

A Lifestyle of Healthy Eating

The program is so simple but it is very wonderful and effective. I don't want a big manual to delay you in starting so here are some simple guidelines. What is really important to your health in eating is NOT the quantity of food; it is the balance between carbohydrates and proteins. For maximum health benefits one should also take vitamins, mineral supplements and eat foods with Omega fatty acids (e.g., raw nuts, extra virgin olive oil, and flax seed/oil). Here are steps in eating for health, long life, disease control, energy and weight loss.

Program Steps

- 1) Drink at least 8 glasses of water per day.
- 2) Balance your protein and carbohydrates for each meal. Just a rough eyeball estimate is fine. Treat as carbs anything but meat, fish, beans, raw nuts and seeds.
- 3) Try never to eat a carb by itself [e.g., have some nuts or a pure protein shake (i.e., no carbohydrates) with dessert].
- 4) As much as possible avoid drinking juices and soda. If you drink a lot of water, this should be easy.
- 5) Try to eat more frequently; 4 to 6 small meals rather than 2 or 3 large ones.
- 6) Eat before you get hungry. Never wait until you are hungry.
- 7) Do heavy hands walking for 20 minutes three times per week.

Just the above steps will produce amazing weight loss.

I do the above but since I don't like to pay much attention to what I eat, I simply have an energy shake for one or two meals per day. For another one or two meals, I do an approximate balance of protein and carbohydrates (see below). Finally, for my main meal, I eat whatever I want. For energy, the key is to use 100 percent whey protein (or 97% or better).

Here is the basic formula for an energy shake:

- 1) 2 - 3 scoops of whey protein powder (approximately one large chicken breast).
- 2) 1 cup of carbohydrates (e.g., a large apple).
- 3) 1 - 2 tablespoons of raw oils (e.g., extra virgin olive oil) or ¼ cup of raw nuts/seeds.
- 4) 16 ozs. of milk (1 pint) or water.

Additional Recommendations

- 1) Eat lots of fiber per day (e.g., 14 grams - 1 large serving of Fiber One cereal).
- 2) Chew your food very well (e.g., 30 times per mouthful).
- 3) Eat before you get hungry; drink before you get thirsty.
- 4) Get lots of sleep.

Recommended Affirmations

- 1) Ex 23:25 In the Name of Jesus, God has promised to bless my bread and water and take all sickness from me. Always use this promise of God to bless your food before you eat.
- 2) In the Name of Jesus, everything which enters my body has positive benefits and no negative side effects.
- 3) In the Name of Jesus, every germ, disease, virus, parasite, bacteria, micro-organism, fungus or mold potentially harmful to me, dies on contact with my body.
- 4) In the Name of Jesus, every chemical, drug, poison, allergen, fire, radiation or explosion is neutralized on contact with my body (except for medicines, which have only positive benefits and no negative side effects).
- 5) In the Name of Jesus, I can eat anything if I sanctify it with the Word of God and prayer (1 Tim 4:4,5).
- 6) Phil 4:5 In the Name of Jesus, I can eat anything **but** I eat in moderation (1 Pet 4:3,4).

Credit goes to Joe Dillon who taught me the fundamentals of the above nutrition balancing plan.

For more information visit: thejoedillondifference.com

Sugar Measurements

Note: All sugar measurements are for 8 ounces of beverage (1 cup) unless specified otherwise.

Number	Beverage Name	Sugar in Grams	Sugar in teaspoons
1	Coke (8 oz – 2/3 can)	27 (Can = 40)	7
2	Orange juice	22	5.5
3	Apple	26	6.5
4	Cherry	25	5
5	Grape	39	10
6	Grapefruit	33	8
7	Prune	24	6
8	Carrot	14 *	3.5
9	Mango/coconut water	14 *	3.5
10	Protein Zone 8 oz (1/2 pint bottle)	28	7
11	Protein Zone 16 oz bottle (1 pint)	(56)	14
12	Whey Protein powder (per scoop)	1 *	0
13	Jello store made	34	8
14	Jello package (per serving – 1/2 cup)	38	9.5
15	Yogurt (fruit)	32	8
16	Yogurt (plain)	15 *	4
17	Yogurt (Vanilla)	27	7
18	Pepsi	27 (can = 41)	7

28 grams equal **1 ounce** (oz)

4 grams equal 1 teaspoon

7 teaspoons equal **1 ounce**

8 ounces equal 1 cup

2 cups equal 1 pint (16 ounces)

2 pints equal 1 quart

4 quarts equal 1 gallon

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day is: Men: 150 calories per day (37.5 grams or 9 teaspoons) Women: 100 calories per day (25 grams or 6 teaspoons). For both, use an average of 7 teaspoons or 1 oz per day (**1/2 lb per week**).

Note: The AHA recommendation is therefore 23 pound per year. But AHA says the average American uses 66 pound per year (i.e., about 3 ozs or 21 teaspoons per day or almost **1 1/2 lbs per week**).

Note: According to the USDA, the average American eats between 150 – 170 pounds of sugar per year [i.e., about **3 pounds (48 ounces) per week** or **7 ounces** per day]. 7 times the recommendation.