



March 3, 2010 – Grand Rapids, MI

Low-Carb, High-Protein Diet

This is the second of the three dietary approaches corresponding to the three genetic patterns. In Monday's message, which was the low-fat diet, I said today's message would be about high protein. Just like the low-fat diet was really lower-fat, the high-protein diet really emphasizes reducing carbohydrates, thus making it seem higher in protein. The diet reduces if not eliminates refined carbohydrates while making up for some of the lost calories by increasing protein a little.

Because I'm about simplicity, here's the simplest approach to lowering your carbohydrate intake: eat only vegetables and fruit, which are a more complex type of carb. No refined carbs, such as bread, pasta, and sweets—or limit them to once or twice a week. Starchy root vegetables such as potatoes and sweet potatoes are high in starch, which is a carb, so limit them to four times a week. But you can have as many other vegetables as you can eat. Fruit as well. If you feel hungry, increase the amount of lean protein you eat—maybe a 25-gram protein shake or half a chicken breast.

Almost everyone knows someone who lost a lot of weight using the Atkins Diet, the best known low-carb, high-protein diet. We also know how fast they gained back the weight when they went back to their old eating patterns. You've got to do better—remember that you're trying to construct a diet that you can follow for the rest of your life. Experiment to see what will work for you.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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