



The Keys to Deactivate the Thrifty Gene Cheat Sheet

Here are two simple, natural steps, which you will be able to use immediately to lower the amount of resistin, stop those cravings and make you more sensitive to insulin again.

Step 1: Cut out all the flour and sugar from your diet.

My Recommendations:

- Read labels carefully. If sugar or flour are among the first three ingredients, it is probably not a good option.
- Be aware that words appearing on the label, such as sucrose, glucose, maltose, lactose, corn syrup, or white grape juice concentrate, mean that sugar has been added.
- Use natural sweeteners such as stevia or xylitol instead of sugar.

Why?

This is what the “monster” (belly fat) feeds on. And if you cut off it’s food supply, it will start to shrink.

Foods with “Hidden” Sugar or Flour

- Barbeque sauce
- Fruit yogurt
- Chinese takeout
- Pasta sauce
- Energy drinks
- Instant oatmeal
- Salad dressing
- Breakfast cereals
- Coleslaw
- Ketchup
- Frozen meals
- Bread
- Soups
- Alcohol
- Packaged fruits
- Baked beans
- Bacon
- Bottled teas



Step 2: Eat more fiber.

My Recommendations:

- Eat fresh vegetables and fruits for snacks at the first sign of hunger. Eat them whole, only peeling when necessary.
- Get creative. Add vegetables or fruits to recipes like soups.
- Try to use legumes (beans) as often as possible in recipes.
- Have a large green salad before dinner
- I recommend eating 2-3 servings of fruit every day.
- A serving equals 1 medium piece of fruit (such as an apple or peach) or ½ cup of small or cut up fruit.
- And I recommend eating 5 servings of vegetables every day.
- A serving equals 1 cup of raw leafy vegetables (such as lettuce or spinach) or ½ cup of raw or cooked non-leafy vegetables.

Why?

Eating foods high in both soluble and insoluble fiber will help you to stop those cravings for sugar and carbs and help lower your blood sugar.

This will keep you from having blood sugar spikes after meals and will help to lower blood sugar levels in the long run. It will also make you feel full so you aren't craving sweets and carbs.