

EAT RIGHT NEWSLETTER

Eating Healthy, USA's Burn 500 Healthy Eating and Weight-Loss Program Newsletter.

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Newsletter Date: Jan. 1

Year 2014, Issue 1

You can't outrun your appetite



All the exercise in the world won't help you lose weight, if you don't eat right from the start of the day.

I don't think anyone would disagree with me that it's easier to gain a pound than lose one?

One can eat a BK Triple Whopper Cheese Burger in about 3 minutes. Add a large fry and chocolate shake and that fast food meal could be eaten in

under 10 minutes, usually while driving back to work. The calories from these foods are 1230, 540, 920 respectively. Add those all up and it's a total of 2690 calories eaten for lunch. Now let's take a look at the other side of the coin. The amount of time required to burn 2690 calories through exercise. In the case of walking-12 hours, playing tennis-7.5 hours or aerobics-6.5 hours.

We can see why we can't outrun our appetite; we can consume calories at a ratio 100:1 to as much as 1500:1 times per minute that which we can burn calories through exercise. From these ratios it becomes apparent that exercise, while great for psychological reason and stress reduction, has little or no effect if you are not eating right in the first place. The American College of Sports Medicine states that the most weight that a typical person can lose from exercise is about 3%. Now here's the kicker. While the sports industry promotes a number like 200 calories burned an hour for walking or 500 burned an hour on the stair master, the scientific community disagrees. They say that about 50% of the calories we burn are burned because of our body functions that would take place regardless if we were running a marathon or sitting on the sofa. Basically the posted exercise rates are right, but you would have burned half the calories anyway being a couch potato. This makes the split second smart food choices can make even more important as they may save you countless hours in the gym.



Super Food of the Day

Carrots.

Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients. The areas of antioxidant benefits, cardiovascular benefits, and anti-cancer benefits are the best-researched areas of health research with respect to dietary intake of carrots. Carrots are full of vitamin A, which also helps your skin repair itself.

What is FWB?



In this case FWB does not mean "Friends with Benefits" it means "Foods with Benefits."

While we know that many poor food choices can have negative health effects, selecting certain super foods can have positive effects. That's right, FWB can also be called curative foods.

Plenty of studies have been done based on geography and key food groups that relate to the number of chronic diseases per 100,000 inhabitants. We find in Asia that garlic, ginger, scallions and peppers are common to groups of people with less than 1 per 100,000 inhabitants having chronic disease like cardiovascular, diabetes or cancer. That's about 50 times less the rate in other advanced countries. Are we to say that these foods are the reason for low rates or the fact that they eat less red meat, and tend to be more vegetarian? We tend to find healthier populations who eat





Hi, I'm Chef Charles Michael creator of the Burn 500 Healthy Eating and Weight-Loss program where we teach people to eat right to lose weight and reduce their risks of diet related chronic diseases. The Program is a 16 week course available on line and offline to help you eat right for your health. It's based on Chef's own 100 pound successful weight-loss. Each week a different aspect of healthy eating and weight-loss is covered from emotional eating to selecting the exact calorie level to lose weight.

We have a host of information both free on our blogs and YouTube Channel and by online subscription or our offline course books. The program centers on identifying each participant personal point of weight loss and them helping them eat more and more foods with fewer calories to get there. If it took you 50 years to put on those 50 pounds, losing it in a year should be a snap. For more information on how to eat right to lose weight and reduce your risks of diet related chronic disease please visit the www.Burn500.com website.

Weight-Loss is no mystery if you know your exact calorie level where you neither gain nor lose weight; then eat under it?

www.myPersonalPointofWeightloss.com



FWB Continued:

a Mediterranean diet. Is it the olive oil, fish, wine and fresh vegetables that make the population healthy? Or is it the fact that people exercise often, work physical labor jobs and have few fast food restaurants to eat at?

Nothing can say it better than Hippocrates saying, "Let food be thy medicine, and medicine be thy food." Our goal is to make you aware of positive food health claims and let you focus on further researching these items that may pertain to your needs. The next time you select a food, check out its health benefits. The Burn 500 program lists over 250 super foods and their health claims. We don't endorse nor condemn the claims; we just hope to inspire you to try new foods.

To learn more about over 250 "foods with benefits" visit www.Burn500.com.

RU Fat?
Find out your BMI and how much you need to lose to return to normal!

www.FYIBMI.com.



A healthy diet involves eating all colors of fruits and vegetables.

What is a Healthy Diet?

Eating in a healthful way is not about an individual food item, meal or what was eaten in a given day. It's about your total intake over the course of a weeks, months or years. Follow these basic guidelines for eating healthy:

1. Eat all the fresh fruits and vegetables you want, check canned or frozen for best choice.
2. Select whole grains when possible; compare refined products for best choice.
3. Select the leanest cuts of fresh meat, fish, and chicken. Trim fat or skin before eating.
4. Select fat free dairy products when possible.
5. Select olive oil or canola oil to cook with, eat no more than $\frac{1}{4}$ cup of nuts at a time.

6. Avoid sweets and empty calories from junk foods.
7. Drink plenty of water, because that means you're not drinking sweetened sodas, juices or other drinks.

Also important to eating healthy and weight-loss is keeping your metabolism going. You should eat your biggest meals of the day at breakfast and lunch when you need calories. A smaller dinner will allow fewer excess calories not used during the day to be stored as fat while you sleep if they are not used. Don't forget your mid morning and mid afternoon snacks and skipping meals is one of the worst ideas you can make to lose weight.

To learn more about what a healthy eating plan consists of visit www.Burn500.com.



Healthy Eating, USA is a group of companies, lead by Chef Charles Michael, dedicated to helping people lose weight to avoid diet related chronic diseases. For advertising inquiries, information about our wellness consulting or media inquiries please email ChefCharlesMichael@gmail.com or visit www.ChefCharlesMichael.com