



Metabolic Code®
unlock your healthiest you

Vegetables = Success

Weight Loss - **Week 4**



Vegetables = Success

Vegetables can make or break your dieting success. Your attitude and openness towards trying new vegetables and recipes can be your biggest strength or biggest weakness. Trying to lose weight without learning to incorporate a wide variety of vegetables may work short term, but long term success will be challenging without the support of veggies. In fact, not liking vegetables is a big factor in those who can never succeed with weight loss, while learning to love and fill up on vegetables is a distinguishing factor that separates 'fad' dieters from success stories.



To learn to like vegetables, try eating them lots of different ways to find preparations that you like. Raw broccoli, or steamed with butter or broccoli soup, for example. Roasted Brussels Sprouts vs steamed. Roasted kale vs raw in salads. Juicing vegetables. Putting vegetables in protein shakes. Using this method, most people can find enough vegetables they can eat to help them with long-term weight loss.

Endless Benefits of Eating Vegetables:



- Cultures that eat plentiful colorful vegetables tend to have long life expectancy and low levels of modern day diseases such as heart disease and cancer.
- Vegetables are very filling and nutrient-dense with few calories. We fill up on volume, and vegetables are a great way to take in large volumes of food while keeping hunger at bay and your diet on track.
- Vegetables are alkalizing, which helps prevent osteoporosis, kidney stones, and age-related muscle loss. Potassium in vegetables is crucial for muscle building and maintenance, as well as healthy blood pressure.
- Vegetable intake is one of just two lifestyle factors that were found to help the body make more adiponectin, a hormone that helps insulin sensitivity. (The other was good intake of magnesium.)
- Vegetables are key sources of antioxidants in the diet. Antioxidants keep cells healthy and protected against damaging free radicals.
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Vegetable Options:

Vegetables Grouped by Carbohydrate Content

Group 1 (< 5g CHO per serving) Unlimited	Group 2 (5 – 10g CHO per serving) Unlimited	Group 3 (10 – 15g CHO per serving) Eat occasionally	Group 4 (> 15g CHO per serving) Limit per individual allowance
½ cup cooked Asparagus 1 cup raw Beet Greens 1 cup shredded raw Cabbage ½ cup cooked Cauliflower 1 cup chopped Celery ½ cup cooked Chard, Swiss and other varieties 1 T. chopped chives ½ cup chopped, cooked Collard Greens 1 cup sliced Cucumber ½ cup, cooked, cubed Eggplant 1 cup raw, chopped Endive 1 cup shredded Lettuce, all varieties ½ cup, chopped, cooked Kale ½ cup diced or chopped, cooked Leeks ½ cup cooked Mustard Greens ½ cup sliced, cooked Okra 1 cup, raw Parsley 1 small Radish 1 cup raw Spinach ½ cup cooked Summer Squash ½ cup cooked Turnip Greens 1 c. chopped or sliced Tomato ½ cup cubed, cooked Turnips 1 cup chopped Watercress	½ cup, cooked Artichoke hearts 1 small avocado, sliced 1 cup, raw Bean Sprouts (Mung) ½ cup cooked Beans, String 1 c. cooked Green Beans ½ cup cooked Beets ½ cup cooked Brussels Sprouts ½ cup cooked Broccoli ½ cup raw carrot sticks or slices ½ cup cooked Carrot slices 1 cup raw, chopped Dandelion Greens ½ cup cooked Kohlrabi 1 cup, sliced Peppers, Red 1 cup, cooked Pumpkin ½ cup cubed, cooked Rutabagas 1 c. tomato juice 1 c. cooked zucchini ½ cup spaghetti sauce (no added sugar sauces only)	½ cup sliced, cooked Parsnips ½ cup, cooked Peas, Green (eat within starch limits)	½ cup cubed, baked Yams ½ cup, cooked Corn, Sweet (eat in Phase 2 after doing a food trial for corn) ½ cup, baked Potato, Sweet ½ cup, baked Potato, White *Corn and Potatoes are two vegetables that we treat like grains due to their higher carbohydrate content. Avoid these foods in the weight loss phase of the diet*