



Portions for Life

A Better Way to a Healthier Life.....One Portion at a Time.



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Welcome to “Portions for Life”

Attaining and maintaining a healthy weight and adhering to a healthy dietary plan are often easier said than done. The Atkins Diet, The South Beach Diet, The Grapefruit Diet, Nutri-System, Jenny Craig, and a multitude of other diet options bombard the airwaves and baffle the issues. There is no wonder people feel that their weight management is out of control.

“Portions for Life” will help you identify the things that sabotage your ability to lose and maintain a comfortable weight. We will guide you through the process to establish healthy, life-long habits that will make ‘weight-worry’ a thing of the past.

Everyone agrees that the ‘diet’ that works most effectively is one that you can live with for the rest of your life. Looking for a quick-fix is only temporary. Also, depriving yourself of the things you love is often ineffective at dealing with the problem. But learning to manage portions and control how much you eat is the key to long-term weight control.

Eating the foods you love will actually help you lose and maintain your weight. Creamy soups, pasta smothered in cheese and sauce, and crusty buttered rolls are all part of ‘Portions for Life’ when consumed occasionally in proper portions. Eating foods you enjoy is the best way to eat well and maintain a comfortable, healthy weight.

This guide will walk you through myths and misconceptions about food, show you how food has changed over the past 20 years, explain the value of organic or natural food choices, and help you understand the benefits of eating smart.

Meal planning ideas and strategies for portion control will support you in your journey to better nutrition. You’ll learn to eat well rather than continue on the yo-yo dieting roller-coaster. Click into a new world of eating pleasure and learn how to manage your weight while indulging your senses. We hope you enjoy your journey to better health.

Your Friends at “Portions for Life”

Dieting History and Myths

Fad Diets and 'One Hit Wonders'

Many fad diets quickly gain a massive following of supporters because of the rapid weight-loss experience they claim. For example, there was The Grapefruit Diet of years ago that touted the spectacular results from eating grapefruit before every meal. Advertising the health benefits and fat-burning potential of grapefruit had dieters scrambling for the produce section. This was truly a 'one hit wonder' to the over-weight individual.

The Grapefruit Diet

The grapefruit diet is a 12-day diet plan that restricts caloric intake and requires eating a grapefruit prior to every meal. Although it talks about the weight-losing properties of grapefruit, the real weight loss comes from the restriction of calories - which is unhealthy. Its proponents say that you can lose 10 pounds in 12 days. Sound good? Sure it does, but imagine what happens once you go off the diet. Rapid weight loss is not a long-term solution.

The Atkins Diet

The Atkins Diet has weathered the diet storms for years and gained popularity in the late 90's. Then in 2001, the "New" Atkins Diet surfaced and promoted low-carb bars and food products from Atkins Nutritionals, Inc. Unfortunately, the diet still restricts the intake of fruits, vegetables, whole grains, and low-fat dairy foods. Carbohydrates are on the taboo list of The Atkins Diet.

This diet defies everything we've learned from nutritionists and scientists over the years about the importance of a healthy diet, including grain products, vegetables, fruit, dairy, and meat. No single food category provides everything the body needs and the Atkins Diet is no exception.

South Beach Diet

The South Beach Diet bans fruit, bread, potatoes, pasta, and baked goods during the first phase. You can supposedly lose 13-15 pounds in the first two weeks as you 'detoxify' your body. You then add "good carbs" back to your diet and weight loss slows down but continues. And finally, during the last phase of the South Beach Diet, you can eat anything in moderation.

As you can see from the strategy, the first two weeks are really a teaser to get you motivated to diet, but that period of rapid weight loss is unhealthy and can cause serious health issues. The real success comes when you re-incorporate all food groups back into your dietary plan and exercise portion control.

Did we say portion control again? There must be something to it.

The Zone

This is a very complex diet plan that requires weighing, measuring, and calculating percentages of food groups consumed each day. It is time consuming to manage and becomes frustrating and difficult to maintain. Although the recommended proportions of food groups consumed are healthy, the process is difficult to maintain. You could basically do the same thing with, yes, you guessed it – portion control.

Research clearly shows that dieting in an attempt to control weight is associated with weight gain. It's even worse. People who diet gain more weight than those who never restrict. Healthy weight management means following a healthy meal plan, not a restrictive one.¹

Carbohydrates and Protein: Good or Bad?

There were the high-carbohydrate diets of the 1970's that encouraged the increased consumption of carbohydrates and decreased the amount of meat and protein in a diet. Potatoes flew off the shelves and bread-lovers dove head-first into the crusty, white loaves. Whole-wheat was not even on the radar screen at the time.

But the focus on carbohydrates and reduction of protein was not a long-term answer either. Before the craze ended, it was clear that a diet heavy with carbohydrates was not the answer for sustained weight loss and the focus moved to meats and protein.

¹ *Pediatrics*, 2003; 112:900

And then, who knew. The low-carbohydrate diets rocked the dieting world again by putting the brakes on carbs. They literally reversed the fads of yester-year's high-carbohydrate diets by saying that bread and pasta and anything white were bad for you and should be eliminated. Once again, the public was jumping aboard a new diet fad and losing the critical nutritional value of many carbohydrate foods.

The Atkins Diet glamorized the high-fat, high-protein diet and "ketosis" became a household word as millions of people jumped on the dieting roller coaster again. According to Wikipedia, ketosis is "a stage in metabolism occurring when the liver converts fat into fatty acids and ketone bodies which can be used by the body for energy." Unfortunately, many medical resources consider this a physiological state that is associated with chronic starvation.² Scientists and physicians scratched their heads with concern about how this diet would impact the heart's health in years to come.

Historical Focus on Losing Weight

There are many ways to lose weight but the key to success is being able to keep it off and maintain a healthy weight. Limiting food types, minimizing calories, and eliminating food groups can help you lose weight quickly. But when you resume your old eating habits, you'll regain the weight. Even when you're just introducing healthy foods back into your meal plans.

That's why you should not

²Source: <http://en.wikipedia.org/wiki/Ketosis>