



SAMPLER

THE **Secret**
TO **Skinny**

How Salt Makes You Fat
and the 4-Week Plan to

DROP A SIZE & GET HEALTHIER

with Simple Low-Sodium Swaps

Tammy Lakatos Shames, R.D.

Lyssie Lakatos, R.D.

The Nutrition Twins

THE Secret TO Skinny

How Salt Makes You Fat
and the 4-Week Plan to
DROP A SIZE AND GET HEALTHIER
with Simple Low-Sodium Swaps

Tammy Lakatos Shames, R.D.

Lyssie Lakatos, R.D.

The Nutrition Twins



Health Communications, Inc.
Deerfield Beach, Florida

www.hcibooks.com

Disclaimer: The information contained in this book is not intended as a substitute for the advice and/or medical care of a physician. It is recommended that you consult with your physician before embarking on any eating, exercise, or lifestyle regimen.

Library of Congress Cataloging-in-Publication Data

Lakatos, Lyssie.

The secret to skinny : how salt makes you fat, and the 4-week plan to drop a size and get healthier with simple low-sodium swaps / Lyssie Lakatos and Tammy Lakatos Shames.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-0-7573-1351-6

ISBN-10: 0-7573-1351-5

1. Salt-free diet. 2. Weight loss. I. Shames, Tammy Lakatos. II. Title.

RM237.8.L35 2009

613.2'85—dc22

2009025601

©2009 Tammy Lakatos Shames and Lyssie Lakatos

All rights reserved. Printed in the United States of America. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the publisher.

HCI, its logos, and marks are trademarks of Health Communications, Inc.

Publisher: Health Communications, Inc.
3201 S.W. 15th Street
Deerfield Beach, FL 33442-8190

Cover design by Larissa Hise Henoch
Interior design and formatting by Lawna Patterson Oldfield

Contents

Acknowledgments	vii
Introduction.....	ix
Chapter 1 What's Salt Got to Do with Your Weight and Health? More Than You Think	1
Chapter 2 Your Jumpstart to Skinny: Meet the Green Light Foods— Slimmers, Anti-Bloaters, and Flushers	9
Chapter 3 Ten Days of Jumpstart Plan Menus	47
Chapter 4 Becoming Salt-Savvy: Salt-Slashing and Sleuthing in the Real World	67
Chapter 5 Tools to Keep You On Track: The Rule of the Hand and the Food Log.....	87
Chapter 6 Phase 2: The Maintenance Plan.....	95
Chapter 7 Two Weeks of Maintenance Plan Menus	117

Chapter 8	Red Light Foods: Pluggers, Bloaters, Chubbers, and Flabbers.....	143	
Chapter 9	Move It and Lose It	161	
Chapter 10	The Nutrition Twins Favorite Skinny Recipes	175	
Appendix I: The Jumpstart Plan Food Lists (Brand-Name Green Light Foods)			229
Appendix II: The Maintenance Plan Food Lists (Brand-Name Green Light and Yellow Light Foods)			243
Appendix III: Brand-Name Red Light Foods			271
Appendix IV: Your Skinny Measurement: Track Your Progress			283
Appendix V: The Food Log			285
References			287
Index			289

Introduction

As registered dietitians and certified personal trainers, we've spent more than a decade helping thousands of clients get healthy and achieve the bodies they longed for. Not only do our clients typically reach their dream weights, more important, they *keep* the pounds off. Our clients have kissed yo-yoing dieting good-bye and have embraced their new slender bodies for life.

While our core weight-loss beliefs haven't been swayed by fads, we continually refine our methods to find innovative ways to help our clients attain maximum results. Our most recent diet discovery compelled us to write this book because we found what we consider the missing link when it comes to weight loss. Many new clients came to us frustrated from months or years of dieting without substantial or lasting results, convinced that they couldn't lose the stubborn pounds because of too many carbs, too little cardio, or not enough stomach crunches. And although at times they were right, after analyzing their habits, we came to realize that more often than not, something else was flying under the radar, hindering them from achieving the body they wanted.

The culprit? It's seemingly innocent, and often invisible, so most people don't pay it any attention when it comes to weight loss. But if you're trying to lose weight, it's one of the nastiest four-letter words:

S-A-L-T. And, as we will explain, our experience proves that if you learn to drop the salt, you will drop a size—or more—and add years to your life.

Salt is ubiquitous: Most of us unknowingly consuming 75 percent of our sodium intake from prepared foods, not from the saltshaker. According to a 2008 *Time* magazine article, typical American adults eat 50 percent more salt than we did in the 1960s—*more than twice the amount that our bodies can process*. Manufacturers sneak salt into everything, especially the “healthy” foods that we dutifully eat while trying to be “good”—everything from low-fat salad dressings and packaged diet entrees, to lean meats and soups, and wheat breads and cereals that are touted as healthy.

Why Excess Salt = Excess Weight

Once inside your body, salt wreaks havoc on your waistline. In fact, a 2007 study published in *Obesity Research* shows that high-salt diets are directly associated with more fat cells in the body. Even worse, salt makes the fat cells you already have become denser. Thicker fat cells? *No, thank you!*

If you eat a lot of salt, your kidneys have to work overtime to excrete the excess. In the Western world, “excess” is an understatement. Most people get 4,000 to 6,000 milligrams of salt *per day*, far exceeding the 1,500 to 2,400 milligrams that the body can handle. No matter how hard your kidneys work to reduce body sodium, salt builds up in the tissues, causing salt-saturated cells and salt toxicity. Excess salt damages cells. And damaged cells don’t function at their best. This means all bodily processes will suffer, including your metabolism and your ability to burn fat and repair muscle. A high-salt diet hardens your arteries,

making it more difficult for fat-burning oxygen to get to your cells. Less oxygen to your cells means a less efficient metabolism, and therefore less fat burned overall.

In addition, salt *increases* food cravings. Obviously, hunger is the last thing you want when trying to trim down. This may be one reason research shows that diets high in salt lead to obesity.

Salt and the Dreaded Bloat

If you ingest more salt than you need, you'll never beat the bloat because a high-salt diet makes you retain water. Even when you lose a significant amount of weight and lose the body fat you hoped to, you will often still feel puffy and bloated. Why? Sodium attracts and holds water, which increases your blood volume. Increased blood volume means your body expands, making you bigger and thicker. If you eat a lot of salt, you can be holding as much as 5 to 10 pounds of extra water. That's the equivalent of ten to twenty 8-ounce bottles of water! Even if you are lean, this extra water will make you look and feel puffy and distended. This is probably not the look you are going for. If this isn't enough to make you want to slash the salt, consider how salt is putting your health at risk.

Salt and Your Health

For years, people believed that salt could only cause disease if it was raising blood pressure. The thinking was that as long as your blood pressure remained in the normal range, no harm was done. The truth is that chronically overconsuming salt damages your heart, brain, kidneys, and arteries. High blood pressure is a very common *symptom* of

that damage. However, the absence of one symptom (such as high blood pressure) does not mean that the disease process isn't present. Even if your blood pressure is not high, you may still have the underlying disease—salt toxicity. Many of us with normal blood pressure have a false sense of security. But the reality is that the more salt we consume, the greater the strain on the heart. The heart is the most important muscle. If it's not functioning properly, blood and nutrients can't get to the muscles, tissues, and organs efficiently. Over time, salt's strain on the heart damages the entire body, even without a diagnosis of hypertension. Most people realize that high blood pressure is a major risk factor for heart disease. High cholesterol and hardened arteries are also risk factors. But did you know that if you lower your salt intake throughout your life, high cholesterol and hardened arteries pose less of a threat? Salt directly contributes to cardiovascular disease, the leading cause of death in the United States, sending more Americans to an early grave each year than all cancers combined. And this is just the beginning. In fact, salt poses such a threat that worldwide action is finally being taken. Salt is rising to the top of the world's health agenda; every major health agency, including the World Health Organization and the National Academy of Sciences, has recommended drastic reductions in sodium consumption.

Eat less salt and you lower your risk of stomach cancer, osteoporosis, and kidney stones. Plus, you'll be keeping the rest of your body in better working order. So if you want to gain control of your weight and your health, you need to become salt-savvy. We've helped our clients slash the salt, and we can help you, too. It's your turn to attain the trim and healthy body of your dreams. We're going to help you to lose the salt—and the weight—for good.

The Secret to Skinny

The Secret to Skinny provides you with a detailed road map to get you in top shape. Not only will you look tight and toned, you'll kick the bloated feeling for good. You'll start by measuring your weight, waistline, butt, hips, and thigh size, and you'll have your blood pressure and cholesterol level measured (see Appendix IV for a chart to track your progress). Ask your doctor to take your blood pressure and measure cholesterol. Finding your cholesterol requires a simple blood test. After four weeks on our plan, you'll remeasure. You'll lose at least 10 pounds (likely more, if you have a lot of weight to lose), drop at least one clothing size (likely more), and lose at least an inch in your waist, hips, and thighs. You're also likely to see a significant improvement in your blood pressure and cholesterol level. For every three points you lower your blood pressure, you'll lower your risk of dying from a stroke by 8 percent and lessen your chance of dying from heart disease by 5 percent.

Your Weight-Loss Weapons: Slimmers, Flushers, and Anti-Bloaters

You'll build your meals and snacks with key foods that we've categorized as "Green Light" foods: Slimmers, Flushers, and Anti-Bloaters. These foods are your best friends when it comes to weight loss. Why? Slimmers provide your body with energy, and they're packed with important vitamins that help turn food into usable energy. High in fiber and nutrients, or full of lean protein, Slimmers provide long-lasting energy without the sugar highs or crashes that make you prone to bingeing. Flushers and Anti-Bloaters are high in water content and fiber. They prevent constipation (and the bloat that goes with it!); they help excrete excess salt from your body; and they keep you feeling full longer.

In addition to the Green Light foods, we'll also open your eyes to the biggest weight-loss saboteurs that might be lurking in some of the foods you eat every day. We'll reveal the "Red Light" Pluggers, Bloaters, Chubbers, and Flabbers—foods which cause weight gain, bloating, and less than stellar health over time.

You'll begin with the Jumpstart Plan, a ten-day, hard-core, quick-results plan. This plan is not recommended for long-term use because you would need a lot of willpower to stick with it. However, this Jumpstart phase is great when you want to look your leanest for an upcoming event, and it's a great fallback plan if you feel yourself slipping and gaining weight (after the holidays, for example). Once you complete this phase, you will move on to phase 2, the Maintenance Plan, which allows more food choices, daily indulgences, and a higher calorie intake. For both plans, we provide daily menus and delicious recipes.

We will also give you salt-slashing and calorie-saving tips and show you how many pounds these changes will save you over the course of a year. These simple "salternatives" can also add years to your life. For example:

- Ditch your daily afternoon bottle of Snapple ice tea (which happens to have 200 calories and 20 milligrams of sodium) and opt for green tea (which has zero calories and is sodium free). You'll save about 20 pounds a year and eliminate 16 days' worth of sodium!
- Twice a week, whether at home or at a restaurant, choose rice (even white rice) instead of rice pilaf and save 4.5 pounds per year and eliminate 36 days of sodium!

Finally, we'll show you how to make your food taste delicious without adding belt-bursting salts or fats, and we'll provide you with a

repertoire of low-sodium recipes to incorporate into your healthier, happier, and slimmer life.

How to Use This Book

Consider this your guide to getting and staying lean. Below you'll find brief chapter descriptions so you can dive into the parts of the book that you feel will benefit you the most.

In chapter 1 you'll learn why salt is making you fat and creating disease; hopefully you'll be fired up to begin the Jumpstart Plan, which will get you the quick results you want. In chapter 2, we introduce you to the Green Light foods that will blast the fat and bloat and keep it off, and we teach you how to build your meals and snacks on the Jumpstart Phase. If you don't care for meal-planning, you can simply follow the ten days of Jumpstart Menus that we provide in chapter 3 on page 47.

Chapters 4 and 5 will give you real-world hints, tips, and tricks to successfully navigate a sodium-laden world at home, at the supermarket, and while you're out and about. Chapter 6 details the Maintenance Plan, which allows you more flexibility with food while still ensuring a consistent, healthy weight loss. You'll learn the additional foods you can incorporate into your diet, including Yellow Light foods, which aren't as healthy as the Green Light foods, and you'll find two weeks of Maintenance menus in chapter 7. While on the Maintenance Plan—which you'll hopefully adopt for life—you'll get to indulge in two daily servings of Red Light foods, which are decadent but can be detrimental to your weight loss goals if you overindulge; we detail these Pluggers, Bloaters, Chubbers, and Flabbers in chapter 8.

For optimal results, we recommend getting active, and in chapter 9 we provide guidance to help you make your body toned and tight. For

your convenience, you'll find our favorite low-sodium recipes in chapter 9 and lists of popular brand-name Green Light, Yellow Light, and Red Light foods in the Appendixes.

Now, let's get to the Secret to Skinny. . . .

DISCOVER THE MOST COMMON DIET DERAILER AND BLAST THE FAT AND BLOAT FOR GOOD

You eat right. You exercise. But still your scale won't budge. Despite your good intentions and all the stomach crunches you can stand, you could unknowingly be sabotaging your efforts every day by eating one ingredient that is *guaranteed* to plug you up, bloat you out, and pack on the pounds. What is this dreaded diet saboteur? Salt.

Salt is everywhere—especially in the very “diet” foods we eat to lose weight—and it's devastating to our health and our waistlines. In fact, as the Nutrition Twins explain, **if you drop the salt you will drop a size—or more!**—on their four-week salt-slashing plan.

Think you can't imagine eating food without the salt and flavor? Think again. *The Secret to Skinny* provides palette-pleasing meals and snacks that will fill you up without filling you out while you enjoy the side benefits of going low-sodium: improved blood pressure, heart function, skin tone, and overall energy level. You'll learn how to incorporate key foods—the Anti-Bloaters, Flushers, and Slimmers—foods that get and keep you lean by ridding your body of excess salt and revving your metabolism for maximum fat burning. You'll also discover the Bloaters, Pluggers, Chubbers, and Flabbers—the everyday foods that are derailing your best efforts.

THE SECRET TO SKINNY ALSO INCLUDES:

- Simple “salt alternatives” and food swaps that subtract pounds and add years to your life
- Tips that trick your taste buds to crave less salt
- 14 days of menu plans, plus delicious low-sodium recipes for breakfast, lunch, dinner, and snacks
- Quick-fix cures for a “salt hangover” and the bloat that goes with it
- The 10-Day Jumpstart Plan that drops pounds fast!

Got Salt? THEN YOU NEED
The Secret to Skinny.



LYSSIE LAKATOS, R.D., AND TAMMY LAKATOS SHAMES, R.D., own a nutrition counseling practice in New York City. They have been featured regularly as the nutrition experts on The Discovery Health Channel, The Learning Channel, and the Oxygen Network and have been featured in *Good Housekeeping*, *Vogue*, *People*, and *Women's Health*. Visit www.nutritiontwins.com.

\$15.95

 **Health
Communications, Inc.®**
www.hcibooks.com

NOT FOR SALE

ISBN-13: 978-0-7573-1351-6
ISBN-10: 0-7573-1351-5



9 780757 313516