

# 10 Evidence-Based Features of the Weight Loss Roadmap

We know you want to give your patients a program that's based on real science. Here are 10 evidence-based principles that are part of the Weight Loss Roadmap program and content.



## 1. Consume Less Added Sugar

People are addicted to sugar. Naturally occurring sugars are absolutely fine (i.e. sugars found in fruit), but added sugar is much worse. Current added sugar consumption is way too high in America ([1](#)). Studies show that sugar consumption is associated with obesity, type 2 diabetes, and heart disease amongst other conditions ([2](#), [3](#), [4](#)).

That's why if you want to lose weight, you have to cut back on added sugars. This involves reading those ingredients on nutrition labels!



## 2. Cut Back on Refined Carbs

Refined carbs are those that have been processed so that the whole grain is no longer intact, removing the fibrous and nutritious parts of the grain (5). Some examples of refined carbs are white flour, white bread, white rice, pastries, sodas, pasta, and sweets.

Refined carbs can spike blood pressure, leading to hunger. Studies have shown that refined carbs are strongly linked to obesity (6). On the Weight Loss Roadmap, added sugars, sweets, most alcohol, white bread, and unhealthy grains are prohibited.



### **3. Eat Less Carbs**

Numerous studies have shown that low-carb diets help you lose weight (7). On the Weight Loss Roadmap we eliminate sugars, gluten, most alcohol, unhealthy grains, soy and corn, naturally making the diet a lower carb diet.



### **4. Perform Aerobic Activities**

The *Physical Activity Guidelines for Americans, 2nd edition* (2018) by the U.S. Department of Health and Human Services indicates that substantial health benefits come from aerobic activity (8). The “Transition and Exercise” phase of the Weight Loss Roadmap prescribes aerobic activity spread throughout the week, consistent with these guidelines.

Aerobic exercise is any type of cardiovascular conditioning (AKA “cardio”) which includes walking, swimming, running, burpees and cycling amongst others. Cardio helps to burn calories which fosters weight loss (9).



## 5. Resistance or Strength Train

During the “Transition and Exercise” phase of the Weight Loss Roadmap, the program prescribes about 3 hours of resistance / strength training workouts per week. These workouts are muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups. These workouts are performed 3 days per week. The exercise program is consistent with the *Physical Activity Guidelines for Americans* (2018) (8).

Training and lifting weights can help increase your metabolism and build muscle ([10](#)), which burns fat stimulating weight loss ([11](#)).



## 6. Eat More Fruits and Vegetables

Fruits and vegetables have characteristics that make them great for weight loss ([12](#)).

Fruits and vegetables are low-energy-dense foods because they “provide fewer calories per gram than foods with a higher energy density,” as stated by the Centers for Disease Control and Prevention (CDC) ([13](#)). Low-energy-dense foods add weight because of their water and fiber content but have a low fat content.

According to the CDC, these types of foods help you to feel full so they help cut calorie intake and control hunger, helping with weight loss ([13](#)).



## 7. Eat More Protein

One thing that is not restricted on the Weight Loss Roadmap is protein. Eating protein helps to boost your metabolism and provides satisfaction from your meals ([14](#), [15](#)).

Consuming protein from leaner meats and fish such as tilapia, chicken breast, and shrimp is hugely effective for weight loss because they have a lower calorie count ([16](#)). The Weight Loss Roadmap has a variety of recipes that use these proteins!



## 8. Supplement with Protein Powder

Supplementing your calories with protein powder helps ensure one is consuming enough protein, increases muscle growth and helps increase weight loss ([17](#)).

During the elimination phase of the Weight Loss Program, it prescribes one shake / smoothie per day with one scoop of your doctor-approved protein powder. High-protein shakes help keep one full by supplementing calorie intake and protein intake, which helps to avoid overeating.



## 9. Eliminate Sugary Drinks and Sodas

Studies have shown that sugar-sweetened drinks are linked to 60% increased risk of obesity in children ([18](#)). Sodas and even fruit juice contain added sugars and/or high fructose corn syrup which are to be avoided because of their affect on body weight ([19](#)).

Make sure to check your labels! Check the “Ingredients” list on foods and beverages for “sugar,” “cane sugar,” “corn syrup,” and “high fructose corn syrup” to avoid these hidden added sugars.



## 10. It's Not a Diet—It's a Lifestyle

One of the problems with modern-day diets is that they don't end up working in the long term ([20](#)). To avoid this issue, one's focus needs to be on becoming overall healthier and happier.

That's why the Weight Loss Roadmap is a lifestyle, not a diet. It prepares you for the final phase, “Healthy for Life” which gives you the structure to be healthy for the rest of your life, and to keep those pounds off. That's effective weight loss ([21](#))!



# References

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