

DIET SMACKDOWN

**KETO. VEGAN.
INTERMITTENT FASTING**

What's the best? For LIFE?



Zonya Foco, RDN, Registered Dietitian Nutritionist
Author & Program Creator, [Zonya.com](https://www.zonya.com)

Confused Anyone?

What to

Your gym se



KETO Intermittent Fasting

100 High-Fat Low-Carb Recipes and Fasting Guidelines to Supercharge Your Health
Brian Stanton with Michelle Anderson

Here's What a Plant-Based Diet Is—And What You Can & Can't Eat on One

Experts break down the latest buzzword in healthy eating.

Intermittent Fasting and Your Workouts

Use the right strategy.



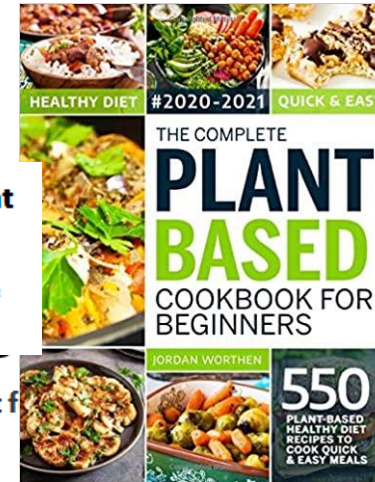
the 30-Minute MEDITERRANEAN DIET

101 EASY, FLAVORFUL RECIPES FOR LIFELONG HEALTH

SERENA BALL, MS, RD & DEANNA SEGRAVE-DALY, RD

Paleo vs. Keto Diet: Which Diet Is Right for You?

Which low-carb diet is right for you? We asked the experts how they stack up.



HEALTHY DIET

#2020-2021

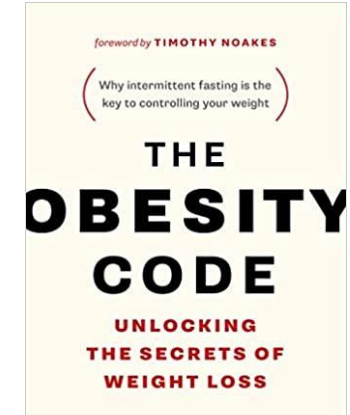
QUICK & EASY

THE COMPLETE PLANT BASED COOKBOOK FOR BEGINNERS

JORDAN WORTHEN

550 PLANT-BASED HEALTHY DIET RECIPES TO COOK QUICK & EASY MEALS

Great f



foreword by TIMOTHY NOAKES

Why intermittent fasting is the key to controlling your weight

THE OBESITY CODE

UNLOCKING THE SECRETS OF WEIGHT LOSS

Protein, Low-Carb Foods

If You Want to Improve Your Heart Health, Say Goodbye to Low-Fat Diets

Instead, emphasize plant-based foods to lower your risk of stroke and heart disease, new research shows.

Here's Why You're Not Losing Weight

These common mistakes could be keeping the scale steady.

Intermittent Fasting

15 Common Keto Diet Side Effects to Be Aware of Before You Go Low Carb

Ketosis can cause your body to do all sorts of odd things.

16:8 Diet: Everything You Should Know About This Intermittent Fasting Method

This diet might be restrictive, but you don't need to count calories.



WHAT TO EAT WHEN

How to Plan to Improve Your Health & Life Through Food

TO

EA

WHEN

WITH TED SPIKER

#1 New York Times Best-selling Author of RealAge

Michael F. Roizen, M.D., and Michael Crupain, M.D., M.P.H.

WITH TED SPIKER

I Lost 100 Pounds in a Year With 16:8 Intermittent Fasting and a Low-Carb Eating Plan

"Intermittent fasting does my body wonders."

A LIFESTYLE—AND HOW TO GET BETTER HEALTH

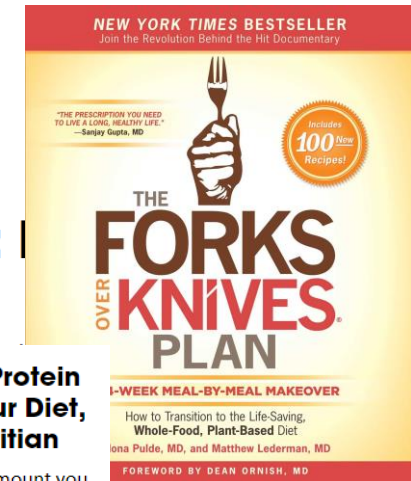
MEGAN RAMOS



LIFE IN THE FASTING LANE

Intermittent Fasting and Keto: Can You Combine the Two?

Experts say it's best not to try.



NEW YORK TIMES BESTSELLER

Join the Revolution Behind the Hit Documentary

"THE PRESCRIPTION YOU NEED TO LIVE A LONG, HEALTHY LIFE."
—Sanjay Gupta, MD

Includes 100+ New Recipes

THE FORKS OVER KNIVES PLAN

1-WEEK MEAL-BY-MEAL MAKEOVER

How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet
Lona Pahlke, MD, and Matthew Lederman, MD

FOREWORD BY DEAN ORNISH, MD

15 Best Plant-Based Protein Sources to Add to Your Diet, According to a Dietitian

Plus, how to calculate the exact amount you need each day.

FAST.
FEAST.
REPEAT.
Gin Stephens

What's the best diet?

Vegan?

Mediterranean?

IF?

Keto?



What can you
expect from
me today?

To learn:

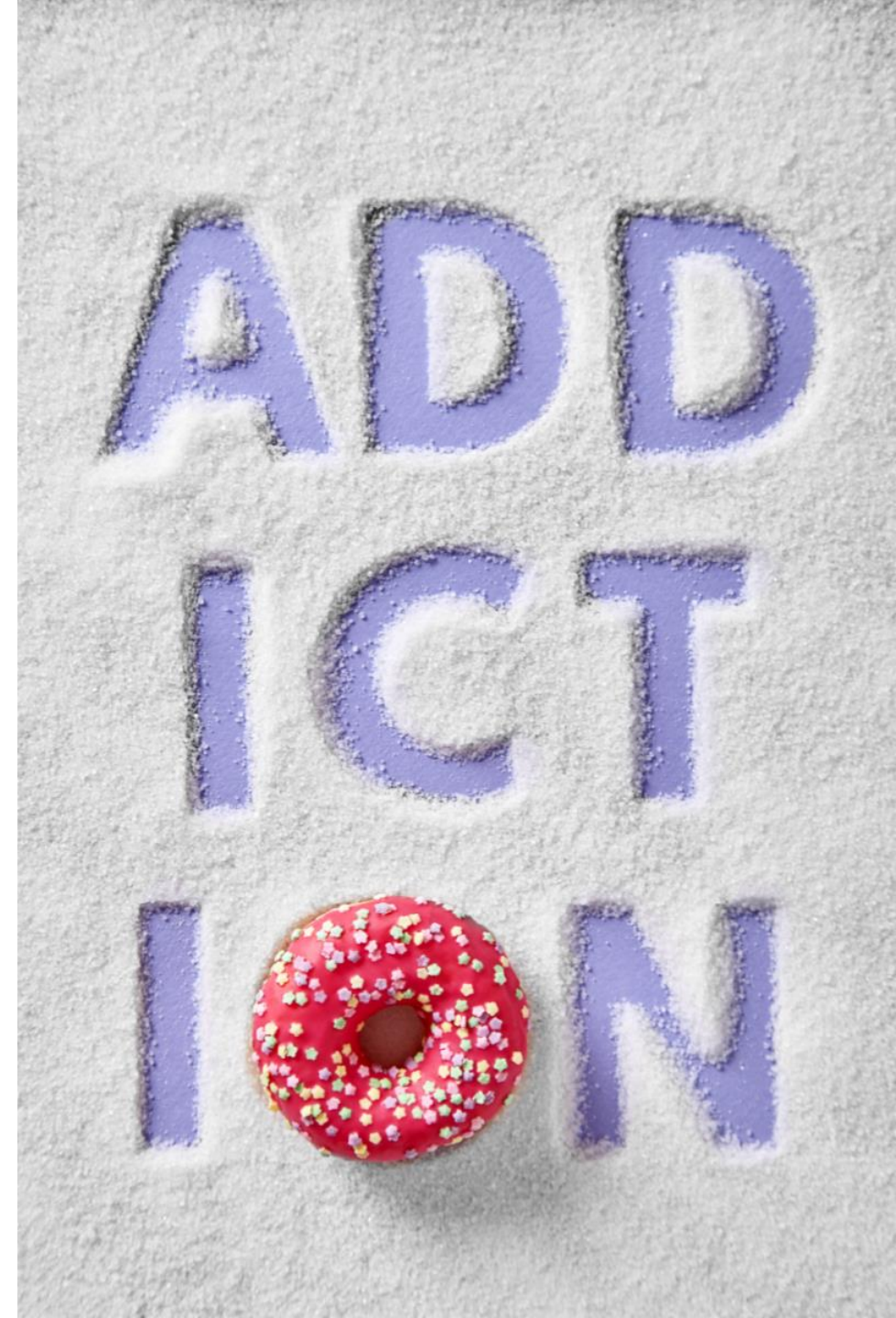
- The pros and cons of four top diets and how to turn the best from each into doable habits for life that are NOT DEPRIVING
- Solutions to the “what’s for dinner?” dilemma
- About my DIET FREE program and how you can join in for continued success

DIET FREE[™]
The Eight Habits That
Will Change Your Life



Studies Showing Sugar Is Indeed Addictive

- This [research](#) demonstrates that sugar can stimulate the brain's reward processing center in a manner that mimics what we see with some recreational drugs.
- Sugar [activates the opiate receptors](#) in our brain and affects the reward center, which leads to compulsive behavior, despite the negative consequences.
- Research on rats from [Connecticut College](#) has shown that Oreo cookies activate more neurons in the pleasure center of the rats' brains than cocaine does.
- A [2008 Princeton study](#) found that rats may become dependent on sugar, and that this dependency could be related to cravings, binging, and withdrawal.





How much sugar? Per The American Heart Association

AHA's SAFE daily limit is:

6 tsp (women)

9 tsp (men)

3-6 tsp (children)

Americans consume **22**
tsp of **ADDED** sugar daily.



Wait a second!

That's an
average of
**17.5 tsp TOO
MUCH added
sugar everyday.**
(Over 1/3 cup!)



That adds up to...

**11 cups
every
month!**

Our organs are not
designed to process
THIS MUCH SUGAR!



The organs hardest hit are...

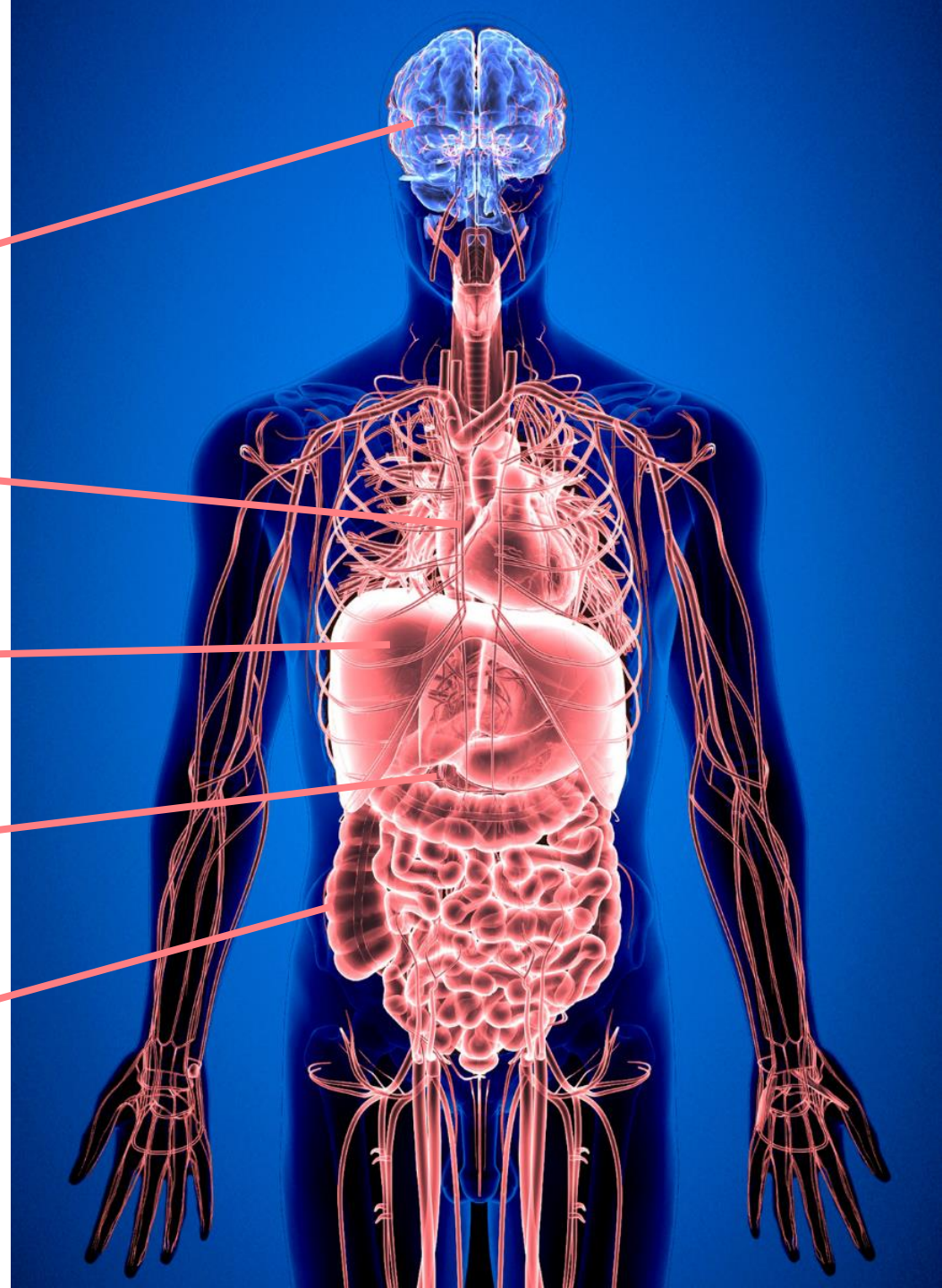
Brain (depression and dementia)

Heart (heart attacks & stroke)

Liver (fatty liver disease)

Pancreas (type-2 diabetes)

Immune System (cancer)



But there is

A person's hands are visible holding a white rectangular sign. The sign features the words "GOOD NEWS" in a large, bold, red, sans-serif font, arranged in two lines. The background behind the sign is a blurred blue and white bokeh.

**GOOD
NEWS**

When added sugar is removed:

**Laboratory results
improve within weeks**



We need to help
people get off sugar!





Keto to the Rescue?

- Give up **EVERYTHING** sweet and starchy.
 - No cake, candy, cookies, soda, juice, sweet tea, lemonade, pizza, pasta, rice, potatoes, corn, popcorn, chips, bread, sandwiches, crackers, most fruit, sweet dressings, even ketchup.
- Eat lots of
 - nuts, avocados, oils, butter and ghee, along with modest meat, chicken, pork or fish, and a few fruits and vegetables (not too many because they have carbs)
- Very high fat, low carb eating plan

Keto Diet References

- [Long-term management of the ketogenic diet: seizure monitoring, nutrition, and supplementation. *Epilepsia*. 2008;49 Suppl 8:23-6.](#)
- [Prevalence of micronutrient deficiency in popular diet plans. *J Int Soc Sports Nutr*. 2010;7:24.](#)
- [A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the national health and nutrition examination survey 1999-2004. *J Am Diet Assoc*. 2011;111\(6\):819-27.](#)
- [Case report: scurvy in an epileptic child on a ketogenic diet with oral complications. *Eur Arch Paediatr Dent*. 2008;9\(3\):148-52.](#)
- [Sudden cardiac death in association with the ketogenic diet. *Pediatr Neurol*. 2008;39\(6\):429-31.](#)
- [Office of Nutrition and Food Labeling, Center for Food Safety and Applied Nutrition, Food and Drug Administration. *Science Review of Isolated and Synthetic Non-Digestible Carbohydrates*. 2016.](#)
- [Ten-year single-center experience of the ketogenic diet: factors influencing efficacy, tolerability, and compliance. *J Pediatr*. 2015;166\(4\):1030-6.e1.](#)

Keto Diet References, Continued

- [Altered gut microbiome composition in children with refractory epilepsy after ketogenic diet. *Epilepsy Res.* 2018;145:163-168.](#)
- [Linking long-term dietary patterns with gut microbial enterotypes. *Science.* 2011;334\(6052\):105-8.](#)
- [¹³C tracer recovery in human stools after digestion of a fat-rich meal labelled with \[1,1,1-¹³C₃\]tripalmitin and \[1,1,1-¹³C₃\]triolein. *Rapid Commun Mass Spectrom.* 2011;25\(19\):2697-703.](#)
- [Impact of dietary fat on gut microbiota and low-grade systemic inflammation: mechanisms and clinical implications on obesity. *Int J Food Sci Nutr.* 2018;69\(2\):125-143.](#)
- [Comparative effects of very low-carbohydrate, high-fat and high-carbohydrate, low-fat weight-loss diets on bowel habit and faecal short-chain fatty acids and bacterial populations. *Br J Nutr.* 2009;101\(10\):1493-502.](#)
- [Low-carbohydrate diets and all-cause mortality: a systematic review and meta-analysis of observational studies. *PLoS ONE.* 2013;8\(1\):e55030.](#)

Keto Diet References, Continued

- [Low carbohydrate diet from plant or animal sources and mortality among myocardial infarction survivors. J Am Heart Assoc. 2014;3\(5\):e001169.](#)
- [Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. Lancet Public Health. 2018;3\(9\):e419-e428.](#)
- [Effects of weight reduction on blood lipids and lipoproteins: a meta-analysis. Am J Clin Nutr. 1992;56\(2\):320-8.](#)
- [Very-low-carbohydrate ketogenic diet v. low-fat diet for long-term weight loss: a meta-analysis of randomised controlled trials. Br J Nutr. 2013;110\(7\):1178-87.](#)
- [Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association. Circulation. 2017;136\(3\):e1-e23.](#)
- [Consumption of saturated fat impairs the anti-inflammatory properties of high-density lipoproteins and endothelial function. J Am Coll Cardiol. 2006;48\(4\):715-20.](#)
- [Benefit of low-fat over low-carbohydrate diet on endothelial health in obesity. Hypertension. 2008;51\(2\):376-82.](#)

Prefer Videos? Dr. Greger at Nutritionfacts.org

- <https://nutritionfacts.org/video/keto-diet-results-for-weight-loss/>
- <https://nutritionfacts.org/video/does-a-ketogenic-diet-help-diabetes-or-make-it-worse/>
- Watch More Dr. Greger Videos here: <https://nutritionfacts.org/?s=keto>

Metabolic Advantage?



Followed perfectly, the reward is a metabolic state called ketosis, where your body burns fat instead of carbs for fuel. But is it really?



Can calories be sneaked out of the body as ketones?

Well, sorta...

**Acetone in the breath and
ketoacids lost in the urine DO
add up to __ calories per day**

Metabolic Advantage?

45 Calories Per Day

Why Do People Lose Weight on Keto?



By having a “hard stop” to anything sugar:
Cakes, cookies, candy, even ketchup, bread, bagels, sandwiches, pizza, pancakes, chips, potatoes, French fries, corn, peas, fruit, pasta, rice, and cereal...



Calorie intake drops

Bottom Line

It limits your calories to 1,400 per day

Studies show weight loss is the same at 1 year

Keto Pros & Cons

Pros

- People “GET” the dangers of sugars & starches
- Natural appetite suppressant
- Reduced blood sugar (but not reduced insulin resistance.
Watch [this video](#) to learn more)

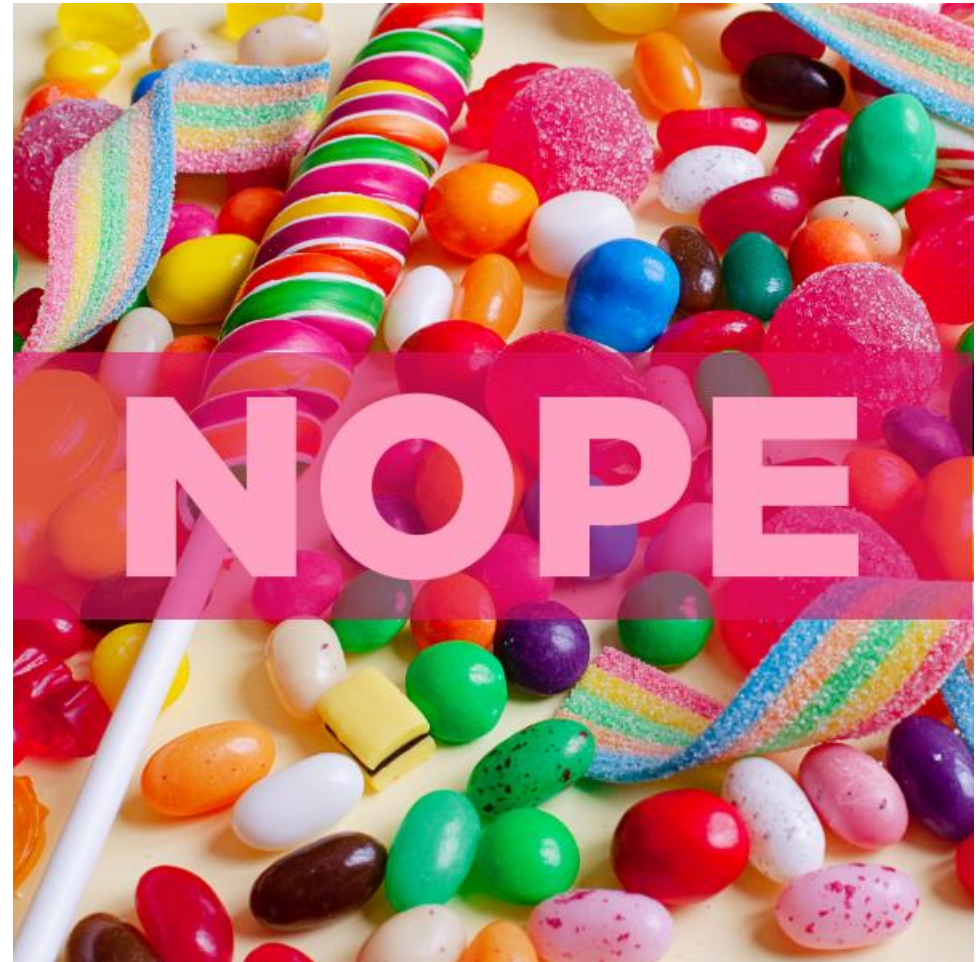
Cons

- Nutritionally deficient. Up to 17 nutrient deficiencies noted.
- Detrimental to gut microbiome
- Flagrant use of processed meats = colon cancer risk
- Kidney stress: Told to not eat too much protein (but most people do)
- Hair loss

What the Diet Got Right

KETO

Gain Control
Over Sugar!



How can we

Ditch the Diet

Keep the Good

and Still

Lose Weight?

- **Adopt the keto “NO THANK YOU” muscle** when cakes, cookies and candy are offered
- Don't fear SMART Carbs
- You WILL STILL gain control over Sweet Cravings!



Let Nature Be Your Candy



Vitamins

Potassium

Antioxidants

Hydration

Fills You Up

Single Servings

Fiber

Magnesium

Satisfies a Sweet Craving

**Try My Sweet
Craving Cure:**
1 glass of water
+ 1 fruit every 4
hours (while
awake) = no
more sweet
cravings!


DIET FREE Success Story



Diets? I've done them all. I've lost and gained weight my whole life, so consider myself pretty knowledgeable on the subject. **But DIET FREE cleared up a lot of misconceptions about sustainable weight loss.** I don't have to give up all grains, or all sweets. Who knew? And now, **27 pounds later I feel amazing!** My numbers are all good now too. **These habits aren't hard.** They aren't depriving. **I can do this forever!**



*Diane
Florida*



NO eggs,
dairy, meat,
chicken, fish

vegan

**Whole-Food
Plant-Based**

Vegan Pros & Cons

Pros

- Nutrient-rich
- High Fiber - GOOD for the Microbiome
- **Studies confirm: prevents, treats or reverses 13 of the 14 leading causes of death**
- Can be excellent for weight loss
- Budget-friendly and environment-friendly

Cons

- Must supplement Vit B12
- Can be marginal in calcium and iron
- Too restrictive for most = Family tension, if not all are on board

What the Diet Got Right

VEGAN

VEG IT UP!



How can we

Ditch the Diet

Keep the Good

and Still

Lose Weight?

- **Go meatless (and cheeseless) at least twice/week!**
 - Yes mushrooms, zucchini, eggplant and peppers can be grilled and make “AWESOME MEATS!”
- **Eat often and include a fruit and/or vegetable every time!**



DIET FREE Success Story



I've taken first place in weight loss contests, only to gain it all back and then some.

DIET FREE is the first time I've attempted to lose weight without following a diet. Just replacing some bad habits with good ones. **Habits that I can stick with for a lifetime.** I'm happy to say, **I've lost 60 pounds and I feel FANTASTIC.** And the best part is, **I know I can eat this way for good!**



*Ashley
Florida*

Mediterranean Diet

For the fifth consecutive year, the Mediterranean Diet ranks as the No. 1 Best Overall Diet by U.S. News and World Report.

1. Vegetables
2. Whole Grains
3. Olive Oil
4. Beans & Fish
5. Garlic & Herbs
6. Olives



Mediterranean Pros & Cons

Pros

- Nutrient-rich
- High in Fiber + Microbiome
- **Still can enjoy meat and carbs, just both smartly chosen and in moderation**
- Budget-friendly and environment-friendly

Cons

- Must learn to shop for more produce and learn how to cook it!
- Must learn to eat less processed food and fried food, and more olive oil, nuts and intact grains.
- Must learn to eat fish/seafood more than hamburger and fries
- *(Wait, maybe these are all pros?!)*

What the Diet Got Right

MEDITERRANEAN

Eat REAL FOOD!



How can we

Ditch the Diet

Keep the Good

and Still

Lose Weight?

- **Learn to cook REAL Food!**

- Less Meat, More Veg!
- More intact whole grains
- Less processed food!



What about IF? (Intermittent Fasting)



In a Nutshell: IF is:

- A hard stop, line in the sand from eating
 - Limits a person's eating time = successfully decreases overall calories
- Offers additional health benefits!
 - "Resets" digestive enzymes and insulin = a more efficient digestive system.
 - Autophagy = Cellular "cleaning" = reabsorb sick cells
 - Improved mitochondrial function (powerhouse of your cell!)



With IF, More is always Better right?

Some proponents suggest

- OMAD or 2MAD
- or fasting 16 consecutive hours

BUT...

- Daily antioxidant and fiber requirements are difficult to meet



So, no. More IF is not always better!

What the Diet Got Right

INTERMITTENT FASTING

**12-hour Gut REST
is BEST**



How can we

Ditch the Diet

Keep the Good

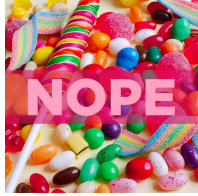
and Still

Lose Weight?

- 12-14 hour fast is a good number
- **Include Breakfast and STOP Eating 2-3 hours before bed**
 - Combines the benefits of a 12-hour overnight fast WITH breakfast...the best of both worlds
 - Allows you to keep oats, berries, nuts & flax!
 - Makes 10 servings of F/V a day possible



Let's Review



Gain Control Over Sugar!



VEG IT UP!



Eat REAL FOOD!



12-hour Gut REST is BEST



I know what
you're thinking!

Maybe that's not a diet,
Zonya, but it's still a lot of
work, isn't it? And I barely
have time to get dinner on the
table as it is!



**Don't worry!
I've got you covered!**

The Fastest Way to Healthy!



1. Have a plan
2. Have a plan for when you don't have a plan.

Weekly Menu Planner

Refer to page vi of the Introduction for instructions on how to use this convenient wipe-erase weekly menu planner.
Use a dry or wet-erase overhead transparency-type marker (not permanent) and it will easily wipe clean.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
Slow-Cooking Night Pages 225-249	15-Minute Meal Night pages 81-101	Pasta Night pages 163-179	Oven Exercise Eat Night pages 125-161	Pizza Night pages 181-195	Stir-Fry Night pages 197-207	30-Minute Meal Night pages 103-123

Crock-pot Fajitas

Pg-239

White Beans, Tomato, Basil, Parmesan

Pg-95

Pasta Primavera with Shrimp

Pg-167

Spanish Red Beans and Rice

Pg-153

Southwest Chicken Pizza

Pg-189

Easy Pepper Steak Stir-fry

Pg-203

Salmon Burgers

Pg-117

ZONYA

INSPIRING EVERYDAY HEALTH

FOUR Weeks of LICKETY-SPLIT DINNERS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Crockpot	15-min meal	Pasta	Oven/Exercise	Pizza	Stir-Fry	30-min meal
Beef Barley Soup (p-235), whole-grain crackers, tossed salad and sliced fruit	Chicken Dijon Stuffed Baked Potato (p-85), unsweetened applesauce with cinnamon	Veggie Sghetti (p-165) tossed salad, Whole-Wheat Garlic Cheese Toast (p-279) or small dessert	Delicate Baked Fish (p-143), broccoli, Sweet Potato Oven Fries (p-275) roll or cookie	Garden Vegetable Pizza (p-185), Where's the Lettuce Salad (p-253)	Sweet and Sour Stirfry (p-201) brown rice, tossed salad, whole-grain roll or cookie	Curried Chickpeas and Gingered Black Beans (p-105), brown rice, broc & carrots
Turkey Vegetable Stew (p-227), whole-grain rolls and Crunchy Apple Salad (p-259)	White Beans w/Tomato Basil & Parmesan (p-95), tossed salad and Cranberry Salad (p-265)	Pasta Primavera with Shrimp (p-167), whole-grain fettuccine and Cranberry Salad (from yesterday)	Creamy Chicken Enchiladas (p-151), green beans and crinkle cut carrots, sliced fruit	Chicken Chutney Pizza (p-189), tossed salad	Easy Pepper Steak Stirfry (p-203) over brown rice, tossed salad, fresh fruit or cookie	Chicken Marsala (p-109) brown rice, peas, Where's the Lettuce Salad (p-253)
Crockpot Fajitas (p-239), whole-grain flour tortillas, raw veggies and dip, sliced cantaloupe	Creamy Chicken Dijon over whole-grain noodles (p-93) with asparagus and sliced tomatoes and cucumbers	Parmesan Turkey Cutlets over angel hair (p-175) with Where's the Lettuce Salad (p-253)	Mexican LaZonya (p-139), Cinnamon Butternut Squash (p-277)	Polynesian Pizza (p-193) with Crunchy Apple Salad (p-259)	The Easiest Stirfry Ever! (p-199) over brown rice and whole-grain roll or cookie	Salmon Patties with baked sweet potatoes or Salmon Burgers (p-117), fresh steamed asparagus or green beans
Beef Stroganoff over Noodles (p-243) with peas and carrots and tossed salad	Turkey Joes (p-89), whole-grain buns and Sunshine Carrot-Raisin Salad (p-257)	White Beans & Penne Pasta with Rosemary (p-177), tossed salad, Whole-Wheat Garlic Cheese Toast (279)	Tantalizing Turkey Meatloaf (p-133), baked potatoes, broccoli and a fudgesicle	Southwest Chicken Pizza (p-191), tossed salad, orange sections	Saucy Almond Chicken Stirfry (p-205) over brown rice with sliced apples and kiwi	Broiled Orange Roughy (p-115) with baked sweet potatoes, California blend

Recipes available in *Lickety-Split Meals for Health Conscious People on the Go!* Newly Revised 2018 Zonya Foco, RDN, Zonya.com

Have a Plan for When You DON'T Have a Plan

Prep Your Pantry (or Freezer) for the 3 P's



Potatoes



Pasta



Pizza





TRUE OR FALSE

Two months of strength training for 30 minutes, 2 times a week can reverse 2 decades of muscle loss!

Strong Women Stay Young
Miriam Nelson, Ph.D.



WHAT I KNOW FOR SURE

Exercise can't be a
dreaded "have to"

Make it your
anticipated "get to"



DIET FREE Success Story



I had no idea how to motivate myself to exercise.

I was addicted to sugar.

I joined the DIET FREE Deep Dive, and everything fell into place. Little by little, the goal setting got me to where I can honestly say “Exercise is my middle name”, and “sugar no longer controls me.”

I am officially down 35 pounds! Thank you for all the support and guidance to achieving this goal!



***Marcia
Illinois***

What about you? Will you join us?
Program runs August – December, 2023



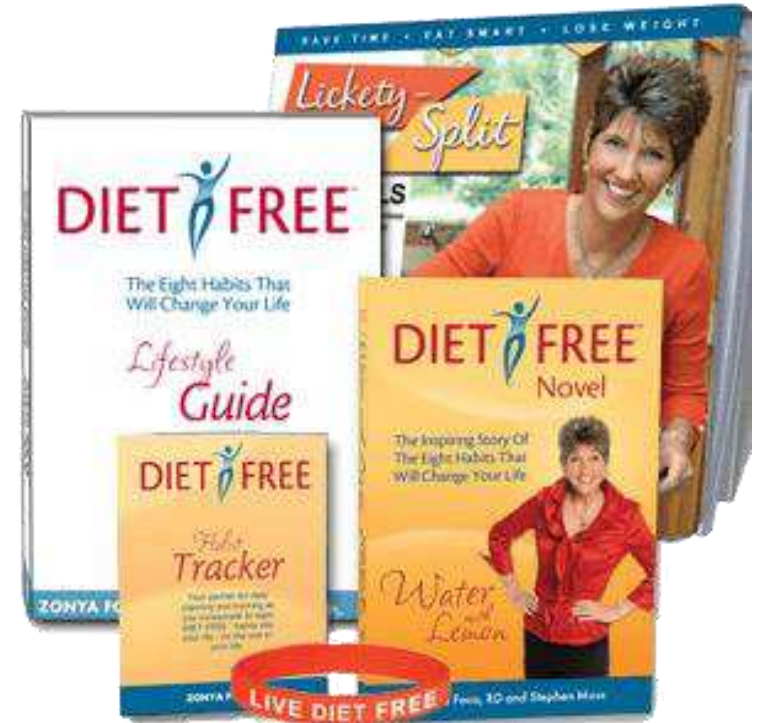
DIET FREE™

Zonya's
Deep Dive
Edition

4-MONTH
LIVESTREAM
INTENSIVE

A woman with short brown hair, wearing a bright red blazer over a black top, is smiling and gesturing with her hands. The background is white with a blue border. The text 'DIET FREE™' is in red, with a blue silhouette of a person jumping between the words. Below it, 'Zonya's' is in blue, 'Deep Dive' is in a blue script font, and 'Edition' is in blue. In the top right corner, a blue curved banner contains the text '4-MONTH LIVESTREAM INTENSIVE' in white.

Includes the needed success tools



Save 10% with DitchDiets10

45-day no-risk guarantee (on the 4-month DEEP DIVE)



Thank you!

Zonya Foco, RDN
Registered Dietitian, Nutritionist
Author & Program Creator
Zonya.com

