

The Action Points

1. Eat real food, as close to the natural state as possible

Humans evolved to eat real unprocessed foods. They contain all the nutrients, vitamins and minerals needed for optimal human health. But in addition, we evolved sophisticated satiety signals to tell us both when to eat these foods, but also when to STOP eating these foods.

2. Avoid highly processed foods, especially fast food and junk food

The one common element of fattening fast foods or junk foods is not that they are high in carbs, proteins, fats or calories, but rather that they are highly processed. These foods have undergone a number of refining and processing steps before we eat them. The toxicity of these foods lies in the processing, not the macronutrients or the calories contained. Insulin signalling is high and satiety signalling is low.

3. When eating, eat until you are full

If you are eating natural foods, then you should eat until you are full. Your body will let you know that you have eaten enough. Trying to eat less leaves you hungry, which is a very powerful stimulus to eat more, when there may not be healthy choices available.

4. Eat at a table. Be mindful of what you are eating, and avoid eating while doing something else

This behavioral trick, used for thousands of years, ensures that you are focused on eating, but also listening to your body. You can keep eating well past the point that you are full if you are distracted by something else – driving, working, watching a movie or TV etc. It also forces you to choose the foods carefully as opposed to eating something like a candy bar because it is convenient and easy to eat on the run.

5. No snacking

If you've eaten natural food until you feel full, there is no reason to snack. That is the entire point of eating a meal – to keep you feeling full until the next meal. The timeless admonition mothers would tell their kids asking for a bedtime snack is 'You should have eaten more at

dinner'. This is absolutely correct. When you are eating, eat. When you are not eating, DON'T EAT.

6. Reduce added sugars and refined grains

These are highly processed foods that stimulate insulin but not satiety. These are foods that can be easily overeaten and contribute heavily to weight gain.