

# Wellness 100

100 Carbs/100 Recipes

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## CHAPTER 1

# *Overview to Wellness 100*

Wellness 100 is a lifestyle, not a quick diet. This program will teach you how to make good food choices to keep calories and carbohydrates balanced with healthy fat and protein. You should enjoy eating and not feel deprived while you follow this program. You will not find unreasonable meal plans or unsustainable restrictions. Likewise, you will not find shortcuts, pills, or shots that allow you to carry on with bad eating habits! Read on to discover how 100 carbohydrates per day will change your life. You will discover that thin and healthy are not the same thing.

Years ago, my mother called me with the news that one of her co-workers had suffered a heart attack. My mother was shocked that Susan (thin and apparently healthy) could have a heart condition. I, however, was not surprised. I have known Susan almost my entire life; and as a teenager, I remember marveling that Susan could eat fast-food and candy bars, drink soda all day, and never gain weight. As a physician, I know that those of us who put on weight when we eat like that are actually the lucky ones. Don't laugh! We get a warning sign that we are doing unhealthy things to our body. Our physical appearance can serve as a wake-up call to change our diet, so that we can prevent heart disease, diabetes, and other internal diseases of aging.

The first half of this book teaches you how to eat, and the second half contains recipes that are flavorful, satisfying, and meet the guidelines of Wellness 100. You will also find information at the website companion to this book, <http://wellness100.us> . I will explain each of the program's guidelines, which are shown in Table 1.1.

### **Calories Count: Both Minimum and Maximum**

Counting calories is not just about losing weight. Wellness 100 is about living a long, healthy life. Fitting back into your skinny jeans may or may not happen. The minimum number of calories that healthy adults need to take in on a daily basis is 1,200 for women and 1,400 for men. Any fewer calories and the body behaves as if it is starving. A starving body reduces energy expenditure for basic bodily functions, and this metabolic adaptation reduces your rate of weight loss! Repeated cycles of severe caloric restriction or starvation cause an increase in food efficiency, which makes it harder to lose weight in the future. Essentially, your body gets confused and tries to hold on to all the energy (fat) that it can.

For example, Margaret had been dieting since she was a child. She confessed to me that when she was an adolescent and early teen, her father gave her weight-loss pills. She tried every diet imaginable and “yo-yoed” up and down with weight loss or gain for years. Now, at age 65, she is following this program. If she does not follow it exactly,

she gains back everything she has lost. Her body has become overly efficient at storing her nutrients because of the years of cyclical starvation. Margaret provides an example of how years of bad dieting can make it harder to lose weight, even with this program, and why I do not recommend any fad diets, especially the extremely low-calorie ones.

Table 1.1  
**Wellness 100 Guidelines**

100 grams of carbohydrates per day: 30 with each meal and 5 to 8 grams per snack	<ul style="list-style-type: none"> <li>• Never eat carbohydrates alone; always include good fat and protein</li> <li>• Focus on low glycemic carbohydrates</li> <li>• No white food (potatoes, white rice, sugar, white flour, etc.)</li> </ul>
<b>Real foods only: no low-fat, no-fat, low-carbohydrate, pre-packaged, or processed foods</b>	
A minimum of 70 grams of protein per day	<ul style="list-style-type: none"> <li>• A serving of meat should be 4 to 6 ounces</li> <li>• Two (or more) servings of fish per week</li> <li>• A maximum of 10 grams of protein from dairy</li> </ul>
<b>Eat a salad a day; raw vegetables provide more nutrients than cooked vegetables</b>	
Never eat trans fat, and limit saturated fats; use monounsaturated or polyunsaturated fats	<ul style="list-style-type: none"> <li>• Include 2 tablespoons of olive oil per day in your diet</li> </ul>
<b>Drinks should include water and herbal teas (avoid sugary, caffeinated drinks and diet beverages)</b>	
Caloric intake is based on height, age, and gender	<ul style="list-style-type: none"> <li>• Divide calories between three balanced meals per day and, if needed, two balanced snacks</li> </ul>
<b>Exercise 2.5 hours per week; walking will suffice, but get up and out there for weight loss and maintenance</b>	

If you want to be absolutely precise in your caloric needs to achieve weight loss, you can do a lot of complicated calculations. However, Table 1.2 gives you an accurate estimate. I arrived at these numbers by averaging basal metabolic rates within age/height range and with an average activity level, then factoring in a 15–20 percent caloric reduction.

Not surprisingly, some researchers now are exploring a possible set point for weight. You will notice that once you reach a certain weight, your body does not want to respond with weight loss, no matter what you do. This weight is most likely your body's set point. This set point is going to be a healthy weight, and the point will increase some as we age. Forget what you weighed in high school. Not only is that unrealistic, it

is most likely an unhealthy goal. Losing too much weight also makes you look older as you lose the fat under the skin of your face. Is it attractive to have a 30-year-old body and a 100-year-old face? My point here is that we all need to find a comfortable set point for our weight. That is why you will not find a chart with ideal weights in this book. If you are happy with your weight—and more important, your blood sugar level—and your cholesterol numbers are good, that is a healthy weight for you.

Table 1.2

**Daily Calories for Weight Loss Based on Gender, Age, and Height**

Women	20 to 29	30 to 39	40 to 49	50 to 59	60+
4'10"	1,200	1,200	1,200	1,200	1,200
4'11"	1,210	1,210	1,210	1,210	1,210
5'0"	1,220	1,220	1,220	1,220	1,220
5'1"	1,230	1,230	1,230	1,230	1,230
5'2"	1,250	1,235	1,235	1,235	1,235
5'3"	1,275	1,240	1,240	1,240	1,240
5'4"	1,300	1,255	1,245	1,245	1,245
5'5"	1,330	1,280	1,250	1,250	1,250
5'6"	1,360	1,315	1,265	1,255	1,255
5'7"	1,290	1,340	1,290	1,260	1,260
5'8"	1,415	1,370	1,320	1,275	1,270
5'9"	1,445	1,400	1,350	1,300	1,280
5'10"	1,475	1,425	1,375	1,330	1,285
5'11"	1,500	1,450	1,405	1,350	1,300
6'0"	1,530	1,480	1,430	1,385	1,340

Men	20 to 29	30 to 39	40 to 49	50 to 59	60+
5'2"	1,445	1,400	1,400	1,400	1,400
5'3"	1,470	1,420	1,410	1,410	1,410
5'4"	1,500	1,455	1,420	1,420	1,420
5'5"	1,520	1,475	1,430	1,425	1,425
5'6"	1,550	1,500	1,450	1,430	1,430
5'7"	1,580	1,530	1,480	1,435	1,435
5'8"	1,600	1,560	1,510	1,460	1,445
5'9"	1,635	1,585	1,540	1,490	1,460
5'10"	1,660	1,615	1,565	1,520	1,470

*Table continued*

Men	20 to 29	30 to 39	40 to 49	50 to 59	60+
5'11'	1,700	1,640	1,600	1,545	1,500
6'0'	1,730	1,675	1,630	1,580	1,530
6'1'	1,760	1,710	1,660	1,615	1,565
6'2'	1,790	1,740	1,690	1,645	1,600
6'3'	1,820	1,775	1,725	1,680	1,630
6'4'	1,860	1,810	1,760	1,715	1,667

### When to Stop Counting Calories

After you achieve your weight loss goal, you should be able to add back 20 percent more calories for weight maintenance. Most people following Wellness 100 will find that for weight maintenance, they do not have to count calories. If you continue to follow the recommendations regarding carbohydrate restrictions and guidelines for the program, the proteins and fats fall into place. If you reach a plateau during weight loss, you may be tempted to lower your calories but leave your carbohydrates the same. Do not do this. Instead, try varying the food in your diet or increasing your exercise. I advise this method with my patients, and it always works.

### Caloric Restriction Is Tied to Longevity

Anti-aging research is proving that lowering the amount of calories you consume makes you live longer. The years gained are not characterized by poor health, but by a more youthful body. Eating fewer calories helps prevent cancer, heart disease, diabetes, autoimmune disorders, Alzheimer's, and many other diseases associated with aging.

Skeptical? Consider the Okinawans. They have one of the longest average lifespans in the world. On average, they eat 40 percent fewer calories than people in the United States and 17 percent fewer calories than mainland Japanese.

### Carbohydrates

Carbohydrates are not off limits. In fact, you need carbs, but you need to consume them in moderation. To stay healthy, you need only 30 grams of carbohydrates per meal and 5 grams per snack, for a total of 100 grams per day. Your brain functions better on carbohydrates than it does on ketone bodies (breakdown products of fatty acids). You must feed your brain. When it comes to carbohydrates, this is not a contest to see "how low can you go." One hundred (100) carbohydrates per day is the right amount.

Always choose good carbohydrates. You should not plan a meal completely empty of carbohydrates, then wash it down with a cola. Add to your diet healthy carbohydrates with fiber, such as vegetables, fruit, or whole grains.

### Fat

Most of us are terrified of the macronutrient known as fat. Forget what you have learned about fat. Chapter 3, on fat, will completely change the way you look at it in

your diet. You do not need to count grams of fat, as long as they are from good sources. Healthy fats can be found in foods like lean meats, nuts, seeds, vegetable oils, and avocados. A perfect lunch is a salad topped with fresh vegetables, avocados, sunflower seeds, lean meat or fish, and olive oil. If you are a “low-fat dieter,” this sounds like a lot of calories from fat. However, good fats are nothing to fear. We need to have them in our diet. Good fats actually lower our cholesterol. (That last line is a teaser to get you to read the chapter on fat!)

## **Protein**

You will notice that the minimum requirement for protein (70 grams per day) is still less than the maximum requirement for carbohydrates (100 per day). Wellness 100 is designed to provide balance to your diet. The protein chapter in this book will explain why you need protein, and how it helps you lose weight if you choose the right sources of protein. Choose lean cuts of meat to avoid higher levels of saturated fat. Red meat is fine, but in moderation. Fish should be consumed twice per week at a minimum. Keep your daily consumption of dairy down to a moderate amount as well. (Please note, if you are a vegetarian, and you rely on cheese for large amounts of protein, you may need to add a protein powder to foods like smoothies or yogurt to increase your protein consumption.)

Seventy (70) grams of protein per day may sound like a high number if you are not used to eating it at every meal. But consider this example of a daily intake: two eggs have about 13 grams of protein, a 4-ounce chicken breast has 35 grams of protein, and 4 ounces of salmon has 25 grams of protein. The total is 73 grams of protein, without even counting it from other sources such as beans, nuts, and some vegetables. If you were to get all of your protein through meat only, you could do so by eating only 8 to 9 ounces per day.

## **Meals**

In a perfect world, we would all follow the adage, “Breakfast like a king, lunch like a prince, and dinner like a pauper.” But we don’t live in a perfect world. In the morning, we are in a hurry to get to work or school, or get others to work or school. We don’t take the time to have a leisurely lunch. Dinner is usually our only opportunity to sit down and enjoy a meal. I have designed this program with a practical approach in mind.

## **Breakfast**

You must eat breakfast. I repeat, you must eat breakfast, and coffee with cream does not count. You should be hungry in the morning; if you are not, it may be because you have trained your body not to be. Breakfast sets the tone for your body’s metabolism for the rest of the day.

You need to consume 20 to 30 percent of your total calories for the day in the morning. These calories can come from breakfast and, if necessary, a midmorning snack. Do not feel obligated to snack if you are not hungry. From the calorie chart in Table 1.2, you can see that the minimum amount of calories for breakfast for anyone following this program is 250 (20 percent of 1,200). Only 120 of those calories can be

from carbohydrates (30 carbs x 4 calories per carb = 120). So at the minimum, half of your breakfast calories must come from protein and fat.

Breakfast is the hardest meal to break out of the carbohydrate rut. Remember to think outside the box (the cereal box); and, as you will learn later in this book, embrace the egg! Lean cuts of meat are also a good choice for breakfast. This program is not a bacon-and-eggs-for-breakfast type of program. Bacon is not a lean meat, and it should be eaten in moderation. There are other protein options for breakfast, and Chapter 10 is dedicated to recipes to help you make the right choices for your first meal of the day.

### **Lunch**

Lunch (and, if necessary, an afternoon snack) should contain 30 to 40 percent of your calories for the day. Plan and think ahead for lunch to avoid the pitfall of reaching for convenience foods like fast food or frozen meals loaded with sodium, preservatives, and extra carbohydrates. When making dinner at night, cook a little extra to take for lunch the next day. On weekends, make a soup and eat it for lunch on Monday and Tuesday. Keep a variety of salad ingredients on hand so that you can always take a salad. Keep olive oil at work so that you have a good dressing option, even if you have to run out to buy a salad. Try going to a grocery store salad bar for lunch, instead of a fast-food drive-through. You can always buy veggies off the salad bar and a container of hummus, with maybe a little bit of lunch meat for protein.

### **Dinner**

The remaining 30 to 40 percent of your calories should be consumed with dinner. Meat, vegetable, and starch for dinner—that's how I was raised, and I'm sure a lot of you were, too. If you are like me, the starch was your favorite, and often the biggest portion on your plate. I find the easiest way to stay within the program guidelines at dinner is to plan your main protein, plan your vegetables, and then plan other healthy carbohydrates to add up to 30 grams. If the rest of your family doesn't want to eat the way that you are eating, that is okay. You can usually cook whatever you would normally cook for dinner and just modify it a little. If you make tacos, make yours into a taco salad. Whole wheat pasta can be a side dish, not a main course. And remember, fruit makes a wonderful sweet treat after dinner.

Finally, try to eat dinner early. Studies show that fasting for twelve hours overnight promotes weight loss.

### **Snacks**

If you are hungry between meals, please have a snack. Snacks should be limited to 100 calories and 5 to 8 grams of carbohydrates. The temptation will be to grab a piece of fruit—fruit is good for you, right? Right, but not by itself. Fruits are carbohydrates. For the most part, they are good carbohydrates, packed with fiber and vitamins; but fruits are still carbohydrates. You can have fruit but make sure it is always paired with good fat and protein and limited to 5 to 8 grams of carbs. In this book, you will find a lot of helpful information on snacks.



## Drinks

Drinks are a hidden danger. In the South, people often have sweet tea at every meal. This sugar-caffeine drink is difficult for my patients to give up. One 12-ounce glass of sweet tea may contain 27 grams of carbs (108 calories) or more from sugar. A regular can of soda has about 40 grams of carbs. Cocktails are even worse; a margarita can have as many calories as a Big Mac.

Eat most of your calories rather than drinking them, and you will be more satisfied. Drink more water, and replace many of your bad beverages during the day with herbal tea. If you want something flavored, try cutting fruit juice 50/50 with sparkling water; but only do this with a meal.

I don't recommend diet beverages for two reasons. First, the caffeine in most of them causes a temporary increase in the serotonin in your brain. You feel good, but then you crash. When the crash comes, you reach for either more caffeine or sugar to give you another boost. This is why people don't lose weight drinking diet beverages. Second, most artificial sweeteners are fairly toxic to our bodies (more on that in Chapter 6, "Hidden Calories and Hidden Dangers"). If you crave a soda, I would rather you drink a small amount of the real thing rather than the diet variety.

Wine with dinner is fine if you count the carbohydrates. A 4-ounce glass of red wine has about 100 calories, and the equivalent of 8 carbohydrates. Alcohol sugars are calculated a different way. Red wine, however, is the only alcohol with any health benefits. If you are going to drink anything else, remember to do so in moderation, and realize that it will affect your carbohydrate count and calories.

Drinking milk is not as necessary for calcium consumption as you may think. You can get enough calcium in your diet from other sources, such as broccoli and other green, leafy vegetables. You will learn later in this book why you don't really need to drink milk.

## Salads

Did you know that french fries make up 25 percent of all vegetables consumed by Americans? As a society, we obviously are not making good vegetable choices. Eating one salad per day is a great way to get more vegetables, particularly raw vegetables, into your diet. Salads are also a great delivery method for the olive oil that I want you to consume (see the information that follows). Salads can either be an entrée or a side dish. Be creative! Chapter 11 is dedicated entirely to salad recipes.

## Olive Oil

Olive oil is good for your heart. Studies on the Mediterranean diet have found that 2 tablespoons of olive oil per day is cardio-protective. It is a rich source of good fat in the form of monounsaturated fatty acids. (More on MUFAs in Chapter 3.) Olive oil also contains antioxidants, which have been shown to lower blood pressure and cholesterol. It is rich in vitamins E and K, and substances in olive oil may also be protective against Alzheimer's disease. It is perfect to cook with, because it is heat stable, which means that the fats found in olive oil do not change into bad or unhealthy fats when heated for cooking.



One last fun fact about olive oil: Like wine, the taste of olive oil is influenced not only by the olive, but also by where it is grown. Olive oil from Italy doesn't taste the same as olive oil from Spain, even if the same olives are used. Taste has to do with the soil type and the climate, known in wine-making as "terroir."

## **Exercise**

How much exercise do you need in order to lose weight and maintain weight? That question is not easily answered. After researching this topic thoroughly for my patients, I can say that the magic number seems to be 2.5 hours per week for weight loss and some amount of time less than that for maintenance. Your exercise does not need to be hours of running. Any motion that gets your heart rate up will work as exercise. Walking is perfect, and it not as hard on your knees as running. Exercise is heart healthy, too. It will raise your HDL (good cholesterol) and lower your blood pressure.

I recommend to those patients who don't already exercise, to do so an hour each day of the weekend, or whatever their days off may be; then they should find one other day to squeeze-in some exercise. Doing it this way is not as optimal as spreading it out through the week, but it is a better plan than no plan. If you find yourself saying that you just can't find the time, ask yourself how many hours each day you watch television. That usually puts exercise time into perspective.

By now you should have a firm grasp of what you should do. The remainder of this book should enlighten you as to why the guidelines work, and it will provide you with the tools to make this lifestyle change easier than you think it may be.

# Marinated Broccoli

You can use this recipe as the basis for Broccoli and Sun-dried Tomato Quinoa, on page 207.

*2 servings*

## Marinade

- 1 ½ tablespoons extra virgin olive oil
- 1 tablespoon water
- 1 tablespoon white-wine vinegar
- 1 ½ teaspoons fresh lemon juice
- 1 teaspoon honey

## Balance of Ingredients

- 1 clove garlic, minced
- 2 cups fresh broccoli florets (add the stems, chopped or sliced, if desired)
- 2 tablespoons chopped, red bell pepper
- 2 tablespoons chopped walnuts
- ¼ teaspoon salt
- Dash cayenne

Whisk the olive oil, water, vinegar, lemon juice, and honey in a small bowl. In a medium bowl, combine the broccoli, garlic, red pepper, walnuts, salt, and a sprinkle of cayenne. Pour the marinade over the broccoli mixture and stir well. Allow it to marinate at least 1 hour before serving.

**Nutrition Analysis:** 11 carbs, 4 protein, 183 calories



*Crisp Vegetable Stir-Fry With Pork (page 161)*

A large white oval bowl filled with a colorful stir-fry. The ingredients include sliced pork, shredded cabbage, red bell peppers, green beans, and carrots. In the background, there are three small square bowls: two teal ones containing white rice and one white one containing green herbs.



*Marinated Broccoli (page 116)*

A white oval bowl filled with marinated broccoli florets. The broccoli is garnished with small pieces of red bell pepper and white sesame seeds. The bowl is placed on a light-colored bamboo placemat.