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**EATING  
RULES**

**BY DR. TIM FISHELL**

# RULE #1

## IF YOU ARE NOT HUNGRY: DON'T EAT

It almost seems ridiculous to have to state this rule, but many people just do this unconsciously. They do not think about the relationship between hunger and eating except when they are hungry, and of course when they are hungry: they eat a lot!

It is critical that we begin to connect the sensation of hunger to eating. There will be no more eating when you are not hungry.

**There is NO eating, unless you're hungry.** We are going to connect eating and putting food in your mouth, only when you have the sensation of hunger. Adopting this new approach to eating will probably cut out 800 calories a day from your eating. That is the equivalent of about two hours on a treadmill. Think about that every time you put something in your mouth when you're hungry.

# RULE #2

## WHEN YOU ARE FULL: YOU ARE DONE!

This also seems a little ridiculous, but it probably is the most important eating rule. Almost every overweight adult breaks this rule repeatedly every day.

We must stop eating past the point of full. Some of the rules to follow are going to repeatedly refer back to this Critical Rule #2. There are many ways that we can adaptively make ourselves full or satiated. However, these tips and rules will only work if we totally ingrain this rule. **You must not eat any more food once you are full.** Push the plate away and send it back to the kitchen I doubt that you are going to FedEx the food in a container to a hungry child in a third world country, so you can choose. This excess food can either go in the garbage, in a doggy bag, or in your fat cells. I repeat: when you are full, you are **DONE**.

# RULE #3

## DESSERT IS NOT A REWARD FOR BREAKING RULE #2!

If you have followed rules 1 and 2, and you are not completely full, it is okay to save a little room for a small sweet desert at the end of dinner. We are not talking about a 5-inch wide piece of chocolate cake or a 4-scoop hot fudge sundae.

We are talking about a small dessert. Maybe a couple of bites of cake or a few bites of a crème brûlée, etc. We are talking about 100 calories worth of dessert: having three bites, not three cookies.

Also remember that if you are full, you are done, so skip the dessert.

**Dessert is not a reward for eating past the point of full.**

# RULE #4

## PROTEIN, PROTEIN, PROTEIN

Eat a lot of protein and drink a lot of water. Protein diets are highly effective in promoting weight loss. The body cannot quickly or easily convert proteins into glucose: this conversion takes energy and time. Thus, after a protein-based meal, one does not get nearly as large of an insulin spike to convert glucose to fat. Second, protein is broken down into amino-acids, which are shipped to your cells to make proteins in and on the surface of your cells. These amino-acids are crucial to the building and/or rebuilding and remodeling of skeletal muscle after you have stressed your muscles with the Burn Calories workout, crunches in your car, and some isometric fidgeting.

**Include lean meat and fish, and vegetable-based proteins.**

However, a pure protein diet is not healthy since some carbs will curb appetite, even though protein is better at sustaining satiety. Balance this with healthy fresh carbohydrates (fruits and vegetables) and some healthy fats. Drink a lot of water to promote kidney health and protein metabolism.

# RULE #5

## **AVOID FATS, FRIED FOOD & CARBS (ESPECIALLY) BEFORE BEDTIME**

Unlike many fad diets, I am not forcing you to completely eliminate all of the fatty, fried and sugary foods from your diet. **This is about moderation and modulation, not total deprivation and elimination.** This is why these rules are sustainable.

Eating food in general, and especially fatty or carbohydrates late at night and before you go to sleep is one of the worst abuses of this rule. If you eat a piece of cake, a cookie or ice cream shortly before you go to sleep, it will trigger an insulin spike at the absolute worst time. You are about to sleep and go into a low metabolic need state. So when you eat that snack before bedtime and then release a spike of insulin, virtually all these excess calories get stored as fat. Avoid these late night snack, keep insulin levels low when you head off to sleep and stop pouring those calories into fat cells.

# RULE #6

## GRAZING: MANY SMALL MEALS EACH DAY

By eating the right foods, we can reduce the evil insulin spikes for adults who want to be thin and fit, and not diabetic. Eat small meals 4-6 times per day, rather than eating two or three massive meals per day. This habit of eating small amounts throughout the day to suppress your hunger with the potential to reduce your total caloric intake has been referred to as grazing. If you don't graze and go 4-5 hours without eating, you will probably be starving when you finally sit down to your lunch or dinner, ready to dig in. When you eat so much and so fast, you don't have the time to send a signal to your primitive brain that glucose is plentiful, and you can slow down and stop eating. This massive and fast eating 2-3 times per day has got to stop if you want to be thin and fit.

**Grazing is a great way to attack your weight problems.**

# RULE #7

## EAT A SMALL SNACK $\frac{1}{2}$ HOUR BEFORE DINNER

There are two key signals to your brain that tell you that you are full. The first key signal is the amount of glucose in your bloodstream. Eat a small snack before dinner so your blood sugar rises.

You begin dinner with a relatively high level of satiety. Then, you sit down to that huge dinner and you can only eat about one third of the dinner before you are completely full. Stop eating now! Remember, the critical Rule #2, “When you are full, you are done.”

**That snack before dinner will ruin your appetite.**

This is the whole point of Rule #7. I want you to eat less food, without feeling starved or deprived.



# RULE #8

## EAT SLOWLY!

Eating a lot of food very fast is bad because this leads us to eat too much. The calories are ingested before our closed-loop feedback can tell us that we have eaten enough, therefore we overeat.

After eating, there is a “lag” or “hysteresis” in feeling the effect of the caloric load. This means that you can eat 3,000 calories in ten minutes, but it will take another ten to fifteen minutes for the satiety signals of rising blood glucose or stomach distention to tell your primitive brain that you are full. Since you do not get this signal until it is too late to feel full, you may be able to stuff away 3,000 calories without breaking Rule #2.

The critical message here is that we need to eat slowly, so that our nervous system and blood sugar levels can begin to tell us that we are satiated before we have eaten too much food. If we take at least 30-40 minutes to eat our meals, we will have time to get that signal telling our brain, “I am full.” Then we can follow Rule #2, we will be done before 3,000 calories before they are speeding to fill our fat cells after a huge insulin spike.

**Eat slowly. This is common sense, simple and effective.**

# RULE #9

## NO SUGARED DRINKS!

This rule does not apply to everyone. If you do not consume sugared drinks you can skip this rule. However, there are a lot of overweight adults who just love their soda or “pop.” These drinks are essentially pure sugar (processed carbohydrates) non-nutritional, high caloric, and a waste of calories. One can of regular soda will typically contain 110-130 calories of sugar.

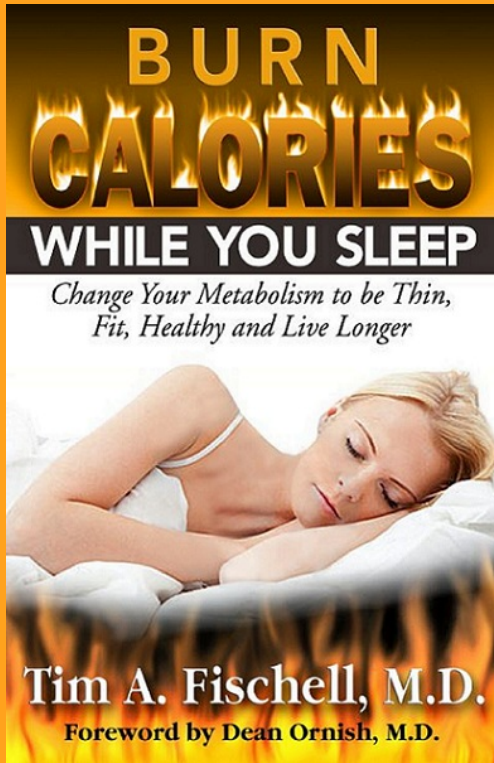
Many individuals think nothing about drinking four to five of these a day. For an average, sedentary middle-aged adult that would represent nearly 25% of the entire prescribed caloric content of a day in order to be in “weight neutral” eating. **To burn off those “sugared drinks” it would take almost two hours of walking on a treadmill.** That is a lot of wasted and totally “empty” calories.

# RULE #10

## ALCOHOL: IN MODERATION

Remember that I said “in moderation.” This means about one or two drinks per day, at most, for women and two to three drinks per day, at most for men. Alcohol consumption that exceeds these guidelines is not good for you or for your diet. Imagine being meticulous about following rules 1-9. This is great. So after a great day of following the rules and having moderation and satiety and ingesting only 2,400 calories which puts you on the path to thin, you go out for a few beers. If this turns out to be six beers, it is another 800 calories of carbohydrates, carbohydrates at night before you go to bed (insulin spiking at low activity time = FAT). Stop this behavior.

**Drink in moderation.** Raise your HDL (good cholesterol, and follow Rule #10). OK, a couple of times a year it is fun to party. You have permission, but not every week—and certainly not every day.



***Burn Calories While You Sleep: Change Your Metabolism to be Thin, Fit, Healthy and Live Longer.***  
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