<CN>**Chapter 1**

<CT>**The Diet Overview: An Easy Guide to Addictocarbs**

Before we delve into the specific steps of the diet, I want to explain a few things. Addictocarbs are foods that work like narcotics on the addiction centers of the brain: bread, potatoes, alcohol, and cocaine are all addictive substances. They all stimulate the addiction center of the brain similarly, and they need to be treated similarly. By that I mean what every single addiction treatment program, whether it’s Alcoholics Anonymous or a celebrity substance abuse center, has figured out: You must totally give up the addictive substances. As a result, going through the three steps of this diet is similar to breaking any other addiction. Step 1, shaking the addiction, will be like going through withdrawal. Step 2 will be just like going through rehab, and step 3 will be about learning ways to live with your addiction.

<start box>

What happens when you eat an Addictocarb? The same exact thing that happens when you use any addictive substance. You want more. Just like cocaine, heroin, or alcohol. You just want more and more, and it leads to a bottomless pit with a dire consequences.

<end box>

In order for a diet to be successful, it needs to not only treat addiction but also be palatable, healthy, and sustainable. The Addictocarb Dietdoes this in ways that no other diet has in the past. It cures the addiction by identifying and eliminating the most addictive and lethal carbohydrates and by promoting fruits, which low-carb diets like South Beach and Atkins restrict. This diet also offers a wide variety of “Addictocarb Alternatives” and “Addictocarb Accommodations,” tasty, healthy dishes that help you avoid the most addictive carbs in the long term. I will point out many reasons that fruits, those powerhouses of antioxidants, and the various Addictocarb Alternatives, are good for you and are *not* addictive, nor do they raise blood sugar significantly; but just as important, they are tasty, and offer dietary variety. While a diet of Brussels sprouts, broccoli, and spinach would work just as well as the Addictocarb Diet*,* who is likely to stay on it? Why *would* you if you could get the same results by eating palatable fruits and the various Addictocarb Alternatives ,like Dreamfields pasta and kasha and Addictocarb Accommodations like brown rice and whole wheat pasta I will present? They will help conquer addiction while still being palatable, healthy, and sustainable. The bottom line with the Addictocarb Dietis that you can lose your cravings by dealing with your food addiction, you can lose weight, you can sustain that weight loss, and you can conquer diabetes as well as many other diseases.

The *first* thing you will need to do is to accept that *if* you are overweight, then you have food addiction issues. Perhaps you were just born that way or perhaps it’s something you acquired later in life when circumstances changed. Nevertheless, as a food addict, you get food cravings which lead to addictive behavior, which is part of an addiction syndrome. You need to break the cycle.

Once you *accept* your addiction you can begin to deal with the problem. As with all addictions, when you try to give them up you go into withdrawal; but with this diet you still get to take in lots of carbs, so the pain of withdrawal is muted.

You will learn that not all carbs are created equal and come to understand the concept of Addictocarbs: carbs that cause intense cravings caused by stimulating the addiction center of the brain. The Addictocarbs are bread, potatoes, pasta, flour, rice, sugar, high fructose corn syrup, fruit juice, and soda.

<start box>

The Addictocarbs are *bread, potatoes, pasta, flour, rice, sugar, high fructose corn syrup, fruit juice, and soda*. The reason I have chosen these nine *specifically* is because I have found, over the years, in treating my many patients that it is *these* foods and ingredients that have presented the greatest addiction challenges to my patients.

<end box>

I have chosen these nine Addictocarbs *specifically* because I have found, over the years of treating many, many patients that *these* foods and ingredients have presented the greatest addiction challenges to them. Also, a quick look at the U.S. Department of Agriculture data[[1]](#footnote-1) reveals that consumption of these particular things have increased, paralleling the obesity epidemic in the United States, especially high fructose corn syrup, which was unheard of until forty years ago. You will learn how to beat the addiction to these foods by employing the Shakeand laterAddictocarb AlternativesandAddictocarb Accommodations. You will go through three steps.

<A>**STEP 1: SHAKING THE ADDICTION**.

**Step 1** lasts for three days. You break your Addictocarb addiction here by consuming nothing but high-calorie, high-carb Shakes. These Addictocarb-free Shakes are what would be referred to in your gym or nutrition store as a health shake. The Shakeis my version of it. It contains milk (cow's, soy, or almond), fruits, and a flavoring powder. While it is high in carbs and calories, it does not contain any Addictocarbs. The point is to wean you off Addictocarbs, not all carbs. During this time, you *will* experience withdrawal symptoms or cravings, just like you would at the beginning of any diet. They will be most intense in the first few days, but you will be shocked how quickly they fade away because of the Shakes.

Can you put up with cravings for a few days? I believe you can with these high-calorie, high-carb Shakes.

After the first three days, you will have drastically reduced your cravings, just like an addict going through withdrawal. You will feel cleansed and triumphant. By the way, you will also lose weight. But remember, while the point of this diet is to lose weight, it is mostly about staying thin once you have taken it off. Understanding how easy it is to give up Addictocarbs is an important step in laying the groundwork for a thin and healthy life.

<A>**STEP 2: ADDICTOCARB REHAB**

**Step 2** lasts for two weeks. You cannot eat Addictocarbs during this time—no bread, potatoes, pasta, flour, rice, sugar, high fructose corn syrup, fruit juice, and soda. On the other hand, there are things you *can* eat, such as fruits, salads, vegetables, cheese, nuts, beans, and proteins such as meat, chicken, fish, and tofu. I will also provide some Addictocarb Alternatives, which are foods that mimic Addictocarbs but are tasty, healthy, and *non*-addictive, foods such Dreamfields pasta for pasta and kasha for rice Many of these dos and don’ts foods are listed in a convenient chart in the Appendix.

The challenge of Addictocarb rehab varies for each individual, depending on how much Addictocarbs one is accustomed to eating. For example, if you are like most people in America and virtually all of my patients, then you probably eat quite a lot of Addictocarbs. For those of you who are having the most difficult time, you can partake of some of the Addictocarb Alternatives for bread, pasta, and potatoes, which are provided. The important thing to remember is that we are setting the stage for a future healthier life. So while you might lose more weight staying off the Addictocarb Alternatives, you will still lose weight even with them.

<A>**STEP 3: STAYING THIN FOR LIFE**

**Step 3** lasts for as long as you want it to. It will set the stage for the rest of your life. In addition to the Addictocarb Alternatives from Step 2 for bread, pasta, and potatoes, I introduce some fascinating Addictocarb Alternatives for rice and snacks. Also, for those of you who are feeling that you either do not want to, or cannot at this point, give up rice/pasta/flour, I present the concept of Addictocarb *Accommodations,* things like brown rice and whole wheat spaghetti. If you prefer to employ these, you might not lose as much weight or lose it as quickly, but you will still achieve success in losing weight and keeping it off.

Decisions will have to be made here as to which Addictocarbs you will banish from your diet completely and which ones you will allow on a limited basis. The important thing here is that you will be able to make these decisions without the pull of addiction.

Let’s face it. If you want to stay thin you will have to give up something; at the most basic level it is giving up either bread or potatoes, and it is better to give up both. Does this mean that for the rest of your life you will never be able to eat another potato or a piece of bread? I would like to say yes, but the reality of that happening is unlikely. I will explain to you how to deal with the occasional transgression, planned and unplanned, and even how to deal with falling off the wagon. I will discuss some of my personal recipes and talk about the recipes of others. I will mention some foods that have worked for me and for my patients. I will describe some typical meals that have been successful for me and my patients over the years.

You will be surprised at how different you will become. Unlike other diets where you enter maintenance with dread because you know in your heart the cravings will return, you will be exhilarated by how powerful you feel having conquered your addiction. I will talk about diabetes, because I have it and because it is an out of control epidemic in this country and around the world. I will discuss how the Addictocarb Diet, contrary to accepted medical wisdom, which says you should *not* eat a lot of carbs, has transformed my diabetes and helped my diabetic patients. I will also talk about it because according the American Diabetes Association's data from the 2014 National Diabetes Statistics Report, there are approximately 100 million diabetics and pre-diabetics in this country[[2]](#footnote-2), and it is the most significant medical issue confronting the American population today. Finally, at the end of this book you’ll find answers to frequently asked questions, and an appendix with helpful material including a complete list of what you can and can’t eat during the various stages of the diet.

Now, it is almost time to get started losing some weight and staying thin. But before we do I would like to explain some things about food addiction.

<CN>**Chapter 5**

<CT>**Step 1: “Shaking” the Addiction**

During the first three days you will not be consuming any Addictocarbs, but you will be consuming lots of carbs by consuming a detox drink I’ve created, which is known as theShake*.* Remember that sticking exclusively to these shakes is *only* for the first three days. That is because I have found that is the length of time required to break the cycle of addiction. For a complete list of what you cannot eat during Step 1, see Appendix TK (page TK).

<start box>

During the first three days of the diet, you will eat only nutritious, tasty, health Shakes. Nothing else. After that, other foods will be added and we will discuss that later, but for the first three days, nothing but my Shakes.

<end box>

I want to be clear about one thing: the Shake is not the diet and the diet is not the Shake. It is only one part of a regimen to help you lose weight and keep it off. During the first three days of the diet—the “shaking the addiction” phase—the Shakes are a kick-starter. Think of this period as a transition between the old you and the future, permanently thin you. Later, the Shake will be something else entirely. You will use it to help maintain your slim figure, to quell cravings, or to rededicate yourself to the diet if you have fallen off the wagon. But for the first three days, it is the only thing you will be eating.

So why do I refer to the Shake as a “detox drink?” It is because I liken giving up Addictocarbs to giving up drugs or alcohol in a substance abuse program. I started calling it that as sort of a joke because everyone was asking me how I lost so much weight. “The Detox Shake,” I would say in jest. Patients would ask what it was and how to make it, and I would tell them. They would then mention it to other patients. When my patients began to tell me they had recommended it to many other people who found it helpful, I started to become a little uncomfortable because when *I* told a patient about the Shake, I would explain its place in my theories of cravings, Addictocarbs, and food addiction. It troubled me that people were recommending the Shake to other people out of context. I felt it was just wrong for people to think that just the Shake was my recommended way to lose weight. I needed to explain the entire program to people. This book is my way of doing so.

<Designer: Please create recipe/table shown below as reference>

**“THE SHAKE”**

***Yield: about 6 cups***

|  |  |  |
| --- | --- | --- |
| **Ingredients** | **Calories** | **Carbs (in grams)** |
| 1–2 pints of strawberries or raspberries, or about 1 lb. of mixed berries or other fruits | 160–320 | 38–76 |
| 1/4, 1/2, or even 1 whole banana | 32-130 | 27-136 |
| 3 1/2 cups skim milk (or almond milk or soy milk) | 360 | 50 |
| 1–2 pitted prunes | 20–40 | 5–10 |
| Optional: 2–4 scoops of a flavoring powder (such as Slim-Fast, Ovaltine, Whole Foods brand powder, GNC; see my see my comparison of the various powders later in the chapter). Some people may not want or need a flavoring powder; if you leave it out you will lose even more weight and faster. | 220–440 | 60–120 |
| **Totals** | **792**–**1290** | **180**–**392** |

\*Since you will be drinking nothing but these Shakes for three days, you might consider if it is easier to start the Shake regimen over a weekend even though patients report that bringing it premade to work is in a thermos is fine as discussed below.

\*You can still drink coffee, tea, and alcohol, because while I have issues with these, dealing with more than one addiction at the same time is just too much. If you have coffee or tea, you should not use table sugar. This is addressed further in the FAQ section on page TK.

Throw all the ingredients in the blender. Blend on high for ten to twenty seconds. It should make about six cups. If you have a smaller blender just cut the recipe in half. If you drink it all and you are still hungry, just make another one. Drink as much as you want. I keep one in the fridge at all times, just in case I get a craving. Blend it up, put it in a big portable container, and bring it to work with you. The less flavoring powder that you use, the less caloric it will be, but do not obsess over this. The important thing is to use as much as you need to feel sated. I use two cups of raspberries, half a banana, and three scoops of Slim-Fast®. Some patients have told me that they are fine without the banana or with zero, one, or two scoops of Slim-Fast®. Sometimes they add three cups of strawberries. No matter how you make this shake, you will lose weight.

While this is the basic recipe for the Shake*,* you can vary the types of fruits you use, the quantity of the fruits, and even mix the fruits differently with each Shake for variety. I find that blueberries, blackberries, strawberries, and raspberries are best, but if you prefer other fruits like peaches, plums, or apples, that is fine too.

Still, just looking at this recipe makes *me* nervous. It has a staggeringly high number of calories and carbs. How can it possibly work when the plethora of low-carb diets recommend daily carb levels of 20, 60, or 100 per day? Is it possible to lose weight eating something like this with so many calories and carbs? The answer is absolutely, positively yes. I have done this with almost a thousand patients and it works. I will explain how this can be true later in the chapter in the individual sections on the Shake components. One thing I will say is that there are many reasons why each component contributes to weight loss, especially the fruit.

So, how did the Shake evolve? I wanted to make a non-caloric health shake, thinking it would help me lose some weight. I started with half a banana, a few strawberries, and a scoop of Slim-Fast® blended with two cups of skim milk. It tasted pretty good, but frankly I was still hungry, and it was not really sweet enough for me. So I added more powder and more strawberries. Soon I was using two pints of fruits, four scoops of powder, and mixing it in with almost a quart of skim milk. With this new recipe I felt sated and, strangely enough, noticed my cravings for Addictocarbs decreasing. I also noticed that my blood sugars were really good. I was amazed. Next, I noticed that I could drink as many shakes as I wanted and my blood sugar was *still* fine. Then the really big idea hit me. I was drinking a few quarts of these shakes a day, my blood sugar had stabilized, I was not having any cravings, *and* I was losing weight. I sometimes left out the flavoring powder, or the banana, and soon I was losing weight even faster, because of the fewer calories and the shakes were still tasty. That is how this incredible weight loss journey began. Suddenly I was getting skinnier, and the patients were beginning to notice. They asked how I did it, and I was only too happy to share my success with them. I was as shocked as anyone when the patients began telling me how well the Shakes worked for them.

Suddenly I had a population to test the Shake on—my patients. And they were great. They would try the Shakes and report back to me. I was making charts and diagrams and began to research possible reasons that the Shake could be working. In doing my research, and putting it together with what I had learned about the Shakes from both myself and my patients, I developed my theories on Addictocarbs. It was only then that I finally realized that you only needed to stick to the shakes completely for a few days to shake the addiction, and then after that, with the help of the various Addictocarb Alternative, you can just use the shakes occasionally or in certain situations such as when going out to eat, falling off the wagon, or rededicating yourself to the diet, which I will discuss later. Let’s go through the components of the Shake and fill you in on some of the things I learned, including why they might very well lead to weight loss in spite of the high carb and high calorie load.

<A>**FLAVORING POWDER**

I want to make one thing clear: the thing that makes the Shake so useful is the fruits, those craving killing powerhouses of fiber, vitamins, and antioxidants. It has nothing to do with the flavoring powders. While I often use a flavoring powder for my Shakes, as do many of my patients, I have quite a number of who have gone out of their way to tell me that they prefer the Shake without it. For some patients, just the banana and other fruits provide them with all the taste they need. I think that is great. I, however, like many of my patients prefer the Shake with flavoring powder. The fact that some of these powders have sugar in them comes up, and I have already said to cut out sugar. While some of these powders have some sugar the ones that I use tend to have very little, as evidenced by their low glycemic index. Further let's remember that not all sugar is bad for you. For instance fruit has sugar in it but is still good for you and you will still lose weight when eating lots of it on this diet. The fruit in the shakes helps ameliorate even the very small amount of sugar you get from these powders. Let's examine some of them more closely.

I do not own stock in Carnation or Slim-Fast®. They do not pay me any money to promote their products. I use them because they serve my purpose. But you must bear in mind a very important point regarding branded powders. I *only* use these powders in the Shake. I *never* recommend drinking the cans of premixed Slim-Fast® or mixing these flavoring powders in milk or anything else. They have no place in this diet without the fruit. Also, keep in mind that not only can you simply leave flavoring powder totally out of the Shake, but you can also substitute any of a number of different ones and the diet will work just as well. Examples that I personally studied include Optifast, Medifast, Carnation Instant Breakfast as well as Carnation No Sugar Added Breakfast Essentials, Chocolite and generic protein powders from GNC, Whole Foods' 365 Protein powder and Proventive, Raw Protein, and a variety of powders from Amazon.

I reviewed the various flavored powders, checking them for efficacy on the diet and taste, comparing and contrasting the various components and came up with some interesting facts. Some are meant for weight loss, some for muscle building. Some are health food store protein powders; others included are an instant breakfast drink with and without added sugar. One is a popular children’s chocolate drink flavoring that touts its lower sugar content. I used chocolate flavoring because that is my favorite flavor, but the other flavors are all basically the same in makeup.

My findings were as follows:

**Taste:** The winner for taste was hands down Slim-Fast®, so this was the one I used to measure all the other types against. Carnation Breakfast Essentials No Sugar was a very close second, and Optifast was pretty good, too. The various health store protein powders generally were less palatable, some very much so, but they tend to be less caloric, with a lot fewer carbs and, of course, lots of protein. My nurse uses one of these generic powders and she likes it and lost a lot of weight.

**Carbs:** I think when evaluating the carb content you should try to stick to ones that have fewer than 20 carbs per serving, and the lower the better assuming you like the taste. Remember you cannot choose one that has very few carbs if you do not like the taste. Why? Because then you will not want to drink it. Just to mention, Carnation Breakfast Essentials No Sugar has 12, Ovaltine 10 and Slim-Fast® 18carbs. The various protein powders had the lowest carb counts, but at the expense of taste.

**Sugars:** The protein powders had the least sugar in them, but again at the expense of taste. In general try to stick to powders that have less than 10 grams of sugar per serving. Carnation Instant Breakfast No Sugar Added version had only 7 grams. Slim-Fast® has 10 grams, which is half of Carnation Instant Breakfast Regular, but a lot more than the protein powders and Medifast. The Whole Foods brand has less than 3 grams per serving. Check your labels and balance it with taste.

**Fiber:** An extremely important parameter is fiber content because it can serve to lower the glycemic index of the other ingredients, and Slim-Fast® has a very good 4 grams of fiber. Chocolite and some of the other protein powders are quite good on fiber, as is Carnation Breakfast Essentials No Sugar. Ovaltine has zero.

<A>**BERRIES**

I primarily use berries in my Shake, even though you can use other fruits like peaches, apples, and mangoes. I like berries because they are nutritional powerhouses that taste great and prevent cravings. An essential component of the berries and other fruits I use in my Shake are antioxidants. So I just want to say a few words about them and free radicals before I proceed to discuss the fruits of the Shake.

<B>**Antioxidants and Free Radicals: A Classic Story of Good and Evil**

The pairing of antioxidants and free radicals is a classic story of good and evil. Like most stories of good and evil, it is not all black and white. Free radicals are occasionally helpful to the body sometimes traveling around helping the body defeat viruses and infections. But then the body has to get rid of the free radicals. If the body is not able to get rid of them, they can cause havoc by damaging other cells.

You can get free radicals from lots of things, like cancer, smoking, or exposure to toxins such as pesticides or pollution. X-rays cause free radicals; so do stress and alcohol consumption. These free radicals can attack cells, which may cause them to function poorly or even die. This cellular damage is a common pathway for a host of pathological conditions. Many authorities believe that ageing is caused by a buildup of these free radicals. Along with the medical professionals who believe that you can get free radicals from cancer, there are also many that believe that cancer may be caused, or at least exacerbated, by these free radicals. LDL—the bad cholesterol—is impacted negatively by free radicals.

Under normal conditions the body can handle a certain amount of free radicals. But sometimes the body becomes overwhelmed. Sometimes the body needs help to fight off the free radicals. That help would come from antioxidants.

Antioxidants are always the good guys in this story. It is their job is to go around the body to neutralize the free radicals so that they do not hurt the body. The interesting thing from the point of view of this diet is where you get antioxidants. The simple answer is fruits and vegetables.

Famous Tufts University data[[3]](#footnote-3) ranked the various foods that have a lot of antioxidants. Blueberries, prunes, strawberries, cranberries, blackberries, raspberries, and apples all came out in the top twenty, with six of the top twenty fruits ending in ‘–berries.’ It’s no coincidence that these are the most important components of my Shakes.

<B>**Strawberries**

I love strawberries. They are one of my favorite foods. They taste good, they are easy to grow, they cleanse your bloodstream of lipids after eating meat, and they decrease food cravings. In short, they are really, really good for you.

It is impossible to miss the constant stream of articles proclaiming the health benefits of strawberries. Articles like one from the *British Journal of Nutrition* proclaiming that strawberries reduce the blood glucose[[4]](#footnote-4) are just music to my ears. Of course I want to lower my blood sugar. All diabetics do. That they may also help prevent against esophageal cancer[[5]](#footnote-5) piques my interest as well, since that runs in my family.

The most interesting claim from the point of view of this diet is that strawberries may stimulate metabolism and suppress appetite.[[6]](#footnote-6) I already know that it suppresses cravings, but it is nice to know that there is some science to corroborate my beliefs about a whole slew of potential benefits.[[7]](#footnote-7)

Strawberries may help improve heart health, lower the risk of developing some cancers, and lower blood pressure.[[8]](#footnote-8) They may also be somewhat anti-inflammatory, since studies have shown that they lower C-reactive protein, which is a blood marker for not only heart disease but also inflammation, and thus they may help with arthritis.[[9]](#footnote-9)

<start box>

**BERRIES AND BURGERS**

Strawberries are always good, and so are burgers. Strawberries and burgers together, are an interesting story. There has been some research that shows than when you eat a burger, combining it with strawberries may actually help to cleanse the body of lipids from the burger. Of course it sounds more impressive when you say, “Strawberry modulates LDL oxidation and postprandial lipemia in response to high-fat meal,”35 which was the finding of a recent study, but to put it simply, strawberries are good for you, especially when combined with meat. So any time you have a burger or other beef, why don’t you just have a few berries with that burger? I do.

<end box>

Of course, strawberries also contain a good amount of carbs and calories in the quantities with which I use them. If I am using them in a Shake, I usually use between one and two pounds unsliced, or about 3 1/2 cups, so that add up to about 200–250 calories and 55g of carbs. It sounds like a lot, but it does not raise my blood sugar, which goes along with what these articles have said.

One of the great things about strawberries is their availability. You can get them year round from somewhere and very often organic are available. One of my friends who is a gardener also assures me that strawberries, raspberries, and blackberries are really easy to grow, so you can have them fresh from your garden as well.

Finally, this is one food you can easily get frozen and even frozen organic. My favorite frozen organic fruits are from Cascadian Farms,[[10]](#footnote-10) and two packages total twenty ounces, which is just exactly the right size for one of my Shakes.

# <B>Raspberries

Raspberries, like strawberries and all the other berries, are really good for you. I think I made my point with strawberries by quoting articles, books, and medical studies, so I am not going to bore you with all the same stuff about raspberries, but let’s just say they are really good for you, too. Raspberries have lots of vitamins, fiber, and antioxidants that go a long way toward keeping the body healthy by gobbling up free radicals. They may protect against macular degeneration, and cancer. They are a low glycemic food and have riboflavin, niacin, folate, potassium, magnesium, calcium, vitamin A, copper, iron, lutein, and plenty of vitamin C. The frozen kind is just as good as the fresh, and, once again, I always try to get organic, because I am nervous about pesticides. This is one food that you can easily get frozen and my favorite frozen organic raspberries are Cascadian Farms.[[11]](#footnote-11) Just like with the strawberries, two packages of frozen organic raspberries equal twenty ounces, which is exactly the right size for a Shake.

<A>**PRUNES**

One fruit I should mention in a special context is prunes. I understand that they are just dried plums, but the important thing for me is that they tend to thicken the Shake, which I find quite pleasing, not to mention that they add non Addictocarb sugary sweetness for taste. But just remember that it is the good kind of sugar, because not all carbs are created equal. Prunes have a very low glycemic index and will not raise your blood sugar or cause cravings.

A study conducted by researchers from Tufts University in Boston ranked prunes as very high on the list of fruits containing antioxidants, which we know kill those evil free radicals. And I could not end the discussion of prunes without at least mentioning their legendary salutary effects on colon health. But you get the point; prunes, just like almost all fruits, are very good for you.

<A>**BANANAS**

Everybody loves bananas. Everybody knows that these delectable fruits have lots of sugar and carbs and calories. How can you lose weight on this? Let’s consider a few things here.

According to the USDA National Nutrient Database, a banana between seven and eight inches long contains 26.95g of carbohydrate but less than .39g of fat and only 1.29g of protein. Bananas are very high in potassium: A medium banana has 422mg, along with 32mg of magnesium and 26mg of phosphorus. It also supplies about 10.3mg of vitamin C and contains valuable amounts of A and B vitamins as well. The nutritional value of bananas in various steps of ripeness is the same and so is the energy. A medium banana has about 90 calories. Two medium bananas equal approximately one cup.

The Banana Diet was created by a Japanese pharmacist from Osaka, Japan, named Sumiko Watanabe for her husband. He lost thirty-seven pounds on the diet. It became so popular in Japan around 2008 that it even led to a temporary shortage of bananas there. The diet recommends eating bananas for breakfast and more throughout the day. It is still popular in Japan, and there are always articles in other places about people trying it and it working. So if bananas are a high-calorie, high-carb food how can this be possible? It *is* possible; you can eat bananas and lose weight. How, you wonder?

Bananas are a good source of [dietary fiber](http://en.wikipedia.org/wiki/Dietary_Fiber), both soluble and insoluble. Two bananas have 6g of fiber. Fiber makes you feel full because of its bulk in the gastrointestinal tract. Also, fiber is absorbed very slowly and it drags some excess calories along the intestines with it, before they can get completely absorbed. Supposedly, there is resistant starch in the bananas which ferments in the digestive tract and creates by-products that increase fat-burning by 20 to 25 percent. Some believe that the resistant starch consumption increases fat burning and may even decrease fat accumulation. I am sure about one thing: You can eat bananas and not get fat, so, you can put half a banana or more in the Shake. End of conversation.

<A>**MILK (COW, ALMOND, OR SOY)**

I only use organic skim milk (cow). Some people use 1 percent and the occasional dieter uses 2 percent, though the lower the percent the better. One thing I think I should mention about regular whole milk (4 percent): I caution all my patients to stay away from it. You do not need the extra calories and fat. Additionally, I need to mention that while this section is about milk, it does not always have to be cow’s milk. Some patients use almond milk or soy milk for a variety of reasons, such as allergies, lactose intolerance, or simply wanting to adhere to a plant-based diet. Lactose-free soy and nut milks are, extremely important in the African American community, as well as with the elderly.

One cup of skim milk has about 90 calories and 12g of carbs and is relatively low on the glycemic index. It is a good source of vitamins and nutrients containing protein, vitamin B12 and selenium, vitamin D, riboflavin, calcium, and phosphorus. A large percentage of its calories come from sugars but that is ok and I will discuss this further a little later.

All sorts of benefits have been claimed for milk from being good for your skin (supposedly Cleopatra took milk baths) to being good for your muscles. My son, a competitive runner, drank milk before and after each race. I think many of us can remember being given a warm glass of milk by our mothers to help us fall asleep. It may be beneficial to your eyesight. Everyone knows that it promotes healthy bones, especially if it is fortified with vitamin D, but the most important thing for our purposes is that it has been advanced as promoting weight loss, especially in women.

There have been a number of articles suggesting milk as weight loss Nirvana. One article from the *British Journal of Nutrition*[[12]](#footnote-12) clearly states in its title that “Milk supplementation facilitates appetite control in obese women during weight loss.” Another article states, “Increased consumption of dairy foods and protein during diet-and exercise-induced weight loss promotes fat mass loss and lean mass gain in overweight and obese premenopausal women.”[[13]](#footnote-13) The articles go on and on. Of course, it seems that for every article promoting the weight loss properties of milk, there seems to be one refuting it.[[14]](#footnote-14) How do you decide based on the conflicting research? I can only say that I have recommended milk to people, especially women, to aid in weight loss for a long time, and it seems to work.

One thing I do know for sure is that milk plays a big part in this diet, and that this diet works. It is essential in the Shake and is a good source of protein which I believe leads to satiety.

But a very large question looms here. What if you cannot drink cow’s milk because of allergy or lactose intolerance? Also, what if you are opposed to drinking milk because, for instance, you prefer a plant based diet? There are numerous substitutes which are also referred to as “milk” and many of my patients have used them effectively. Almond milk or soy milk are only two examples. Other nut milks are beginning to hit the market. You can even make your own.

Soy and almond milk differ from cow's milk in some ways, such as taste (almond milk is sweeter). Their caloric and carb contents differ somewhat (soy milk is about the same as skim, and almond less). Cow’s milk also has more protein. Despite the differences, however, the important thing to me is that, whatever milk you use for the Shakes, they will help you beat your addiction to Addictocarbs.

So, after three days of Addictocarb Detox, drinking nothing but Shakes, it is time to move on to the next phase of the diet: Step 2, Addictocarb Rehab, the next two weeks.

<CN>**Chapter 6**

<CT>**Step 2: Beginning Addictocarb Rehab**

**This step will last two weeks.** During this timeyou will stay off all Addictocarbs, which, again, are: *bread, potatoes, pasta, flour, rice, sugar, high fructose corn syrup, fruit juice, and soda*. Remember that the reason I have chosen these nine *specifically* is because I have found over the years in treating my many patients, that it is *these* foods and ingredients that have presented the greatest addiction challenges to my patients. Let me be clear about this list. While you should not have *any* of these Addictocarbs for these two weeks, I will give you alternatives for bread, potatoes, and pasta. Let’s touch on these foods briefly before we go on to the foods that you *can* eat. There is a complete handy list in the appendix on page TK, but here is a very brief discussion of the main components.

**Bread and potatoes:** Remember rule number one: no bread and potatoes. If you need reinforcement, just reread Chapter 5. Bear in mind that pizza is bread with stuff on top of it. Wraps and pitas and tortillas are out. Avoid meatloaf or meatballs unless you know they were made without breading. Avoid breaded anything. When in doubt, check ingredient labels.

**Flour**: Nothing that is made with flour. This includes things like baked goods, which are generally loaded with flour and sugar, like cakes, muffins, donuts, cookies, scones, pies and other pastries, and pretzels. There is often flour in breakfast cereals. Wheat flour is also used to make a [roux](http://en.wikipedia.org/wiki/Roux) as a base for thickening [gravy](http://en.wikipedia.org/wiki/Gravy) and [sauces](http://en.wikipedia.org/wiki/Sauce). You cannot have it. Also avoid anything battered with flour, like fried chicken and chicken fried *anything*.

**Rice**: No rice of any kind, though in the next phase you may decide to add to your diet an Addictocarb Alternative, such as kasha or quinoa or wild rice (which is not really rice), or even an Addictocarb Accommodation like brown rice.

**Sugars**: When talking about sugars, we need to understand that sugar sometimes gets a bad rap. Strawberries have sugar, and so do apples and other fruits, but they are not simple sugars and they are mixed with fiber, which serves to counter some of the bad effects. Table (granulated) sugar white and brown sugar are both simple sugars, and they count as simple sugars whether they’re in a cake recipe, scooped into your coffee, added to whipped cream, or in the maple syrup you put on your pancakes.. When you buy food, check the ingredients list for added sugars and generally and try to buy the product that has the least sugars in it.

One question that comes up is the matter of sweets, such as chocolate, ice cream, and breakfast cereals. There is not much to be said here. You cannot have it in the first two weeks because it contains sugar. Dark chocolate has more antioxidants and less sugar and has been shown to be beneficial in many ways, but it is still chocolate. Chocolate is also addictive in its own right, and you do not want to trade one addiction for another. Later you will be able to have dark chocolate, but not for these two weeks.

Ice cream has sugar, and you cannot have it for these two weeks.

Breakfast cereals deserve a special mention because they are so omnipresent. They are generally loaded sugar and often made with white flour—and remember that all flours are off limits for this period. A good rule of thumb is stay away from breakfast cereal.

**High fructose corn syrup:** This is a tough one because it is everywhere—juice, cocktails, soda, breakfast cereal, yogurt, salad dressings, breads, baked goods, candy, condiments, soups, and nutrition bars. You just have to be vigilant about avoiding it by checking the ingredients.

**Fruit juice:** Remember that fruit juice is not the same as fruit. We touched on this earlier. No fruit juice. It is bad for you. It is nothing more than liquid sugar. Fruits are good carbs, whereas fruit juice is an Addictocarb. A food item that uses fruit juice as a sweetener does not make it good for you.

Vegetable juices are fine, but watch out for the sodium content.

**Soda:** Soda, like fruit juice, is just liquid sugar.No soda. It is evil. Same for diet soda because it just fools your body in thinking it is sugar.

<Text Break>

<A>**SO WHAT *CAN* YOU EAT?**

First of all you can check the amplified chart in the appendix for the dos and don’ts foods. There are certain foods that you *can* eat right off, no problem. For the foods that are not permitted, I will go over some reasonable alternatives that *are* permitted, which have been patient tested.

So what foods can you eat? There are plenty. You can drink the healthy Shakes. All meats, fish, and chicken. For a more vegan palate, you can have tofu, tempeh, and seitan. You are welcome to enjoy all fruits, vegetables, legumes, nuts, cheeses, salads, and Addictocarb Alternatives for pasta, bread, and potato. One thing you will not miss on this diet is variety.

<start box>

**WHAT *CAN* YOU EAT?**

* SHAKES
* PROTEIN (meats, fish, and chicken)
* FRUITS
* VEGETABLES
* LEGUMES
* NUTS
* CHEESE
* SALADS
* PASTA ALTERNATIVES
* BREAD ALTERNATIVES
* POTATO ALTERNATIVES

(see the dos and don’ts list in the appendix)

<end box>

In order to stave off Addictocarb cravings you need to do two things. One is eat some high-calorie, non-Addictocarb carbs and the other is to eat some protein. Let’s discuss these things briefly.

**Protein**: Protein is important because it helps to satiate hunger. How you get the protein is up to you. Chicken, meats, fish, nuts, beans, cheese, eggs, and tofu are the most common choices.

Since the proteins are being used to quell hunger, you should only eat as much as you need. As this diet progresses, you will find you will need less and less. One very good way of eating only as much as you need is what I call the “quarterburger” strategy.

<B>**The Quarterburger Strategy**

I make hamburgers and cut them in quarters—hence the term “quarterburger.” If I am hungry I will have a quarterburger with my Shake or meal. If I want another quarterburger, I have it. In the beginning you may need to have four quarterburgers or even more. As you progress, you will find that you may be able to do with fewer and fewer quarterburgers.

Quarterburgers are handy. You can wrap them in plastic wrap and throw a couple in your purse or your briefcase (refrigerate if you need to keep them for more than three hours). You can eat them throughout the day. If you prefer chicken as your protein source, then just imagine a quarterburger quantity of chicken, but the concept is the same. You can eat a quarterburger piece of steak or tofu or cheese. The important thing here is to only eat as much as you need.

**Shakes**: You can have a Shake any time you want. In fact, the more Shakes the better. You should make at least one Shake (about 6 cups) per day and keep it around in the fridge, in a thermos, or at work, which you can use to head off cravings and hunger. One Shake a day is a good starting point. I cannot emphasize too strongly how important the Shakes are. They are nutritious and quell the cravings.

**Fruits**: You can eat whatever fruits you want because they are not Addictocarbs, however, I would keep certain things in mind. Pineapples, watermelon, and dates are high in calories and have easily absorbable sugars so while they do not cause cravings, they are relatively high in calories and their easily absorbed sugars are not good for diabetes. Bananas are acceptable in the Shakes, because after all, you can only consume so many bananas in shakes, but eating a banana every half hour around the clock is going to add up to lots of calories. The same is true for avocados; in moderation they are fine, and by “moderation” I would say no more than half an avocado per day.

**Vegetables**: You can have vegetables—any vegetables—but they cannot be breaded. Eggplant parmesan is fine as long as the eggplant is not breaded. Vegetable tempura is off limits because it is coated with flour, which is an Addictocarb.

**Salads**: Make your salads with oil and vinegar dressings. Other dressings may be okay, but you must check the labels to make sure they are not full of sugars or high fructose corn syrup. If a regular salad does not satiate you, then why not try my son’s special burger salad in the recipe section (page TK)?

<A>**ADDICTOCARB ALTERNATIVES**

What are Addictocarb Alternatives? These are foods that I have compiled over the years that fit neatly into the framework of the Addictocarb Diet. They often resemble the Addictocarb that they substitute for, like “mashed cauliflower” instead of mashed potatoes. They do not induce cravings, and can sometimes suppress cravings. I have recommended these foods to my many patients over the years, and their feedback has been invaluable in evaluating these foods. Some of the foods are simple and self-explanatory. Some of them have an interesting story, like Dreamfields® Pasta.

<A>**THE PASTA ALTERNATIVE**

<B>**Dreamfields® Pasta**

Pasta is my favorite food, and quite frankly, I am not sure how I would survive without Dreamfields® pasta.

While pasta is an Addictocarb, *this* pasta is not an Addictocarb. Why? This pasta company has done something ingenious, so that it will *not* cause pasta-like cravings, it will *not* cause an Addictocarb-like increase in blood sugar, and it will *not* cause weight gain. Most importantly, it does these things without changing the taste and the texture of the pasta. Let me explain.

Dreamfields has come up with a way to make pasta that renders the carbs much less digestible. It is beautifully explained on the company’s website,[[15]](#footnote-15) but the gist is that while it is made of the same ingredient as regular pasta (durum wheat semolina), it contains an added mix of harmless fibers and wheat protein[[16]](#footnote-16) that set up barriers to digestive enzymes. These ingredients make the pasta more difficult to digest, making it functionally more like fiber. If you do not digest the pasta, then you don’t gain weight, it does not raise your blood sugar, and it will not cause cravings. With Dreamfields® you will get only a fraction of the cravings associated with regular or whole wheat pasta. Is it perfect? No, but it is close.

There are still some caveats with this, which are also true of traditional pasta: The longer you cook it, the more caloric it becomes and the more likely it is to raise your blood sugar. The pasta should be cooked *al dente* (Italian for “to the tooth,” meaning pasta should have some “bite” to it).

When I first heard about this pasta, I was incredulous. I had tried every whole wheat pasta on the market and tried every low-carb pasta that I could get my hands on, both boxed and fresh, With each pasta that I tried, I would meticulously and obsessively check my blood sugar every hour; all of them raised my blood sugar unacceptably until I found Dreamfields®. In fact, I was dumbfounded when I saw my results; it simply did not spike my blood sugar.

The last thing I want to say about this pasta is that it is—to my taste—indistinguishable from regular pasta. I was the only one in the house watching my blood sugar and the only diabetic, so I would make this pasta for myself and continue to make the regular pasta for my wife and kids. Then my wife and kids tasted Dreamfields® and found it comparable to regular pasta, to the point where I no longer make them separate pasta. They are happy with the Dreamfields® I began to recommend it to my patients. I was astounded at the comments that came back. They were telling me that they loved the taste; furthermore, they were not experiencing cravings.

<B> **Other pasta alternatives**

There are some people who, for a variety of reasons, cannot eat Dreamfields® pasta, and they have mentioned to me that they have had similar luck with two other alternatives. One is Jerusalem artichoke pasta, which strangely enough is neither from Jerusalem nor an artichoke. In fact, it ismade from something called sunroot, a species of sunflower, originally cultivated in North America by Native Americans. It is sometimes used as a substitute for potatoes or animal feed and of course here as pasta. While somewhat high in calories is still an extremely healthy food because if its high fiber content, minerals, electrolytes and of course, anti-oxidants. It does not seem to cause regular pasta type cravings and has been shown to be very good for diabetics. I have tried it; it seems quite tasty and has slight effect on my blood sugar. While I accept that it may work I just do not have the breadth of experience with this as I do with Dreamfields® so if any of the readers try and find that it works, or if you find that other alternative pastas like quinoa pasta and the various nut flour and bean flour pastas work for you, please drop me a line on *The Addictocarb Diet* website at Addictocarb.com.

<A>**THE BREAD ALTERNATIVE**

<B>**Wasa® Crisp’n Light 7 Grain crispy crackerbreads**.

These are exactly what the name says. They are crackerbreads. They are crackers that take the place of bread, and they do it quite well. They are made with whole grain wheat, wheat, rye, yellow corn, barley, spelt, whole grain amaranth, and whole grain quinoa. This product is all-natural, does not contain trans-fats, is a good source of whole grain, and, almost unbelievably, contains only 20 calories per slice. (If you need a gluten-free version, try Natural Nectars Cracklbread®.)

I have tested this carefully on myself and found that it does not raise my blood sugar significantly. I also find that it does not induce cravings. I have recommended this to countless patients who have reported to me that this works for them as well. Many of my patients have become fanatical about it. You can get it in most supermarkets, but I just order it from Amazon by the case.

I use this exactly the same way that I would use bread. I use it to make cheese sandwiches, peanut butter sandwiches, turkey or ham sandwiches, or any other kind of sandwiches (my favorites are raspberry and peanut butter sandwiches). Patients have told me they use it like breadcrumbs in dishes like meatballs or meatloaf. I put it on the table just as I would have normally put out bread, and I eat it with soups. I break it up and use it as croutons for salads. I even dip it in olive oil, just like great Italian bread.

<B>**Lettuce Wraps**

While technically this is not a bread alternative, it can be used in certain cases in place of bread. You simply use large leaves of Romaine lettuce in the place of bread or tortillas or buns. As we will see later in the fast food section, some burger places like Carl’s Jr. and Hardee’s use it to sandwich their burgers when you request a bun-free burger. The lettuce provides a crisp, refreshing texture, works well with a variety of filling, and is also gluten free.

<B>**Cucumber Chips**

While I realize that cucumber might sound like an odd bread alternative I do believe that it can function quite well to replace things like tortilla chips or other chips for dipping in things like salsa, guacamole, and hummus.

<A>**THE POTATO ALTERNATIVE OR**   
**THE SWEET ALTERNATIVE TO KILLER POTATOES**

I am passionate about sweet potatoes. That may sound odd. Used as a potato alternative, sweet potatoes will help eliminate cravings and help you lose weight. For me there is another truth. Sweet potatoes have been instrumental in helping me conquer my diabetes.

Sweet potatoes are a relatively high-carb, high-calorie food that fits nicely into the Addictocarb Diet*.* They are low in sodium and very low in saturated fat and cholesterol. Sweet potato is a good source of dietary fiber providing double the amount of fiber that white potatoes do. It also has about half the glycemic index of white potatoes, which is extremely important for diabetics. It has vitamin B6, potassium, vitamin A, vitamin C, and manganese. It is also a great source of antioxidants, which, you will remember, are really good for you. Most important is that sweet potatoes do not cause the kind of addictive behavior regular potatoes do. They do not stimulate the addiction center of the brain, and as a result do not cause the same cravings.

They can be prepared in most of the same ways as regular potatoes: fried, baked, mashed, even as baked as chips, and grated for pancakes.

If you are thinking that one of the most difficult forms of potato to give up is French fries, I am with you on that one. I love French fries. Fortunately, over the past decade or so there has been an explosion of the availability of sweet potato foods, especially fries. While a few years ago virtually all hamburgers came with regular French fries, I now find that you can get sweet potatoes fries almost anywhere. That includes fancy restaurants, take out places, and food fairs. You can even buy them frozen in the supermarket. I am not sure exactly why this has happened, but, this is a real boon for the Addictocarb Diet.

Aside from how much they facilitate weight loss with the Addictocarb Diet*,* sweet potatoes are great for diabetics. I am not re-inventing the wheel here. I know that there are many articles explaining how good sweet potatoes are for diabetics, but for me it is intensely personal. As I have mentioned, I am compulsive about checking my blood sugar, sometimes checking it up to ten times per day. After eating regular potatoes, my blood sugar usually spikes to about 300 which is a danger zone. I have checked my blood sugar after eating all kinds of sweet potato recipes, and repeatedly my blood sugars actually go down, usually down to the very low 100s, which is very close to normal. Perhaps it is because, as some have suggested, that adinopectin, a hormone produced by fat cells—typically low in diabetics— is raised by eating sweet potatoes. But, whatever the reason, I know from personal experience that sweet potatoes work for treating diabetes as well as for weight loss.

After years of being on the Addictocarb Diet*,* I am still surprised and exhilarated when I take my blood sugar after eating sweet potatoes.

Now let’s move on to Step 3.

<CN>**Chapter 7**

<CT>**Step 3: Staying Slim for Life**

This step should ideally last for the rest of your life. The single most important thing about this step is not just the addition of new Addictocarb Alternatives and Accommodations (which I’ll get into below) but rather the sense that you will be making decisions about how to live the rest of your life. You will need to come to some internal understandings of what is right for you.

In my own case, I knew that I needed to lose more than fifty pounds, so I stayed on the diet for quite a long time. Over the past ten years I have found a steady point. My weight fluctuates situationally. For example, I may be going on vacation or out to dinner or to a wedding. When I do this, I keep my decision-making uppermost in my mind. I do not fret when going out to dinner where I know I will be tempted to consume Addictocarbs. I have the security of knowing that if I do, when I get home, I will be having a Shake and it will be there for me when the cravings hit. I think of the Shake as an old friend.

Some things will change in Step 3 and some things will stay exactly the same as Step 2. For a complete list of what foods are and aren’t okay during Step 3, see Appendix TK (page TK).

Drinking the Shakes stays the same. You will still drink them as often as you can The Addictocarb Alternatives that were introduced in Step 2 for potatoes, bread, and pasta are the same. What are new in Step 3 are additional Addictocarb Alternatives for rice*.* Also new are Addictocarb Accommodations, which help you deal with the Addictocarbs you are just not willing, or not ready *yet*, to give up.

As mentioned above, the most important thing about Step 3 is that it is decision time. Now that you have lost some weight and quelled your cravings, you will have to decide how much more weight you want to lose and how badly you want to keep it off. Do you need to lose another thirty pounds? Do you only need to lose ten pounds? Have you lost enough weight, and do you just want to maintain your new contours?

Let’s face it, whether you want to lose more weight or just keep off what you have already lost, you are going to have to give up something. The decision of how many somethings—and how much of each something you give up—will be up to you.

Going forward, for every single Addictocarb that you give up, you will lose that much more weight. If you give up bread only you will lose weight; sacrifice just potatoes and you will lose weight; give them both up and you will lose even more. Throw rice and flour into the mix of things you give up and you’ll be better still; let go of high fructose corn syrup, fruit juices, and sodas and even more weight will stay off.

While I do not mean to belabor the point, the reason the Addictocarb Diet works is because it decreases cravings for Addictocarbs. You do not have to give up all Addictocarbs if you do not want to, but the ones you choose to give up must be given up totally and completely. No, you cannot have just a thinly sliced piece of bread, or a half a piece of bread, or whole wheat bread, or any other kind of bread. You cannot have a few French fries, or just a small piece of cake, or just one small glass of fruit juice. In most diets this whole "eating in moderation" thing purportedly works in the short run; however, it *doesn’t* in the long run. Just a quarter slice of whole wheat bread stimulates the addiction center of the brain. In order to not have that stimulation you must stay off bread completely. If you fall off the wagon, then you acknowledge it and deal with it, but you simply cannot delude yourself into thinking that by just limiting an Addictocarb you will be able to stay slim. You won’t.

Those who treat alcoholics know about the “slippery slope” principle. Some alcoholics go through detox and rehab and then return to real life. Pretty soon they convince themselves that they have their addiction under control, and wouldn’t it be nice to have just one glass of white wine or one bottle of beer a day? One glass becomes two glasses, then an entire bottle or six-pack, and finally a full blown binge. It’s the same with Addictocarbs. Telling yourself you can have French fries once a week is a slippery slope back to obesity. Once you start stimulating those addiction centers in the brain, your cravings will overwhelm you.

In Step 3 you will get to make your decisions with another Addictocarb Alternative added to the mix. This time the subject is rice. You couldn’t have this alternative in Step 2, but in Step 3 you may, in addition to Addictocarb Alternatives for pasta, potatoes, and bread. Granted, rice might be the one Addictocarb you choose to live with, but before you make that decision, I urge you to try the rice Addictocarb Alternatives.

Let’s talk about these new choices, and then we will discuss the decisions you have to make.

<A>**RICE ADDICTOCARB ALTERNATIVES**

Kasha and quinoa are Addictocarb Alternatives to rice Let’s discuss these one at a time.

<B>**Kasha**

Kasha is a high-calorie, high-carb Addictocarb Alternative to rice that is nutritious, protein packed, gluten free, and delicious. It would be banned by many low-carb diets. 3/4 cup of prepared kasha has 170 calories and 35g of carbs. It is high in fiber and antioxidants and is an excellent source of protein.

Kasha, or buckwheat groats, is technically not a grain, even though it looks like a grain, tastes like a grain, and has the texture of a grain. It is technically a fruit or a seed. In a culinary sense, however, it is a grain and, like rice, can even be boiled or steamed. You can use it as an accompaniment to foods just as you would use rice, and you can use it to lay down a bed on which to put things like pot roast, shish kebobs, and fish. You can eat it with stir-fried vegetables and in soups.

The recipe is in the recipe section (page TK).

<B>**Quinoa**

Quinoa has been a staple for thousands of years in the Andes region of South America. It is usually considered to be a [whole grain](http://vegetarian.about.com/od/ingredientsandadditives/tp/Seven-Types-Of-Whole-Grains.htm), though it is actually a seed, and it can be prepared like a whole grain and substituted for rice. It has higher protein content than most whole grains and **provides all essential amino acids**, making it a complete protein. Quinoa is a **gluten free and cholesterol free**. One cup of cooked quinoa has 220 calories, 3.5g of fat, 5g of fiber, 40g of carbs, and **8g of protein.**[[17]](#footnote-17)**–**[[18]](#footnote-18)

The United Nations General Assembly declared 2013 as the “International Year of Quinoa.”[[19]](#footnote-19) From the standpoint of this diet, it serves as an excellent Addictocarb Alternative for rice. Like many of the things on this diet, it has lots of carbs and calories, but it is a good Addictocarb Alternative because it does not cause as much in the way of cravings or rise in blood sugar compared to rice.

It is very easy to prepare, and in this way it is similar to rice. Like rice, you simply **cover it with water or vegetable broth and boil until soft for about fifteen minutes**. You can even cook quinoa in a rice cooker, which as far as I am concerned, is poetic justice. You can also use it as a breakfast cereal, similar to oatmeal. I have a number of recipes in the recipe section on ways to prepare quinoa (page TK), but the bottom line is that it is an Addictocarb Alternative for rice and can be used in any way that you can use rice.

One further point is than quinoa also comes in pasta form and so can be used as an Addictocarb Alternative to pasta as well (though in truth it pales next to Dreamfields® in terms of taste and texture).

Now that we have discussed the Addictocarb Alternatives to rice, it is time to bring up the concept of Addictocarb Accommodations.

<A>**ADDICTOCARB ACCOMMODATIONS.**

Perhaps you are thinking, “Meet me half way, doc. I really don’t want to give up rice/pasta/flour.” The Addictocarb Accommodation is me meeting you half way in Step 3. You might not lose as much weight or as quickly, and you’ll have a bit more of a struggle keeping it off, but before you consider going back to white rice, semolina pasta, and white flour, try to acclimate yourself to these accommodations. For rice the Addictocarb Accommodation is brown rice; for pasta it is whole wheat pasta, and for flour the Addictocarb Accommodation is whole wheat flour.

The important thing to understand about these Addictocarb Accommodations is that they *do* cause cravings, and although they *are* fattening and they do raise blood sugars, they are not as bad as their white counterparts. So you must decide how much weight you want to lose and let that decision guide you in deciding whether to stay at Step 2 a bit longer to enter into Step 3 and make choices given your new Addictocarb Alternatives and Addictocarb Accommodations options.

<A>**DECISIONS**

When it comes to people making decisions on their weight loss prerogatives, I have a perspective based on my experience with patients. I have found that when I explain the concept of Addictocarbs to patients they listen intently, but as soon as I mention *giving up* Addictocarbs their eyes gloss over, their bodies tense, and I lose their attention. The concept of giving up all Addictocarbs is just too overwhelming. However, when I point out that you can start with giving up *only* *one* Addictocarb and you will lose weight, they breathe a sigh of relief, relax, and start listening again. That is why as patients enter Step 3, I always ask them one important question. It is the same question I ask of you, the reader. Take a moment to reflect before you read on. Are you ready? Here it is:

Which one Addictocarb is your worst enemy? Pick one from among *bread, potatoes, pasta, flour, rice, sugar, high fructose corn syrup, fruit juice, and soda*.. Write it down right here:

<Designer: Please create box shown below as reference>

**MY WORST ADDICTOCARB FOOD**

I then tell the patient to give up that one Addictocarb and nothing else. Of course, you can still have Addictocarb Alternatives and Accommodations, but you need to pick one Addictocarb to give up completely.

I can tell you from dealing with patients over these many years that getting a patient to give up just one Addictocarb works. When I tell this to my patients, their usual response is, “Only one thing, I think I can do that.” I have been pleased by how many patients have lost weight by just giving up one Addictocarb, if it is the right Addictocarb. Let’s face it, if you decide to give up pasta and you rarely actually eat pasta, it will not help. You must give up the one that causes you the biggest problem. What I have found is that once people are able to give up one, they will eventually be ready to give up another, and then another. To help make this easier I have an Addictocarb Choice Tool here that will aid you in this.

THE ADDICTOCARB CHOICE TOOL. This is meant to determine which three Addictocarbs are your worst enemies and ultimately which one is the absolute worst. The amount of weight you will lose on the Addictocarb Diet will be determined by how many Addictocarbs you give up totally. After you have successfully given up one Addictocarb, you can move on to the next, and the next one after that. Some people can do very well if they only give up one Addictocarb, especially if that one is their worst offender. If you can give up three Addictocarbs, your weight battle will be mostly won. If you have diabetes like me, you may need to give up most, or even all, Addictocarbs.

<Designer: Please create table shown below as reference>

**The Addictocarb Choice Tool**

|  |  |  |
| --- | --- | --- |
| **Pick three foods from this column that you feel you crave the most and list them in the next column.** | **After you have listed 3 foods from column 1 here in this column, pick just one food and list it in the next column. This should be the number one food you crave.** | **Here is the worst Addictocarb and the one you should probably give up if you are only going to give up one.** |
| Bread | **1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Flour (if flour is too big a category you can just pick things like cookies or cake) |
| Pasta |
| Potatoes |
| Rice | **2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Fruit juice |
| Soda |
| High fructose corn syrup | **3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

Everyone is different, and everyone has different Addictocarb addictions, but I have found that if you are going to start with only one Addictocarb, then the most effective one from a weight loss perspective should be either bread or potatoes. But for some people it may be pasta, or rice, or high fructose corn syrup, or fruit juices and sodas. So the biggest decision you will need to make in Step 3 is which *one* Addictocarb is your worst addiction and commit to yourself that you will banish it from your diet.

If you feel you can banish two or three Addictocarbs, all the better. But the reality is that it is better to pick one Addictocarb and work at eliminating it from your diet than to try to banish four Addictocarbs and fail at all of them. It is important on this diet, as it is in most things in life, to meet with success. You should start with easily attainable goals. Giving up just one Addictocarb is a great place to start.

<A>**LOSING THE BURDEN OF ADDICTION**

I am exhilarated by the feeling that I am no longer in the throes of addiction. It is a tremendous feeling of freedom and accomplishment. Even after being thin for the past ten years, I still get that feeling. It is the feeling of a free man who was once enslaved. I have spoken to other addicts about their past addictions. They, too, are relieved to be free of the burden of feeling compelled to indulge their addiction, though they are forever wary of the way back.

The simple act of walking down the cookie aisle of a supermarket and not feeling compelled buy some is to me a true definition of freedom. I can say to myself that I am still an addict, but I also know that I have overcome that tremendous pull that I have suffered with most of my life. I realize now, in retrospect, the agitation I used to feel while walking down those aisles—the need to buy something addictive, and the need to get home and rip the bags open. That compulsion is gone. Sure, I sometimes get a little wistful, and when I do I just have a Shake or a bowl of strawberries.

The potato chips aisle was always a tough one for me. As I pass by them, I smile to myself and feel a sense of satisfaction, the same sort of satisfaction as when I think of an old girlfriend. I wish them my best, and while I will occasionally have a wistful thought about them, I am quite happy that it is only a passing thought. I remember the old heartache, but it is not so bad anymore because I am in a new, much healthier relationship.

I can walk by an open air restaurant and see people eating French fries. I see the mountains of bread stacked in basket on their tables. It still looks and smells wonderful, but I do not get that underlying gnawing that I must have some. I remember how gratifying it used to be, and know that it could be so satisfying again, but I know that it could never really work out between us. I know that the relationship we had was just too self-destructive. So I just smile to myself, take a deep self-satisfied breath, and walk on by. I am enthralled by how I have moved on to new relationships that may be less intense, but far more satisfying.

I have found that Step 3 is when patients seem to come up with the most questions. As a result, I have compiled a list of questions from patients that are either most frequently asked, or some that I just thought were really insightful. I also welcome any more questions, which you may ask on my website at www.Addictocarb.com

I have found that the most commonly asked questions on the diet are those that are not about the diet, but rather falling off the diet, so I will address that issue first.

<BM>**Appendix B**

**What to Eat and What to Avoid**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **STEP 1** | | **STEP 2** | | **STEP 3** |
| **Eat** | **Don’t Eat** | **Eat** | **Don’t Eat** | **Eat** |
| Shakes  Fruit, if craving/need to cheat  Coffee | Anything except for what is on the “Eat” list | Sweet potatoes (boiled, baked, or fried)  Wasa Crisp’n Light crackers (and anything made from them, including croutons)  Dreamfields® pasta  Kasha  Quinoa  Wild rice  Yogurt  Cottage cheese  Sour cream  Coffee  Tea  Alcohol  Meat  Fish  Chicken  Turkey  Tofu  Beans  Lentils  Nuts in moderation of all kinds (especially almonds and peanuts)  Fruit (any type except figs and dates, including apples, pears, peaches, strawberries, raspberries, blackberries, blueberries, cantaloupe, watermelon, mango, tomatoes, grapefruits, lemons, limes, banana, grapes, nectarines, pineapple, cherries)  Vegetables (carrots, cauliflower, broccoli, Brussels sprouts, beets, celery, onions, garlic, avocado, tomatoes, spinach, squash, mushrooms, egg plant, zucchini)  Vegetable juice  Skim milk  Nut milk (almond or cashew)  Soy milk  Soy  Unsweetened gum  Addictocarb-Free Pancakes (page TK)  Cauliflower pizza (page TK) | Pasta (spaghetti, linguini etc.), except for Dreamfields and quinoa pastas  Flour (including cake, cookies, brownies, cupcakes, pancakes except the recipe on page TK, breakfast cereals, waffles)  Rice (including rice cakes, rice wine, sushi, rice pasta, rice flour, fried rice, paella, Rice Krispies, rice noodles, rice cereal)  Sugar or sugary foods (including granola, table sugar, sweetened tea or coffee, sweetened alcoholic drinks like rum or other, ice cream)  High-fructose corn syrup (Check ingredients list on products to see if they contain this. Includes some ketchups, many breakfast cereals, many syrups, many salad dressings, many ice creams, some flavored yogurts, barbecue sauce, processed snacks, canned baked beans, canned fruit, some bottled applesauce, candy, candy bars, granola bars, some health and nutrition bars)  Fruit juice or anything that contains fruit juice  Candy (including milk chocolate, and any chocolate with less than 65 percent cocoa)  Soda (diet or regular)  Potatoes (including French fries, baked potatoes, potato rolls, potato salad, home fries, mashed potatoes, potato chips, potato soup, potato skins, potato pancakes, potato gnocchi, potato flakes  bread, sandwiches [with bread], hamburger rolls, hot dog rolls, olive bread, raisin bread, sourdough bread, rye bread, pumpernickel bread, corn bread, pizza, crackers of any kind except Wasa Crisp’n Light, bagels, bread pudding, croutons, toast, tacos, quesadillas, burritos except for the insides, chicken fried anything, French toast bread in store-bought meat balls and meat loaf) | There is no real difference between the foods you can and cannot eat between step 2 and step 3.The main issue here is the decisions you have to make on how thin you want to be. You will become and stay as thin as you want based on the number of Addictocarbs you give up. For every Addictocarb you give up you will be that much thinner. If you’re trying to lose weight, continue to give up Addictocarbs until you reach your desired weight.  Some people, once they hit their target weight, will be fine just staying off bread and potatoes. Many people will also want to give up flour.  If you are a diabetic you may need to give up most if not all Addictocarbs, but remember you can always have Addictocarb alternatives for bread, rice, and potatoes and if you must, Addictocarb Accomadations such as whole wheat pasta or brown rice.  Just bear in mind that every time you give up an Addictocarb it becomes that much easier to give up the next one. |

1. <FN> The Agriculture Fact Book published by USDA.gov [↑](#footnote-ref-1)
2. <FN> http://www.diabetes.org/diabetes-basics/statistics/ [↑](#footnote-ref-2)
3. <FN>Journal of Agriculture and Food Chemistry, 44:701-705; 3426-3343, 1996; 46:2686-2693, 1998)Ronald L. Prior, Ph.D, at the Jean Mayer USDA Human Nutrition Center on Aging at Tufts University,

   [↑](#footnote-ref-3)
4. <FN> Dietary strawberry powder reduces blood glucose concentrations in obese and lean C57BL/6 mice, and selectively lowers plasma C-reactive protein in lean mice. [Br J Nutr.](http://www.ncbi.nlm.nih.gov/pubmed/22293281) 2012 Nov 28;108(10):1789-99. doi: 10.1017/S0007114512000037. Epub 2012 Feb 1. [Parelman MA](http://www.ncbi.nlm.nih.gov/pubmed?term=Parelman%20MA%5BAuthor%5D&cauthor=true&cauthor_uid=22293281), [Storms DH](http://www.ncbi.nlm.nih.gov/pubmed?term=Storms%20DH%5BAuthor%5D&cauthor=true&cauthor_uid=22293281), [Kirschke CP](http://www.ncbi.nlm.nih.gov/pubmed?term=Kirschke%20CP%5BAuthor%5D&cauthor=true&cauthor_uid=22293281), [Huang L](http://www.ncbi.nlm.nih.gov/pubmed?term=Huang%20L%5BAuthor%5D&cauthor=true&cauthor_uid=22293281), [Zunino SJ](http://www.ncbi.nlm.nih.gov/pubmed?term=Zunino%20SJ%5BAuthor%5D&cauthor=true&cauthor_uid=22293281). Source Department of Nutrition, University of California, Davis, One Shields Avenue, Davis, CA 95616, USA. [↑](#footnote-ref-4)
5. <FN> Protection Against Esophageal Cancer in Rodents With Lyophilized Berries: Potential Mechanisms [Gary D. Stoner](http://www.ncbi.nlm.nih.gov/pubmed/?term=Stoner%20GD%5Bauth%5D), [Tong Chen](http://www.ncbi.nlm.nih.gov/pubmed/?term=Chen%20T%5Bauth%5D), [Laura A. Kresty](http://www.ncbi.nlm.nih.gov/pubmed/?term=Kresty%20LA%5Bauth%5D), [Robeena M. Aziz](http://www.ncbi.nlm.nih.gov/pubmed/?term=Aziz%20RM%5Bauth%5D), [Tiffany Reinemann](http://www.ncbi.nlm.nih.gov/pubmed/?term=Reinemann%20T%5Bauth%5D), and [Ronald Nines](http://www.ncbi.nlm.nih.gov/pubmed/?term=Nines%20R%5Bauth%5D) [↑](#footnote-ref-5)
6. <FN> http://www.naturalnews.com/029068\_strawberries\_metabolism.html [↑](#footnote-ref-6)
7. <FN> [Crit Rev Food Sci Nutr.](http://www.ncbi.nlm.nih.gov/pubmed/15077879) 2004;44(1):1-17. Potential impact of strawberries on human health: a review of the science.

   [Hannum SM](http://www.ncbi.nlm.nih.gov/pubmed?term=Hannum%20SM%5BAuthor%5D&cauthor=true&cauthor_uid=15077879). [↑](#footnote-ref-7)
8. <FN> http://www.driscolls.com/nutrition-health/berry-nutrition-facts/strawberry-nutrition [↑](#footnote-ref-8)
9. <FN> http://www.arthritistoday.org/what-you-can-do/eating-well/arthritis-diet/strawberries-inflammation.php [↑](#footnote-ref-9)
10. <FN> http://www.cascadianfarm.com/products/product\_detail.aspx?cat=9&upc=0-21908-53001-7 [↑](#footnote-ref-10)
11. <FN> http://www.cascadianfarm.com/products/product\_detail.aspx?cat=9&upc=0-21908-53001-7 [↑](#footnote-ref-11)
12. ## <FN> Milk supplementation facilitates appetite control in obese women during weight loss: a randomised, single-blind, placebo-controlled trial.[Br J Nutr. 2011; 105(1):133-43](http://reference.medscape.com/viewpublication/3792) (ISSN: 1475-2662) Gilbert JA; Joanisse DR; Chaput JP; Miegueu P; Cianflone K; Alméras N; Tremblay ADivision of Kinesiology, Department of Social and Preventive Medicine, Faculty of Medicine, Laval University, Quebec City, QC, Canada G1K 7P4

    [↑](#footnote-ref-12)
13. ## <FN> Increased consumption of dairy foods and protein during diet- and exercise-induced weight loss promotes fat mass loss and lean mass gain in overweight and obese premenopausal women. [J Nutr. 2011; 141(9):1626-34](http://reference.medscape.com/viewpublication/6868) (ISSN: 1541-6100) Josse AR; Atkinson SA; Tarnopolsky MA; Phillips SM Exercise Metabolism Research Group, Department of Kinesiology, McMaster University, Hamilton, ON, Canada.

    [↑](#footnote-ref-13)
14. ## <FN> Effects of various forms of calcium on body weight and bone turnover markers in women participating in a weight loss program.[J Am Coll Nutr. 2007; 26(5):456-61](http://reference.medscape.com/viewpublication/6250) (ISSN: 0731-5724) Wagner G; Kindrick S; Hertzler S; DiSilvestro RA Human Nutrition, The Ohio State University, 345 Campbell Hall, 1787 Neil Ave, Columbus, OH 43210-1295, USA

    [↑](#footnote-ref-14)
15. <FN> http://www.dreamfieldsfoods.com/faq-search.php#!prettyPhoto/1/ [↑](#footnote-ref-15)
16. <FN> pectin santham, inulin, what glitins and potassium chloride) [↑](#footnote-ref-16)
17. <FN> http://vegetarian.about.com/od/glossary/g/whatisquinoa.htm [↑](#footnote-ref-17)
18. <FN> http://lowcarbdiets.about.com/od/CarbsInGrains/a/Carbs-In-Quinoa.htm [↑](#footnote-ref-18)
19. <FN> http://www.fao.org/quinoa-2013/en/ [↑](#footnote-ref-19)