

References

Much effort has been made to use articles that are open and freely accessible to the public. Inevitably (and sadly), much scientific knowledge is still behind paywalls. In such instances, try *sci-hub*.

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THE METHOD

It's been queried that the method proposed is an adaption to MyPlate (www.choosemyplate.gov/resources/myplate-graphic-resources), but really the method proposed is reasoned from the benefits of protein and fibre as elucidated on in the preceding chapters.

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THE TWO-TYPES

On Categories: This is just my personal observation. It could also be appropriate to include more categories for eating disorders, but eating disorders should be addressed with professional guidance and it's probably not the time to diet any way if you suffer from one of these. The Five Steps For Success as well as point 6 of "what to do about hunger?" may be of assistance. For binge eating in particular, commit yourself to three things: 1) eating slowly, 2) regular intervals of eating (such as 3 meals and 2 snacks a day—don't intermittent

fast or restrict yourself into an inevitable binge), and 3) if you do binge, then binge on fibre and lean protein, i.e. low calorie dense food, before you binge on the other stuff. That way you'll have filled yourself up some before you start on the high calorie stuff. Binge eating is still an eating disorder mind, so seeking professional help is still the best idea if you can't stop on your own.

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APPENDIX 1 - Q&A

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APPENDIX 2 - HOW TO READ NUTRITION LABELS

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APPENDIX 8 - FOOD

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MAIN INGREDIENTS

Energy values can be all over the place, depending on whether you look it up, calculate it yourself, or use general or specific factors (as well as cooked or uncooked, with cooking generally increasing available calories, sometimes considerably, e.g. potatoes, due to breaking down the cells, which increases the bioavailability). In the end I settled on uncooked averages from the following 4 sites (gross outliers were removed from the averaging), so calories given are basically an averaging of the general (Atwater) and specific (Atwater correction) factors:

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TO LOWER LDL

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"Fruit and Vegetable Intake and Risk of Major Chronic Disease" doi.org/10.1093/jnci/djh296

"Fruit and vegetable consumption and stroke: meta-analysis of cohort studies" [doi.org/10.1016/S0140-6736\(06\)68069-0](https://doi.org/10.1016/S0140-6736(06)68069-0)

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APPENDIX 9 - LOTS OF FAT TO LOSE?

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