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RICE FLOUR CHIFFON CAKE



THYROID DIET

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Have you been eating the same way as usual and getting the same level of physical activity as always but you're wondering why these past months you have managed to put on a pound or maybe two per week? You could have a thyroid problem, a dysfunction in the small, butterfly-shaped gland in your neck that is crucial for your metabolism.

SYMPTOMS

- Unexpected weight gain despite diet & exercise
- Fatigue and exhaustion
- More hair loss than usual
- Moodiness
- Muscle and joint pain
- Lots of sex drive for starters

DID YOU KNOW
More than 20 million people have a thyroid problem, in most cases undiagnosed and untreated. It is believed that the number is rapidly on the rise.

Have you tried low carb diets like Atkins or South Beach & gained weight while following it?
Do you truly enjoy eating vegetables & fruits?
Do you feel your best after a meal that contains protein, starch & vegetables or fruits?
Do you need variety in your diet?

FREE FORM PLAN
Very straightforward & gives you a bit of leeway.
3 meals a day (include 1-2 portions of lean protein in each meal)
Low-glycemic vegetables (more than 6 servings per day)
Low-glycemic fruits (no more than 1-2 servings a day)
Low-glycemic starches (2-3 servings a day maximum)
Good fats (small serving with each meal)
Fiber (25 grams- min)
Snacks (1-2 per day if needed)
Water (64 ounces- min)

Have you tried a diet like Weight Watchers and gained weight while following it?
Have you tried a low-carb diet like Atkins & gained weight while following it?
Do you suspect that you eat too much but you don't keep track?
Do you find that you can gain weight on what others would consider cutting back or a diet?

CALORIE SENSITIVE PLAN
Eat 3 meals per day (1-2 portions of lean protein a meal)
Low-glycemic vegetables (more than 6 servings a day)
Low-glycemic fruits (no more than 1-2 servings a day)
Low-glycemic starches (2-3 servings a day max)
Good fats (small serving with 1 or 2 meals-max)
Fiber (25 grams- min)
AVOID snacks (veggies best option)
AVOID treats (once a week max)
Water (64 ounces- min)

Do you frequently crave food like pasta, bread, rice, potatoes & sweet desserts?
Once you get started eating food like the above, do you find it hard to stop?
After eating them do you find yourself feeling hungry again fairly quickly?
After eating a piece of cake or a bowl of pasta, do you temporarily end up a pound or two heavier on the scale the next day?

CARB SENSITIVE PLAN
Eat 3 meals per day (1-2 portions of lean protein in each meal)
Low-glycemic vegetables (more than 6 servings per day)
Low-glycemic fruits (no more than 1 serving a day)
Low-glycemic starches (1-2 servings a day max)
Good fats (small serving with each meal)
Fiber (30 grams- minimum)
Snacks (1-2 per day if needed)
AVOID treats (once a week max)
Water (64 ounces- minimum)
Do not eat after 8:00pm

SOURCES

- Natural Remedies from a Country Doctor, Jay Harshbarger, Country Health Magazine & the editors of Yankee Magazine, 2003
- Natural Remedies for Healthy Living, The Reader's Digest Association, 2005
- The Illustrated Encyclopedia of Healing Remedies, C. Norman Shealy, 2000



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