

Greetings from Eat Smart Nutrition!

With the summer heat incinerating your motivation to ashes, slaving over a hot stove doesn't sound too appealing. Can it really be possible to go out, eat junk food AND still lose weight? Sure--but you won't necessarily be improving your health along the way! Those of you who've downloaded Eat Smart Nutrition's [FREE report](#) "Dieting, Weight Loss, and Popular Diets: A Special Report" already know the critical role of calories and WHERE calories come from. If you haven't it's still available for free at www.goatsmart.com.

Once you read this report you'll know the reason Merab Morgan (featured in our first article) was able to LOSE WEIGHT eating at McDonalds--this crazy fact should make total sense to you--you KNOW that you don't have to eat a healthy diet to lose weight and you'll understand how it is possible to do this eating junk food! Mind you, I do NOT recommend a junk food or fast food diet--not at all. But the reason it worked for you is the same reason fad diets work. [Download](#) the report to find out!

Finally I've included "Give Up Pasta for a Stick of Celery?" for those of you who have **diabetes, pre-diabetes, or "borderline" diabetes**--these conditions are virtually the same thing and a healthy well-balanced diet will benefit you no matter what stage you're at. But the information is good for anyone--diabetes or no diabetes...so check it out!

And both of these articles are included below my signature in this email as well as attachments for your convenience.

To a Healthy, Happy, and More Active You!

Adina

McDonald's diet works for her

BY VICKI CHENG

RALEIGH NEWS & OBSERVER

July 11, 2005

There are many reasons Merab Morgan decided in April to eat nothing but McDonald's fast food for 90 days. There's her weakness for the Filet-O-Fish, slathered with tartar sauce and cheese. And there was that documentary, "Super Size Me," which she thought insulted the intelligence of fat people by implying that they couldn't resist the offer of a gargantuan portion for a few cents extra.

But mainly, the 35-year-old Henderson, N. C., woman concocted this unorthodox diet for herself -- she's memorized the calories in almost every menu item, and limits herself to 1,400 calories a day -- because it fits her life.

At a cost of \$9 to \$11 for three meals, the single mother of two can afford it. She travels throughout the Raleigh area working construction jobs, and she has never failed to find a

McDonald's somewhere. The whole process of ordering and eating a meal takes maybe 5 minutes, and she mostly eats in her car. Sometimes she hits the drive-through only once, ordering enough food to last the whole day.

"It's kind of like the poor man's diet," said Morgan, who has tried Weight Watchers and Atkins but failed because of the time and money those plans required. She logged onto www.eDiets.com but lied to the computer about her weight, then gave up when a chicken recipe called for ingredients she didn't have at home.

Since April 22, when Morgan launched her diet with a Sausage Burrito and a medium Diet Coke, she's lost 33 pounds, putting her at about 195 pounds. At 5 feet, 9 inches tall, she's dropped from a size 22 or 24 to a size 15. The size 2X and 3X T-shirts she used to wear look like dresses on her. And despite her friends' fears about skyrocketing cholesterol, she feels great.

Barry Popkin, director of the Interdisciplinary Obesity Center at University of North Carolina-Chapel Hill and a professor of nutrition and public health, has studied the relationship between large fast-food portions and the obesity epidemic. Eating only at McDonald's isn't healthy, he said. He worries that Morgan will need more vitamins, minerals, fiber and dairy. But on the plus side, she's doing a good job of limiting her calories and, consequently, she's losing weight.

"She's created, for her lifestyle, a very smart diet," Popkin said. "The moral of the story for every person is, you've got to work out a plan that fits your lifestyle. ... I really admire her restraint. The problem is, it's a lifetime issue."

Morgan dreams of becoming the McDonald's Corp.'s Jared Fogle, the Subway weight-loss poster boy. She figures she might as well find a way to make some money from the experience. So she's been faithfully documenting her diet, stapling receipts in a spiral-bound notebook and propping up her Sony Handycam on the dash, filming herself at each meal. She's been courting the attention of local newspapers and TV stations, inviting reporters to her home and to the McDonald's/Citgo gas station in Henderson, where she picks up many of her meals.

Still, she knows about McDonald's Unsolicited Idea Policy. "We love you, my public. But unless you're a franchise owner, we appreciate all your good ideas, but keep them to yourself," Morgan paraphrased.

Morgan's goal is to lose 40 to 60 pounds. By Day 67, she had lost 33. Nothing at the restaurant is off limits, although she's only eaten french fries twice -- you're better off eating two cheeseburgers, she said. It hasn't been easy. She'd been consuming about 3,500 calories a day, and cutting that down to a third left her feeling hungry for the first few weeks.

Morgan doesn't have a recommendation for others who might want to try the diet. "I think other people should do what works for them," she said.

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Give Up Pasta for a Stick of Celery?

By Adina Tapu, RD

Getting a diagnosis like diabetes can feel like a slap in the face, disheartening and overwhelming. Beyond the worries of the disease itself and its health consequences comes the fear that you have to stop eating the foods you love—the foods that have given you pleasure and comfort for much of your life. And with this comes disgust at what you *imagine* are the alternatives: celery, cardboard slathered in everything taste-free, and a goodbye to all things sweet. It's not very comforting to be told you can eat all the celery you want—*how is that a fair exchange?*

Forget the *Thou Shalt Not's*

Getting a diagnosis like diabetes is bad enough, it feels like cruelty for a health professional to take away something as personal and important as the pleasure of eating. But guess what? This page is not meant to tell you to get rid of anything. Often a “bad” diet is marked more by what is missing than what it contains in abundance. For instance, McDonald's for breakfast, lunch, and supper is not bad just because of what McDonald's has...but what it doesn't have. So for a moment, let's focus on the good. The stuff the body needs for nourishment. Let's ensure that *these* foods are *not* in short supply...there's always time to drop things, but the sooner nutritious foods are added the better your health will be.

What Does a Healthy Diet Include?

A healthy diet includes enough of the foods that nourish and strengthen the body—the foods rich in vitamins, minerals, fiber, antioxidants, and phytochemicals. Many of these nutrients are essential—meaning the body can't work optimally without them. Others offer protection; they buffer the body from oxidative stress, life stress, etc. Where do these nutrients come from? Primarily from plant foods. A healthy diet includes what I like to call the *good stuff*:

- **A variety of fruit** – Apples and bananas are great...but sometimes it's easy to get stuck on one or two fruit and we forget the great abundance available—especially in the summer. Blueberries, strawberries, pears, grapes, cherries, oranges...each provide a unique array of nutrients—the more variety you get, the better off you'll be. Whole fruit (rather than juice) is best due to its higher fiber content.
- **A variety of vegetables** – Think color. The color of vegetables is a result of it's phytochemical content. Purple veggies are rich in certain phytos; while green veggies are rich other phytos...aim to get a variety through the day, through the week.
- **Beans** – It's not really a separate “food group” but beans and lentils are so packed with nutrients that they *deserve* to be their own group. Savor 1 cup of chili beans and you'll get half your day's fiber needs taken care of in one meal!
- **Whole Grains** – All grains provide starch. But only the whole grain gives you fiber for heart health and gastrointestinal health. Vitamins, minerals, and antioxidants are also reasons to add *whole* grains to your plate. Great examples:
 - *Whole* wheat breads, pastas, pita breads, tortillas
 - Brown rice, barley

- Quinoa—a really cool pseudo-grain that offers a fun alternative to rice and is very tasty!
- **Nuts** – They’re just *really* nutritious and almonds may help lower cholesterol.

Is That All? What About Watching Carbs, Sugar, Fat, Calories?

Sure. You can do that too. But remember; *FIRST before you cut things OUT of your diet...be sure to get enough* of what’s important. If, after reading this, you can look at your current eating style and say with honesty and confidence that you are getting enough of the *good stuff*, then it might be time to talk about other issues. One thing at a time, though.

So How Much Good Stuff Do I Need Each Day?

FRUIT – When you are getting *four* servings a day you are getting enough. What’s a serving? Any of the following count as *one* serving:

- Small apple or ½ of a typical grocery store apple
- ½ banana
- ¾ cup blueberries
- 1 cup whole strawberries
- 1 cup melon
- ½ cup grapes
- ½ cup canned fruit
- Small orange
- If you’re not sure, aim for ½ cup of a fruit

VEGETABLES – There’s really no limit, but ideally you’d chow down on 2-3 cups of veggies daily. Raw is *not* necessarily better than cooked, but try to get some of both. In fact, if you eat cooked veggies you end up getting *more* nutrients per cup because veggies shrink when you cook ‘em so 1 cup raw may turn into ½ cup cooked. This means that 1 cup of cooked veggies actually has more nutrients than 1 cup of raw veggies.

BEANS – There’s really no minimum on this protein rich food. If you’re eating beans about 4 days a week or more...that’s pretty good. If not look for ways to add more to your diet:

- Toss garbanzos or kidney beans in your salad
- Blend beans for a bean dip like hummus
- Add beans to chili
- Savor a bean soup or stew
- Make a cold lentil salad—easier than soup on hot days.

WHOLE GRAINS – My guess is that you are probably already eating grains of some kind on a typical day. The key is to make *at least* half of your grains *whole*. So again, we’re not eliminating foods now. Perhaps you can cook a batch of half white rice and half brown rice to start. Or make a sandwich with one slice whole wheat and one slice white. If that feels too odd...then simply alternate the bread you use every other day. And to learn more about the really cool quinoa grain, visit www.quinoa.net where you can find great recipes for this very tasty grain. Be adventurous—try something new!

NUTS – No “recommended daily allowance” for nuts. But they make a great snack and eating 1 oz (about ¼ cup) of almonds daily may help lower cholesterol.

So Now What?

This is where you start doing a mini-evaluation of the way you normally eat. How close do you get to these healthy eating goals? What area are you willing to work on a bit? How can you remind yourself to get enough of the *good stuff* and treat your body right?

Pick one food at a time. We can't be perfect in every category every day for 365 days a year. No way. Not possible. But you can improve in each category on a regular basis so that if you were keeping record you would see a gradual shift in your eating trend.

You can easily create a chart for yourself like the one below. Pick one category at a time, eat normally, and track your eating for that food for one week. Then compare the status quo to where you'd like to be. Set a goal for improvement...make a plan for how to get there.

Fruit									
Vegetables									
Beans									
Whole Grains									
Nuts									

You're Off to a Great Start!

Setting positive goals is a great way to begin. And guess what...all the information you just read is good for YOU regardless of whether you have diabetes. Good nutrition is good for everyone. Are you ready to eat *smart*?

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