



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Carb Counting An Easier Way to Weight Loss?



Metabolic Code®

unlock your healthiest you

Do you feel like you're fighting an uphill battle?

Are you losing the weight battle like many Americans are? Our rate of obesity continues to climb despite efforts to lose the excess pounds. One of the primary reasons is that many Americans still aren't taking a long, hard look at their intake of high-glycemic carbohydrate foods. The typical American diet is high in refined sugars and flour, which when eaten with high fat intake, causes the body to go into a state called postprandial dysmetabolism, which causes internal inflammation and causes high blood sugar and even damages the linings of our arteries.



Carb Counting - an easier way to weight loss

Researchers have found ways of eating that can help prevent this problem. Their recommendations for an anti-inflammatory diet are to:



- ✓ Avoid highly processed foods and beverages, particularly those containing sugar, high fructose corn syrup, white flour or trans fats. In place of those foods, choose high-fiber carbohydrates with a low glycemic index, like vegetables, fruits, whole grains, legumes and nuts.
- ✓ Consume lean protein at all three meals, because it helps slow your response to any carbs eaten.
- ✓ Eat approximately one handful of nuts daily (using a cupped hand). Nuts also help improve your glycemic response.
- ✓ Eat salad daily, consisting of leafy greens with a dressing of vinegar and extra-virgin olive oil. Salad are a nutrient-packed source of low-glycemic carbs

Portion Control is Key

Another recommendation is to eat modest portions of foods, but this portion control advice needs to be more specific, because we see people taking this advice and reducing intake of all their foods, when we should be increasing intake of our really healthy foods, like salad greens. Even protein intake can help us in the weight battle. In fact, one study found that eating higher protein in the morning helped stop blood sugar fluctuations throughout the day and helped control appetite so much that it led to weight loss.

So, what should be portion controlled? High-glycemic load foods that elevate blood sugar quickly and for longer periods of time than other foods. High-glycemic load foods are simply high carb foods that also have a high-glycemic index, like potatoes, rice, pasta, and bread, as well as sweets. And watch foods like whole grain granola bars and yogurt, that often contain high sugar grams as well. It is important to understand that your current intake of these foods is what is contributing most to your weight.

Most people do not realize just how many high-glycemic food servings they are actually consuming each day. **Use the Carbohydrate-Counting Tool on the next page to see how many high carb foods you are actually ingesting on a normal day.** Many people find that if they can cut current intake by at least half. This it will start to help with weight loss, especially when combined with better, healthier food choices and recommendations in the list above.



For an anti-inflammatory diet that's designed to not only help you learn how to control your carbohydrate intake but also to explore whether food intolerances, such as gluten sensitivity, may be contributing to weight and other health issues, check out The Metabolic Code Diet. James LaValle, R.Ph, CCN, created the Metabolic Code Diet over 20 years ago and the diet has been used successfully in integrative medicine practices for over 15 years.

Carbohydrate Counting Tool

The quality and amount of carbohydrates we eat is key for helping us manage our weight and preventing diabetes and heart disease. This Carbohydrate Counting Tool helps you see how many carbohydrates you are eating on an average day. The Metabolic Code Diet teaches how to eat healthy carbs in amounts you tolerate.

Carb Serving Size Guide

Use this guide to help you estimate how many servings of carbs you typically eat per day. Each serving listed equals 1 carb serving, and has about 15 grams of carb. If you eat a portion that is larger, be sure to record the proper number of carb servings. (i.e. 1/2 glazed donut = 1 carb serving, so 1 whole donut = 2 carb servings)

Starchy Vegetables and Beans	Fruits	Grains, Breads, and Cereals	Milk and Yogurt	Sweets, Snack Foods, and Beverages
-1/2 cup starchy vegetables: -potato -sweet potato -peas -corn (1/2 cob) -grits -1/2 cup cooked beans, split peas, lentils, legumes (garbanzo, kidney, black beans, great northern) -1/3 cup hummus, bean dip	-2 tbsp dried fruit -12 fresh cherries -17 small (or 8 large) grapes -1 small (or 1/2 large) apple, orange, or banana -1 medium peach, -1/2 cup canned fruit in own juice, -1/2 cup fruit juice -3/4 cup pineapple, blueberries -1 cup blackberries, raspberries, melon -1 1/4 cup strawberries, watermelon	-1 oz. bread product (wheat or gluten free: 1 slice bread, 1/2 bun or English muffin, 1/4 large bagel, 1/4 small muffin, 6" tortilla, 4" frozen waffle or pancake) -1 small slice pizza (like 1/4 personal pizza) -1/3 cup cooked rice, quinoa, or pasta -1 cup soup -3/4 cup unsweetened cold cereal (serving sizes vary, check label) -1/2 cup cooked cereal (oats or other cereal) -breadings on 5 chicken nuggets -4-6 crackers	-1 cup cow's milk -1 cup vanilla almond milk (sweetened)* -1 cup original unsweetened rice milk* -1/2 cup vanilla rice milk (sweetened)* -1 cup vanilla or original soy milk (sweetened)* -1 cup plain yogurt -6 oz. flavored yogurt made with low-cal sweetener* -3 oz. sweetened/flavored yogurt (1/2 of a typical container) *Carb amount varies by brand	-1 single-serving bag of snack chips** -15 potato chips* -32 corn chips* -5-14 tortilla chips* -1 small cookie -1/2 glazed donut -1/2 small cupcake or slice of a pie -1/6 of plain cheesecake -1/2 regular sized candy bar -3 pieces hard candy -1 tbsp sugar, honey, agave or pancake syrup -1/4 cup pudding -1/2 cup ice cream, frozen yogurt -3 cups popcorn -4 oz. of soft drinks or energy drinks (non-diet) -8 oz. sports drinks **Carb amount varies by kind of chip *Carb amount varies by brand

Serving Size Estimation

Here are a few familiar objects to help you determine your serving sizes:

Food Serving Size	Object that Can be Used to Estimate Serving Size	Real Life Serving Sizes
		Here are a few examples...
2 tbsp	golf ball	1 regular bagel = 4 carb servings
1/2 cup	1/2 of a tennis ball, or the amount that fits in the palm of a cupped hand	1 regular bowl of cereal = 3 carb servings
1 cup	tennis ball, or the size of your fist	1 slice of pie = 2 carb servings
		1 bowl of rice or noodles = 4 carb servings

Daily Carb Tally Chart

Fill in the boxes with how many carbs servings you typically eat per meal/snack, then add them up to find your total carb servings per day.

Meal/Snack	Total # Carb Servings
Breakfast	
A.M. Snack	
Lunch	
P.M. Snack	
Dinner	
P.M. Snack	
TOTAL DAILY CARB SERVINGS:	



Metabolic Code® Diet Disclaimer:

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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