

mixes, doughnuts, potato chips, instant noodles, frozen sweets and meals, baby formula, margarine, and dry and canned soups. Palm oil is also found in detergents, soaps, personal care products, and increasingly as a feedstock for biofuels. How did this happen so quickly? It is due to the changing face of the food industry. The food industry is now dominated by a few corporations. This control by a few select corporations is now the norm across all sectors of the food industry.

- The top 10 seed companies control nearly 50% of the \$21b global commercial seed market.
- The top 10 pesticide companies control 84% of the \$30b annual pesticide market.
- The top 10 retailers control 24% of the \$3.5trillion global food market.
- These top 10 food and beverage companies control 24% of the estimated \$1.25 trillion global market for packaged goods.

Conclusion

If you eat food products, the probability is you will be consuming a product from one of these 20 food companies. It makes a diet and a lifestyle very much in the hands of the company, and I do not have the confidence they have my best interests at heart. It makes that 3rd leg of the stool very hard to change. The food companies are immensely powerful and politically connected. Even if you move to eating whole food, you are relying on those top 10 seed and pesticide companies!

References

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CHAPTER 58 THE TAKE-OUT DIET

Get the Facts

- Diets should be about health, and a healthy lifestyle. They fail if they only focus on weight.
- Science is clear that weight is a marker of health. Fat or thin, anyone can have an unhealthy body and diet.
- The change from an unhealthy to a healthy lifestyle, is critical for enjoyment of a full and high quality life.
- The 80/20 rule says taking out one or two foods and food products from the diet is more effective than trying to put more in.
- Taking out poor food means you eat more good food, most of which you already eat.
- Changing your lifestyle requires three factors for success: Biochemistry and hormones, your mind, and interaction with society.

The Take-Out Diet?

How can you use this book to help a 65-year-old friend? How will this book, and the scientific knowledge reviewed, provide direction to her?

She's been on various diets and lifestyles for 35 years, ever since giving birth to her first child. She is overweight by 33 lb (15 kg), with a BMI of 27, elevated blood pressure, and on statins for elevated cholesterol. She has arthritis in a knee, and she's waiting for a hip replacement. My guess is that she has Metabolic Syndrome, some fatty liver disease, and impaired kidney function, which is typical of many her age. She is sick of hearing about diets such as 5:2, Atkins, low carbohydrate, high carbohydrate, and vegetarian. Worse, she is fed up with listening to my opinions. She is not alone in her frustration. By the time the book was published, she had achieved her goal of losing much of that weight, her blood pressure was back to normal, her cholesterol levels had dropped, the operation successful, and she has encouraged many of her friends to take up the

Take-Out Diet. She has said she has found it so easy just to focus on a few simple strategies and recognizes this is a lifestyle change that people often talk about, but cannot define. She enjoys this new lifestyle, and is looking to maintain it not for 1 year, but the rest of her life.

Science is not contradictory. The quote at the start of my book was “Half of what we know is wrong, the purpose of science is to determine which half.” Science has delivered, and there are good clear practical strategies for her, and for millions of others. Policymakers may not have caught up with science, nor have entrenched stakeholders such as food company oligopolies, drug companies, or “snake oil peddlers.” The Science is unambiguous for her, for me, and for you.

- Improvement in diet will led to improvement in health. A good diet will reduce risk factors for cardiovascular disease, cancer, and arthritis. It can eliminate Metabolic Syndrome and a host of autoimmune diseases.
- Some chronic illness risks can be reduced by 5 times within 12 weeks and reduced by more than 100 times for some illnesses within a year.
- Changes in diet will lead to weight reduction, and a low carbohydrate diet is better than most others.
- A weight reduction of 15% of body mass is achievable and sustainable for the rest of your life.
- Associated weight reduction markedly improves recovery from joint operations or any other surgical procedures.
- A good diet gives practical risk mitigation for dementia by orders of magnitude with an increased quality of life, not only for the next few years, but right through your “twilight” years.

Sound fanciful? Science says it is both achievable and conservative. Change Management on the other hand says that planned processes are required. Appropriate Change Management can lead to “lifestyle changes.” I believe with specific changes for the first 20 days and then practicing those skills for a further nine weeks will achieve the outcome you want. These life changing first 20 days require only six steps and are in the context of my three-legged stool. These 6 steps address the biochemistry and hormones issues (reduce fructose and

low simple carbohydrate consumption), help the brain and mind (calorie count, food sacrifice), and help internal and external social and behaviours (5:2 diet).

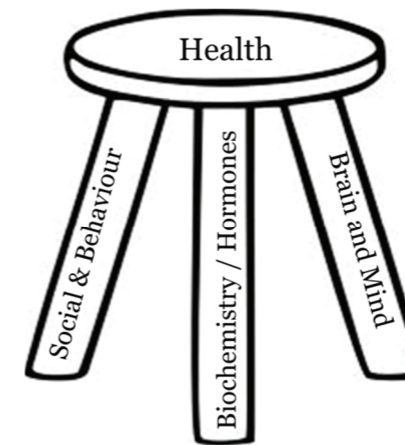


Figure 65 The Three-Legged Stool of the Take-Out Diet

Science is unambiguous when it tells us that a “single” approach to a diet fails. However science provides evidence of what solutions work, and for long term success you probably have to do all of the following six steps. Not one or two or three – all six. If you feel you cannot make the changes, do not start this process or any diet. Clear goals and outcomes are critical for Change Management and while the most important goal is good health, weight and self-worth are essential parts of these steps.

Throughout the book the phrase “take-out diet” is used because bad foods, and food products, have increasingly entered Western diets, and these demonstrably damage our health and disrupt our appetite. It’s time to take them out!

Removing them is much simpler than trying to add more food products or developing new drugs. “Take-out” may have connotations of loss and deprivation, and maybe a better phrase is “replace and upsize” foods that you already eat. The take-out phrase is to emphasise that these are pro-active changes first and foremost. You won’t have to find new foods – you will already have foods that are perfectly fine and enjoyable.

If you like chicken and chicken skin, but previously you took the skin off because you thought the skin was fattening, then eat the chicken skin. But don’t eat the bun. If you cut the fat off the steak – don’t. If you like eggs, eat more. If you eat beans and legumes, please stop gassing your friends. (It may be good for your microbiome!) If,

however, you mistook “Take-Out” to mean the drive-thru window at your favourite fast food emporium, you were mistaken. The drive-thru window is where good health goes to die.

These are the six steps for anyone who is contemplating a change and it is for an initial 20 day period.

1. Take-out fructose from your diet.

Fructose is part of added sugar so that will mean changing what you eat by eating more whole food. You do need to read the nutrition labels of food products because sweeteners are used in nearly every manufactured/package food. Avoid anything that is more than 3% sugar (3 g per 100 g); no more than two pieces of fruit per day, no fruit drinks, no SSBs, no product with “Lite” in its name, no product with a Heart Foundation Tick, and many food products that say “healthy.” The upside when you remove fructose, you can eat more of your other favourite foods. These ones will have neither fructose nor simple carbohydrates in them. (NB. The Tick is current policy and could change for the better, sometime, I hope.). Generally, you will have to eat and cook whole food, not food products.

2. Take-out simple carbohydrates.

To manage your glucose levels and avoid insulin spikes, move to a low simple carbohydrate diet. Complex carbohydrates are fine. That means avoiding any food product that is made with flour or rice, potato, and yams. Imagine an Atkins, South Beach, or Paleo type diet without some of the rigidity of those diets.

3. Take-out a calorie counter.

To help take-out your low sacrifice foods and to get some baseline measures of your diet use a calorie counter. For at least two weeks record everything you eat and drink using a calorie counter app. Everything! Be obsessive! Buy, and then use a set of small kitchen scales. These tools help understand portion size, and help you avoid increasing consumption of high density calorie nuts and fat products. These high density foods can undo any calorie reduction and you need weight loss for a win as part of the Change Management process. Adjust your portion size to your appetite. You do not need to continue to count calories, providing that you have re-adjusted your lifestyle. As part of this process of understanding what you eat, and for long-term change, take-out “*low sacrifice high calorie*” foods. Prepare your personal food sacrifice list to ensure that you do not try to eliminate your “*high value sacrifice foods*” and develop some new tactics to ensure you do not have “*Last supper*,”

“*What the Hell*,” or “*Deprivation*” moments. By avoiding the mini-binges that follow from these moments, you avoid the failure to meet weight reduction targets. Work out a tactic to “have your cake and eat it.”

4. Take-out some food for two days a week.

For 12 weeks, do a 5:2 diet (consume only 25% of daily calories for only two days a week). Do eat as much as you feel you have to on the days you eat normally and do not try to manage the hunger over the first four weeks with calorie restriction on normal days. It is essential you don’t feel hungry and so eat more of your favourite healthy foods. If you continue to eat simple carbohydrates you will feel hungrier, which is why a low carbohydrate diet works well with a 5:2 diet. Low carbohydrate diets dampen your appetite with the higher levels of protein and fat. Do not have the two days of calorie restriction on consecutive days (for example Saturday and Sunday). This limited amount of fasting does three things:

- It provides for a decent calorie reduction over a week. It helps avoid the guilt of failure (because you will undoubtedly experience success), and helps offset any mini-binges that will occur as you learn new tactics.
- It retrains the mind and body that hunger is okay. You are not starving. The behaviour of snacking or eating five meals a day changes to eating one to three instead.
- It re-educates you as to what are good food choices. If you want to continue this after 12 weeks – fine. It is a smart tactic for long-term health and provides flexibility to manage our modern social behaviour with its eating out lifestyle. There are other tactics which may work, but retraining the brain improvement is a compelling change gain.

5. Take-Out Sitting Down.

Don’t try to exercise more; just try to do less sitting. Sit for no more than 20 minutes at a time and then stand up and walk to another room and back. Minor exercise is still better than sitting. Increasing exercise for health is important long-term, but don’t try to increase exercise in these first 12 weeks.

6. Take-out polyunsaturated oils.

Seed oils contain high levels of poly unsaturated fatty acids and these oils increase your health risks. No canola, no safflower, sunflower, rice bran, or sesame oils. None. Swap these

polyunsaturated fats with fats from animals and plants, such as butter, olive oil, or coconut oil.

Keep Changes Minimal.

Many other tactics make little or no difference, and will distract you from the changes you are making. So don't exercise any more than you currently do; stop taking any vitamins and supplements, don't get hung up on Omega-3, and you don't switch to organic, Paleo, Weight Watchers or any other strategy. Don't change any prescription medication. Leave that for after this 12 week period and only in consultation with a knowledgeable medical professional. Go as hard and fast as you can on this weight reduction – the faster you lose weight, the more likely this will continue. The rewards are to do with your beauty, self-worth and motivation factors rather than just the health benefits. The more reasons to change, the more changes becomes cemented into behaviour. Success builds upon success.

Take-Out For Success

At 20 days, review and assess which of these changes need more practice. Why 20 days?

- Fructose and simple refined carbohydrates appear to be addictive.
- Sugar cravings will have passed.
- With three weeks of 5:2 and keeping food intake on the normal days to TDE, you will have lost about 7 lb (3 kg) and that should be measurable, satisfying, and rewarding. If mini-binges have crept in, the weight loss might be lower, but equally, your weight loss may be more if you are male, do a lot of exercise, or have truly restricted calories.

The key issue is to assess how these changes suit your lifestyle. If you like the lifestyle, continue for the balance of the 12 weeks. Remove the words “guilt”, “bad” foods, and replace them with “smart choices.” You will feel smart eating an apple instead of drinking apple juice. As with quitting smoking, if the program becomes too hard or too much of a change, stop. Take the skills learned, and then try again when your mind is in the right space. It is up to you to “manage” the Change Management process and everyone comes from a different space. The 3rd leg of the stool, the social environment you live in. It may present the most difficulties. Everyone will use different smart tactics to get around those challenges. You can't change the whole world, but you can change one or two things around you.

At the end of 12 weeks, a weight loss of 20 to 35 lb (8 to 15 kg) is likely. More importantly, many of the internal, unseen health benefits will have already happened, and the liver, kidney, heart, pancreas, thyroid, and microbiome will be forever grateful. Good luck. The next phase is practicing these new found lifestyle skills, so in 6 months, 2 years, 5 years you are still in that lifestyle and have better health outcomes.

It has been a rewarding effort for me to research this book. I could have spent many more years in researching information about health and wellbeing, but would I have met my criteria of the 80/20 principles? How much knowledge do I really need to make a change?

I am now 30 lb (14 kg) lighter, and my waist is now less than half my height. I am clearer on the science and am able to protect myself for the next 60 years. All the metabolic data is looking good for me. This effort has been priceless. I've managed 2 years, and know that this lifestyle is sustainable for life through everyday living, parties, family events, and travel. My hope is that it is for you as well.

EPILOGUE

At the start of my journey in 2013, I believed science had answers, if only I could find them among the confusion. In the process of researching the researchers, I found a mix of excellent science, good science, incompetent science, and deceit and you can see why the answers about health and diet are so muddled. The medical profession and the nutrition science discipline has a great deal to answer for. Changes for the better are glacially slow. It is left to us to do our own analysis. We can better equip ourselves to improve our chances for a better quality of life. Without some knowledge, we will read the headlines and, more often than not, make wrong lifestyle choices.

When I started two years ago, I thought I might need to lose 2 kg (5 lbs), at most, to be at optimum weight for health. I could enjoy most foods in moderation, and there were no “bad” foods, except those high fat products. That surely has changed! I now look at lifestyle in the context of the 3-legged stool. I now understand some clear principles and I need to follow them this next week, the next year and the next 50 years if I want the best chance for good health. I should not put off changes until next week! Using skills and experience from business practice, I simply cannot “fail to plan” or I will be “planning to fail.” I won’t now leave it to chance. I made a decision to change, made the plans to support that change and taken the least number of defined steps. I have implemented key performance “lead” measures. The “lag” measure will be my funeral!

Those changes have led to a 14 kg (32 lb) weight loss and a 12 cm (6 in) waist reduction. While there were no changes in serum total cholesterol, there is a 30% reduction in triglycerides and 20% improvement in LDL/HDL ratios, but these are irrelevant if the latest science theories are correct, even though it keeps my doctor happy. It has led to a 30% improvement in kidney function markers. And the best estimate for dietary changes is that my risk of cardiovascular disease and cancers is much lower. How much is less

certain, but it could be as high as 100 times. Some strategies for delay of dementia are also part of this new lifestyle.

I am fortunate that I was not severely overweight or obese or my journey may have been more difficult. It astounds me that I am back to the same weight, 45 years from my teenage years. If I knew what I know now, that journey to 100 kg and back could have been avoided, and the cost of clothing halved. The most important understanding is that science does have the answers now. But it has the same problems it always has of being too narrow in its viewpoint, too entrenched in dogma, and too close to commercial interests such as food companies.

Health needs to be holistic. The lifestyle to maintain good health cannot be just biochemistry, hormones and DNA. Our mind and our society are just as important in changing from unhealthy to healthy. Using our 3-legged stool model, the 3 legs have to work in unison. You cannot make a lifestyle change without considering all 3 aspects and I trust I have shown you need changes to every part. You have to change the food you eat. You have to recognize your behaviour and work within those parameters. And you have to do all this in the context of continuing to live in the society we live in, our social interactions and the food that big business puts in front of us. The best practices from business say we have to make those changes as small as possible, be committed, take positive steps and so increase the chance of success.

- Use best business practice tactics such as planning, the 80/20 principle, Performance Measures, and Change Management processes.
- Using the 3-legged stool model, accept that change is needed across all three aspects of this lifestyle.
- Adopt the Take-Out Diet process. Six Steps, 3 weeks pilot program, and 12 weeks in total.
- Maintain the Take-Out Diet Lifestyle for ever.
- Enjoy and live a full, long, and healthy life!