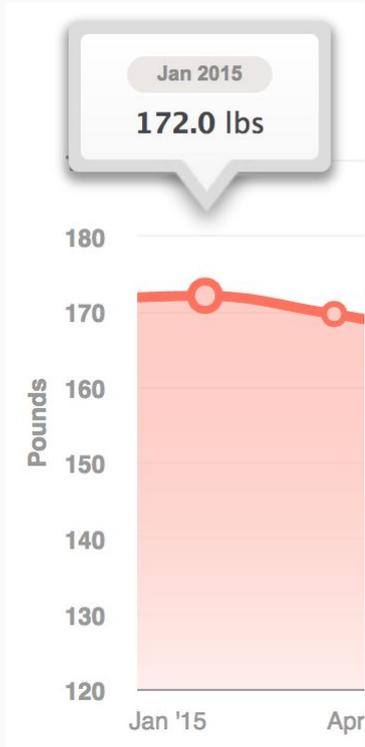


How I Lost 33.4 Pounds By Making Small Changes To My Diet

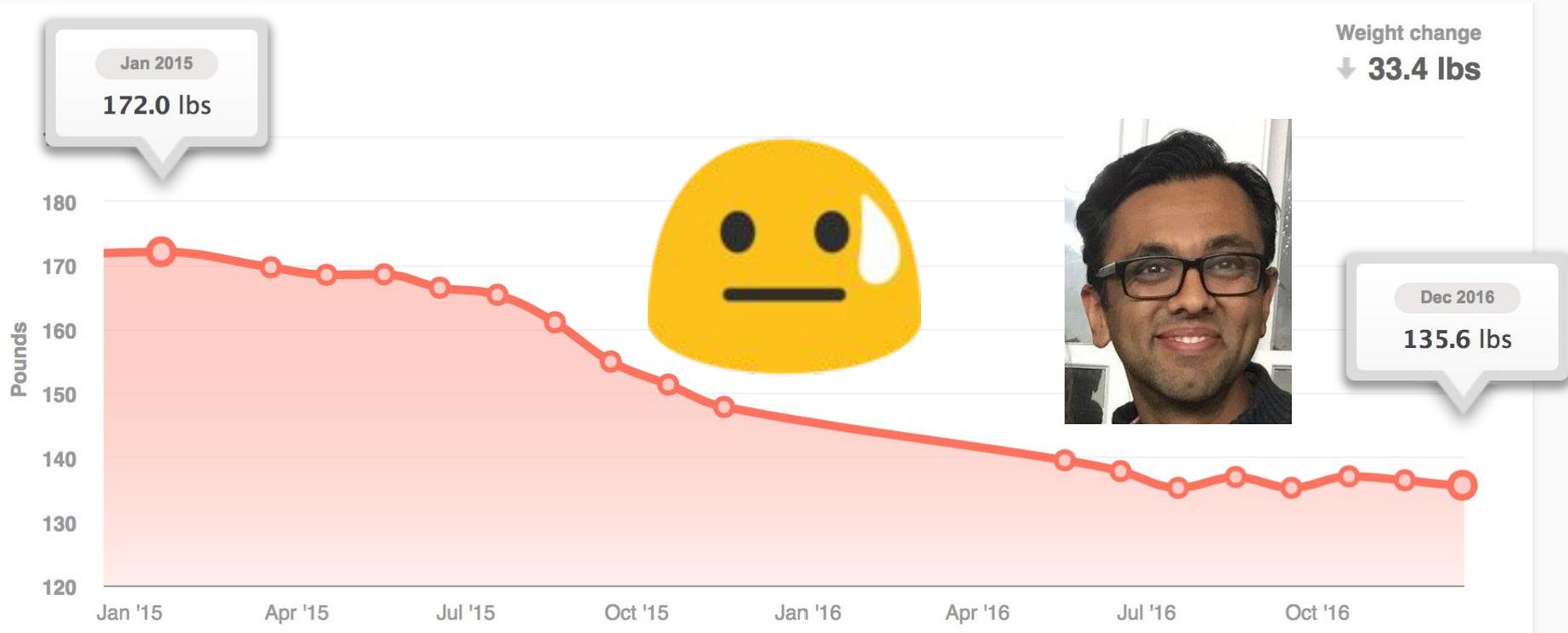
Hiten Shah



January 2015, I weighed 172 pounds. At peak, I had weighed 187 pounds.



By December 2016, I was down to 135.6 pounds. *All I did was change my diet.*



What did I change about my eating habits?

Stopped consuming...

- White rice
- White flour
- Fried food
- White, brown and cane sugar
- Soda and drinks with added sugar



Consumed less...

- Oil
- Wheat flour
- Dairy such as milk and cheese



Started consuming more...

- Water
- Unsalted nuts
- Almond milk
- Legumes
- Leafy greens
- Vegetables
- Avocados



How did I do it?

Bahya tapas - discipline the sensual cravings

Anasana - Fasting, purifies sense organs, lessens sense of attachment to bodily enjoyments

Avamodarya or Alpahara - Eating less than one's normal diet, removes laziness/lethargy and brings in fresh energy to the mind

Vritti parisankhyana or Vrita sankshepa - Restriction of certain kinds or number of food

Rasa parityaga - Daily renunciation of one or more of 6 kinds of Rasas delicacies: ghee, milk, curd, sugar, salt, oil. Abstention from tasty and stimulating food

Eating three daily meals is related to cultural rather than biological reasons.

The origins of our eating patterns seem to be tied to the organization of work in relatively modern times.

Experiments on mice might even point to diseases like diabetes being more likely when eating three times a day.

Source:

<https://spoonuniversity.com/lifestyle/do-we-need-to-eat-breakfast-lunch-and-dinner>

Avamodarya or Alpahara - Eating less than one's normal diet, removes laziness/lethargy and brings in fresh energy to the mind

Have you ever felt tired right after eating?



Of course you have!

Just start asking yourself this question after you eat and take note of what you ate.

Vritti parisankhyana or Vrita sankshepa - Restriction of certain kinds or number of food

Stop consuming...

What are you willing to stop eating completely?

Consume less...

What are you currently eating that you can reduce the quantity of?

Start consuming more...

What can you start eating more of that is healthy for you?



Rasa parityaga -Daily renunciation of one or more of 6 kinds of Rasas delicacies: ghee, milk, curd, sugar, salt, oil. Abstention from tasty and stimulating food

The number of recommended servings in the entire package of the food product.

NUTRITION INFORMATION		
Servings per package: 14		
Serving size: 30 g (2/3 cup)		
	Quantity per SERVING	Quantity Per 100g
Energy	500 kJ	1667 kJ
Protein	1.8 g	6.0 g
Fat, Total	0.9 g	3.0 g
- Saturated	0.1 g	0.3 g
Carbohydrate	24.0 g	80.0 g
-sugars	8.0 g	26.7 g
Dietary Fibre	0.7 g	2.3 g
Sodium	106 mg	353 mg
INGREDIENTS: Corn, sugar, peanuts (6%), honey (2.5%), molasses, barley malt extract, salt, vitamins.		

The amount in one serving of food.
e.g. 1 serving = 30g or 2/3 cup

Use this column to calculate how much energy (kilojoules) or a nutrient you will actually eat in one serve.
Check whether the recommended **serving size** (e.g. 2/3 cup = 30g) is the *same* as your portion size that you plan to eat. If it is the same, then look at the nutrient values as it is.
e.g. If you plan to eat 1/2 of the serving size = Halve the values in the quantity per serve

Use this column to *compare* nutrient values with similar food products.

Listed in order from highest to lowest weight in the food product.



I learned how to read the nutrition information labels really really well!

Other nutrients such as iron or calcium will be included on the NIP if a nutritional claim is made about them.

There are a lot of different names for sugar...

SUGAR SHOCKERS

There are more than 200 types of added sugars used in processed foods and beverages. Added sugars are used in more than 75 percent of the products sold in supermarkets—often in unexpected items, like bread, salty snacks and condiments.

46 names for added sugars

USED IN PROCESSED FOODS AND BEVERAGES:

- | | | |
|--------------------------|---|---------------------|
| 1. Agave | 17. Diastase | 32. Lactose |
| 2. Barley malt | 18. Date sugar | 33. Maltodextrin |
| 3. Beet sugar | 19. Dextrin | 34. Maltose |
| 4. Blackstrap molasses | 20. Dextrose | 35. Maple syrup |
| 5. Brown sugar | 21. Diastatic malt | 36. Palm sugar |
| 6. Brown rice syrup | 22. Evaporated cane juice | 37. Raw sugar |
| 7. Cane sugar | 23. Fructose (High fructose corn syrup) | 38. Rice syrup |
| 8. Cane juice | 24. Fruit sugar | 39. Refiner's syrup |
| 9. Caramel | 25. Galactose | 40. Saccharose |
| 10. Carob syrup | 26. Glucomalt | 41. Sorghum syrup |
| 11. Coconut sugar | 27. Glucose | 42. HSucrose |
| 12. Coconut palm sugar | 28. Grape juice concentrate | 43. Sugar |
| 13. Confectioner's sugar | 29. Grape sugar | 44. Treacle |
| 14. Corn sweetener | 30. Honey | 45. Turbinado Sugar |
| 15. Corn syrup | 31. Invert Sugar | 46. Xylose |

Top 5 sources of added sugars



sweetened beverages



baked goods



dairy desserts



candy



cereal

13 SCARY SIDE EFFECTS OF TOO MUCH SUGAR

Obesity, type 2 diabetes, tooth decay, heart disease, premature aging, fatty liver, poor memory, weaker bones, inflammation, kidney stones, acne, depression, belly fat



Thank you!

