



McCoy Fitness & Health  
Healthy Living Program

## Four Foods You Must Avoid if you Want to Lose Weight - and keep it off!

In this day and age, we have more info regarding proper eating and weight loss at our fingertips, yet we're more confused. Are you surprised?

I'm not. Why? Because weight loss is BIG money (pardon the pun!) but what I know for sure is that nothing beats knowledge like experience. Really, it's time we channeled into our inner wisdom for the answers.

Thankfully when it comes to clean eating and staying lean, yours truly know how to do it really, really well. Not because I have a science degree or because I own one of the many food companies that want you to believe their rhetoric. And I'm certainly not a Registered Dietician (and you can be thankful for that....sorry RD's but you've gotta catch up to speed a little bit here).

So I'm going to be throwing some articles at you to get you thinking about weight loss in a different way. Now don't ask your family or friends for their opinion because they're bound to tell you that I'm wrong and they're right....heck, they've spent a lot of time on the Internet and / or they're tried all the diets and they know what works, right?

Wrong. Likely they're in the same predicament, or if they've just lost some weight, let's give them a few years and see if it stay off. It's easy to lose it (relatively), it's hard to keep it off.

**OK. Lesson 1 – The four foods you MUST avoid if you want to stay lean.** Now you know the obvious ones, like fatty foods, white breads and cakes and all those lovely desserts. I'm assuming you know all this by now (or you've been living under a rock).

**FRUIT:** Yep, you know it. I know what you're saying....it's healthy, loaded with all those lovely nutrients. And you're right, but we're not talking about your nutrient profile right now, we're talking about your WEIGHT. Fruit is a simple sugar (and you know to nix the fruit juice all together right...that's old info, just don't drink it. You may as well be drinking liquid sugar. And yes, that goes for hand-squeezed too). It causes insulin to be released which causes fat accumulation, especially if you eat fruit alone. If you want to cut its sugary effects, add in some protein.



Frankly, I limit my fruit to ½ cup berries a day (low glycemic) in my shake. No bananas, papayas, or other tropical fruits, especially! When your weight is stabilized, then add in ½ serving a day, if you must. Remember, we're talking about weight loss here!

I'll tell you a story. I went to Mexico for a week (many years prior to learning about proper nutrition) and I thought I would only eat fruit to keep my weight down....guess what? I gained 5 lbs! Why? I was on a constant sugar rollercoaster.

**NUTS:** We love our nuts, but if you want to cut the fat, cut the nuts. And remember, they're not a viable source of protein. In fact, most nuts are around



10% protein and 70-90% fat! You'd need to eat 2 cups of almonds to get a real serving of protein and guess how many calories and fat that is? TONS!

**CHEESE:** Oh boy, do I hear you protest. But it's true. If I add in cheese two or three times a week, I will see one pound of fat within that time frame! It's brutal! I'd rather use those calories for high quality protein that's going to build shapely muscle rather than cheese that will build fat. Feta? Maybe, but even then, I don't eat it every week. It's just not worth it. And the worst fat-builder....wine and cheese! Really! A 4-ounce glass of wine is 150 calories (who ever drinks 4 ounces...do you know how ridiculously small that is? And most restaurants are serving 6 and now 10 ounce glasses! They're super-sizing our wine too!). And we eat our wine and cheese often at night, when our metabolism is sleepy and it can't break it down efficiently. Remember, it's not just what you eat, but **WHEN** you eat. After 6 pm, it's tough going! (Note – aim for European, soft cheeses, and cheeses aged over 60 or 90 days...those are the healthy, real cheeses that feed your body with healthy bacteria...but watch the calories! They are generally higher!)



**DIET SODA:** Just stop already! All the results are in, and you know it! Diet soda keeps you fat! It keeps the sugar craving going because no calories don't let the body shut off its sugar cravings, the artificial sweeteners get locked in all those little cellulite cells, and it tricks the liver into shooting out insulin which packs on the pounds (the liver doesn't know that what you've eaten is not real sugar...it tastes like real sugar, so it pumps out insulin just the same!). And drinking diet soda (and all artificial drinks, Crystal light...anything with artificial, and yes, Equal and Sucralose are artificial!) doesn't allow for your palate to change.....I'd rather you learn to find the sweetness in veggies and protein (rare meats are very sweet, in fact, I eat mine blue rare or even raw, and they are super-sweet).



**OK. There you have it!** If you want real weight loss, nix these 4 foods. Try it for a week, without changing anything else and you will truly be amazed. Then if you must, eat them in one small serving one time a week for a treat (remember, if you eat them every day, it's no longer a treat, it's now a lifestyle!).

These suggestions aren't harsh, they're reality, and all lean-for-life people know them to be true. And they just do it, because the rewards are well worth it. Really, it all depends on what you want out of life.

**Make yourself proud.** Think like a lean person (rather than a person in denial) and you'll naturally stay lean. Pretty soon you'll look at how the average person eats (which was you awhile ago) and you'll wonder how they can eat in that way. There is another way to eat and live.

**Join the lean-for-life group.** We do have a lot of fun, really, just not in the over-weight crowd's kind of way. It doesn't mean you never enjoy a vitamin-rich piece of fruit or a mouth-watering piece of European Cheese, but you do have to eat them judiciously, if at all, depending on your goals!

Determine what you want, and steer your boat in that direction! It's worth the ride! Promise!

Excerpt from Karen McCoy's [Healthy Living Program](#)  
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