

Healthy Lifestyle and Diet

Best Evidence and Strong Medical Support for the Following:

Exercise - 3 hours per week (minimum, more is better)

Contacts - this is support for your diet and health maintenance program. The medical evidence suggests that more than 14 contacts in 6 months is best. This is about 2 per month or every other week. A contact can be a physician visit, dietitian visit, weight watchers visit, or health coach visit.

General Diet Tips

- A. Avoid liquid sugars (fruit juices, alcohol, milk, full sugar soda) (as a novice dieter, try water and flavored water)
- B. Avoid high fructose corn syrup containing products
- C. Diet per meal not dieting per day. Eat multiple small meals per day. The body can use only 400 calories at a time. more than this at a single meal is stored as fat in the blood, fat in the liver or fat in the tummy.
- D. Avoid liquids with and after a meal. Dieting is already difficult. Water dumps the food out of the stomach faster and you will be hungry sooner. It also causes a glucose spike and an insulin spike. Drink your liquids before the meal, wait a half-hour for the liquids to empty the stomach, then eat a solid meal and do not drink any liquids for 2 hours.

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