

# The INRC Guide For Overweight Control

## The use of the Master Amino Acid Pattern during Weight Loss Diets

Caution: Consult your physician before starting this or any other weight loss program or physical activity

The INRC Guide for Overweight Control aims to enable you to control your overweight as well as its causes. It can be successfully implemented with any healthy, well-balanced weight loss diet. However, the Main diet can provide you, in comparison to any other diet, with the best quality of life, and the best results, in the shortest time.

The Guide for Overweight Control is comprised of:

1. The Evaluation Phase
2. The Starting Diet
3. The Main Diet
4. The Ending Diet
5. The Overweight Prevention Phase

### 1. The Evaluation Phase

- A. Fill out the Nutritional Test. Circle the number corresponding to each one of your answers. Add the circled values to find the Test result.

<b>1. GENDER</b>				
a. Male			0	
b. Female	-1			
<b>2. AGE</b>				
a. 12-24 years old			0	+1
b. 25-54 years old				
c. Over 55 years old	-1			
<b>3. HEIGHT</b>				
a. Below 5' 3"	-1			
b. From 5' 3" to 5' 9"			0	
c. Over 5' 9"				+1
<b>4. BODY FRAME</b>				
a. Small	-1			
b. Medium			0	
c. Large				+1
<b>5. BODY MUSCLE</b>				
a. Light Built	-1			
b. Medium Built			0	
c. Heavy Built				+1
<b>6. PHYSICAL ACTIVITY</b>				
a. Light	-1			
b. Regular			0	
c. Heavy				+1
<b>Total</b>				

- B. Evaluate your Nutritional Test Result, according to the following Table.

From					Body Metabolism
-6	To	-1	→		Low
0	To	+5	→		Normal

Therefore, if your Nutritional Evaluation Test Result is:

- **From -6 to -1**, you have a *low metabolism*. To obtain the best results, you must undergo the Starting Diet before starting the Main Diet.
- **From 0 to +5**, you have a *normal metabolism*. Therefore, it is not necessary for you to undergo the Starting Diet. Proceed with the Main Diet.

### 2. The Starting Diet

If you scored from -6 to -1 in the Nutritional Evaluation Test, you must perform the Starting Diet in conjunction with the required physical activity (Table VIII) for a one-week-period.

The Starting Diet is not a weight loss diet. Its main purpose is to raise or normalize your metabolism.

<b>Breakfast</b>	
• 1 Lb. (450 g) of fresh fruit	<b>(mandatory)</b>
• Coffee, tea or other infusions	<b>(optional)</b>
<b>Lunch</b>	
• ½ Lb (225 g) of chicken or fish	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>Dinner</b>	
• ½ Lb (225 g) of chicken or fish	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>Snack</b>	
• Fresh fruit, as much as desired, at any time	

#### Starting / Ending Diet Guidelines:

- It is beneficial to include a daily multi-vitamin/mineral supplement, such as .....
- **Allowed Beverages:** Non carbonated water, coffee, tea and other infusions.
- **Allowed Seasoning:** Lemon juice, vinegar, pepper, and natural herbs.
- **Allowed Sweetener:** Aspartame (NutraSweet).
- The allowed fruits must be chosen from Table IV. Fresh fruits may be cooked or baked, without using sugar or fat. Canned or dried fruits are not allowed.
- Vegetables must be chosen from Table V. Fresh vegetables may be steamed, grilled or baked, without using salt or fat. Canned vegetables are not allowed.
- Fish must be chosen from Table VI.
- The chicken or fish may be boiled, baked or grilled without using salt or fat. The chicken skin must be removed before cooking it. Canned fish or chicken is not allowed.
- **Vegetarians:** Substitute chicken or fish with your usual source of vegetable proteins.
- **Diabetics:** Consult your physician to reduce, if necessary, the amount of allowed fruit (Table IV) or vegetables (Table V).

Table IV. Allowed Fruits	
Name	Energetic Value cal/3.5 Oz (100g)
Apricot	57
Pineapple	52
Cherry	63
Plum	47
Papaya	24
Peach	52
Strawberry	36
Pondapple	52
Guava	69
Fig	62
Lime	32
Lemmon	29
Tangerine	43
Mango	59
Apple	58
Cantaloupe	25
Honey Dew melon	44
Orange	42
Pear	56
Roseapple	63
Watermelon	22
Grapefruit	38
Grape	68
Loquat	44

Table V. Allowed Vegetables	
Name	Energetic Value cal/3.5 Oz (100g)
Artichoke	29
Celery	19
Broccoli	39
Onion	45
Brussels Sprouts	50
Cabbage	28
Cauliflower	33
Endive	20
Asparagus	22
Spinach	30
Lettuce	13
Cucumber	15
Radish	23
Tomato	21
Carrot	41
Chicory	20

Table VI. Allowed Fish	
Name	Energetic Value cal/3.5 Oz (100g)
Cod	90
Snapper/ Red Mullet	109
Bass	94
Trout	82
Tuna	127
Swordfish	134
Flounder/ Sole	87
Grouper/ Halibut	86

### 3. The Main Diet

The Main diet is inter-balanced. Namely, it can provide the adequate amounts of essential nutrients, such as essential amino acids, vitamins, minerals, trace elements, essential fatty acids, and fiber, necessary for a healthy and productive life. At the same time, it provides a reduced amount of non-essential nutrients, to obtain the negative energy balance necessary to induce the catabolism of fat tissue. As a result, the Main Diet can successfully prevent or halt those anomalies commonly associated with weight loss diets, such as hypoglycemia, loss of body constituent proteins, hunger, weakness, headache caused by ketosis, constipation, or decreased libido. When necessary, the Main Diet can be safely performed for years.

The Main Diet can be performed either periodically or occasionally. Therefore:

- Set a realistic weight loss goal;
- Perform the Main Diet at your own pace;
- Take your time. The main purpose is to reach your goal.

**Caution:** The Main Diet must not be initiated during the pre-menstrual week. This is because the increased water and sodium retention associated to the pre-menstrual week could "mask" your weight loss. As a result, you could be disappointed.

Table VII. The Main Diet	
<b>Breakfast</b>	
• 1 Lb. (450 g) of fresh fruit	<b>(mandatory)</b>
• Coffee, tea or other infusions	<b>(optional)</b>
<b>Lunch</b>	
• The required dosage of MAP	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>or</b>	
• ½ Lb (225 g) of chicken or fish	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>Dinner</b>	
• The required dosage of MAP	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>or</b>	
• ½ Lb (225 g) of chicken or fish	<b>(mandatory)</b>
• ½ Lb of fresh vegetables	<b>(optional)</b>
• 1 Lb (450 g) of fresh fruit	<b>(mandatory)</b>
<b>Snack</b>	
• Fresh fruit, as much as desired, at any time	

#### Main Diet Guidelines:

- Follow the same guidelines as the Starting/Ending Diet. In addition:
- MAP can substitute chicken or fish only once a day, either at lunch or dinner.
- **Vegetarians:** MAP can substitute the vegetable protein(s) with the most calories, either at lunch or dinner.

**Caution:**

- If you do not eat the required daily amount of allowed food, your metabolism lowers. As a result, fat tissue catabolism, and weight loss could halt. Under these circumstances, hunger, weakness, hypoglycemia, headache by ketosis, or decreased libido may arise.
- If you eat food to which salt has been added, your body water and sodium retention would increase, thus increasing your body weight. Under these circumstances, weakness and general discomfort may arise.

**Determining your suggested MAP dosage during the Main Diet**

- **If your Nutritional Evaluation Test result is from -6 to -1**, you must take 8 tablets of MAP during the meal, which does not include chicken or fish (either lunch or dinner).
- **If your Nutritional Evaluation Test result is from 0 to +5**, you must take 10 tablets of MAP during the meal, which does not include chicken or fish (either lunch or dinner).
- **If you are a vegetarian, independently of your Nutritional Evaluation Test result**, you must take 10 tablets of MAP during the meal, which does not include vegetable protein (either lunch or dinner).

**Caution:** The Main Diet must not be performed without taking MAP. MAP cannot be substituted, under any circumstance, with any other amino acids composition or dietary protein. If you don't take the suggested dosage of MAP:

- The amount of your body constituent proteins decreases;
- Your water and sodium retention, as well as your body weight, increases;
- Hunger and/or weakness may arise.

**Choosing your adequate Physical Activity**

During the Main Diet, the physical activity is mandatory, and it must be chosen from Table VIII. The physical activity has to be performed daily, without interruptions, and during the required time. When performed early in the morning, the physical activity should be performed after breakfast to avoid potential hypoglycemia or weakness. The physical activity should be performed, unless this is contraindicated, at a speed and/or intensity capable of increasing your heart rate between 10- 20%. To illustrate: when using a treadmill your heart rate can be increased either by increasing the treadmill's speed and/or its grade.

Table VIII. Required Daily Physical Activity	
Physical Activity	Minimum Time
Walking	1 hr
Jogging	½ hr
Cycling (fixed or mobile)	1 hr
Skipping the rope	½ hr
Skating	1 hr
Soccer	1 hr
Swimming	1 hr
Going up and down stairs	½ hr
Volleyball	½ hr
Tennis	½ hr
Aerobics	1 hr
Sitting down and standing up	½ h twice a day

**Caution:** If you do not perform the required daily physical activity, your metabolism decreases. As a result, fat tissue catabolism, and weight loss could halt. Under these circumstances, hunger, weakness, hypoglycemia, headache by ketosis, or decreased libido may arise.

**How to proceed if you are partially or totally unable to perform the required physical activity:**

- **With your upper body.** Proceed to choose any physical activity (Table VIII) that you can perform with your lower body.
- **With your lower body.** Proceed to choose any physical activity (Table VIII) that you can perform with your upper body.
- **With your lower and upper body.** You must perform for a ½ hr period, twice a day, a breathing exercise, as follows: Slowly and deeply Inhale and exhale in a way capable of increasing your heart rate from 10 to 20%.

Table IX. Expected Weight Loss During The Main Diet While Performing The Required Physical Activity *				
DAY	Female		Male	
	Min	Max	Min	Max
1	1/2 Lb	3/4 Lb	3/4 Lb	1 Lb
2	1/2 Lb	3/4 Lb	3/4 Lb	1 Lb
3	1/3 Lb	1/2 Lb	3/4 Lb	1 Lb
4	1/3 Lb	1/2 Lb	1/2 Lb	3/4 Lb
5	1/3 Lb	1/2 Lb	1/2 Lb	3/4 Lb
6	1/3 Lb	1/2 Lb	1/2 Lb	3/4 Lb
7	1/3 Lb	1/2 Lb	1/2 Lb	3/4 Lb
8	1/3 Lb	1/3 Lb	1/2 Lb	3/4 Lb
9			1/2 Lb	3/4 Lb
10			1/3 Lb	1/3 Lb
11				

\*Results may vary.

## 4. The Ending Diet

At the conclusion of the Main Diet, it is mandatory to perform the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII). This aims to avoid a weight increase resulting from a sudden increase in energy intake or metabolic secretions.

**Caution:** Failure to comply with the Ending Diet could result in a sudden weight increase, increased water and sodium retention, increased blood pressure, and general discomfort.

### How to determine the duration of the Ending Diet

- **If the Main Diet has been performed for only one week.** The Ending Diet and the required physical activity have to be performed for a one-week period.
- **If the Main Diet has been performed for two or more weeks.** The Ending Diet and the required physical activity have to be performed for a two-week period.

## 5. The Overweight Prevention Phase

After the conclusion of the Ending Diet it is mandatory to perform the Overweight Prevention Phase, which is aimed to prevent the causes of overweight by:

- Maintaining the equilibrium of the body nitrogen balance. Thus, preserving or resynthesizing body constituent proteins;
- Maintaining the equilibrium of the body energy balance. Thus, preventing:
  - A positive energy balance, which causes an increase in weight and fat tissue;
  - A negative energy balance, which could halt fat tissue catabolism, and weight loss.
- Reversing any occasional or recurrent weight increase.

### How to implement the Overweight Prevention Phase

- You can maintain your nitrogen balance in equilibrium by taking your Protein Daily Requirement (PDR) (Table X) in conjunction with the daily required amounts of vitamins, minerals, trace elements, and essential fatty acids.

Height	Male	Female
5'	45	40
5' 1"	47	42
5' 2"	50	44
5' 3"	52	46
5' 4"	54	48
5' 5"	56	50
5' 6"	59	52
5' 7"	61	54
5' 8"	63	56
5' 9"	65	58
5' 10"	68	60
5' 11"	70	62
6'	72	64
6' 1"	74	66
6' 2"	77	68
6' 3"	79	70
6' 4"	81	72
6' 5"	83	74
6' 6"	86	76

- You can reach your energy balance equilibrium, while reassuming your nutritional habits, by maintaining your energy intake equal to your energy expenditure. Of course, your behavior is crucial to achieve this, because both the energy intake (food intake) and the energy expenditure (mainly physical activity) are voluntary actions.

In order to reach the energy balance equilibrium, perform the following 3-day-test.

**Caution:** This test must not be performed during the premenstrual week, because under these circumstances the results may not be reliable.

### How to perform the 3-day-test

During any three-day test period, your energy intake (food) must be kept constant, as well as your daily physical activity (energy expenditure). The test should be repeated as many times as necessary, until you reach your energy balance equilibrium.

- You must establish a daily quota of physical activity (energy expenditure), (i.e. 1 hour of walking). You must realize that an increased physical activity (in intensity or duration), will allow for an increased energy intake.
- You must start consuming 1,200 kcal/day, chosen from your usually preferred foods. The diet must comply with your PDR (Table X) and daily vitamins, minerals, trace elements and essential fatty acids requirements.
- You must maintain your energy intake and daily physical activity unchanged for a 3-day-period.
- Perform the daily test evaluation:
  - Assess your weight variation. Your weight should be determined in the morning, before breakfast, naked, after urination and defecation.
  - Ask yourself the following two mandatory questions:
    - *Did I comply with the diet?*
    - *Did I perform the required physical activity?*
  - After obtaining YES or NO as answers to the previous questions:
    - Find the matching sequence of YES or NO corresponding to your weight variation in Control Table No 1 (Table XI).
    - Find its corresponding row letter (A-L) on the left side of the matching sequence.
    - Find in Control Table No. 2 (Table XII) the matching row letter (A-L), and follow the instructions.

Table XI. Control Table No. 1			
Row Letter	Diet Compliance	Physical Activity Compliance	Weight Variation
A	Yes	Yes	↓
B	Yes	Yes	=
C	Yes	Yes	↑
D	Yes	No	↓
E	Yes	No	=
F	Yes	No	↑
G	No	Yes	↓
H	No	Yes	=
I	No	Yes	↑
J	No	No	↓
K	No	No	=
L	No	No	↑

Table XII. Control Table No. 2	
A B	<p><b>If this occurs:</b></p> <ul style="list-style-type: none"> <li>The 1<sup>st</sup> day of the test. No modifications are required. Continue with the test.</li> <li>The 2<sup>nd</sup> day of the test. No modifications are required. Continue with the test.</li> <li>The 3<sup>rd</sup> day. Proceed to the 3-day test evaluation.</li> </ul>
C	<p><b>If this occurs:</b></p> <ul style="list-style-type: none"> <li>The 1<sup>st</sup> day of the test. This weight increase could be due to an increased amount of metabolic secretions; or you could have reached the equilibrium of your energy balance during the previous test. No modifications are required. Continue with the test.</li> <li>The 2<sup>nd</sup> day of the test. This weight increase could indicate that you could have reached the equilibrium of your energy balance during the previous test. No modifications are required. Continue with the test.</li> <li>The 3<sup>rd</sup> day of the test. This weight increase could indicate that you could have reached the equilibrium of your energy balance during the previous test. Proceed to the 3-day-test evaluation.</li> </ul>
D E F	<p><b>If this occurs any day during the test.</b> No modifications are required. However, the noncompliance of physical activity has invalidated the test. Begin the test again. Proceed to No. 1.</p>
G H I	<p><b>If this occurs any day during the test.</b> No modifications are required. However, the noncompliance with the diet has invalidated the test. Begin the test again. Proceed to No. 1.</p>
J K L	<p><b>If this occurs any day during the test.</b> No modifications are required. However the noncompliance of physical activity and the noncompliance with the diet have invalidated the test. Begin the test again. Proceed to No. 1.</p>

**5. Perform the 3-day-test evaluation:**

- Find the matching sequence of the your weight variation during days 1, 2 and 3 of the test in Control Table No. 3 (Table XIII).
- Find on the left side of the matching sequence, its corresponding row letter (M, N, O).
- Find in Control Table No. 4 (Table XIV) the matching row letter (M-O). Take into consideration the information, and follow the instructions.

Table XIII. Control Table No. 3			
Row letter	Weight Variation		
	1 <sup>st</sup> Day	2 <sup>nd</sup> Day	3 <sup>rd</sup> Day
M	↓	↓	↓
M	↑	↓	↓
M	=	↓	↓
M	=	=	=
M	=	=	↓
M	↑	=	=
M	=	↓	=
M	↓	=	=
M	↓	↓	=
N	↑	↑	↑
N	=	↑	↑
O	↑	↑	↓
O	↑	↑	=
O	↑	↓	↑
O	↑	=	↑
O	↑	=	↓
O	↓	↓	↑
O	↓	↑	↑
O	↓	↑	=
O	↓	↑	↓
O	↓	=	↑
O	=	=	↑
O	=	=	↓
O	=	↑	↓
O	=	↑	=
O	=	↓	↑
O	↑	↓	=

Table XIV. Control Table No. 4	
<b>M</b>	<ul style="list-style-type: none"> <li><b>You have not yet reached the equilibrium of your energy balance.</b> Proceed to add to your diet, an additional 300 Kcal of your preferred foods, and perform another test. Return to No. 1.</li> </ul>
<b>N</b>	<ul style="list-style-type: none"> <li><b>You have reached the equilibrium of your energy balance during the previous test.</b> This means that by complying with the diet assigned during the previous test and by performing the chosen physical activity, you can prevent any future weight increase.</li> </ul>
<b>O</b>	<ul style="list-style-type: none"> <li><b>The results are very unusual.</b> This suggests that your answers are not consistent with your weight variation. The test should be repeated.</li> </ul>

**6. Once you have reached the energy balance equilibrium, if:**

- You are satisfied with your diet.** This means that complying with the diet assigned during the previous test and performing the chosen physical activity, you can prevent any future weight increase.
- You are not satisfied with your diet.** Under these circumstances, you must realize that in order to maintain the energy balance in equilibrium, any increase of energy intake must come together with a proportional increase of physical activity. Therefore, if your purpose is to increase your energy intake, proceed to repeat the 3-day-test, starting from No. 1, by establishing an increased daily physical activity, either in intensity or duration.

**C. How to reverse any weight increase**

It will be too simplistic to think that you could maintain your energy balance in equilibrium forever. Social or psychological circumstances, as well as the availability of a huge variety of food and beverages, often induce us to eat or drink excessively. It is crucial for you to be able to immediately reverse any weight increase. A weight increase could be either occasional or recurrent.

- To reverse an occasional weight increase:** the very next day after an occasional weight increase, you should perform the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII). This procedure can be performed for one or more days according to your needs.
- To reverse a recurrent weight increase:** you should perform either the Main Diet (Table VII), or the Starting/Ending Diet (Table III) in conjunction with the required physical activity (Table VIII). This procedure can be performed for one or more days according to your needs.

**Reminder:** You must be aware that any increase or decrease of carbohydrate, protein, or fat intake can respectively increase or decrease, independently from its energy content, the amount of metabolic secretions. Thus, respectively increasing or decreasing your body weight. To illustrate: an increase of 3.5 Oz (100 g) in the carbohydrate intake will increase the amount of metabolic secretions to approximately 1 1/3 Lb (600 g).

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