

Lesson 2: What to Eat, Diet and My Food Pyramid

Hi, everyone. Welcome to day two of our Women and Fasting Masterclass. I hope you enjoyed lesson one, and I'm just going to briefly go over that before we go on to lesson two today. In lesson one, you may recall that I started talking about my five pillars. Again, these five pillars to health are really the five pillars or the five major things to helping you reverse your insulin resistant expression of metabolic syndrome, into helping you lower insulin so that you can attain that goal of either weight loss or lowering blood sugars or reversing PCOS or whatever other expression of insulin resistant you are trying to address. In the famous words of Dr. Jason Fung, if the problem is insulin, then the solution is to lower insulin. That's what I hope to work with you on in the next two weeks, starting with, of course, my five pillars.

In lesson one, we went over the first two pillars of my five pillars to metabolic health and reversing insulin resistance. Yesterday, we talked about my first pillar, the Beyonce of the show, the main event, and that is TRE, time-restricted eating, or how often we eat, part one of how we eat. I would like to remind you that if you're not already doing this, I highly encourage and want to challenge you to start following TRE and giving TRE the importance that it truly deserves, not just to reach your goal, but once you're there, you really are going to need a strong holding pattern. We'll talk about holding patterns in a few lessons, and it's also, as I said yesterday, the epitome of intermittent fasting. Regardless of how strong you think your fasting muscle is and whether you're doing long fasts or alternate day fasting, I want to encourage you to start or continue focusing on TRE as the most important pillar to metabolic health.

The second pillar to metabolic health, or to reversing your expression of insulin resistance is the critical importance of meal timing. I talked about a great blog post written by Dr. Jason Fung, and I put that in the resources. It's called just that, The Critical Importance of Meal Timing. We talked about how we know that insulin production is based on a circadian rhythm, a day/night cycle, how we eat, how often we eat, and what time we eat. These are the first two pillars to metabolic syndrome and to reversing insulin resistance and improving your metabolic health.

Let's get to point number three. I know a lot of you have been eagerly waiting to talk about what we eat or the food that we recommend for your metabolic health and for reversing insulin resistance. The Fasting Method is an inclusive program, and we will support you through your fasting protocol, no matter what diet you choose to follow. We will be very respectful of your dietary choices, and we will support you and respect you in those choices. The main message here is that we want you to follow a diet that works for you, that is healthy, sustainable, and a diet that you are comfortable with.

Fasting does work and can work with any diet, but there are some dietary choices, some combinations of foods that are going to help you on your healing journey a little bit more than others. That's why we are going to talk about the third pillar, what foods to eat when you're trying

to reverse insulin resistance and improve metabolic health. I am going to share with you my food pyramid, and this food pyramid is nothing but a general recommendation based on what I consider to be real foods, whole foods, but also it is an illustration of how different foods will and do have a different insulin response.

Even though there's a pretty clear glycemic index that you could follow if you were choosing the glycemic index to make your food choices, there isn't an insulin index, per se, that is the exact same for everyone. Different people are going to have a different insulin response to the same foods, unfortunately, and this is why it's a little bit more challenging to create an insulin index. You also cannot measure your insulin the same way that you can measure your blood sugars, and so it's sometimes very, very difficult to understand or to put on a graph or chart or pyramid which foods have a higher or lower insulin response. Please remember that this food pyramid that I've created and I will want to share with you today is based on science, yes, but also my clinical experience over the last almost 20 years.

My food pyramid is nothing but a recommendation for those that need one. It's nothing but a guide for those that want one. There are some amounts that I have put under each of the food categories in my food pyramid. These amounts are there for some guidance, if you need it. The number one rule when it comes to intermittent fasting and eating is that you should eat to satiety. Sometimes this is very hard, especially when you're starting out. A lot of people have not only insulin resistance, but they have other hormonal resistances that inhibit you from understanding when you feel full, when you feel hungry, and so, at times, it's very helpful to have a guide.

I know that some diets, like the keto diet, may have some recommendations based on amounts, based on macros, and sometimes that can be very, very helpful, especially when you're just starting out. But, eventually, you likely will not need my food pyramid or any other guide because you will be able to eat based on when you're hungry, and you'll be able to stop eating when you feel full and satiated.

The other thing I wanted to share with you is a blog post that I wrote regarding plant-based diets and animal-based diets. I have very successfully worked with people that were plant based in people that were carnivores, and, of course, everybody else in between, I personally choose an omnivore diet. Whatever works for you is what's most important. The one thing that I ask of our community is that we be very respectful, and we don't impose our thoughts and our values on other people.

The rest of this lesson is more geared towards those that need some recommendation or those that are willing to learn a little bit more about how insulin is impacted by our various food choices. Then, based on this, you can make some informed decisions, and you can try different things out and figure out what's going to work for you in the long term. It is very likely that the diet that you follow today might not be the same diet that you follow next year or two years from now or even a month from now. You may change and you may try different things, and that's okay so long as you're trying to learn, and you're trying to really gauge what works best for you.

In another lesson, I will talk about elimination diets. I find these to be very, very helpful during certain phases of your healing journey, so we'll talk a little bit about that in another lesson.

This pyramid, as you can see from the arrows around the pyramid, is based on how different foods will create a different insulin response in each individual. Notice that the arrows of the food pyramid say more insulin, less insulin as opposed to talking about things like carbs or calories. We first and foremost want to realize... and this is important to go back to our first pillar, TRE, time-restricted eating. It's really important to recognize and realize that every single food... and we're not categorizing foods based on whether they're healthy or unhealthy or whether they have more carbs or less carbs or whether they have more calories or less calories. We're trying to categorize food in a way that we can understand better how much of an insulin response each of these foods is likely to have. Insulin, again, is a very important hormone that we need to understand not only what it is, but what it does and what its various functions are.

In another video and another lesson, I will be talking to you a little bit more about insulin, its importance, its impact on insulin resistance and metabolic syndrome. When a food has a higher insulin response, it's going to put us in a higher insulin state, which automatically is going to put us in a retention state, a state of storage, of gaining weight, of higher blood sugars. Foods that are going to put us in a lower insulin state or, rather, foods that have less of an insulin response when we eat them will more easily... so, again, going back to TRE... After eating that meal, after having a lower insulin response, you're going to more quickly and more easily get to a lower insulin state, which ultimately is the state that we want to get into. Whether it's a good food or a bad food, whether it's high carb or low carb, high calorie or low calorie, every single food is going to raise insulin, especially highly processed foods are going to have a much more significant insulin response.

On the food pyramid, I have included all whole foods, so all real foods, all one ingredient foods. I have excluded from the food pyramid, all the foods that are going to have a much higher insulin response or a much higher inflammatory response, all sugars and sweeteners. Please remember that all sweeteners will have a significant insulin response. This is regardless of whether or not they have carbs or whether or not they have calories. Foods such as processed foods, the commercially-flavored products will have a significant insulin response regardless of whether or not they have any carbs or regardless of whether or not they have any calories.

First of all, our labeling laws are very, very tricky. You might not always understand what exactly is in the food that raises your insulin. But we do know that there are biochemical processes in food processing, and there are some very smart biochemists that can create flavors and they can create products in foods that are now labeled as natural flavors that can significantly increase our insulin. We can see this. We can see this in diabetics, and you can see this in those of you that check your ketones. All polyunsaturated and vegetable and seed oils. These either have a very high insulin response or they have a very high inflammatory response for other reasons. We've excluded grains and flowers.

The foods down at the base of the food pyramid, many of you will recognize as the fat fast foods and a fat fast is a fast mimicking diet that many people use for short period of time, usually two

to five days, as either a recovery plan or as a starting plan or as a bridge to prepare your body to get into a lower insulin state in order to make things like fasting a lot easier. At the base of the food pyramid is a list of foods that are known to be very low in producing insulin. If you were to consume only the foods down at the base of the food pyramid will very quickly put your body in a very low insulin state, high-energy, fat-burning state. This is why it's a fast, mimicking type of diet.

If you've ever tried a fat fast, you will recognize that this is so. You will very quickly raise your ketones if you fat fast for a little while, and you will very quickly help to lower your blood sugars. You'll go into release mode and fat-burning mode, and you may lose quite a bit of weight in a short period of time. Not only can these foods at the base of the food pyramid be used as an exclusive fat fast or fast-mimicking diet for a short period of time, but you can also use them, and it would be wise to use them, as the base of your meals.

These lower insulin pretty using foods will also help to mitigate the insulin response or the insulin spike of the foods higher up in the food pyramid. What I mean is that if you consume some of the foods that are higher up in the food pyramid or some of the foods that produce more insulin with foods that produce less insulin, such as the ones at the base of the food pyramid, you're going to have less of an insulin spike, so your insulin rise is going to be more gradual. That's very beneficial to what we're trying to do. In brackets, I have written the amount suggested or recommended for these foods. I've simply written to satiety, meaning that you don't need to check for carbs or calories or any other macro for these foods. You just eat as many of them as you'd like to satiety, until you're full.

Up from the fat fast, or the base of the food pyramid, you will see that you have on the left side, vegetables, and then on the right side, you have your animal or protein. On the side of the vegetables, you will notice that in brackets, I put non-starchy vegetables. If you're choosing to go lower carbs, you will have less of an insulin response when you consume non-starchy vegetables in comparison to the more starchy-type vegetables. In these amounts, again, for those of you wondering, are per meal.

When it comes to protein, protein and amino assets are essential, meaning that we do require a certain amount per day, so you want to be aware of that. You want to be conscious of that. Within the intermittent fasting world, in the low carb world, people do tend to go a little lower on protein, and the reason for this is that we know that protein is insulinogenic. It does produce a moderate insulin response, some proteins higher and some proteins lower. Please be aware and do look up information on your particular protein requirement. Your protein requirement is going to be based on gender. It's going to be based on goals. For example, if you're trying to lose weight, you might want to go a little lower in your recommended amount of protein required per day.

Then up from that, in the middle of a food pyramid, I have put down fruit. Next to fruit, you will find that in brackets, I have written berries. Again, this is for people that are following a lower carb diet, at least during some phase of their healing journey. People in the lower carb world following more of a ketogenic diet will often choose to eat berries. There are some other fruits

lower down in the food pyramids, such as olives and avocados that are very, very low in insulin production.

Then, up from that, we have our nuts and dairy. A lot of people within our community initially consume quite a bit of nuts and dairy. The reason is because very likely you're coming off of a higher carb, higher sugar type diet. When we switch from a higher carb higher sugar type diet, we often look for healthier alternatives or substitutes. This is why a lot of people might start to consume things like sweeteners. Then we realize, of course, that sweeteners do have a significant insulin response and are probably not going to be very helpful within your journey.

In no way am I trying to categorize nuts and dairy as being healthy or unhealthy. The only thing I want you to consider is that nuts and dairy are very tasty foods, are foods that we enjoy quite a bit, are foods that we will likely find that, unlike foods down at the base of the food pyramid, the fat fasting foods, they're foods that you might have a hard time mitigating the amount that you eat. You might find that you eat a lot more nuts and dairy than you want to eat. You might also find that you eat past the point of satiation. It's very likely to do with the fact that a great many of us have a very high insulin response to foods like nuts and dairy, particularly dairy.

Although this is a very contentious and controversial topic, I am going to share with you a blog post that I have written... It is known to us that dairy does have a significant insulin response in people that are particularly more insulin resistant. What this means is that if you have more weight to lose, if you have higher blood sugars, if you're a woman with PCOS, you will very likely respond with a very high insulin production when you eat foods like dairy. You might very well feel like you are not satiated when you eat dairy, and you always feel like you want more and more and more.

We are going to, at some point, talk about elimination diet. I find elimination diets to be very healing and very helpful in determining what foods work and don't work for you. At some point in your journey, you might find it to be beneficial in healing and help you along your way to temporarily remove foods like nuts and dairy that are a little higher in insulin production and stick to the foods lower in the food pyramid.

The one thing I would like you to remember, and I'm going to bring you back to the first pillar, is that no matter what you choose to eat, whether you consider it to be healthy or unhealthy, higher in carbs or lower in carbs, higher in calories or lower in calories, is that you bring each and every single thing that you eat that raises insulin into your two meals. This is the most important thing when it comes to insulin, and when it comes to time-restricted eating and intermittent fasting. Whether you're choosing to have dairy or not, or nuts or not, or any other thing on the food pyramid, is that you always bring all of these foods into rich satiating meals. If you do have dairy, make sure that you have it with some of the other foods in the food pyramid, particularly some of the foods in the base of the food pyramid. This will help mitigate your insulin response.

The same goes if you're choosing to follow any other diets. Let's say you do consume some more carbs. Let's say you do consume some grains or some sugars. Make sure that you bring

all of these foods into your meals. We often refer to this as avoiding naked carbs, meaning that if you're going to consume carbs, it's always a better idea to bring them into a meal that includes some of the other foods that are going to have a more insulin-mitigating response. Three foods that are highly known to mitigate the insulin response are fiber, fat, and vinegar.

Fat and, you'll see, fiber-rich foods are at the base of our food pyramids, so whether you have some carbs, whether you have dairy or nuts, make sure that you're not having it as a snack, that you're not grazing on them, and that you're not having them on their own. Keep in mind that insulin resistance is on a spectrum, meaning that depending on where you are in that spectrum, you'll have a higher versus lower insulin response to certain foods like dairy at the tip of our pyramid, and you'll always have a significantly lower insulin response with the foods lower on the food pyramid.

I hope that you enjoyed today. I leave you with my food pyramid. Use it as you see fit, as much as you need, as a recommendation. If you have any questions, please don't hesitate to send those questions to me at Masterclass@TheFastingMethod.com. I'm looking forward to reading your comments in the forum for the women in Fasting Masterclass as well as getting to know some of you in our Q&A sessions today and later in the week. If you can't make it to the Q&A session, please remember that that will be recorded, and you will get to watch it later.

Take care everyone, and I'll see you to tomorrow for lesson number three, where we'll be going over my four and five pillars to metabolic health and insulin resistance, which is stress and sleep management. I'm really excited and looking forward to it. Take care.