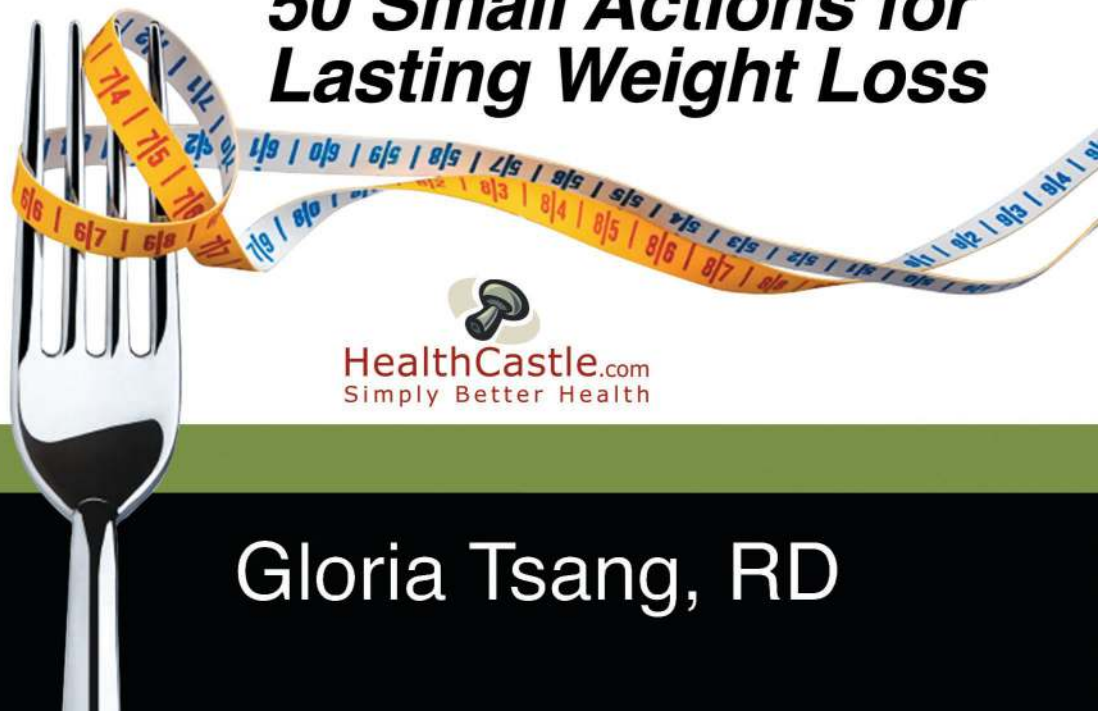


Lose Weight by UnDiETING

GO un DIET

***50 Small Actions for
Lasting Weight Loss***



HealthCastle.com
Simply Better Health

Gloria Tsang, RD

Go UnDiet Recommendations

“Gloria Tsang, a registered dietitian--the true expert in all things diet--has written a no nonsense, super-easy-to-read book on nutrition and weight loss. The book is simply packed with sound, basic, common sense nutrition and weight loss advice and packaged neatly into a clearly written, well-organized manual. Go UnDiet; Go Buy It; Go Read It!--as this book surely deserves a place in everyone's kitchen library. Highly recommended!”

--- **Dr. Janet Brill, PhD, RD, LDN**
Author of *Cholesterol Down*

“Gloria Tsang has written a beautifully concise and informative book for those who want to manage their weight, eat right and make more informed food choices. In a culture where we are bombarded by misleading marketing messages, confusing food claims, myths and media misinformation this small volume helps to give you the valid information and small-step suggestions for implementing smart changes. Gloria brings her expertise as a Registered Dietitian and a keen ability to compare, analyze and advise to this must read/must use book. I will be recommending it to my clients and patients!”

--- **Maggie Davis, MS, RD, LDN, FADA, CDE**
Author of *Good Food for Life*

“If you are looking for a great, easy to read motivational guide to weight loss and healthy eating, this book's for you. We all need a motivational take-home message now and then, and open any page to Go UnDiet and you'll find one! While I'd recommend reading it cover to cover, you can easily skip around and find a summary on the last page of each chapter that highlights what "undiet" behaviors you may choose to work on. Gloria uncovers some common nutrition myths ("Don't be fooled by the high fiber claim") that help you get back to basics and eat a variety of 'real food'. The book also offers a review of fats, helping you include good fats in your diet, avoiding the unhealthy sources. I especially like the chapter on "Do Your Homework..." because grocery shopping can get pretty complicated as you read through all of the confusing front-of-package health claims. Bottom line: Go UnDiet provides you with simple steps to help you break out of the 'diet' cycle, reduce the hidden calories in your diet, and make healthy choices on your weight loss journey.”

--- **Rosanne Rust, MS, RD, LDN**
Author of *The Calorie Counter for Dummies®*

“Go UnDiet - a catchy, succinct title. But what's inside this book, which on the cover promises 50 Small Actions for Lasting Weight Loss? Cut to the chase, easy-to-digest, common-sense tips to get away from "dieting" and on to slowly changing your eating habits towards healthy - once and for all. The author, Gloria Tsang, RD is a well respected dietitian, Founder and Editor-in-Chief of the popular online nutrition website HealthCastle.com.

Go UnDiet is an approachable book that you needn't read cover to cover. Rather keep it around. Use it as a resource to answer basic food and nutrition questions and for the valuable 50 small actions for lasting weight loss that you now don't have to dream up on your own.”

--- **Hope Warshaw, MMSC, RD, CDE**
Author of *Real Life Guide to Diabetes*

“Throw out what you think you know about dieting and read Go UnDiet instead. This is a great book that sums up healthy eating in an easy to read manner. Let go of your diet restrictions and follow the guidelines Gloria Tsang lies down. Here is nutrition information you can rely on. This is a great book if you are looking to eat healthier without being confused. I would recommend this book to anyone who has thought about dieting.”

--- **Shauna Del Prete, RD, CDN**

“Straight forward, practical advice. Dietitian approved! As a dietitian, I have read countless pieces of advice on diet and nutrition yet the title along for Go unDiet caught my eye. Gloria did an amazing job of skipping right over the gimmicks and offering the practical pieces of advice that health professionals everywhere are already following in their daily life. This book is straightforward, yet entertaining and easy to read. Very nicely done!”

--- **Jessica Butcher, RD**

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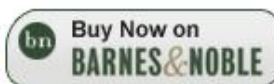
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Go UnDiet and author Gloria Tsang, RD*



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GO UnDIET

***50 Small Actions for
Lasting Weight Loss***

Gloria Tsang, RD

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Introduction

I wrote this book for my website readers.

I would never have thought of writing this book if not for the requests of my readers on HealthCastle.com. I'm blessed that I have had so much support from my readers over the years—some even dating back to the late-90s, when I first started writing about my father's cancer journey. When I was in the family waiting room, waiting for my father during his daily radiation treatments, someone would often ask me about cancer treatment eating tips. I thought to myself, "I should put all the knowledge and experience I have about cancer nutrition on a website, so other families in the same boat can access this information." This was how HealthCastle.com came about in 1997.

Little did I know that my own personal hobby site could grow into the largest online nutrition network. In 2010, HealthCastle.com had 7.5 million readers. In the past five years, I have constantly received emails from readers and agents, asking me to write a book. To be honest, I was resistant! A diet book? I thought: I'm against dieting! I'm against following a diet! How could I write a diet book? I pondered the book-writing idea for two years. Then, one day in 2008, the idea of UnDieting came to me.

The very term "diet" has become taboo, because people now understand that diet plans don't work and may even be unhealthy.

Go UnDiet

Many diet plans encourage readers to tune out and disengage from making their own decisions. They sell a promise—a promise to lose x pounds if readers strictly follow the plan for x days. But you know that a rigid meal plan is hard to fit into a busy lifestyle—and that even if it works, a 14-day meal plan only creates results for 14 days. Instead of teaching dependence on charts and plans, this book teaches you how to take back control of your food and nutrition choices, allowing you to make small changes at your own pace and create dramatic change—without starvation—that results in real, healthy weight loss that lasts for the long term. It's not a diet—it's the UnDiet.

This book is a no-gimmick guide to help you stop the pendulum of weight loss and weight gain with 50 small actions that will change your diet and weight without the rigidity of a diet plan. Instead of zeroing in on just one nutrient or element of dieting (low carb, low fat, high fiber, etc.), this book empowers you to reclaim your health through small, achievable steps that last. By implementing one of the book's 50 simple Go UnDiet Actions every week, you make major changes over time without a sense of loss or sacrifice.

Let's start UnDieting now.

And get healthy one step at a time.

Forget About Breakthroughs; Take Small Steps Now

You've probably picked up this book because you're suffering from diet fatigue. The conflicting information that constantly bombards you—high carb versus low carb, low fat versus low sugar, high glycemic load versus low glycemic load, refined carbohydrate versus complex carbohydrate, and on and on—may have left you confused, frustrated, and searching for something better. Instead of another miracle diet plan, you just want something that works—a way to lose weight for good by making small changes in your eating habits that deliver big results that last for the long term.

I believe in science, but I'm also a believer in common sense. Scientific data tells me what can theoretically be achieved. It gives me a good ballpark estimate of what most people can do. But data isn't personal. It's entirely objective, and removes any ounce of human touch. What other people can do doesn't necessarily translate into what you can do. That's why this book is built around common sense. Before giving you any tip or Go UnDiet Action, I always ask, "Does it make sense?" and I encourage you to do

the same. You can only accomplish what makes sense to you, no matter what the science says. So before you try to implement any weight loss strategy, always ask yourself that one key question: “Does it make sense?”

Why Your Previous Dieting Flings Have Failed They Sell a Promise, Not a Plan

Traditional diet plans encourage you to tune out and disengage from making your own eating decisions. They sell a promise—a promise to lose *x* pounds if you strictly follow the plan for *x* days. And it’s true that you might lose the weight that they promise. But most diet books only give you a 14- or 28-day meal plan. So what happens when the 14 or 28 days are up? You could go back to Day 1 and start the plan again, but realistically, how many times can you do that? How are you supposed to follow the diet for the long term when you only know one specific meal plan that will work?

Diet books also encourage drastic cuts to your food intake so that you see quick results. Many of them encourage you to cut

UnDiet Q&A: What is a calorie?

A calorie (Cal or kcal) is a unit of measurement for the energy we take in from food and drinks, and the energy expenditure our bodies exert in order to perform an activity. An average adult female requires 1,800 to 2,400 calories per day, while an average adult male requires 2,200 to 3,000 calories per day.

Refer to Appendix A for further information on nutrition requirements.

To calculate your exact daily calorie requirement based on your age, gender, and activity level, use the free Calorie Calculator on my website <http://www.healthcastle.com/calorie-requirement-calculator.shtml>

Forget About Breakthroughs; Take Small Steps Now

500 calories or more a day. But just about everyone knows by now that cutting 500 calories is too drastic to last. An average woman needs about 2,000 calories per day. Cutting your intake by 500 calories to 1,500 calories will leave you hungry all the time! Let's face it—a 1,500-calorie diet is for eight-year-olds, not grown-ups.

You just don't need yet another "ground-breaking breakthrough" with a rigid meal plan and recipes that don't take your personal preferences into consideration, and that expects you to drastically cut your food intake to levels too low to keep you satisfied. Even if you can sustain yourself on a very low-calorie diet, your body will naturally adjust itself to slow down your metabolism.

You also don't need a set of so-called rules to follow that doesn't make any sense for your lifestyle or your body's needs. Diet plans not only tell you what to eat—they tell you when to eat, too! We've all heard that it's a good idea to eat small, frequent meals. Three meals per day plus one snack is the most common recommendation, but I've also heard five small meals per day and other variations. This is where common sense comes in. I just say to eat only if you're hungry. I eat three meals per day during the week, with no snacks. That's because I spend most of my time on weekdays working in front of my computer, and my activities are usually scheduled before dinner. I really don't feel hungry at all between meals, so it doesn't make any sense for me to snack in between. There's no reason to eat more often than your body tells you to just because it's in the rules of some diet plan.



Go UnDiet Action #1: Start UnDieting

Stop starving yourself with an unreasonable diet plan or diet rules. Get ready to implement simple strategies that you can adopt for the rest of your life.

Get Healthy One Step at a Time

Most people want to eat better than they do—but exactly how to “eat healthy” can sometimes be an overwhelming question. It’s easy to get caught up in trying to reach the absolute ideal. But if you try to do everything at once and achieve too much too soon, you’re sure to be overwhelmed.

The Atkins diet, popular in the ’90s, for example, has a list of allowed foods and a list of forbidden foods for phase one of the diet. Juice, caffeine, and alcohol are not allowed, along with a list of foods so long that you simply can’t make it through phase one without constantly referring to the allowed and forbidden lists to check everything you plan on eating. The South Beach diet has a similarly restrictive phase one, with no grains, fruit, or alcohol. Yes, you may lose weight by implementing so many changes and severely restricting your foods, but you will gain all the weight back when you add these foods back into your diet.

No wonder diet plans can seem a little overwhelming. The problem is that once you start feeling overwhelmed, it’s really easy to give up, and once you give up, it’s very hard to get back on track. Instead of putting yourself through that painful cycle, why not aim for achievable progress by making one small change at a time? In the end, you will reach that healthy eating ideal, but you’ll do it in a way that makes sense to you and allows you to maintain your healthy eating strategies for the long term.



Go UnDiet Action #2: Start one change per week.

This book gives you 45 Go UnDiet actions after this chapter. A life-changing habit usually takes time to establish, so please do not try all of these actions at once. Remember, temporary measures only result in temporary results. Only

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life-long habits will give you long-term results. Just try one action per week and tackle one obstacle at a time. If it takes longer than a week, let it be. Once you're comfortable with that action, add another.

What's Your Priority?

Ask yourself a tough question: What's your priority? People always tell me that they "want to lose weight," or "want to eat healthy," or "want to lower cholesterol." Do you notice something interesting about those statements? They all use the word "want." But it's not really about what you want. It's about what you can do, and what you're willing to do.

You may have great intentions when you set yourself the goal to lose 5 pounds in a month. But how good is that as a goal if you don't know how you're going to get there? You may hit that goal, or you may not. That's because your goal was really more of a want—and it completely lacked any plan of action.



Go UnDiet Action #3: Start doing it.

Abstract goals like "lose 10 pounds by summer" don't mean much. So set an action goal for this week: "I'll do this one thing this week and stick with it." Then evaluate after a week to see how well you've met your action goal, and what results you've achieved.

Face Your Obstacles (and Excuses)

This book guides you along a flexible path to eating healthy, but you need to be in control of your own health. This is not a typical diet book. I won't encourage you to disengage from making your own health decisions, and I won't ask you to blindly follow a meal

Go UnDiet

plan. In fact, I have no meal plans for you to follow! Instead, I want you to be able to assess your own habits and behaviors. Have you ever said any of the following?

- I don't have time to cook.
- I don't like to cook.
- I'm too tired to cook.
- I don't have time to eat breakfast.
- I don't like vegetables.
- I don't have time to grocery shop.
- I overeat at social gatherings, but that's okay. It doesn't happen all the time.
- I can't resist snacks, but that's okay. Everything in moderation, right?
- Yes, I'm overweight, but I'm healthy.

If so, it's time to stop making excuses and start putting your money (and time) where your mouth is. You can't achieve your health goals if you don't put healthy eating high on your priority list, and that means that you will have to do some cooking and shopping and, yes, eat some vegetables.

As you start to implement the actions in this book, you may hit snags or face temptation to go back to your old ways. You're going to need to put the old excuses away and start using problem-solving techniques to move forward instead of back. In the last section, I asked you to set an action goal and stick to it for a week. Now's the time to evaluate. Can you stick to that action this week? Have you

Forget About Breakthroughs; Take Small Steps Now

come across any obstacles preventing you from doing it? Will you be able to overcome those same obstacles if you face them again in the future? If not, can you make some kind of compromise? How you decide to solve your own obstacles and compromises is entirely up to you, as long as you remember: No excuses!



Go UnDiet Action #4: Start using problem-solving techniques.

You are the boss of your own body and health, so if you encounter obstacles, you need to figure out the best way to compromise, recalibrate, and get back on track.

It's Kick-Off Week

By now you should be starting to get a sense of what the Go UnDiet program will be like. But before you dive into Chapter 2, I'd like you to start with a kick-off week. The purpose of this week is to get you ready to start making the changes you'll read about through the rest of this book. For this week, I want you to start this: Keep a food journal.

Keep a Food Journal

Writing down what you've eaten is a powerful way to make yourself accountable for your own food decisions. In fact, studies have shown that people who keep food journals lose twice as much weight as those who don't.¹ That's probably because keeping a food journal makes you think more about the food you're eating, and helps keep you accountable to yourself.

Write down the time, the food, and the portion size each time you eat. Don't just write down meals—write down everything, including snacks and drinks, for a full week. And don't forget about condiments, like butter on toast or sugar in tea.

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You may think that food journaling sounds awfully tedious, and that you can just keep a mental record of what you've eaten each day. I can only say that you won't have a truly accurate picture of what you've consumed until you have a truly accurate record. You can keep it simple by just writing things down in a notebook, or use an online tool like the one at LiveStrong.com, which also has a mobile app to help you journal on the go.

Keeping a food journal is meant to get you interested in what's in your food, and be conscious of what you're putting in your mouth. I'm not going to tell you what to eat. Instead, I am going to teach you how to identify your own trouble hotspots. After keeping your food journal for a week, take a look back and look for patterns, like:

- What's your biggest meal of the day?
- Do you prowl for an afternoon snack two or three hours after lunch?
- How many sweetened drinks do you have on an average day?
- What snacks do you eat on the weekends?
- How often do you pick up fast food?

And how honest were you with yourself? Did you ever purposely skip an entry because you knew the food was junk? Keeping and evaluating your own food journal is really a self-discovery process. You may find that for the first time, you realize how many little "extras" you consume during the day that add up to big calories that can challenge your weight loss goals.

After keeping a food journal for a week, it may just become a habit. You can keep doing this throughout the Go UnDiet program if you feel it is contributing to your success.

Forget About Breakthroughs; Take Small Steps Now

Get Moving

Another easy way to create a negative calorie balance is to get moving every day. No foods can help you burn calories; only physical activities can. For a 150-pound person, 20 to 25 minutes of fun activities can easily burn 200 calories! Go swimming, take your dog for a brisk walk, take a dance lesson, ice-skate around the rink, jump rope, get a racket to play a game, or take a spin at the park. Any of these activities can be enjoyed with a partner or your kids, so plan it into your day!



Go UnDiet Action #5: Start your new life with a kick-off week.

Before you dive into the rest of the book, take this week to keep a food journal to get an accurate record of what you're really eating and find some fun activities to do every day!

Weight Gain = Calories In > Calories Out

If your daily energy need is 2,000 calories, but you eat 2,300 calories, you will have an excess 300 calories balance. Over time, you will gain weight. It takes about 3,500 excess calories to gain one pound of weight. By the same token, it takes 3,500 negative calories to lose one pound of weight.

So, how do you create a negative calorie balance? Like we just discussed, the best way is to simply add some daily activities. By burning more calories through physical activities, you are less pressured to eat less to compensate. Certainly, you can also eat less, but unfortunately, you may feel hungry if you eat less of the wrong food. In the following chapters, I'll help you identify certain high-calorie "villain" foods. You can cut them out of your diet and you won't even feel hungry.

5 Small Steps to UnDiet



This chapter's Go UnDiet Actions are all about setting yourself up for success as you work your way through the book. Take it slowly, work on one thing at a time, and ditch the excuses to establish the foundation of a successful life transformation with the Go UnDiet!

- ▶ **#1. Start UnDieting.** You're finished with yo-yo diets and starvation. Get ready to learn some real strategies for healthy weight loss that lasts.
 - ▶ **#2. Start one change per week.** Implementing one action per week allows you to build up to major change without ever feeling overwhelmed or deprived.
 - ▶ **#3. Start doing it.** Goals are great, but action is what makes things happen. Set an action-oriented goal, then follow through on it for a week.
 - ▶ **#4. Start using problem-solving techniques.** If you go off-track or face an obstacle, look for ways to find your own solution.
 - ▶ **#5. Start your new life with a kick-off week.** Keep a food journal to get an accurate picture of what you're really eating. This will get you ready to implement the steps in the rest of this book.
-



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Go UnDiet and author Gloria Tsang, RD*

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