

Step 5: Amplify

Amplify your results through simple strategies

Why is this step important?

In Step 4, you started adopting a new way of eating. You ensured that you add right amount of the different food groups - grains, fruits, vegetables, proteins and calcium to your diet. You also managed to find a way to continue to eat and drink what you enjoy without sacrificing much.

Remember, we didn't get to talk about soda or chips or sugar or coffee that you may be consuming. Now is the time to begin to work on small changes that really amplify your results.

Yes! 3 'S' s - Small changes, Steady progress, Slow pace.

There is no hurry.

Through this step, you'll begin to lose the extra fat in small quantities and your ailments will begin to bother you much less. So let us begin...

Fact 1: Research has shown that when you are served larger portion sizes, you tend to consume more calories. Portion size is associated with body weight.

Strategy 1: Begin to consume smaller portions of everything. It will result in weight loss and weight management.



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Strategy 2: When you order out your meals or drink, always ask for small or medium size if you were used to ordering large. In a future training, you will learn how to feel totally satisfied eating smaller portions.

Fact 2: If you consume more sugar-sweetened beverages, you will have higher body weight compared to those who drink less.



Strategy 3: Reduce the intake of sugar-sweetened beverages by drinking fewer of them per week.

Strategy 4: Consume smaller portions of the beverage each time you drink.

Strategy 5: Get into the habit of reading the ingredient list.

It will tell you if it is whole grain or refined or enriched, and any other additives and preservatives that are used. Less the number of additives present, the better. It is wise to get the iron or potassium directly through the food than through the added chemicals, because that is what the body can absorb well.

General formula is if you don't understand clearly what is listed, you should be cautious. Be an educated eater.

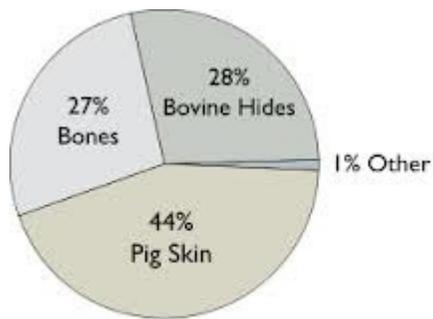
Let me share my experience. When I was new to the US, I never understood any of the ingredient names. One day, I happened to note down the ingredients of strawberry flavored Yoplait.

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, High Fructose Corn Syrup, Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Natural Flavor, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D3

I had assumed that whatever I didn't understand were still safe. After all why would anyone put anything unsafe in snacks or food? I can't tell you how shocked I was after some research to know what gelatin was and what carmine color was.

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Most **gelatin** comes from the hides and bones of animals.



Materials Used in Gelatin Production

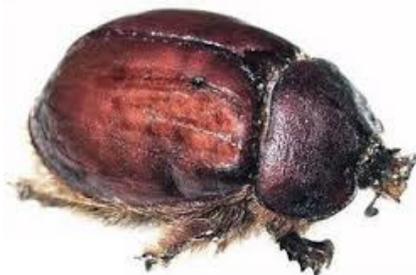


If a gelatin comes from a source that is neither animal- nor dairy-based, it is pareve, meaning it is a neutral food. This type of gelatin comes from carob beans, agar-agar, guar gum and xanthan gum.

If gelatin does not come from an animal that Judaism considers unclean, such as swine or certain types of shellfish or shallow-water fish then it is Kosher. Deep-water fish may be used in the preparation of kosher gelatin. In short, gelatin may be kosher if the animal it came from was kosher, but all forms of vegetarian gelatin are considered kosher.

So when I read “Kosher Gelatin” I was unsure if it was from an animal source.

Carmines is crushed bugs. Yes, bugs! The female cochineal beetles and their eggs, to be exact.



I did not eat the yogurt with the crushed bug, but I had eaten candies that had boiled bones when I was totally ignorant of what gelatin was.

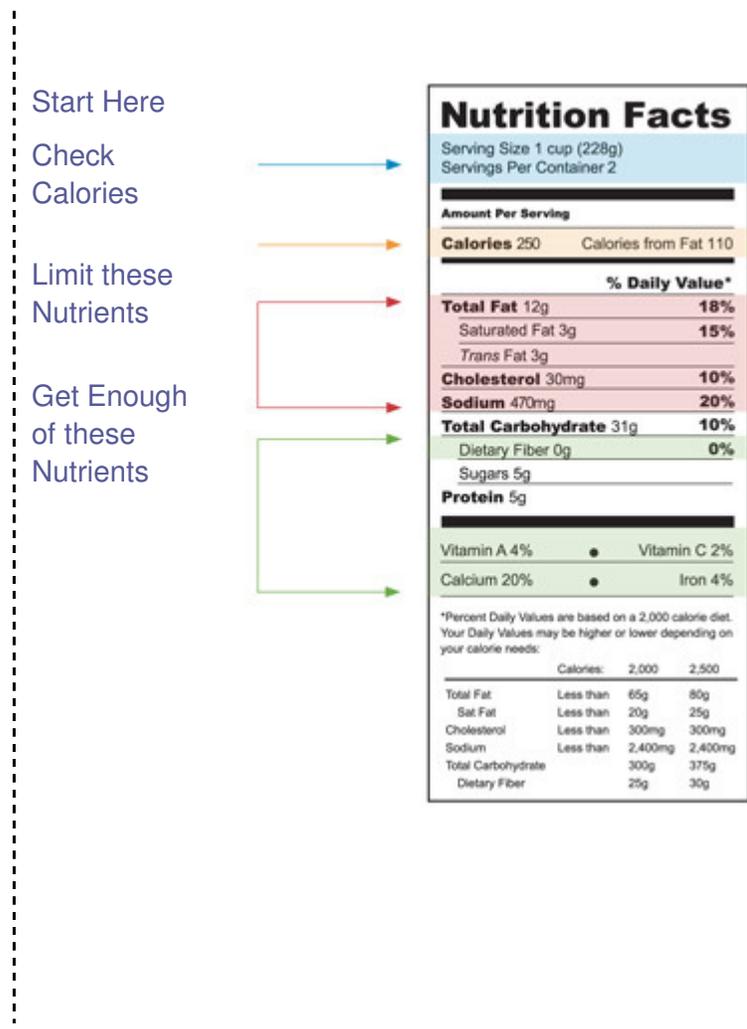
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P.S: You are eating these ingredients NOT for any nutrient value of them, but for factors irrelevant to health like color and consistency.

Strategy 6: Get into the habit of reading the Nutrition Facts label when shopping

- to track your calorie intake and number of servings
- to make healthy food choices by serving smaller portions and selecting items lower in fats, salt, and sugar and higher in fiber and vitamins

FIGURE 1. Nutrition Facts Label



Strategy 7: When preparing foods at home, replace solid fats (e.g., butter) with vegetable oils that are rich in monounsaturated fatty acids like canola, olive, and safflower oils or polyunsaturated fatty acids like soybean, corn, and cottonseed oils.

Amplification Worksheet

1. Note down any and all foods you eat that don't come under the 5 food groups – chips, chocolates, ice-cream, soda, coffee and so on.

2. Note down how many times a day or week you eat each of the above foods

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3. Write down by how much you are willing to cut down each of the above foods just for a week without feeling deprived. In other words, your lowering it down should not make you miss the loss much. Commit here in the written form.

Write “I commit to only eating for the next week”.

4. Come back here after a week and write down how it feels having cut down. Was it too much? Do you feel like going back to the original amount? Do you feel comfortable and are happy to cut down more? Be honest with yourself.

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5. If you are not ready to cut down more, will you commit to maintaining the last week's reduced quantity of the food items for one more week. Commit here in the written form. Write "I commit to only eating for one more week".

6. If you are ready to cut down more for the following week and you feel you won't miss it much, how much is it going to be for each item?

Write "I commit to reducing further and will only eat for the next week".

7. As you continue this iterative process, over a course of a month, 2 months or 3 months, imagine where you will be in your eating. Write down how you will look and feel. Will you be slim? Will you have more energy? Will you feel light?

(When I create the audio version I'll actually guide you into a visualization practice with my calm yet inspiring voice so you will take action.)
