**EXPEDITE FAT LOSS:**

 **MINIMIZE BAD CARBS + ADD STRENGTH TRAINING**

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Expunging the "sweets" at the top of the pyramid is huge, and confining any carbohydrate (carb) intake to good carbs such as…

* Veggies & some fruit. Both are loaded with much-needed vitamins and minerals.
* Whole grains. High in fiber and slower to digest (that is a good thing).

...and minimal intake of fast-digesting, insulin-spiking, and thus fat storage promoting simple sugars (fructose, sucrose).

Always remember, what you eat must go somewhere:

* Protein: growth and repair of tissues and the proper function and regulation of enzymes.
* Fat: long-term energy source, cell growth and development, proper nerve & brain functioning, transport fat-soluble vitamins, healthy hair & skin, and organ/tissue protection.
* Carbs: Energy and future fat! Technically, there is no RDA for these. The body can make precursors of them (Ketone bodies) out of protein and fat when carbs are completely removed from the diet.

Carbs are processed like the other macronutrients in the liver and 1) stored in the muscles as glycogen, 2) circulate in the blood as glucose, 3) any excess is converted to fat. But there is a limit to how much can be stored in muscle (more on this later) and in the blood, but there is no limit to your fat storage sites (why you can get fatter and fatter!). And more bad news: when the liver is overloaded with them during processing ("fatty liver"), those unprocessed carbs are sent elsewhere in the body and you are now a member of the type 2 diabetes club.

On to exercise...

You can do all the "cardio" you want, but it is critical to strength train as well. Proper strength training 1) depletes glycogen stores and taps your stored fat as energy during the recovery and replenishment of new glycogen and 2) creates more storage area for future glycogen, thus less is converted to fat, and 3) gives you "good" shape...that lean look and better muscle definition. BOOM! What a deal! It is game-over for that stored fat (provided your total daily calorie intake creates a deficit)!

Take-home message: cut the bad sugars and go with the good carbs along with healthy proteins and fats. If you choose to exercise, STRENGTH TRAIN to minimize any excess calories that will be converted to fat or sent throughout your body and burden you with type 2 diabetes. It should be physically demanding but make time for it on two or three non-consecutive days for 25 to 45 minutes each session. Not a large time commitment when you think about it: less than three hours out of the 168 total hours in a week. Do it.