

SIMPLE WEIGHT MANAGEMENT

SECTION 5

How Different Foods Affect You



...powerful habits to transform your life!

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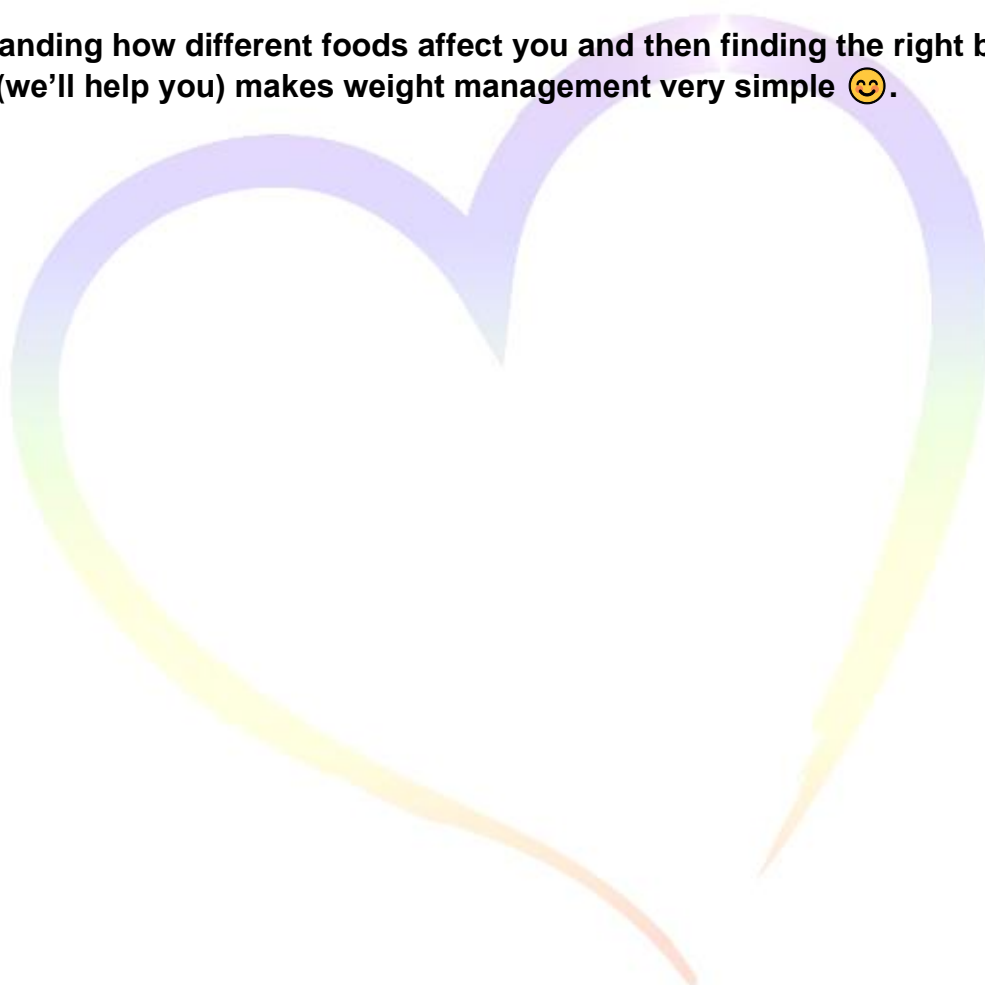
Quick Guide

Section 5 (of 12) is entitled ~ **How Different Foods Affect You**

This 5th section reveals which foods are your friends and which aren't!

Based on the core food categories, we segregate foods into 2 groups ~ those that are 'good for you' as they satiate and energise your body ~ and those that are 'bad for you' as they're not so good for your body and often cause negative side effects. No food is completely 'off-limits' btw, it's all about getting the right balance between these two groups.

Understanding how different foods affect you and then finding the right balance for you (we'll help you) makes weight management very simple 😊.



Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

5. How Different Foods Affect You

“Eating ‘GOOD FOR YOU’ foods (naturally in tune with your body and digestive system) make weight management easier because they satisfy you and reduce gorging, whilst processed foods add to your waistline as they make you hungry!”

Your Simple Weight Management educational journey so far...

- 1 – You understand there’s no quick fix and long term consistency of good habits is the key.
- 2 – You’re **mindful of the hidden dangers in the food chain and will work around them.**
- 3 – You know working with your biochemistry is the answer and you’re ditching diets forever!
- 4 – You’re aware the real battle is between your brain chemicals and balancing them.

First, let’s go back to basics

As you already know, we use the ‘emotional vibration chart’ throughout our programmes as 1 of 3 foundation models, as it’s an excellent visual metaphor to help you understand what is happening on an energetic level.



Every action or thought you do/have either raises your vibration (energises it) or lowers your vibration (drains it). The change may be subtle or huge, but either way its polarised, your energy is either going up (good) or down (not so good).

Let’s apply this to food and give it labels

For complete simplicity, we’ll polarise it and have ‘good’ and ‘bad’ categories with regards to what it does to your body and energy.

So, now think of food as either ‘Good for you’ ~ as it **energises** you’ or ‘Bad for you’ – as it **drains** you energetically.’ To summarise;

‘Good for you’ foods **satisfy** and **energise** you.

‘Bad for you’ foods (after the initial enjoyment and surge of energy) tend to make you hungry and feel sluggish.

I’m sure you already know the above as its fairly obvious. As we continue through this section, we’ll clearly define the ‘good for you’ and ‘bad for you’ foods, as the ultimate goal here is to keep you feeling full, satisfied and energised with the right combination.

To begin reprogramming your mind around food, we want you to start thinking of all food as **energetic fuel** for your body – we’ll come back to this.

Just to put your mind at rest, this is not about super healthy routine consisting of lettuce leaves and kale etc! Far from it, more like a varied balanced eating routine with plenty of ‘good for you’ foods with room for a few ‘bad for you’ treats too (we love a nice cream cake and as for cheesecake... 😊!).

Moderation as always, is the key!



Before we get into individual food groups, let's first touch on digestion...

Your digestive system

You have an amazing digestion system that determines whether the food you consume get used as energy, stored (as fat) or eliminated.

Energy – goes into your bloodstream to be used.

Stored (as fat) – goes into your fat cells.

Eliminated – goes straight through you and is expelled.

Your liver is responsible for your metabolism and is your bodies processing machine by shipping off all the useful stuff (e.g., nutrients, minerals) to different destinations to be used as energy and to help the body function.

Your body has **7 essential requirements** in the form of nutrients, vitamins, minerals, proteins, fats, water and carbohydrates, to function efficiently.

The 3 major types of energy come from carbohydrates, proteins and fats.

Quick one on fat

As discussed in section 4 (*Understanding How Your Mind & Body Interact*), you are hardwired to store fat as an energy source.

Of course, the problem as we all know, is when you keep storing it without using your existing reserves!

Your body processes fat efficiently meaning you retain more of it as your body doesn't need to work hard to metabolise it, (not ideal for weight management 😞 but we'll automatically work on that part through other means!).

Let's distinguish even further between 'Good/Bad For You' Foods

If you've gone through habit 10 (quality nutrition) of the essential programme, we have a saying ***"If you can grow it or kill it, consider it in tune with your body"***

We often refer to it as 'live food' as it's made in nature, therefore naturally in harmony with your body as it energises you.

The opposite, which we call 'dead food' means its ingredients have been changed from their natural state into a **processed** state and it energetically drains you.

As mentioned, 'bad for you' foods which are predominantly processed, are generally more desirable to the taste buds due to additives to enhance the flavour. There are lots of downsides though.... they often leave you feeling hungry (takes discipline not to eat the whole tub of pringles in one go once you start... we've all been there 😊), sluggish and bloated as your body has to work harder to process them.



The trade off

We (i.e., the vast majority of us) can't live our lives just eating salads and vegetables, we need some 'bad for you' foods for enjoyment (we're just emotional beings who want to feel good eating) as they light up our pleasure centre's 😊! So, here's the trade off – that lovely cheesecake or cheeseburger makes us **feel good** initially, even though it ultimately drains our energy.

It's all a balance, feeling good from 'bad for you' foods is part of the game, the key is to get the **overall balance** right between the 'Good for you/Bad for you' foods in your overall eating routine, we'll cover this later on in this section.

With habit 10, you'll see we've added a link to the reader's digest book called '**Foods That Harm, Foods That Heal**' which pretty much aligns with 'Good for you/Bad for you' foods and live/dead foods.

So, let's now get specific...

'Bad For You' Foods

You'll need to pay close attention to food labelling to spot these bad boys and limit what goes in your trolley;

➤ Refined (Simple) Sugar

Natural sugars are found in fruit as fructose and in dairy products, as lactose.

Refined sugar comes from sugar cane or sugar beets, which are **processed** to extract the sugar. Typically used to sweeten cakes, cookies, some cereals, drinks and things like tomato sauce and salad dressing. Most of the processed foods we eat add calories and sugar with little nutritional value.

Low-fat foods are the worst offenders, as manufacturers use sugar to add flavor. It's a naughty trick as they know weight conscious folks will be attracted to the words 'low fat!'

➤ Refined (aka bleached/enriched) Flour

The process of making refined flour strips it of all its nutrients and vitamins. It also stimulates hunger pushing you to eat more.

Typical foods that contain refined flour (essentially white flour) are white bread, white rice, pastries, white pasta, cakes, some breakfast cereals.

➤ High Fructose Corn Syrup (HFCS)

As first mentioned in section 2 (*Your Hidden Enemies in the Food Chain*) regarding sugar derivatives, HFCS is a sweetener made from corn starch which is quite prevalent in the food chain in such things as fast food, ice creams, sauces, soda drinks, fruit juices and syrups.



The big problem is that it messes with your hormones, **it doesn't turn off NPY/Ghrelin** so you don't feel full in the same way as eating 'live/good for you' foods. The danger is that you keep eating 😞. HFCS is a major contributor to the worldwide obesity problem.

All 3 (refined sugar, refined flour & HFCS) play havoc with your eating hormones and give your body confusing signals, not to mention make you feel sluggish and bloated. We're not saying don't eat them, rather **limit** them in your general diet, as always, **moderation** is the key.

➤ **Bad Fats (Saturated & Trans)**

These 2 have a big bearing on long term weight gain and clogging of the arteries if consumed in excess. These are the fats that go solid at room temperature such as animal fats, butter, margarine and lard.

Saturated fats – these are found in meats and dairy products. You can limit the amount you consume with lean cuts of meat.

Trans fats (think long shelf life) – this fat contains hydrogenated vegetable oil and is found in foods such as cookies, crisps, chips, margarine, fries, biscuits, pies.

➤ **Carbohydrates (Simple)**

Carbohydrates (carbs) is the odd one out in this section as it appears in both the 'Bad for you' and the 'Good for you' as **not all carbs are created equal**. Let's me explain...

Foods contains three types of carbohydrates: **sugar, starches and fibre**. They are either called simple or complex carbohydrates depending on the food's chemical structure and how **quickly** the sugar is digested and absorbed.

Simple carbs are digested quickly and send immediate bursts of glucose (energy) into your blood stream. That's why you generally get a rush of energy after eating fast food or a dessert, often followed by a crash when that sudden burst of energy is depleted.

They provide an initial burst of energy but lack vitamins, minerals and fibre. Simple carbs are found in food such as; fast food, cakes, white bread, white pasta, chocolate, sweets, sugary cereals, ice cream and sodas.

***The anomaly** – some fruit and vegetables are classed as simple carbs, however as they contain vitamins, minerals, dietary fibre and are very beneficial to your health, we class them as 'good for you' foods, hope you're keeping up 😊!*

Carbohydrate Summary - Carbs are a vital energy source for your body to fuel it, without them you would experience fatigue and feel sluggish.

Eating excess carbs when you don't use them as energy, is what creates weight gain and simple carbs are not good for your waistline in excess 😞.



Blood sugar (*the rebounding effect*)

We touched on the negative effect that fast food and processed food has on your blood sugar in section 2 (*Your Hidden Enemies in the food chain!*). Let's add a bit more...

Blood sugar (also known as blood glucose) levels **increase after you eat** as your body converts the food into sugar to use as energy. The sugar that isn't needed to fuel your body right away, gets stored as glycogen.

As your blood sugar rises it decreases hunger, your pancreas releases insulin, causing your body to absorb glucose from the blood which lowers your blood sugar level to normal.

Low blood sugar stimulates your hunger, the *potential issue* with 'bad for you' foods is that the simple (refined) sugars in them, spike your blood sugar level, giving you a surge of energy. After this subsides, your blood sugar level plummets, making you feel sluggish and hungry again.

To combat this hunger and slump in energy, the lure of more 'bad for you' is very inviting as you get to stimulate your pleasure centre again. It's known as a rebounding effect, so you can see why 'bad for you' food can very easily become addictive.

This rebounding effect isn't good for your waistline and your general energy levels, hence why is very important to **limit** 'bad for you' foods.

'Bad for you' food summary

You might be thinking killjoy as it appears we've just castigated all the good stuff from your new eating routine 😞.

A lot of the 'bad for you' foods are very tempting as they are manufactured to appeal to your taste buds. The stark truth when it comes to your health...

Refined Sugars, Refined Flours, HFCS, Bad Fats and **Simple Carbohydrates** all have little nutritional value, high sugar and/or fat content and only short term energy value. After the initial enjoyment and satisfaction, they generally leave you feeling lethargic, sluggish and still hungry. Eaten in excess (always a danger as they stimulate your pleasure centre without satisfying your hunger), they are not very beneficial for your waistline, due to the high calorie content.

As you know, the 'bad for you' range is basically processed foods, fast foods and foods related to the 'hidden enemy' elements, discussed in section 2 (*Your Hidden Enemies in the food chain!*).

'Bad for you' foods are generally pleasurable to eat as they're designed that way (to stimulate your pleasure centre in the brain). The message is **limit** the amount of these foods to a maximum of 20% your overall diet, you may wish to even cut some of them out completely.

Are you ready for the good stuff now 😊?



'Good for you' Foods

Let's start with healthy fats;

- **Monosaturated fat** – these fats are found in plant based food such as avocado's, olives, nuts, seeds and vegetable oils and help with regulating your cholesterol and reducing the risk of heart disease.
- **Polyunsaturated fat** – also reduces the risk of heart disease, in addition these fats are also good for brain function and cell growth. The 2 main classes of polyunsaturated fats are omega 3 fatty acid and omega 6 fatty acid.

Omega 3 fatty acid – this can be found pine nuts, sunflower seeds, walnuts, flax and fish.

Omega 6 fatty acid – it's mainly plant based oils such as flaxseed oil, grapeseed oil, sunflower oil, poppyseed oil and soybean oil.

Both Monosaturated fat and Polyunsaturated fat have multiple health benefits in helping your body function and should form a core part of your everyday eating routine for healthy weight management.

- **Fibre** - this is your friend on multiple levels 😊

Fibre is a type of carbohydrate that the body can't digest as it cannot be broken down into sugar molecules. Instead, it passes through the body undigested and helps regulate blood sugar and **reduce hunger**.

Dietary fibre is found mainly in wholegrain cereals/breads, pulses, fruit and vegetables. It is made up of the indigestible parts or compounds of plants, which pass relatively unchanged through our stomach and intestines.

Good sources of fibre include – all fruit & vegetables, dried beans, lentils, peas, oats, oat bran, barley, seed husks, flaxseed, psyllium, soy milk and soy products.

Health benefits – it is important for several body functions such as, lowering blood cholesterol, stabilising glucose, reducing the risk of conditions such as heart disease and some cancers and.... just great for **keeping your weight under control**.

Food's high in fibre are often bulky and, therefore, filling. Soluble fibre forms a gel that slows down the emptying of the stomach and the transit time of food through the digestive system. This extends the time a person feels full.

Not only is it healthy, naturally based, good for the functioning of the body, it is a **key component** in healthy weight management.

- **Whole Grains** – these are your friends too 😊

As this is closely connected to fibre, we'll cover it next.



Whole grain means that it has all 3 of its original elements which are;

The **outer shell** (or bran), the **germ** and the **endosperm** that between them contain fibre, B vitamins, phytochemicals, carbohydrates and protein.

The whole grain is packed full of micronutrients and fibre and generally very good for your health and they keep you fuller for longer (good to have for breakfast).

When it comes to food packaging...

100% whole grain or 100% whole wheat is what you're looking for and not **refined** whole grains which indicates that the outer shell and germ have been stripped away so you only get the endosperm.

Be aware of these marketing tricks;

- **Multigrain** – it may have multiple different grains in the food however, it doesn't tell you if they've used whole or refined grains. The chances that they've used 100% whole grains is slim, as it's unlikely they wouldn't want to make a big feature of it on the packaging.
- **Whole Grain** – seems good at first glance, however it may have blends in it, you're looking for **100% whole grain**
- **Whole grain blend** – usually indicates it doesn't have much whole grain at all.

Also look out for the preliminary phrases – '**Good Source**' or '**Excellent Source**', as this usually indicates it only contains a small portion of whole grains per serving.

➤ **Protein** - this is your friend too 😊

Protein plays a significant role in the general maintenance of the cells in your body.

It powers you, is a key building block (bone, skin, muscles, cartilage) helps repair tissue, oxygenates blood, helps with digestion and more.

Typical protein foods include – beef, lamb, veal, pork, chicken, turkey, fish, prawns, crab, lobster, mussels, eggs, milk, yoghurt (especially Greek yoghurt), cheese.

The best bit – **your body works hard to process protein** increasing your metabolism to digest it 😊! We cover this further, later in the programme.

➤ **Carbohydrates (Complex)**

Complex carbs are digested more slowly and supply a slower steadier release of glucose into your blood stream giving you energy over a longer period of time. You feel satisfied longer because it takes longer for your body to break down the complex carbs into simple sugars that your body can use.



Complex carbs are found in food such as; fruits, vegetables, nuts, seeds, sweet potato, potatoes, brown rice, oatmeal, whole grain & whole wheat breads, whole wheat pasta, quinoa, lentils, beans, couscous.

Notice there is a strong correlation between complex carb foods, good fats, fibre and whole grain? **These are very much your friends on multiple levels 😊!**

'Good for you' food summary

Good fats, Fibre, Protein, Whole Grains and Complex Carbohydrates are very beneficial indeed to the general functioning of your body and the fuelling of your body for energy. They are also very beneficial for your waistline and for keeping you full and satisfied.

'Good for you' foods should form the **majority** (minimum 80%) of your overall diet. By doing this, you'll also reduce the desire to want so much of the **'bad for you'** foods as you'll be feeling fuller and more satisfied. You can then indulge and really enjoy a bit of **'bad for you'** food 😊.

IMPORTANT ~ Energetic fuel (for today only)

As mentioned earlier in the section, we want you to see food as **fuel** and **medicine** for your body.

All food gives you potential energy to fuel your body and **'good for you'** foods act as medicine to keep your body in good healthy order.

As you know, too much calorie consumption creates excess weight as fat and too little sends your body into starvation (storage) mode.

Pay close attention (this is crucial to maintaining your optimal weight) ...

You need to eat (fuel) for today only (specifically - the next hours) – if you're going to be chopping logs, running 5 miles or laying a patio, you're going to need plenty of energy, so eat accordingly and fuel up for these tasks.

Conversely, if you're having a lazy day at home and have nothing energetic planned, eat less as you don't need so much to energy fuel you (as you don't want to store it).

Only fuel your body in line with the energy you'll need for the tasks you have in the next few hours.

Its common sense really. It may take a while to adapt to this, as we're creatures of habits with a multitude of temptations around us. However, the new routine we're going to recommended to you, will naturally help you with this 😊.

We'll touch on this again in **section 10 (Your New Routine – 15 Core Behaviours)**.



Final words

The 80%/20% balance between the 2 groups is where the weight management battle is won and lost. No food is off limits, have whatever you want, just in a controlled way.

By the end of the programme, we're going to build you a new routine based around this balance, that will take care of all the important aspects – **feeling full, satisfied**, more **energised** whilst still enjoying your food.

'Good for you' foods fuel (sate and energise) you – so you'll be including plenty of live foods in the form of complex carbs, healthy fats (monounsaturated & polyunsaturated), whole grains, fibre and protein in your diet 😊.

'Bad for you' foods (mainly processed food), increase inflammation, make you hungry, feel sluggish and add to your waistline – so you'll **limit** these!

Let's now cover underlying issues that unfortunately cause weight gain...

