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## Diet & Weight Loss

**I hope you had a happy holiday season.** Let's start with reviewing the basics for the new year so you can quickly "pull the plug on the pounds" gained over the holidays.

**EVERY 20 Calories of Carbohydrate (Sugar) = 5 Grams of Carbohydrate (Sugar) = 1 Teaspoon of Sugar.** If you haven't memorized this simple conversion, please do it now since it will give you the means to staying Lean for Life! And your goal should be to *eat no more than 12 teaspoons of sugar per day*. This number is in sharp contrast to the average American who eats a whopping 60-70 teaspoons of sugar each and every day!

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### **The Professor's NEWSFLASH!**

**Carbs prevent your from burning body fat:** Excess carbohydrates (more than a mere 4 ounces a day) **prevent the body from burning fat, and they increase stored body fat.** *References: Textbook of Medical Physiology, pgs. 869, 871, 936; Basic Medical Biochemistry—A Clinical Approach, pgs. 24, 394.*

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I normally use explanation points sparingly, but these last two statements, because of their importance, deserve emphasis. We already know all foods fall into one of three categories: carbohydrate, fat, or protein. When following my plan you can eat as much protein as you want because most of it (60-70%) is "magically vaporized" away fueling its own digestion. Contrary to popular belief, **protein CANNOT be converted into body fat**. It is biochemically impossible. You can have plenty of natural fats like butter, bacon, and eggs, as long as you realize that while you can not gain weight by eating fat (for the same biochemical reason that protein isn't converted into body fat), your body will use the fat for energy instead of burning your own body fat for energy. Carbohydrates, on the other hand, are the vehicle to making you fat and unhealthy. Surprising to most of us is the fact that your body needs 0 carbohydrates on a daily basis to remain healthy. That's right, none because your body makes them from your own stored body fat along with the protein you eat. That's why **protein should be your #1 food**.

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## The Professor's NEWSFLASH!

A 150 lb. person requires a full pound of protein per day for normal bodily processes. *References: Basic Medical Biochemistry: A Clinical Approach, page 648. Dawn B. Marks, Allan D. Marks, Colleen M. Smith, Lippincott, Williams & Wilkins, August, 1996, ISBN: 068305595X*

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I have always said you can eat the carbs, but be careful since the equivalent of 12 teaspoons of sugar happens very quickly.

For example:

- 1 cup of milk = 2 teaspoons of sugar
- 1 cup of rice (cooked) = 9 teaspoons of sugar
- 1 banana = 5 teaspoons of sugar
- 1 baked potato (not including skin) = 7 teaspoons of sugar
- 1 sweet potato = 8 teaspoons of sugar
- 1 cup of strawberries = 2.5 teaspoons of sugar
- 1/2 grapefruit = 2 teaspoons of sugar

And guess what the sugar equivalent is of 1 large bagel, ***a whopping 12 teaspoons of sugar!*** (There's that explanation point again.) In contrast, strawberries give you a big carbohydrate "bang for the buck" meaning you can eat lots of them with minimal sugar. Strawberries have lots of water in them.

Many of you already know I am completing a diet book which should be out later this year that will address in great detail how to be both healthy and thin. I am also developing a comprehensive pictorial guide to carbohydrates titled, "The Sugar-Rater." This pictorial guide shows how easy it is to consume too many carbs. You need to be aware of the dreaded *hidden* carbs, too. These are carbs that we forget to count because they are typically condiments and are easily overlooked. For example, you decide to eat healthy for lunch and go to a Barbecue restaurant (remember I live in Texas) to have a wonderful meal of beef brisket and sausage with a side-order of coleslaw. All is going well until you reach for the Barbecue sauce. ***Each tablespoon of sauce can easily have 1 teaspoon of sugar*** in it. You can add the sauce, but do it sparingly. My approach has always been to eat smart by knowing what it is you are eating. If you want to eat a small candy bar that has 5 teaspoons of sugar in it, go ahead and eat it, but also limit other carbs that you don't really care about. Only carbohydrates create more body fat so minimizing the carbs means less body fat. You

can and will achieve your diet goals this year as long as you are armed with the correct information. Go ahead and enjoy 2007!

If you have any questions or comments about this month's newsletter please e-mail the professor at: [prof-nutrition@sbcglobal.net](mailto:prof-nutrition@sbcglobal.net)

## **This Month's Low-Carb Recipe: Roast Marsala Lamb with Rosemary**

### **INGREDIENTS**

1 4lb leg of lamb  
2 cloves of garlic, thinly sliced  
2 Tbsp rosemary leaves  
8 Tbsp organic coconut oil  
6 sage leaves, chopped  
2/3 cup Marsala  
salt & pepper to taste

### **PREPARATION**

1. Make incisions all over the lamb with a sharp knife then open them slightly making small pockets. Insert garlic slices and half of the rosemary leaves into the slices.
2. Place lamb in roasting pan and spoon half the coconut oil over it. Roast in preheated oven, 425F for 15 minutes.
3. Reduce oven temperature to 350F. Remove lamb from oven and season to taste. Turn lamb over, return to oven and roast for about an hour more.
4. Remove lamb from oven, turn over and pour over the Marsala. Return lamb to oven and cook for an additional 15 minutes.
5. Cover a carving board with foil and remove lamb from oven. Place roasting pan over high heat bringing juices to a boil. Boil until thickened and syrupy. Strain into a gravy boat or pitcher for serving.
6. Carve lamb into slices and serve with your choice of lower-carb vegetables.

Enjoy!