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THE ROSEDALE HEALTH PLAN

HERE ARE SOME BASIC RULES TO FOLLOW THAT WILL KEEP YOU ON A PATH TO ULTIMATE *health and longevity*

FEEL GOOD ABOUT YOURSELF

You are about to embark on a program that will produce wonderful results for your body. You will learn a new way of eating that will make you look better and feel better than you have in years. Within a short time, usually within two to three weeks, most of you will notice that you look leaner, your clothes fit better, and you have energy to spare. There will also be some amazing things happening to you that aren't visible, yet are ever more important. Your Longevity Profile, that is your biomarkers of aging, will be vastly improved as you regain your leptin sensitivity, and along with losing excess fat you will be de-aging your body and reinventing your body. So smile, feel good about taking this positive step, and get started.

AVOID SUGAR AND STARCH

To jump-start the fat burning process, during the first 3 weeks on the meal plan, eat as little non-fiber starch or sugar as possible. You don't have to count carb grams; just don't eat non-fiber carbs. Avoid all starches such as potatoes, bread, rice, pasta, cereal, corn and ALL GRAINS (yes, even whole grains.) Fill up with your plate with vegetables, with the exception of those high in sugar including beets, yams, carrots or tomatoes (though a few sliced carrots or cherry tomatoes in salads is okay). Vegetables are not mandatory, but they add a little nutrient value, most contain only a little sugar, and they add a greater selection to your diet.

Limit your fruit intake. Contrary to popular opinion, it is best not to have any if you can, as the detriment of the sugar (especially fructose) will outweigh the possible benefit of the micronutrients they contain. A small amount (1/4 cup maximum few times a week) of berries, preferably blueberries would be fine. (Diabetics should avoid starch and sugar nearly all of the time.) After the first 3 weeks, and do not have known disease, you can add a bit more starch to your diet (such as a couple of slices of high fiber, low carb bread), as long as this does not increase your cravings for more. Again this is not necessary but only if you feel the need, there is no nutrient necessity.

EAT THE RIGHT AMOUNT OF PROTEIN FOR YOU

Remember, this is a high fat diet, not a high protein diet. You should eat the right amount of protein for your body type. The easiest way to calculate your recommended protein intake is to imagine your ideal body weight in kilograms and consume roughly one gram per kilo minus 10%. For example, if you are a woman who is 5.4 ft (165 centimeters) tall, your 'ideal' weight would likely be in the neighborhood of 110 lbs (50 kilograms). Thus, your protein intake per day should be somewhere around the 50g - 10% = 45 grams of protein, split approximately evenly between meals. This is her daily recommendation of protein, in grams. She can add 5 grams if she exercises or is unusually muscular, or pregnant. Athletes might

typically add about 10 grams more. A serving size of protein is as follows - meat - 12-15 grams (equivalent to the size of a deck of cards), an egg - 6-7 grams, 8-10 almonds - 5 grams.

DON'T BE AFRAID OF FAT - BUT EAT GOOD FAT

This is a high fat diet, so if you are hungry, you may eat fat! But stick to the good fats found in nuts, avocados, fatty fish, olives, etc.

LIMIT SATURATED FAT FOR THE FIRST THREE WEEKS

When you want to lose weight, what you really want to lose is largely saturated fat. Most saturated fats are harder to burn, and you will need to get a little fat-burning practice under your belt first. So limit it, at least for the first three weeks you are on the meal plan. Pass on the grain fed beef, pork, lamb and most dairy products and eat primarily fish, nuts, poultry, vegetables and cheeses such as cream cheese, mozzarella and cottage cheese. After the first three weeks on the meal plan, you can eat foods that are higher in saturated fat (such as beef, lamb and pork) although those wishing to continue losing weight should not eat these excessively.

EAT WHEN YOU ARE HUNGRY

I don't want you to walk around hungry. When you are hungry, eat good fats, protein (if you have not exceeded your protein limit) and fiber (like vegetables.) Good snacks include raw or dry roasted nuts, nut butters, guacamole, and vegetables and dip. You should not be hungry on this diet, I mean it! If you are hungry, have a handful of nuts or a healthy snack. If you have trouble feeling full without eating a lot of starch, fill up on vegetables. Your cravings for sweets and starches, which are similar to an addiction, should subside within three weeks.

DRINK LOTS OF WATER

Stick to water, seltzer, or flavored water (tea and herbal teas.) No soda of any type, even diet soda, and no juice.

DON'T EAT A LOT AT ONE TIME

When you are hungry eat a small meal or snack rather. It's far better for your metabolism to eat several small meals or snacks throughout the day than three large meals. Listen to your body. Eat when you are hungry only, and not just because it is a certain time, and don't overeat to feel full.

EAT SLOWLY

If you bolt down your food, your brain will not have the chance to know that you are no longer hungry, and you will keep eating. If you eat slowly, your brain will get the message that you are filling up, and you will know when it's time to stop eating.

DON'T EAT FOR AT LEAST THREE HOURS BEFORE BEDTIME

Your last meal in the evening should be at least twelve hours from your first meal of the morning. This will give your body the time it needs to rest and heal, and you will find that you are sleeping better. Digesting food is hard work. Let your digestive system sleep also. Drinking water, however, is okay.

EXERCISE AFTER THE LAST MEAL OF THE DAY (IF POSSIBLE)

Do 15-20 minutes of mild resistance exercise or take a short walk (preferably uphill.) This will help burn up sugar, and prime you for a night time of fat burning. Then you should keep burning fat all night long, and the more fat you burn, the better you get at it. Even broccoli has some sugar and I want you to burn it off as soon as possible. What I don't want you to do is to eat late, lie down on the sofa

and go to sleep. This will force your body to be working hard trying to digest all that food just when it should be winding down for sleep.

AND FINALLY....

DON'T SLIP UP - AT LEAST FOR THE FIRST THREE WEEKS

It takes about three weeks for your metabolism to retool so that you switch from being a "sugar burner" to a "fat burner." Once your body and brain have made the switch, you will feel the difference. You will have more energy, better mental focus, and you'll even be sleeping better! In my experience, I have found that after feeling the difference, and "retooling" the brain's needs and desires, few people want to go back to their old eating patterns. NOBODY'S PERFECT It is far better not to, but IF YOU DO SLIP UP...EXERCISE IT OFF. If you "forget" and eat a sandwich with two slices of bread, or eat a cookie, go for a brisk 20-30 minute walk or undertake other exercise immediately after eating. If you don't burn off those starchy calories right away, they will raise your blood sugar, raise your leptin and insulin levels, prevent fat burning, and turn to fat, all of which get you right back to a deranged metabolism.

For more information visit www.drrosedale.com/healthplan

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FOODS ALLOWED DAILY

PROTEIN SOURCES

Nuts and Nut Butters - preferably raw and unsalted. Almonds, walnuts, Brazil nuts, cashews, pecans, pistachios. Eat nuts more often than seeds as seeds are high in omega 6 oils that can add to inflammation. *Note: avoid peanuts whenever possible. Not only aren't they nuts (in fact, they are legumes, a member of the fruit family), but they contain a very unhealthy carcinogen called aflatoxin. See the FAQ on peanuts for more info.*

Seeds - preferably raw and unsalted, sunflower, pumpkin, poppy, sesame, sesame tahini but in limited quantities. Opt for nuts preferably

Sardines - in water, sardine oil, mustard, or olive oil

Fish - salmon, tuna, mackerel, herring, trout, orange roughy, halibut, etc. Preferably fresh, canned, or frozen. Preparation: baked, poached, smoked or grilled

Eggs - Best preparation: poached, soft boiled or hard boiled; best to be cooked underwater. They can be fried over a low heat in a good oil or butter.

Tofu - plain, herbed or flavored in package (example: Italian, Oriental or Thai)

Turkey - baked or as burger or sausage. Check labels that it is not preserved with nitrites.

Wild Meats - venison, pheasant, bear, buffalo, etc

Chicken - free-ranging, organic, with the skin. If not organic, then skin is less healthy. Preparation: boiled, grilled, or baked. Can be lightly fried with coconut oil, ghee or butter (after the 1st 3 weeks).

Beef or Lamb - preferably

free ranging, leaner cuts. *Note: Men should limit their intake due to iron levels.*

Protein Powder - Complete vegetable protein or whey protein. Soy protein has been associated with heart disease.

Seafood - shrimp, scallops, lobster, crab, oysters, etc. Preparation: grilled, baked, smoked or lightly fried in butter

Veggie Burgers - certain brands are higher in protein. Check labels, as many contain hidden sugars, or bad oils.

Curd/Cottage Cheese - full fat, OK in limited quantities first 3 weeks, then reasonable quantities after that. Be wary of non-fat, as they typically increase the sugar content to compensate for taste. Read the label if in doubt. Ricotta, cream cheese, cottage cheese are OK.

Soft Full Fat Cheeses

Hard Cheeses - cheddar, Monterey jack, Provolone, havarti, colby, etc.

Full Fat Cream

Other Cheeses - Higher saturated fat cheeses ok in limited quantities after the first 3 weeks. During the first 3 weeks your body is learning to burn fat, once you become a fat burner there is not the restriction, only to eat when you are hungry.

FAT SOURCES

Oils - Cod Liver Oil, Flax oil, fish oil. Do not heat these oils.

If you must cook with oil, use olive, or even better, coconut oil or ghee.

Avocados - excellent source

Olives - green or black and olive oil

Nuts - macadamia, almonds, pecans, walnuts, Brazil nuts, etc. NO PEANUTS

Remember, fish, eggs and meats all contain fat.

Ghee, Butter

CARBOHYDRATE SOURCES

Lettuce - Romaine, leaf lettuce, Arugula, etc. (avoid iceberg as it contains mostly water and little nutrients)

Greens - collards, turnip, mustard, kale, beet, chard, spinach

Broccoli - cauliflower, brussel sprouts, cabbage

Cucumbers - celery, string beans, turnips

Mushrooms - Portabella, Shitake, Oyster, Button

Onions - garlic, leeks, scallions, chives

Peppers - red, green, bell, hot

Squash - zucchini or summer squash

Sprouts - all varieties

Seaweeds - dulse, nori, hijiki, Kombu

Asparagus - eggplant, okra, radishes, water chestnuts, bamboo shoots, artichoke hearts, diakon radish, bok choy, snow pea pods

Beans - (smaller beans) adzuki, black, navy, lentil, mung (*Only for vegetarians with limited protein sources, higher in sugar than we would like, so use in very limited quantities)

Black Soy Beans - Are the best of the beans, and a better source of protein for a vegetarian with limit protein sources.

Wasa Fiber Rye Crackers - 2-3 per day may be allowed

DRINKS

Teas - green, black or herbal, avoiding caffeine when possible as this will raise blood sugars.

Coffee Substitutes - Decaffeinated coffee, Roma, Cafix, Pero, etc. Some people often say they 'must' have their one cup of real coffee in the morning, and if you must have, then enjoy it. If you can avoid it, then do.

ALCOHOL

A little red wine, or a shot of gin, vodka, whisky is ok. Red wine may have some benefits. If you are really stressed out then a little red wine, or alcohol will calm you, thus lowering your sugar. Yoga is a better way. Alcohol does NOT reduce your sugar, it reduces stress a little.

CONDIMENTS

Most are very good for you - Turmeric, cayenne pepper, cumin, basil, oregano, fennel, Masala, ginger, garlic, Vinegar, mustard, miso salt (if not restricted), Lemon, Lime, Tamari. READ LABELS! Note: NO KETCHUP

SWEETENERS

Most are terrible for you. Agave, contrary to what you may have heard is one of the unhealthiest foods you can eat. Aspartame, saccharin, nutri-sweet, etc should also be avoided. Stevia, xylitol and erythritol are permissible in moderation, but may increase your craving for sugar.

FOODS ALLOWED IN LIMITED QUANTITIES

CARBOHYDRATES

Limit these to one serving a day (preferably zero servings for maximal benefit and health). 1 serving = 1/4 cup or 1 slice

Carrots
Parsnips
Peas

Preferred Fruits - fresh or frozen only, not canned. Allowed fruits: blueberries, raspberries, strawberries, blackberries, lemons, limes, tomatoes.

PROTEIN & FAT SOURCES

Canola Oil - limited to once or twice a week

FOODS NOT ALLOWED

Dairy - skim, 2%, powdered, flavored yogurt, non fat yogurt

White Potatoes

All Dry Packaged White Potatoes

All Dry Packaged Breakfast Cereal

Rice (white or brown)

Bread (white or brown)

Peanuts and Peanut Butters

Beans - Large beans, lima, pinto, especially garbanzo or chick peas

Corn on the cob, popped, cornbread, tortillas canned or frozen

Most Commercially-prepared Salad Dressings

All Fried Foods - unless fried at home in approved oils and oils not reused.

All Commercially-processed Oils - Sunflower, safflower, Peanut, Corn, soybean oil, etc.

Hydrogenated Oils - margarine, lite or squeezable "butters," shortening and any food labeled with the word "hydrogenated."

Fried Chips - potato, corn, cheese curls, etc.

Crackers made with Hydrogenated Oils - READ LABELS

Condiments containing Bad Fats, High in Sugar - mayonnaise, non-fat mayonnaise, ketchup, BBQ sauce etc.

A NOTE ABOUT SUPPLEMENTS

There are many supplements one might take, some of which we feel are quite beneficial. Magnesium and potassium are essential, preferably in a capsule, 200 mg each twice a day for at least the first month of your transition to the Rosedale lifestyle. One teaspoon daily of fresh fish oil that has been stored in a glass bottle (as most gelcaps are not fresh) is also very healthy for most.

Nutrasweet, Sweet 'n Low and most other Artificial Sweeteners.

Agave should always be avoided! Stevia and xylitol (in limited quantities) are exceptions

All Soda Pop - diet and regular, natural and artificial, sport drinks and sweetened teas

All Fruit Juices

Honey and Sugar of all sources - maple sugar, fructose, dextrose, turbinado, corn syrups, etc.

All Cakes, Cookies, Ice Cream, Candies and obviously sweet treats

Flavored Jell-O's

Most Fruits - pineapple, orange, apple, watermelon, banana, all dried fruit, cantaloupe, honeydew, grapes

For more information visit www.drroseydale.com/healthplan

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