

## Put an end to the cholesterol and the kilos in excess without remedy (Section 4)!

10 commands:

1. Make three repasts per day, including one generous breakfast.
2. Without moderation consume all the fruits and vegetables.
3. drop out the pork-butcher, eggs, fat cheeses and butter.
4. Have fish or white meats for the lunch and the dinner.
5. Leave dairy products if they are not to fat level 0%.
6. Eat an apple for a little hungry.
7. Consider of give preference to the right manner of cooking.
8. Employ the olive oil, the grape pips oil and the vegetable margarine&#65533;s.
9. Like the bread, the pastes and rice, they will give it back to you.
10. Drink - with sobriety - a red wine of quality, because a red wine bred in a barrel contains tanins which is very good for the cardiovascular system but again with moderation.

An opponent not to be underrated: sugar

You now are a good fat hunter and your loss of weight is not any more one question of will and persistence.

Be carefull nevertheless not to fall into the trap which consists in making up for your dearth by an generous fast sugar use.

Fast sugars, inverse to needed slow sugars (bread, pastas, potatoes, rice), should be used only at the time of an relevant physical or sporting effort. They are very energetic and provide in little time much of calories.

If you are sedentary, fast sugars become your and will oppose your loss of weight.

Principal sugars to avoid:

The food:

Piece of white sugar, white sugar powders, the toasts (crackers), flour, dry fruits, honey, marmalade, the black chocolate or with milk (to be crunched)

Soft drinks: sweetened fruit juice, sodas, lemonade, Indian tonic

The light version is the best.

Alcoholic drinks: beer, whisky, bourbon, cognac, rum, gin, vodka, white alcohols, pastis, cooked wines (port, Madeira, ...).

To close, keep in mind that fast sugar are in fact slow to digest when they are mixed up with other food substances.

Test in the near future your cholesterol knowledge:

Test number 1: To prepare your salad? Olive oil or Groundnut oil or Sunflower oil.

Test number 2: To accompany your salad? Shrimp or Smoked salmon or Crab (crumbs).

Test number 3: A first course at the restaurant? Oysters or Herring with potato salad or tureen of countryside.

Test number 4: A fish? Sea-brems (Chrysophrys) or Mackerel or Sardines.

Test number 5: A meat? Rib steak or Escallop of turkey or Veal chop.

Test number 6: A meat barbecue? Chipolatas or White pudding or a Lamb chop.

Test number 7: A barbecue of sea? Norway lobsters or Mullet or Skewer of Saint-Jacob.

Test number 8: A cooked dish? Sauerkraut or Guinea fowl with cabbages or Beef stew .

Test number 9: A dessert? Floating island or pears with wine or Dish of sorbets.

Test number 10: Bananas flambe or Burned cream or Pineapple with kirsch.

Results of the test:

Test number 1: The groundnut oil is your enemy. We have a preference for the olive oil.

Test number 2: Shrimp and crab, although thin, are very rich in cholesterol.

Test number 3: The oysters are very rich in cholesterol. The pot of countryside is catastrophic.

Test number 4: Three good fishes but the sea-bream is the thinnest.

Test number 5: Turkey or calf: two white meats to consume.

Test number 6: The white pudding is excellent for you.

Test number 7: Without hesitation, choose the mullet.

Test number 8: Cheers, if you found guinea fowl with cabbage.

Test number 9: The floating island is the worst dessert for your cholesterol.

Test number 10: No the burned cream, but well the pineapple with kirsch.

Therefore, what is your score for this test?

Between 80 and 100: Bravo

Between 60 and 80: You are on the good way, just go further.

Between: 50 and 59: half efforts. Read again my previous articles.

Below 50: it is time perhaps to take contact with your doctor

## About the Author

Patrick Beaufay offers you an other way to diet. All diets are hypo caloric and they have for impact to decrease your metabolism. The burn the fat and feed the muscle program does exactly the opposite. Therefore more calories will be burned each day. For more info: [burn fat fast](#)

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