
The Obesity Code Summary PDF Cheatsheet —

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? 1. Low Fat Was Wrong: Warnings against saturated fat accidentally accelerated the obesity epidemic

In the 1970's, Dr. Ancel Keys found a correlation between eating saturated fat and heart disease. Soon, the public largely believed that eating fat would “clog their arteries” and make them obese. Large food companies began marketing “low fat” food that was instead filled with sugar and refined carbs, accelerating the obesity epidemic. Today, Dr. Fung says there's good scientific evidence saturated fat does not increase risk of heart disease or obesity.

? 2. Low Calorie is Mistaken: Telling people to eat less doesn't work, because it misses the ultimate cause of obesity

The commonly accepted idea that losing weight is about cutting calories is based on several myths. In fact, reducing calories in also reduces calories out aka Basal Metabolic Rate, different calories are metabolized/processed differently in the body, and it is hormones—not willpower—that controls our calorie intake, expenditure, etc. Every body has a “weight set-point” that works like a thermostat, trying to keep us at a certain weight.

? 3. Insulin Causes Obesity: Persistently high insulin levels cause insulin resistance, causing obesity

The cause of obesity and a high body “weight set-point” is insulin resistance. Insulin is a hormone that helps us manage blood glucose, that comes from breaking down foods, especially carbohydrates. Insulin resistance is caused by high and persistent levels of insulin, due to eating certain types of carbs and eating all the time.

? 4. Eat Low Carb, Healthy Fats: To control insulin levels and reduce fat, begin with eating natural and unprocessed fat

Fats increase insulin levels the least during and after a meal, as compared to carbs and proteins. To lose weight, we can eat more unprocessed or minimally processed foods that are high in fat, like olive oil, nuts, seeds, fish, avocado, full-fat dairy, etc.

? 5. Increase Fiber: Even foods high in carbohydrates can be healthy, if they are whole and unprocessed

Some carbohydrate foods are much healthier than others, the good ones tend to be unprocessed whole plant foods that are high in fiber like broccoli, spinach, blueberries, whole grains, etc. In processed foods, fiber tends to be removed for flavour, causing a stronger insulin response.

? 6. Avoid Added Sugars: Processed foods tend to contain harmful added sugars or artificial sweeteners

We should eat little sugar, saving it for special occasions. Added sugars are hidden in processed foods under various names. Artificial sweeteners have concerning effects in the body and should be

avoided. Better to eat fruits, dark chocolate, nuts, cheese, etc.

? 7. Intermittent Fasting: The key to reducing insulin resistance is increased time between eating

Modern society teaches us to eat all the time. Dr. Fung says to break insulin resistance, we need to avoid persistently high insulin levels. That means increasing time between food by eliminating snacks, skipping breakfast if not hungry, and fasting 1-2 times per week for 24-36 hours.

This is just a sample!

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