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Avoid

Sugar, candy, cake, fried foods, greasy foods, mayonnaise, cream sauces, margarine, cooked or heated cheeses (pizza), butter, chocolate, all animal fat sources like lard, bacon as well as excessive red meat (it coats the walls and villi of the intestines, which blocks absorption of nutrients, and causes gas and bloating. Coffee, tea, grapefruit juice and soda.

Healthy foods

❀ Any and all green veggies—in ANY form. Raw is best; steamed is second best; cooked, frozen and even canned are O.K. Green beans, asparagus, peas, lima beans, spinach, broccoli, sprouts, kale, etc.
❀ All other veggies—carrots, yellow squash, etc.
❀ Complex carbohydrates: brown rice, oatmeal, cream of wheat, farina, whole wheat bread, whole wheat pasta (not with a cream sauce), barley grains, chick peas, kidney beans, all other beans and legumes, corn, baked potatoes (without the butter), bulgar, polenta, couscous and whole wheat bagels.
❀ Fish oils and vegetable oils like sesame oil, sunflower oil and olive oil (not heavily cooked or used in frying).
❀ Protein: fish, seafood, chicken, turkey, eggs that are not fried, and greasy, red meat (but no more than once or twice a week), yogurt and uncooked cheeses.
❀ Lots of tofu and other soy products.
❀ Raw seeds like sunflower and sesame seeds.
❀ Lots of water—six to eight glasses a day. Herbal tea and vegetable juices count here.
❀ Some fruit after a meal (as dessert) so that the sugar in them mixes with the other food and releases its sugar slowly. The better fruits are: bananas, apples, pineapples, pears, grapes and melons, including watermelon.

How to satisfy your body and your brain at the same time!

By Dr. Howard L. Pallay



The problem every teenager goes through today, is how to look good while eating properly! It's like trying to do what you want and what your parents want at the same time! But it can be done when it comes to health and diet if you use common-sense logic, and follow a few simple rules. Remember—you only get one body and one life, so take very good care of both!

1. Health first, happiness second, weight third! You should eat for health and wellness, but it is DEFINITELY O.K. to enjoy eating as much as is possible—as long as you do not develop bad eating habits and cravings—and especially do not use food as one of the major focal points of your enjoyment and pleasure activities. In other words, do things with your life!

2. What you eat is far more important than how much you eat. 100 calories of cake and 100 calories of vegetables are **NOT** equal!

3. Exercise is an essential part of any weight loss, and it is also an effective appetite suppressant. Walking and swimming are the easiest and the best, as well as the safest regarding injury.

4. Late night snacking along with a late or a too-large dinner are the biggest sins in weight control. In order for any weight control program to be successful, you must be able to do it without too much suffering! It is important to fill up (but not so much that you expand the stomach!) on plenty of vegetables and complex carbohydrates that take time to digest, and release energy slowly and gradually—but steadily. Smaller but healthier more frequent meals will often accomplish these goals.

5. It takes four to seven days to shrink the stomach, which in turn helps hunger pangs—but it only takes one meal to re-expand the stomach! Plus, all the excess calories from that bigger meal instantly become fat! So, enjoy eating, eat carefully and healthy—but NEVER binge-eat! You CANNOT fast for six days, and then on the seventh pat yourself on the back and pig-out at your favorite restaurant or a wedding, bar mitzvah or other affair, as you will blow an ENTIRE week's worth of dieting! This is called binge eating, and it destroys the delicate balance of the body, called homeostasis. It bounces around the body's caloric intake, which will actually make you gain weight by getting your system used to a lower calorie count—which causes more fat to be deposited when you overeat! It also creates too many waste products that your body can't deal with all at once— making you toxic! It will make you sluggish, tired and rundown, as well as unbalancing your hormonal system and your immune system!

6. Food takes one to four hours to release energy to the body, therefore food eaten in the early part of the day becomes energy, while food eaten late in the day becomes stored energy (a.k.a. fat).

7. Carbohydrate meals and protein meals are best eaten separately. Carbohydrates should be eaten only at breakfast and lunch, and can be combined with as much vegetables as desired. Carbohydrates give energy one to three hours later, therefore when eaten for dinner, they will begin to release energy at bedtime when your metabolism has slowed down and short-term energy demand is at its lowest, so the body will turn that excess energy into stored energy (you got it, fat!). Protein should be eaten only at dinner, with as much vegetables as desired. It then will be utilized to rebuild and heal tissue overnight during the low metabolism/renewal phase of sleep.

8. A salad is not real food, as it contains mostly air, water and cellulose fiber (like wood), which is not digestible by humans!