

The Never Go Hungry Weight loss Diet:



Snacking is the downfall of most dieters. You cut down on your breakfast calories and by 10:00 AM you cannot resist those sugary donuts or other high carb snacks. The more you put off snacking the greater the tendency to make poor food choices and over eat.

What if you could lose those extra pounds without going hungry? It sounds good, but is it possible? The answer is a resounding yes! Just follow the three steps listed below.

Step 1. Diet Modification:

It is essential to understand how carbs promote obesity. Carb calories are absorbed rapidly and thus there is a short interval between eating them and the return of hunger.

The first step in the never go hungry diet is to replace carb calories with healthy fat calories derived from plants. Note that calorie intake from proteins (preferably lean meat, fish, beans etc.) stays the same. The beauty of switching from carb calories to fat calories is that calories from fat are absorbed slowly, and thus, they are more effective in delaying hunger.

There is no magic to these three steps. Ultimately, you must cut back on total calories if you are to lose those extra pounds. However, before attempting to cut 1.

calories it essential to restrict carbs and replace them with fats primarily derived from plants. Excellent sources of plant fat include avocados, nuts, seeds, beans, hummus, olives and olive oil. Once you have replaced carb calories with healthy fat calories, the next step is to reduce the total calories consumed over a 24 hour period.

Step 2: Reduce total calories:

Essential to reducing your total caloric intake is to slow down your eating habits and to **STOP EATING** as soon as you **START** to feel full. As you continue to reduce your total caloric intake, it is predictable that you will start getting hungry between meals. Once this occurs the next step is to find a healthy snack, that when eaten in small amounts, allows you to go from meal to meal without going hungry. Picking the right snack is the key to success.

Step 3: The Art of Snacking:



Proper snacking involves picking the right snack and eating just enough to get to your next meal (without hunger pangs). This is not rocket science. In addition to choosing “proper snacks” that are high in plant fat, it is also important to make sure the snacks are readily available when hunger pangs first strike. They must be eaten in small quantities. Eat just enough to bridge the gap between meals.

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The following are three examples of “proper snacks” that help you achieve your weight loss goals.

Almonds:



A great example of a “proper” snack would be a small bag of almonds. Ideally, raw as opposed to salted and roasted, which taste so good there might be a tendency to over-eat. A bag of almonds can be easily stored in your purse, in your car, at your desk or in your suitcase. They must be readily available as soon as hunger strikes.

As you get more comfortable with the concept of proper snacking, you can get creative with a variety of snacks that meet your need. Two other snacks that are easily added to your list of “healthy snacks” are peanuts and macadamia nuts.

Peanuts:

Peanuts are tasty, inexpensive and easily stored in small packets. They are also an excellent source of protein, plant fat and are rich in micronutrients.



Peanut butter and almond butter are two of my favorite snacks. Simply eat it out of
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the jar or put it on celery or an apple. (PB&J is not an option).

Macadamia Nuts:

The final snack is macadamia nuts. I select this nut because it highlights the key element of the never go hungry diet. Macadamia nuts are very high in fats so most dieters avoid them. However, the fats are slowly absorbed and thus serve as an effective bridge between meals. This works if they are eaten slowly and in small quantities.



Caveats:

Peanut allergies are relatively common. Most people with peanut allergies can eat other kinds of nuts (peanut is not a true nut but is classified as a legume). If nuts are not an option because of allergies, seeds, as described in the February “Ask the Doctor” are another great snacking choice.

This diet is primarily designed for healthy people. If you have a medical condition such as heart disease or digestive problems it would be advisable to consult a physician before starting this diet.

Happy dieting and contact us if you have comments or suggestions:

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