

## ZONE TIPS AND BASIC INFORMATION

“The Zone” is a book written by Dr. Barry Sears and discusses nutrition in a different way to eat and live. Most of his research was done on those with high cholesterol, heart disease and diabetes. He felt that certain protein building blocks were left out of our meals and when we ate, Carbohydrates(pasta, vegetables and fruits) were stored as fat when there were not other protein building blocks (found in meats, dairy and bean proteins) called amino acids available. His research is quite in depth and can be found in his first book “the Zone” where he describes a different way to live, eating small amounts of protein, carbohydrate and fat but always having some of each when eating. There are many other books he has written and an internet site that will help. We will help you at this office too.

Internet address: [www.zoneperfect.com](http://www.zoneperfect.com)

People on this plan lost weight and felt better by stabilizing their blood sugar. Your doctor may have asked you to eat this new way. Don't be skeptical until you get some information and then convince yourself to try it for just two weeks.

- 1) Every time you eat, always maintain a 1:1:1 ratio, protein to carbohydrate to fat.
- 2) Spread out blocks during the day- 3 meals per day with 2 snacks ( 1 snack to be eaten at bedtime)
- 3) Never let more than 5 hours pass without eating
- 4) Drink 8 ounces of water with meals (avoid caffeine)
- 5) Walking for 30 min. per day will help reset your metabolic clock

### BLOCKS =

1 block of protein is	7 grams
1 block of carbohydrate is	9 grams
1 block of fat is	1 1/2 grams

Using this information you can calculate from food labels and protein listings on food that you may wish to eat.

Hips:

Height in inches:

Activity Factor:

Waist at Navel:

Weight:

Zone Blocks: