

# Ingredients for the Ideal Weight Loss

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## The Mystery of the Missing Calories

1. How can people lose 5 pounds of body fat in a month eating the same number of calories?. p 162:3.
2. If you remember there are four main components to calories out: resting metabolic rate, physical activity, the thermic effect of food, and fecal losses. p 162:3.
3. How could a different type of fat make people exercise more? People who ate fat from olives, nuts, and avocados tended to feel significantly more energetic than those getting the same amount of fat from meat and dairy. p 163:1.
4. Studies found that 90% of people inexplicably ramped up their exercise when they were unwittingly eating the low-saturated fat diet, increasing their activity levels 12 to 15% on average. p 163:2.
5. The take-home message is to cut down on fatty meats and dairy, fried foods, greasy snacks like corn chips, and added oils. p 163:3.
6. To keep foods from sticking in the pan, you can sauté them in just plain water. p 163:5.
7. Foods you can use in place of oil include ground flax seeds blended with water, applesauce, mashed bananas or avocado, soaked prune purée, and even canned pumpkin can provide a similar moistness. p 163:6-164:0.
8. Vegetables roast just fine without added oil. Use a silicon baking sheet or parchment paper. p 164:0.

## Low In Added Sugar

9. A founding member of Harvard's nutrition department recalled that the meat, milk and egg producers were very upset by the original Dietary Goals for the United States— and they weren't the only ones. p 164:1.
10. Critics suggested the adoption of the Dietary Goals would be costly for taxpayers to. Healthcare expenditures would increase if the lifespan is prolonged. p 164:2.
11. It's like when people quit smoking: the increase in the expected lifespan would simultaneously increase the cost of care of old people. p 164:2.
12. In other words, if people eat more healthily and stop smoking, there may be more seniors, some of whom might need our care. p 164:2.
13. The WHO report, Nutrition and the Prevention of Chronic Disease, contains six fateful words: *limit the intake of free sugars* (meaning added sugars). p 165:1
14. Within days, the sugar industry led a vicious attack, culminating in a threat to get Congress to withdraw US funding to the World Health Organization entirely— all because of these six words. p 165:1.
15. The threat from the sugar industry was described by WHO insiders as worse than any pressure they have ever gotten from the tobacco lobby. p 165:2.
16. Demands from Big Sugar call for the deletion of all

- references to fat, oils, sugar and salt. p 165:2.
17. When asked why Michelle Obama's childhood obesity programs in the United States should not be modeled around the world, a US official responded that they might harm American exports. p 165:2.
18. At least a dozen studies document adverse metabolic effects of consuming added sugars, though this may be due largely to the accompanying weight gain spurred by sugar consumption. p 165:3.
19. Sugar industry spokespersons say: they're simply providing choices, they don't condone the overuse of their products, and if people fall ill after consuming it, the victims can only blame themselves. p 165:4.
20. Why won't cere on sources of calorie caloriesal manufacturers reduce the amount of sugar in their products? A product with semi addictive properties may be a safe way to ensure long-term revenues. p 166:1.
21. Ultra processed foods like breakfast cereals tend to have the highest profit margins. Remarkably the cost of packaging may outweigh the cost of ingredients in a cereal box by more than 10 to 1. p 166:1.
22. Denying evidence that sugars are harmful to health seems always to have been at the heart of the sugar industry's defense. p 166:2.
23. When the evidence is undeniable, though — like the link between sugar and cavities— the industry switches from denial to deflection, such as trying to refocus attention away from restricting intake to finding a vaccine against tooth decay. p 166:2.
24. The obesity epidemic may just be the tip of the iceberg in terms of excess body fat. Added sugars have been blamed in part for this over fat epidemic. p 166:3.
25. Of all sources of calories to limit, a reduction in consumption of added sugars should head the list because they provide no essential nutrients, said researchers funded by the Dr. Pepper Snapple Group and the Coca-Cola company, including Richard Kahn, infamous for signing a million dollar sponsorship deal with the world's largest candy company when he was the chief science officer at the American Diabetes Association. p 167:1.
26. When researchers assigned individuals to either increase or decrease their intake of table sugar, the added-sugar group gained about 3½ pounds pounds over 10 weeks, whereas the reduced-sugar group lost about 2½ pounds. p 167:2.
27. On April Fools' Day 1998, the FDA announced its approval of artificial sweetener sucralose, sold as Splenda. p 168:1.
28. Despite it's scary— sounding chemical name, the worst thing about it seemed to be that it was a rare migraine trigger in susceptible individuals, to which the manufacturer of sucralose responded that you have to weigh whatever risks there may be against the broader benefits, such as helping to mitigate the health risks

- associated with the national epidemic of obesity. p 168:1.
29. Large-scale population studies have found that the consumption of artificial sweeteners, particularly in diet sodas, is associated with the increased weight gain and abdominal fat over time. p 168:2
  30. Ironically many of the interventional studies on artificial sweeteners and weight gain were executed by animal agribusiness, feeding them to the farm animals to fatten them faster. p 168:4.
  31. Animal agriculture has been feeding artificial sweeteners to farm animals since the 1950s, boasting their addition increases body weight gain and optimizes return on investment. p 168:5-169:0.
  32. If you give obese individuals the amount of sucralose found in a can of diet soda, they get a significantly higher blood sugar and insulin spikes in response to a sugar challenge, suggesting sucralose is not just an inert substance. p 169:1.
  33. The adverse metabolic effects of artificial sweeteners correlate with the pronounced changes in the microbiome that occur within a week of daily consumption. p 169:1.
  35. The good news is that after stopping artificial sweeteners, your original balance of gut bacteria can be restored within a matter of weeks. p 169:2.
  36. There appears to be something about non-caloric sweeteners that tricks the brain into wanting more junk food. P 169:3.
  37. A group of people were giving Oreos and then asked how satisfied the cookies made them feel. The people who had drunk the artificially sweetened Sprite Zero reported feeling less satisfied after eating the Oreos than the other subjects who had had normal Sprite or sparkling water. p 169:4-170:0.
  38. Regular consumption of artificial sweeteners can alter the reward pathways responsible for the pleasurable response to food. p 170:0.
  39. Researchers gave 4 groups of people a beverage to drink sweetened with sugar, aspartame, monk fruit, or Stevia. Blood sugars were measured over 24 hours, and surprisingly there were no significant differences found among any of the four groups. p 170:1.
  40. The sugar group was given 16 spoonfuls of sugar, the amount in a 20 ounce bottle of Coke, so the other three groups consumed 16 fewer spoonfuls of sugar– yet all four groups still had the same average blood sugars. p 170:2.
  41. How is that possible? The only way that could happen is if the non-calorie sweeteners somehow made the blood sugar spike worse later in the day – and that’s exactly what happened. p 170:2.
  42. After drinking a diet coke, you’re more likely to eat more at your next meal than you would if you had drunk a regular Coke. In fact you’d eat so much more that the calories saved from replacing sugar with non-caloric sweeteners would be fully compensated at subsequent meals, resulting in no difference in total daily caloric intake. p 170:3-171:0.
  43. So, when it comes to caloric intake, blood sugars, or insulin spikes, all the other sweeteners appeared just as bad as straight sugar. p 171:1.
  44. Overweight and obese individuals on a diet randomized to replace diet beverages with water lost significantly more weight, about 15% more over six months. p 171:1.
  45. Though these food additives were introduced to reduce caloric intake and counter the obesity epidemic, findings suggest artificial sweeteners may have instead directly contributed to enhancing the exact epidemic that they themselves were intended to fight. p 171:2.
  46. When we eat, desire for salty, fatty, and savory taste diminishes as we slake our hunger, whereas our desire for sweetness is maintained. p 172:1.
  47. Children may be especially vulnerable since they have a stronger preference for sweet foods than adults, and repeated exposure to sugary foods may accustom young children to a lifelong habit of consuming overly sweet foods. p 172:1.
  48. The American Heart Association recommends that most American women should get no more than 100 calories per day from added sugar and most American men no more than 150. p 173:0.
  49. Put people on a sugar free challenge for two weeks, remove all added sugars and artificial sweeteners, and by the end of the time up to 95% will say sweet foods and drinks tasted sweeter or too sweet and said moving forward, they would use less or even no sugar. Most stop craving sugar within the first week. p 174:1.
  50. Ever find yourself eating even when you’re no longer hungry and then continuing to eat even when you know you should stop? Taste engineers manipulate the salt, sugar, and fat contents of food to achieve what’s referred to in the industry as the *bliss point*, the peak of craveability. p 175:1.
  51. Some contend that food addiction cannot exist because we have to eat, but that’s like arguing alcoholism can’t exist because we have to drink. Yes, we have to drink, but we don’t have to drink alcohol. Yes, we have to breathe, but we don’t have to breathe tobacco. And yes we have to eat, but we don’t have to eat junk. p 176:1.
  52. Why do we crave trail mix? Because that’s about as sugary and fatty as “natural food” gets. The key appears to lie in the processing, which increases the dose and speed of absorption of the sugar and fat. p 177:3.
  53. Dozens of foods were ranked based on reports of problematic, addictive type behaviors from hundreds of individuals. The two most troublesome we’re high-fat, high -ugar combos: chocolate and ice cream. p 177:4-178:0
  54. There is good news. Studies show that the more we eat healthy foods, the more we come to like them. p 180:4.
  55. Cut out processed foods for a few weeks, and you’ll be amazed how good healthy can taste. p 181:3.