, or meditation can be beneficial. Also, it is common for individuals to seek medical advice or treatment to escape depression. This story reveals what can occur when professional support helps someone overcome overeating difficulties.

Mrs. T is a nice person who suffers from a host of health problems. She stands at 5 foot 4 inches and weighs 348 pounds, giving her a body mass index of 59. For years, I have treated her for asthmatic bronchitis. Her medical history includes hypertension, diabetes, obesity hypoventilation syndrome, and depression. Overweight with a passive, quiet nature, she rarely expressed her concerns. As a result, I was surprised to hear that she had undergone gastric banding, a surgical weight-loss procedure.

The band was placed around part of her stomach, limiting the amount of food she could eat comfortably in one sitting. The cutback on food decreased calorie intake, causing her to lose weight. She had no problems during surgery and recovered normally. It all fit together like a puzzle. The patient was happy



INSPIRATIONAL QUOTE

Stay focused, because the moment you quit is usually the moment before the plateau ends and weight loss begins.

with no complaints; weight loss occurred steadily. Then, as time passed, her ability to lose weight dwindled, and eventually she began regaining weight. The long-term outcome for Mrs. T was not looking good.

Throughout life, she struggled with an inability to control food choices and portions. Cravings for sweets had always been a major problem. Food was used as a pacifier to deal with episodes of anxiety and depression. She admitted the difficulty of trying not to overindulge in the Five Cs: cookies, cake, candy, chips, and ice cream. I often explained to her the importance of being careful not to nibble the weight back. Mrs. T began to realize how small portions of high-calorie foods eaten during the day added up to produce weight gain.

At this point, her eating was out of control, and she talked about feeling lonely as well as starting to withdraw from friends and family. These were indicators to consider the possibility of depression as the culprit. It is well known that overweight and obese people frequently suffer from depression as a result of difficulties in dealing with the challenges of weight loss. Willing to discuss her troubles, **she feared the gastric banding had quit working. Along with this worry, she also perceived boredom and depression as problems.**

When revealing reflective thoughts about the surgery, she made an insightful comment: "The surgery did not fail me. I failed the surgery." Working closely with her primary care doctor, a recommendation for a psychiatric evaluation was made. After several sessions, I noticed an improvement in her mood. Motivation to achieve the weight-loss goal had returned with an eagerness to identify appropriate food choices. She once again seemed excited while telling me her favorite morning saying: "Don't let old habits get in the way of new progress."

In Mrs. T's case, the ability to deal with her depression was a major factor that affected her ability to lose weight. As stated earlier, obesity and depression sometimes intertwine. If you experience feelings of depression or problems similar to those described in this patient's story, seek medical advice.



INSPIRATIONAL QUOTE

Weight loss can be hard, so
don't count the days. Make
each day count.

Whatever evaluation services you choose, consider the decision as a way of strengthening the commitment to lose weight. Look back every so often and take pride in making progress. Also, smile at yourself in the mirror and imagine great possibilities. Express an eagerness to work at reaching your ideal body weight. Tell yourself, "Weight loss is a blessing and a lesson."

Bring Down Compulsion

Are you unable to control the overwhelming desire for food? Are you powerless over compulsive eating? These two questions cause one to wonder whether the pleasure of eating is due to compulsiveness or the love of food. If food dominates your life, you may be a compulsive eater. An evaluation of your eating patterns may be helpful, because some of us make food a pacifier in times of need or stress. Certainly, this is counterproductive when trying to lose weight. Without controls on food, there is the typical setback: weight gain.

A compulsive eating problem calls for changes in eating habits. However, a desire to change or at least a readiness to modify behavior for a healthier lifestyle is needed. A person can have the willpower to cut back on certain foods, but overcoming something like compulsive eating, takes determination and endurance over an extended period of time. Medical advice and treatment may be needed for anyone who is a true compulsive eater.

Some of us make food a pacifier in times of need or stress.

Some people blame overeating on food addiction or view obesity as a disease. I remember a lady I talked to many years ago who stated she had a food addiction. According to her, food was like a passion, and she refused to alter any aspect of her pleasure. It was obvious that she had given up on the prospect of losing weight. My question at that time related to whether or not her behavior was due to depression, guilt, fear, or a lack of interest to fight for health and wellness.

Despite the way a person behaves, treating obesity as a disability should not be a health condition for anyone to accept willingly. If this happens to be the case, medical advice should be sought. The preferred way to correct obese eating habits involves setting limits and regulating food



INSPIRATIONAL QUOTE

Going the extra mile may seem like too much, but once you are there, the reward is satisfaction.

intake. Proper nutrition, food choices, and exercise have to be part of the solution. Constant eating and excessive weight does impact health; therefore, do what it takes to trim down. It is an ongoing struggle, but in the end, I believe that with proper support, most individuals will make the right decision and strive to improve health.

Refresh Your Image

The definition of image is a physical likeness or representation of a person, animal, or thing that has been photographed, painted, sculpted, or otherwise made visible. Expressed as a mental representation of something previously perceived, it is the absence of an original stimulus. Now, apply this definition to your weight image. How are you envisioning yourself, and how do you want others to see you?

See a new image of you as achievable.

When you look into the mirror, is the image staring back at you a phantom or is there someone deep inside screaming to get out? Are you truly connected to both the inner and outer visions of yourself? Better yet, which one represents reality? There is nothing out of the ordinary when considering your ideal weight a possibility, even if it is imaginary. Agree to keep your weight-loss objective within an attainable range. Let it serve as a means of seeing a new image of you as achievable. Set yourself on the road to reality. Start losing weight with a vision, one where the real picture of you matches a realistic goal.

Zero in and Take Control

Control the power over weight; take the lead to flourish in life. It is an expansion of wellbeing, a willingness to prevail. For example, a health condition is more than enough reason to zero in and take control. Here is a situation where proactive initiative overturned an unwanted condition.

Based on medical test results, a woman's primary care doctor discovers the development of diabetes. This news turns the woman's life upside down. The emotion of shock running through her mind is what I call genuine med-moments. Regaining some



INSPIRATIONAL QUOTE

The next time you think of
magnificent things, don't forget
to include yourself.

composure after her outward reaction, she wholeheartedly agreed with the doctor that losing weight was mandatory. Feeling obligated to take charge immediately, she talked to me about the *EAT One/Half* plan.

She weighed about 280 pounds and had a family member with diabetes. Plus, **her family history included significant heart failure and hypertension. She refused to imagine living with the side effects and secondary medical problems associated with diabetes. Her weight-loss goal was set at one hundred pounds.** During our talk, I pointed out some food choices and portion changes along with cutting carbohydrates (starches) in half and increasing salads and vegetables by one half.

Fully committed to the plan, she welcomed it as an eager candidate anxious to begin. She dropped forty pounds within a four-month period. Her weight-loss regimen was somewhat unusual, as she decided to eliminate just about all starches. However, I preferred that she plan and eat more well-balanced meals. She did eat small pieces of bread with a light buttery spread or a sugar-free fruit spread on occasion. A vegetable lover, she increased servings by one half. In the protein category, meats were baked or broiled, never fried, and portioned to the size of her palm.

She remained dogmatic about eating a large lettuce salad before each major meal. There was no limit on eating fruit, and it served as a snack to help her overcome the feeling of being deprived. She cut juice drinks in half, with each glass containing one-half juice and one-half water. If she had a craving for sweets, the choices were usually sugar free. After losing 100 pounds, she achieved a proper, stable weight for her height. Diabetes is no longer an issue, and she controls blood sugar by eating healthy and maintaining her weight. Positive changes transformed her eating lifestyle and medical condition, too.

Losing weight was not an easy journey psychologically or physically, but her powerful determination to have a healthier life never wavered. Now she says, "It feels so good to really feel like myself again. I'm never going back to that dark place." Stories like this are uncommon among people who make excuses about why



INSPIRATIONAL QUOTE

Has this been a bad eating day? Step back and refocus; tomorrow is a new start.

they cannot or will not try to lose weight. I am proud of her—what an amazing conquest. She is an exemplary Weight Pro.

Shift the Thought

Whether you are a Weight Preserver, Weight Plotter, or Weight Pro, the most poignant med-moment is being told to lose weight. Act on the warnings and bring weight gain to a halt. I hope you are inspired by the woman's journey after she received shocking and unexpected news from medical test results. Highly upset, she admitted a change had to occur and turned the fight against fat into a victory.

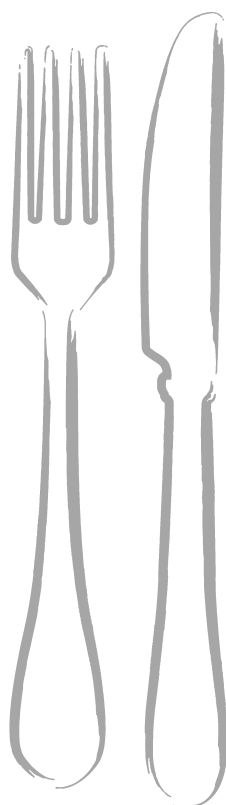
How many times have you thought, "Weight loss is something I must consider?" Accomplishing this notion requires willpower. It may also involve some soul searching and motivation prior to visiting a doctor for a weight reduction evaluation. Regardless, move your "do it now" thought into action, as it is best not to wait. No one wants to anticipate life-changing med-moments. Decide how to handle the matter in one of two ways. Ignore suggestions by continuing to do nothing, or be willing to focus on what dietary habits need to change.

Accept the fact that extra weight does not magically disappear; it takes work. After acceptance, be inclined to shoulder responsibility by looking around with clear judgment and thinking about realistic weight-loss options. Try not to have health issues forcing you to lose weight. Instead, jumpstart the journey toward good health, pushing the inclination to take action.

**Accept the fact that extra weight does not
magically disappear; it takes work.**

Skip the Hoax

The word *diet* is misleading and has become a big hoax. It leads people down the wrong path, implying that once a person loses weight, it will stay off. A diet is usually regarded as a quick fix without promoting healthy eating practices. The dieter receives little if any nutritional or behavioral modification for long-term use and the extra weight generally comes back. Quick diets tend not to emphasize proper portions



INSPIRATIONAL QUOTE

Feeling depressed and just can't get started? Realize that your current situation is not the final destination.

or choices, and neither do they offer insight for maintaining healthy weight loss as a lifestyle.

Moreover, I see a diet as having to lose a few pounds quickly to fit into a smaller outfit. Once a person gets rid of the pounds, a return to old eating practices seem natural. The dieter may starve to lose weight fast, and then goes back to previous habits. After regular use of several different rapid weight-loss cycles, losing and gaining fat becomes the norm. Accept the fact that these cycles are usually temporary fixes common among fad diets.

Starvation is Unhealthy

Losing weight without providing the body with the nutrition it needs is unhealthy. An inappropriate method of losing weight can shock your organ systems and bodily functions. Healthy eating while losing fat preserves the lean body mass that comprises muscle, bone, and internal organs. Even though you eat fewer calories during weight loss, meals have to include vegetables, fruits, protein, and carbohydrates. This grouping ensures getting sufficient nutrients to maintain proper cellular functions throughout the weight-loss process.

Avoid starvation, as this is a phase where it is difficult to maintain the micronutrients that are really needed for the body to function normally at the cellular level. Equally important, it is a phase where drinking enough water to stay hydrated is necessary. Even when decreasing daily caloric intake to lose weight, your body still requires nutrients for proper functioning. Cellular and bodily mechanisms play a substantial role in the effort to shed pounds. These are a few key reasons to eat healthy, serve properly portioned meals, and not lose weight through starvation.

Fast Food

Life is busy for most of us with tasks at home, work, or school. There is not enough free time to plan, cook, and prepare healthy meals every day. Of course, fast foods and frozen microwave meals are convenient, but some are not always the best choice. If you are in a situation where there is only fast food, get a salad, a low-calorie sandwich, or a diet drink. Whether a meal is served as a buffet or prepared as a carry-out,



INSPIRATIONAL QUOTE

Success is right in front of you
because what you need, you
have inside.

select items like vegetables and fruits. Make an effort to stay mindful of the food choices suggested by the *EAT One/Half* plan.

Fortunately, some fast food eateries are offering more low-calorie meals. However, this is not always the case at sports games, festivals, or concerts known for selling calorie-laden foods. In places where vendors sell mostly high-calorie foods, eat a moderate portion to satisfy hunger, or if possible, carry fruits or veggies to nibble on. In addition, you are likely to face the challenge of being lured by appetizing smells or watching others eat with a smile. Do yourself a huge favor: step away from enticing aromas, which send you “cheat and eat” urges to consume food that is high in salt, sugar, or calories.

Some fast food eateries are offering more low-calorie meals.

Diet Pills—Just Say “No”

Diet pills trick the body into losing weight. This method is usually effective for quick weight reduction, as there is no weight loss without the pills. The magical function of some pills is to increase the metabolic rate, causing the body to burn calories faster. Others function by inhibiting the stomach’s ability to absorb food. Formulated to work, this type of dieting can be successful with an objective to lose a few pounds. But if a fast dieter, along with a multitude of constant dieters, return to the practice of eating without some form of assistance, the success achieved with diet pills is reversed.

Programs featuring diet aids seldom have protective measures in place to address certain health conditions. Pills cannot teach you how, what, or when to eat. This method of making the brain and stomach think you are full is artificial. There also may be a decline in appetite, causing changes in eating and behavior around the enticement of food. Missing is the healthy skill of choosing and eating proper portions of nutritious foods. Instead of deception I suggest that people eat most of the foods they enjoy by integrating the *EAT One/Half* plan with their lifestyle.

People talk to me about using diet aids to lose a certain amount of weight without having to modify behavior. Then months later, the



INSPIRATIONAL QUOTE

Stay motivated. Challenge yourself. Hold on to the vision you see as your future.

talk focuses on weight gain and regrets concerning the outcome. It is mind-boggling to think of the time spent losing weight, and at the end a person suffers with more obesity than when weight loss began.

Most devastating is the fact it can become a reoccurring problem. Quick dieters who lack healthy eating habits may not realize how much will-power it takes to achieve and maintain an ideal body weight. Failure to understand the process of gradual weight loss is likely to interfere with self-control later on. Certainly, a “cut it in half” approach is healthier than a dependency on pills.

What Is Your Story?

Get up close and personal with your objective to begin or continue a weight reduction journey. No other person is exactly like you; therefore, your story is one of a kind. Life through every day experience features you exclusively. There is probably an assorted collection of stories, reminding you of previous promises as well as weight-loss mistakes. Former actions may flash before you with notions to believe it shall never happen again. Well, you are leaving old thoughts behind to welcome a new way.

This time, lose weight for the right reason. Apply a long-term perspective, implementing wholesome strategies using the *EAT One/Half* plan. Take time to prepare meals and understand the importance of good eating habits. Also, learn to value and treat health as an authentic aspect of life, because it impacts the quality of living. Health should not be taken for granted, because the condition you are in today tends to forecast what may arise in the future. Likewise, weight problems increase the potential to develop secondary diseases, which can have an effect on longevity.

This time, lose weight for the right reason.

Insert a new perspective into your story by assessing how and what you eat. Create a self-renewal agenda to think ahead and stop regaining weight from unexpected spurts of overeating. Consent to a lifestyle modification, and adjust to eating healthy. Build on your competencies to undergo change with a vision to excel at weight loss.



INSPIRATIONAL QUOTE

Is your self-control falling short?
Do not worry; life is kind. You
always get a second chance. It
is called tomorrow.

Applaud the Wish

Salute the longing to be healthy and the hope for a long existence. Such desires can rekindle a spark to set new things into motion. It is a chance for you to be more active, speak out, and openly announce your intent to lose weight. Give voice to persistence, letting others hear tones of hope as you prepare mind and body for a challenge. Doing so reveals a readiness to watch calorie intake, eat well-balanced meals, and exercise. Disclosure of your wish confirms the claim of wanting to win at losing weight.

Stand up and sound off with conviction. The *EAT One/Half* plan can help aspirations come true, so be excited. Awaken your passion with an aim to be the best at weight loss. Begin by taking delight in carrying out the willingness to:

- address the problem of eating too much,
- understand the reasons behind weight gain,
- recognize ways to handle difficult challenges,
- use accomplishments to boost self-confidence, and
- remain ambitious on the road to good health.

Applaud loudly as you discard hindrances and fulfill aspirations. The role of a weight-loss repeater is coming to an end. Stop poor eating habits, the refusal to exercise, or delay of medical treatment for illnesses known to cause other conditions. Take action, put the spotlight on obesity as a preventable condition. Begin to understand weight loss in relation to your organs, glands, and hormones.

Treatment for diseases that affect the body's functions and organs are sometime counterproductive to weight loss. Some medications are known to increase water retention or appetite. Here is a case where medication for sarcoidosis, a chronic lung disease, causes weight gain. Yet, the patient insists on losing 20 pounds.

Miss E was diagnosed with sarcoidosis about ten years ago. Initially, her disease did not require medication. However, when medication was required, it caused her to gain weight. The extra weight made her feel uncomfortable. On this particular office visit, she expressed the desire to lose weight because of an upcoming trip with a friend.



INSPIRATIONAL QUOTE

You're stronger than you think.
Refuse to say, "I can't lose
weight."

Reducing weight to look good wearing a bikini was mandatory. Her goal was to lose the extra pounds in three months. **Gathering strength for success, she felt prayer was needed to develop a harmonious connection between mind, body, and spirit.**

I introduced her to the *EAT One/Half* plan and explained how decreasing high-calorie foods and increasing low-calorie foods helped to reduce fat. She clearly understood that food choices and portions would be her decision. While mapping out steps for the food plan, she made good decisions quickly.

She decided to use a smaller plate and made fruit a major part of each meal. Vegetables were increased, while carbohydrates were decreased. She loved salads, so eating a large one before each major meal was not a problem. The selected meats included chicken and turkey only. She normally drank four to five bottles of water a day and continued to enjoy green tea before bedtime. Refusal of alcohol, desserts, and fast foods was not hard for her.

Walking at a moderate speed on the treadmill at home for about thirty minutes became her daily exercise. She confirmed that she had no problem staying within guidelines outlined on the plan. Every time she envisioned looking beautiful on the beach, the image motivated her. Miss E was successful and lost 20 pounds.

Enjoying sea, sand, and sun, she had a wonderful time showing off her new bikini in the Caribbean. Moreover, I give her applause for not allowing medications known to cause weight gain to hinder her wish to enjoy a week by the sea.

Learn to understand weight loss in relation to your organs, glands, and hormones.

Thyroid Gland

The thyroid affects the total fat stored within human cells. Positioned at the base of your neck, it is a gland with the ability to control the body's metabolic function. It determines how many calories are needed over a 24 hour period. It also regulates how vigorously the body is able to



INSPIRATIONAL QUOTE

Make a commitment to health and wellness. Only you can change your condition; it can't be done by someone else.

burn calories. Specifically, you may want to be aware of two conditions involving the thyroid. The first is hypothyroidism, a disorder causing the body to burn calories at a very slow rate. Medically, the disorder is referred to as a hypometabolic state or slow metabolism. Calories are underutilized and stored in fat cells, which leads to weight gain and obesity.

The second condition is hyperthyroidism, which is referred to as a hypermetabolic state or a rapid calorie burn. In this situation, weight gain is difficult because the body is usually in a calorie deficit. A normal weight requires you to eat an appropriate amount of calories for your height and weight. Therefore, a person with a fast metabolic rate may eat three large meals a day and manage to stay slim and trim, while an individual with a slow metabolic rate can skip breakfast, eat a light salad for lunch, and have a small, well-balanced dinner without dessert, and still gain weight.

Your thyroid gland has the ability to control the body's metabolic function.

An underactive thyroid certainly needs medical attention. It calls for assessing the amount of thyroid hormone in the body and the likelihood of becoming obese because of underused calories in the body. Simply put, assessing a person's ability to lose weight is important. People differ metabolically, so what works for others may not work for you. They burn calories at different rates. For this reason, a one-for-all weight-loss plan cannot offer everyone success. Therefore, the *EAT One/Half* plan is tailored to the individual as much as possible. Here is a story about personalizing the plan, giving a person with thyroid disease a chance at healthy weight loss.

A patient for many years, I often talked to Ms. M about weight gain and the effect on her health. Eventually she experienced an episode of shortness of breath, which led to a hospital stay and treatment. During the medical evaluation, she had a BMI (Body Mass Index) of 45 with a weight of 289 pounds and a height of 5 feet 6 inches. In addition, her medical history



INSPIRATIONAL QUOTE

Become eager to lose weight,
and inspire others who need
motivation to step into your
weight-loss shoes.

revealed hypertension, heart disease, obesity, thyroid disease (hypothyroidism), bronchitis, and arthritis.

A cardiac workup identified significant heart dysfunction. Her heart doctor explained how hypertension and obesity contributed to the diagnosis of heart disease. Shocked by the results, Ms. M's med-moments seemed surreal. She was placed on a treatment plan with specific medications. The doctor also recommended weight loss, salt reduction, and exercise. At that point she had to lose weight to improve her health.

A few weeks later I reinforced the importance of being compliant with her medications and weight loss. Again I emphasized the relation between hypothyroidism and weight gain. As a hypothyroid patient, **she had a slower metabolic rate and needed fewer calories to meet the body's demand for food. Her extra calories, if unused, were stored as fat. Before leaving the office, Ms. M expressed her intent to refuse using this condition as an excuse not to lose weight.** She admitted that going forward, she had to incorporate the *EAT One/Half* plan.

Set to begin losing, Ms. M identified the types and amounts of food she normally ate over a 24 hour period. Willing to eat healthy low-calorie foods, she cut out bread, potatoes, rice, and sweets. She decided to increase vegetables, fruits, and salads. Red meat was replaced with skinless baked chicken prepared with garlic powder and pepper.

She created an eating schedule to start breakfast with fruit. It included strawberries, grapes, and apples: all her favorites. Lunch consisted of a small salad, a turkey burger with tomato, and water. Her dinner was a large salad with grilled chicken on top, low-calorie dressing, and water.

Although happy to lose twenty pounds in the first three weeks, the biggest thrill for Ms. M was an improvement in her blood pressure. She did not get worn down by medical difficulties or new medications. Confidence in the ability to lose served her well, as she advanced toward a healthy weight.



INSPIRATIONAL QUOTE

One way to decrease fat is to
eat one less spoonful.

Hormones and Obesity

Hormones are important elements in a person's ability to lose weight. Another key factor relates to certain hormones decreasing with age. Like the decrease in metabolism, changes in hormones can make weight loss difficult, because each person's body is different. Besides, changes in hormones can affect diseases such as diabetes, hypothyroidism, depression, and stages of menopause. Regulations of the body's hormones also occur as part of the pituitary gland function.

Changes in hormones can make weight loss difficult.

Located in the interior of our brain, the pituitary gland releases a particular hormone called TSH. It is the thyroid stimulating hormone, which causes the thyroid to produce and release more T3 and T4 to increase the metabolism for burning calories. Both the T3 and T4 are thyroid hormones that influence the ability to burn food energy. Unfortunately, not everyone's thyroid responds appropriately to hormones regulated by the pituitary. As a result, when the TSH is not effective, slow metabolism becomes a factor and contributes to the cause of obesity.

Menopause and Weight Loss

Weight loss can be difficult after menopause. Many women feel that gaining weight during this stage of life is inevitable. However, I am about to provide some good news, because this is not entirely the case. With a strong desire, a proper meal plan, and a healthy routine of food portions and choices, weight loss can happen. However, there is a chance it may turn into an extraordinary ordeal for some at this stage in life.

Research has determined that estrogen may be the culprit. Menopause occurs between the ages of 41 to 59, a phase when ovaries lower the production of estrogen and progesterone hormones. Factors related to low estrogen are usually emotional and generally include anxiety, depression, or mood swings.

Other factors associated with a decrease in estrogen can also include a slow metabolic rate, less physical activity, and an increased desire to



INSPIRATIONAL QUOTE

Continue to work at reaching
your weight goal; stay in control.

eat. Even though these challenges exist, a decrease in eating foods high in carbohydrates and sugar can help with the success of weight loss during menopause. It is healthy to increase the eating of vegetables, salads, and fruits. Plus, physical activities such as walking or a regular exercise regimen are advantageous. Daily activities help maintain an effective metabolic rate.

A decrease in eating foods and drinks high in carbohydrates and sugar can help with the success of weight loss during menopause.

The emotional component cannot be overlooked when discussing menopause and weight loss. Significant changes are occurring at this stage, in addition to the possibility of feeling agitated or depressed. In fact, a person who is experiencing such problems needs to consult a medical professional.

Also, it is essential to recognize motivation as a vital element; it propels a healthy lifestyle to include better nutrition and fitness. In cases where motivation is hard, use a stepping-stone approach, because menopausal individuals can be victorious. I am confident that with enthusiasm and true dedication, no one is too old for a healthy weight-loss plan.

Eating One/Half is a Solution

Over the years of treating patients who face difficulty with weight, I learned that the best solution is to make weight loss easy. Once a person realizes it is not complicated, usually the commitment is firm. A simple plan poses no problem in understanding the basic steps. Also, participation is best achieved when a person's daily eating regimen and fitness routines are individualized. Merging the steps into a person's lifestyle is a means for weight loss and living healthy to be achieved together.

As I pointed out before, people differ in terms of height, weight, sex, and age. Allowances for these differences is a significant feature of the *EAT One/Half* plan. It appeals to personal likes and dislikes while gradually guiding an individual to an ideal body weight. A person can have



INSPIRATIONAL QUOTE

Stay in a happy, low-calorie mood: reward yourself in a way that will carry you through the day.

some comfort fulfilling a weight goal and staying positive, knowing that **one half the calories equals twice the health.**

On the other side of this plan, an emphasis is placed on the power of exercise to burn off calories. Everyone is encouraged to be active, therefore, leave sneakers in a noticeable spot to serve as a reminder to walk. Also, there is no reason to miss out on exercise at busy times in the year, like holidays or trips away from home.

Fulfill your weight goal and stay positive.

Going forward, better health is on par with healthy eating for healthier weight loss—a balanced solution aimed at generating levelheaded behavior driven by a lifetime of useful habits. The *EAT One/Half* plan helps you enjoy a nutritious lifestyle and facilitates weight loss.





conclusion

CONTINUED GOOD HEALTH

CONTINUED GOOD HEALTH

Since you have taken the time to turn pages in this book, I trust you acquired notions to stimulate your thoughts or actions regarding weight loss. While reflecting and gathering ideas for you to read and understand the *EAT One/Half* plan, I wondered what occurred to former patients who did remarkably well on the plan. Did they continue to maintain weight control, share steps in the plan with others, or grow to accept healthy habits as an important part of life?

While going through actual paper folders—not electronic computer folders—I found notes on earlier stages of creating the plan. Interestingly, copies of the letters I saved showed my complimentary closings as “Continued Good Health” with my signature underneath. On current emails and text messages that I write, this health-oriented closing is sometimes missing, but not forgotten. If I modified the words, the closing might read, “Continued Good Health with Weight Loss.” As an informal phrase, it may make a difference in the life of someone needing a surge of encouragement to lose weight.

Throughout this process, the motivational surge for me has been to extend weight-loss success to others. It pleases me to present a plan tailored to the individual. A simple arrangement of 14 steps necessary for proper weight loss and weight maintenance. The steps are straightforward and conform to three key stages of action: staying committed to weight loss, being consistent with the practice of cutting high-calorie foods in half, and the determination to reach a certain weight level.

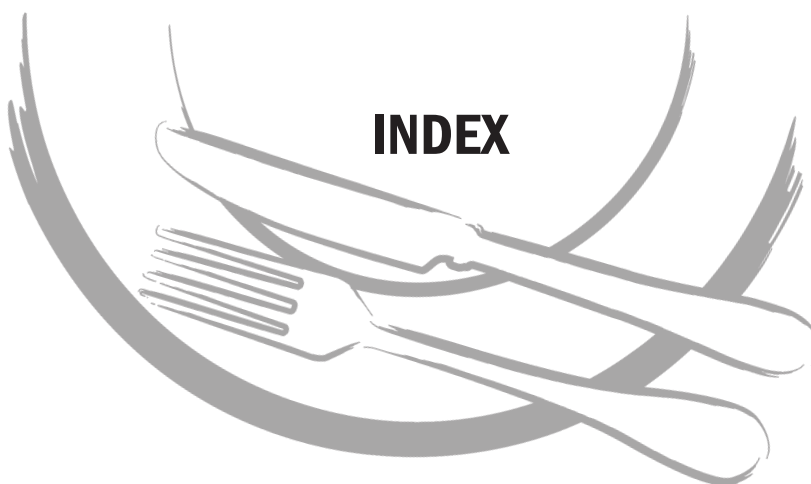
Moreover, the steps introduce nutritional techniques, place an emphasis on holistic eating, and behavioral modification.

Noted in the preface, the *EAT One/Half* plan renews a person's lifestyle and intent to improve health. Clearly stated, my plan works on the premise of balancing: eat one half less high-calorie foods and one half more low-calorie foods for fat to come out of storage bins in the body. The balance helps a person understand how weight loss is possible while eating enjoyable foods.

Compelling reasons for wanting to lose fat differ for each individual. Over a period of time, I categorized differences using these identifiers: Weight Preserver, Weight Plotter, and Weight Pro. Each one refers to distinct interests in losing weight, encompassing the uniqueness of a person's health or medical condition.

Sections in this book explain how the *EAT One/Half* plan grew out of a desire to help patients with complicated medical issues lose weight. Hopefully, you realize that the ability to lose weight is not an isolated element. Many factors and medical problems can affect how weight loss occurs.

An effort like this one opens another gateway to address the problems. It presents an initiative for change; an opportunity for you and others to enjoy health and wellness. Lastly, I close with this thought: *take good care of your body, it is the only one you'll ever get.*



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