

Lose Weight with Fast Food

*Safely eat at fast food joints without
packing on the pounds*



Jo Story

Lose Weight with Fast Food Copyright © 2015 by Jo Story.

All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles or reviews.

Book and Cover design by Jo Story

First Edition: February 2015

CONTENTS

CONTENTS.....	III
DITCH THE CARBS!.....	1
FATS ARE NOT THE ENEMY.....	5
PROTEIN, PROTEIN, PROTEIN!.....	7
FAST FOOD CHOICES.....	10
ACKNOWLEDGMENTS.....	14
ABOUT THE AUTHOR.....	15

Ditch the Carbs!

“There are essential amino acids and essential fatty acids, but there is no such thing as an essential carbohydrate.” ~

Richard K Bernstein, MD

If you've seen the documentary "Super Size Me" about ten years back, then you may remember how Morgan Spurlock "supposedly" gained 25 pounds while eating only McDonald's food. The problem is that his caloric intake did not equal what his nutritionist told him he was eating. Obviously, there were some false data somewhere.

A few years later, Tom Naughton created a documentary in response to the above film, titled, "Fathead". This film showed how ridiculous Morgan's claims were regarding fast food, such as the fact that fat makes people fat. His approach was to keep the carbohydrates to a minimum, while eating the protein and low carb veggies. He did eat the buns, more or less, but he didn't do that every day. At the end of the film, he had lost 12 pounds, with his overall cholesterol levels being much better than when he first started. (Fat causes cholesterol? Hmm. Look at that last sentence again.)

Many people seem to have this idea that if they ate fast food all the time, they would gain weight. While this can be true, it can also be false. Let me explain. Ever since 1955 when Ancel Keys published

JO STORY

his ridiculously wrong Lipid Hypothesis, we have been fed a load of crap that states that unnatural vegetable oils and grains are better, and that we need to eat low fat foods. That next year, representatives from the American Heart Association warned everyone that the delicious meat and saturated fat we prized all these years was now bad for us, and that we were to eat a low fat diet.

That trend really caught on in the 1980's, however, creating the dangerous "low fat" craze. Instead of the intended result of people getting thinner, people began putting on more and more pounds, because of the low fat products food manufacturers began selling. If you take out the fat, what has to go in its place? Right—more sugar. Without the fat to create a satisfying flavor, more sugar had to go in these products, creating an even worse product, nutritionally.

Eventually, the USDA updated its guidelines in 1992, creating a pyramid of food choices, rather than the previous four food group guidelines. Instead of getting to choose servings from each group, these new guidelines promoted 11 servings **per day** of grains! The recommendation was to consume 300 grams of carbohydrates per day—which is way more than anyone needs in a month.

A side note: What do you think farmers use to increase the weight of their animals before slaughter, to jack up the selling price? If you said grains, you would be correct. But the US government, in all their "wisdom", (and I laugh at that term), said that grains will not cause us to gain weight, if we were to consume them in moderation.

The problem here is that our livers can only process about 40 grams of carbohydrates every three hours, without turning the rest of that into stored body fat. If you were to eat three meals per day, we are talking a maximum of 120 grams of carbohydrates per day that we really need, before it is turned into body fat storage.

To lose body fat, and to get your body to use the stored fat, it would make sense to decrease the amount of carbs you are consuming. It doesn't take a genius to figure out that if our bodies can only process about 120 grams of carbs per day, then to create a deficit, you would need to decrease that amount to 100 grams or

LOSE WEIGHT ON FAST FOOD

less to lose body fat. If you are active, you could get away with around 100 grams per day, but if you are inactive, or you work at a desk all day, then you need more around the lines of 50 grams of carbs per day. Personally, I hate exercise, and I am not active—especially in the winter. So I keep my carb intake to about 30 grams or less per day.

What happens when you drastically decrease your carb intake? Your body normally uses glucose for energy, and what it doesn't use immediately, it stores as body fat for later use. No matter what form of carbohydrates you consume, all of it is turned into glucose. The more carbohydrates you eat, the more blood sugar you have, which in turn, makes your body create more insulin to convert that glucose into fat. It's an evil cycle, because the more your body cannot release the fat to the cells, the more your body tells you to eat. If you eat what the American Heart Association wants you to eat, you feed more and more into this vicious cycle.

The thing about heart disease, by the way, is that the very foods the AHA wants you to eat are the same ones that cause inflammation. Research is now showing that inflammation is what is responsible for heart disease and stroke. Carbs, however, make you gain weight—plain and simple.

So how can you lose weight with fast food? It's really simple—avoid the carbs and eat the meat. But this, for many people, is much easier said than done. Many people (as weird as it may sound) do not know the difference between carbohydrates, proteins, and fats. Let me just give you a quick and simple reminder of what these are.

Proteins are the animal foods that we consume, such as beef, chicken, pork, eggs, fish, etc. While there is protein in dairy foods, it comes in a lesser amount and is therefore an inferior form of protein.

Fats are found in animal foods, such as beef marbling, chicken skin, bacon, and other higher fat meats. They are also found in coconuts, avocados, nuts, and olives. However, not all fats are superior. In fact, in spite of what the “experts” tell us, vegetable oils are very unhealthy and should be avoided like the plague. Saturated and mono-unsaturated fats are best.

JO STORY

Carbohydrates, of course, are the rest of the foods we consume, such as grains, fruits, and vegetables. One time, I tried teaching this woman about macronutrients—fats, proteins, and carbs—but she was so clueless, she had no idea what I was talking about. I tried explaining what carbohydrates were and why they contributed to weight gain. She could not wrap her head around what were carbs and what were vegetables.

I then had to break it down further, and say exactly which foods were carbs—grains, vegetables, and fruits. She said, “Wait—vegetables and fruits are not healthy?” I told her that was not what I was saying. But to lose weight, she really needed to stay away from grains and high sugar fruits. “What are grains?” I told her what grains were and where they were found. She asked, “Pasta’s not a grain, right?” I had nothing further to say to her at that point, because if she was going to be so stupid as to not know the basics of nutrition, we had nothing to talk about.

Practical tip #1—When ordering a fast food meal, skip the fries, buns, and soda. Opt instead for unsweetened tea or water, burgers without the buns, and a salad if desired.

Fats Are Not the Enemy

“Dietary fat, whether saturated or not, is not a cause of obesity, heart disease, or any other chronic disease of civilization.” ~ Andrew Weil, MD

Have you ever studied antique furniture and the size of the chairs, beds, and other items? Did you ever notice how small the average size of clothing from the 1800's was? It is in direct contrast to our furniture and clothing today, because people were generally smaller then than they are now. And there is a big reason for this.

Low fat has become the mantra of the last 50-60 years, and it has had disastrous consequences for human health. As stated earlier, in 1955, Ancel Keys created his “lipid hypothesis” that claimed that saturated fat raises cholesterol, and that cholesterol causes heart disease. But he lied. He had data from many countries to show his theory in practice. However, many of the countries who ate a high fat diet had a low incidence of heart disease and other countries who ate low fat diets had a high incidence of heart disease. He threw out those countries, so he could have a nice even graph line, and instead of being fired or thrown out of research for this dishonesty, he was exonerated and promoted.

Ever since then, nutritionists, dieticians, and doctors have all jumped on the low fat bandwagon. And ever since then, people have become fatter, with more cases of heart disease and diabetes than ever before in human history. Something here does not smell right. If his theory was correct, do you not think we would be healthier than ever before?

JO STORY

But we are not. Obviously, something else is at work.

Even as late as the 1970's, most doctors and nutritionists rejected this theory, because there was no literature or studies to prove this to be true. In fact, it was the opposite that rang true—all the studies pointed to a high fat, low carb diet that provides protection against heart disease and other ailments associated today with high fat. Not one shred of evidence was found, no matter how many research committees were financed. (And there were a lot.)

About that time, a certain politician by the last name of McGovern pushed to have new nutritional guidelines put in place, so that the American people could eat healthier and lose weight. He and his staff pushed for a very low fat diet, with the recommendations of consuming no more fat than what was in an egg per day. The above mentioned doctors and other “true” experts fought tooth and nail over this, only to have their arguments shot down. What pushes this story to a climax is that Mr. McGovern was a big advocate of the Pritikin diet, which allows very little fat. He had no nutritional background, and therefore, was not qualified to make these recommendations to the government. But does this little fact ever stop anyone before or since that time?

So, what am I trying to tell you? Embrace the fat, of course! Cholesterol is as essential to your health as oxygen and water. It is that important, because it regulates your sex hormones, brain processes, skin, hair and nail health and regrowth, as well as the health of your internal organs. What causes heart disease is actually inflammation of the arteries. Arteries get damaged from too many carbs, actually, and cholesterol's role in the arteries is to patch up these holes. When the damage gets to be too great for cholesterol to fight, plaque forms in the arteries, leading to inflammation and heart disease. Eating saturated fat increases your body's abilities to fight this inflammation.

Basically, the more saturated fats you eat, the better your body gets at building up your arteries and immune system. Saturated fats are best, but monounsaturated fats (such as olive oil) do well for you also. Stay away from polyunsaturated (think vegetable and corn oils) and trans fats, as these are unhealthy and unnatural fats.

Practical tip #2—Add extra bacon to your burger for added fat. Try

LOSE WEIGHT ON FAST FOOD

getting your fats from animal sources when eating out.

Protein, Protein, Protein!

“When life gives you lemons, ask for something higher in protein.” ~ Anonymous

All the rage in workout and lifting circles is about protein. Protein shakes, lean protein, cutting carbs but getting protein, etc. It's all with good reason too, because protein contains the building blocks we need for muscle growth, mental health, tissue creation and repair, enzyme and hormone creation, as well as create and repair other chemicals within the body. Without protein, we would literally waste away. So it is a pretty good substance to have in your eating plan.

But there are people who make these claims that plant protein is superior to animal protein. (Mostly, vegetarians and vegans make this claim so they can feel superior to everyone else eating animal protein. “Oh, you eat meat?” they say, thumbing their noses at you, in that superior and militaristic way.) However, there are some very good reasons why plant protein is far inferior to animal protein.

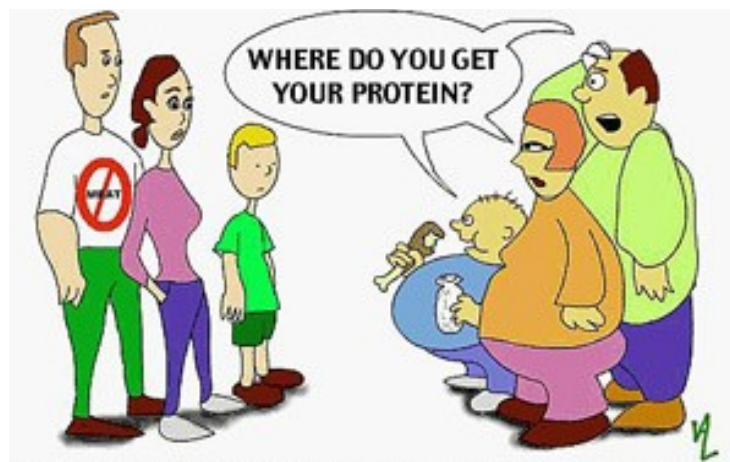
First, several plant proteins come with built in toxins, while some are even toxins themselves, as in the case of wheat gluten. Second, animal protein contains more essential aminos in a complete package compared with plant proteins. Think about this —when have you ever had to combine different meats to get a complete protein? Vegans and vegetarians do this all the time,

LOSE WEIGHT ON FAST FOOD

because plant proteins are not complete, and it is very difficult to get a complete protein from one plant. This is why they combine foods (high in carbs, I might add) like beans and rice to get all the protein they need.

Third, animal protein makes your bones stronger and less likely to break in a fall, while plant protein does not protect you from this. Older people especially need to eat animal protein so they protect their bones from falls. There are many more reasons why animal protein is far superior to plant protein, but suffice it to say that, while it is possible to get protein from plants, the type you get does not give you all the benefits of protein that you would get from animal protein.

There are a lot of misconceptions within the vegan or vegetarian community that if someone ate meat, they would be fat, sick, and stupid. However, this is a completely inaccurate picture, and it is rather insulting. As you learned in the first chapter, carbs are what really puts on the pounds—not saturated fat. Protein, without fat, can do a similar thing, but it takes a bit more protein to put on the pounds. The following picture depicts this misconception very well:



Latest studies: A third of Americans are overweight, and an additional quarter are obese.

JO STORY

The picture above shows how ignorant of nutrition many people are, and it falsely accuses those who eat meat of being dumb. **Interesting side note:** the less animal protein and fat one eats, the less material the brain has to work with, meaning that less synapses are firing, creating less pathways to learn new things. In essence, plant protein makes people dumb, and yet they do not always see this.

In fact, I have talked with certain vegans/vegetarians in my lifetime who thought they were being intelligent, but their statements did not support their hypotheses. I had to stop talking with them, because I just could not match wits with an unarmed person.

The bottom line is that you need protein to live, grow, and be healthy. Animal protein is far superior to plant protein, and it comes in a very nice, zero carb, saturated fat package. In short, animal protein is a complete food.

Practical tip #3—Do not be afraid to ask for extra meat in your order. Less carbs (or zero carbs) creates a deficit in your meal, which will make you hungry soon afterwards. An extra beef patty to your bunless burger, or extra eggs with your breakfast, will be worth the extra money you pay in the long term, as it saves you from going for high sugar/carb foods from the vending machine later.

Fast Food Choices

“Just because you eat doesn’t mean you eat smart. It’s hard to beat a \$1.99 wing pack of three at a fast food restaurant—it’s so cheap—but that wing pack isn’t feeding anyone. It’s just pushing hunger back an hour.” ~ Mario Batali

Now that you know the basics of macronutrition, and learned a bit about how the government pulled the wool over our eyes for decades, you are now equipped to make better food choices at any fast food restaurant. Choices that can help you lose weight, and not put on the pounds.

There is something that is bothering me though, that I need to vent about. Whenever there is a show made about morbidly obese people, such as “My 600-lb Life”, they always highlight that the person got that way because of fast food and takeout. Meat and saturated fat are vilified, while the role of carbs in weight gain is minimized. This stereotype keeps people from truly losing weight effortlessly and creates a sense of false security in bariatric surgery, instead of teaching people the correct way of eating. However, this is completely false. When the camera focuses in on what these people are eating, we see fries, breaded foods, a lot of

JO STORY

sugary and starchy foods, pizza, doughnuts, chicken nuggets, large glasses of soda...the list is endless. But they want to say on the show that saturated fat foods got them as big as they are. No! It doesn't work that way!

If those people had stuck to a low carb, high fat eating plan in the first place, and made smart choices at the fast food places, they would not be fat to begin with. Your choices at the fast food counter or drive through are what determine how much weight you gain or lose. It is not the fault of the fast food places that you gain weight... nor is it anyone else's fault. No, the responsibility rests on your shoulders. You get the choice of whether to order high carb, high sugar foods, or high fat, low carb foods. It is up to you. And I am now removing the excuse that you don't know what to order.

Many fast food places today have their menus online. And these online menus have a nice feature—you can customize your meal to see how many carbs you will consume, or not consume, based on what you take off or add on. In this way, you can make informed choices when getting to the counter or drive through, and you can order like a pro.

For example, McDonald's has this type of menu online. I wanted breakfast there the other day, but I am on a very low carb diet. Most people assume that you cannot get a breakfast there without the carbs. This is very, very false, and in fact, I got a very nice meal with plenty of protein and fat, and very little carbs. I ordered the big breakfast without the biscuit and hash brown, as well as the steak, egg and cheese bagel, without the bagel. My total carb count for the meal was 9 grams, while the total calorie count was 750. Had I not taken off the grain and starch based items, my carb count would have been 107 grams, with a calorie count of 1,410!

This is just one sample of what you can do at a fast food place.

LOSE WEIGHT ON FAST FOOD

Burger King, Taco Bell, KFC, Boston Market, and others do have online menus that you can explore to get the best options for losing weight. However, not all menus are customizable, but they do give nutritional information. If a food can be separated from its carb or starch component, and is still a meal, then that would be your best options. Avoid breaded foods, or foods that are made from pure starch or grains. Boston Market's meatloaf may seem like an ideal meal, but when you look at the nutritional information, it is loaded with carbs! It swims in bread and other unsavory ingredients. Your better bet in many instances like this is to get meat still more or less in tact, like pot roast or steak.

It is much easier now to get low carb options at fast food places, because of the low carb revolution that took place in the last 15 years. Before this happened, when you wanted to have a burger without the bun, people looked at you like you were nuts, and they did not know how to enter that in the register. Today, it is no big deal to order low carb options. In fact, fast food restaurants have added many low carb options to capitalize on this trend. With so much of this information, how can you not lose weight with fast food?

One thing that you need to remember—losing weight is more than just what you eat at fast food places. You need to also take these concepts into the rest of your eating habits. Yes, you can lose weight eating fast food a few times a week, but you also need to watch the rest of your carb intake. When you cook at home, make meals that consist of only meat and low carb veggies. Have snacks that are low in carbs, high in saturated fats, and have a moderate protein count. Do not drink your carbs—in other words, stay away from sodas and fruit juices, as these have a boatload of sugar! Unsweetened tea, water, and coffee without sugar are your best bets for beverages. If you must use a sweetener in your coffee, I have found liquid stevia to be the best thing. It is natural and has

JO STORY

zero carbs and zero calories.

Bottom Line: When on a low carb diet, it is still possible to go out to eat. Just be mindful of your choices, and avoid the sugars, grains and starches. You will lose weight this way.

LOSE WEIGHT ON FAST FOOD

Acknowledgments

Getting to the point where I can start writing and doing what I love was no easy feat. I stalled in my writing, and was going nowhere. But thanks to someone very special, I found my voice again. Thank you Paul, my friend, love, and wise companion!

LOSE WEIGHT ON FAST FOOD

About the Author



I am not perfect. I have my flaws, and I have things to work on. That being said, I have learned much in the 10+ years I spent researching nutrition. I only share with you what I learn, and what I know to do, so that perhaps you may be able to work on your health and be the best you can be too. I live with my significant other and our three kids, and two cats, in Wisconsin—life always lived to the fullest! Enjoy! --Jo