



# Wave To The New You

## Holistic Weight Loss Program

**STARCHES** Recognizing Starch in food can be as simple as foods that are pale and thick to foods that get sticky when cooked. It can also be hard to know such as in some fruits and nuts. Ground Almonds for example have no starch but whole almonds may, it depends what it has been roasted in. Cashews are very high in starch as are Peanuts. There is a simple test you can do on a food if you are not sure if it is a starch or not. Take 1 drop of Iodine on a piece of the food you do not plan to eat. If it turns dark or black, it has starch. Some foods may take up to 30 minutes to turn dark or black, depending on how much starch is actually in the food. Toss out any food with the Iodine, do not eat it. The reason you need to avoid starchy foods at this point is because starch turns to sugar in the body. The starchy and sugary foods alter your blood sugar quickly and more than any other type of food. This in turn increases your body's Insulin response, causing a rise in Cortisol hormone. This is what creates the belly fat in most people. While we are detoxifying and then resetting our body's weight set point (that point where you can eat foods normally without gaining weight), it is imperative that we do not stimulate this Insulin Response in our body. To do so will undo everything you've accomplished this far.

1. Cornstarch
2. Any flour
3. Pastas
4. Any bread or bread product
5. Breadsticks
6. Bagels
7. Hamburger buns
8. Hotdog buns
9. Crackers
10. Tortillas
11. Oatmeal
12. Rice
13. Peas
14. Corn
15. Lentils
16. Pita bread
17. Pretzels
18. Corn chips
19. Potato chips
20. Yams
21. Potatoes
22. Pancakes
23. Muffins
24. Legumes
25. Just about all root vegetables
26. Any Fried Breading or Food Coating
27. Any breading on fish, chicken, etc.
28. Beans
29. Grains
30. Acorn or Butternut squash
31. Cereals
32. Popcorn
33. Biscuits
34. Corn bread
35. Taco shells
36. Croutons
37. Rice cakes
38. Cream of Wheat
39. Corn meal
40. Some nuts contain starch such as Cashews, Peanuts, Chestnuts and Sunflower Seeds. Walnuts have starch in the skin but not the flesh. Ground Almonds are safe but roasted Almonds may need to be tested first.