PVC Diet

The PVC Diet is one that is designed to be both physiologically sound as well as easy to use. It is based upon solid metabolic principles and is therefore healthy. In actuality it should not be looked upon as a diet, but rather as a new way to choose food. Forget counting fat grams. They are not counted in this diet. The only thing you need to remember is **PVC**, three easy letters that will steer you to the correct selection of food for weight control as well as overall health. In order to understand the PVC diet, you will need to know some basic principles with which you will choose the food you eat.

We must begin with some definitions and some decisions. The first thing we want you to think of when you are deciding what to eat is the letter P. **"P" stands for three things: Protein, Preferences, and Portion Size.**

P (Protein): This is the basic material of which the body is composed. Your muscles, bones, skin, etc. are all composed predominantly of protein. Protein comes from eating the structure of other living things like meat, dairy products, and vegetables. Unfortunately, there are very few protein sources that are not also fat sources. We already told you that we are not going to count fat grams. Your fat intake will be controlled through the type of protein you consume. The following table lists the various protein sources and their percentage of fat.

P (Preferences)

Protein Source	Percentage of Fat by weight
Chicken	15%
Fish-non shellfish	15%
Pork-white meat	25%
Beef	35%
Cheese	50%

As you can see, your choice of protein will determine not only how much protein you get, but also how much fat. Therefore, your choice of protein is key to not only weight control, but also cardiovascular health. Although none of the protein sources are forbidden, the main ones that are consumed should be high on the list above.

P (Portion)

Protein intake is mandatory every day in order to maintain health. How much protein should you consume? Again we are not going to talk of grams here, but rather a simple measuring device. You have it right in the palm of your hand. The piece of protein that you should consume every day is roughly equivalent to the size of your palm. There are more accurate ways of calculating it, but this is really quite close to what you would come up with if you used a calculation of grams based upon ideal body weight.

So now you have your P. The next letter is V or vegetables.

V stands for Vegetables. They are a great source of vitamins, minerals, and some protein. They are low in calories and create bulk that will promote more healthy bowel function as well. Fortunately, we don't have enzyme systems in our digestive tract that are capable of breaking down the sugars that are in vegetables. Therefore the calories are locked in and do not add to our caloric intake. We are talking about the green vegetables here and not potatoes. Green vegetables can be consumed almost at no restriction as a result of the locked in nature of their sugars. We do obtain the proteins and vitamins though. Therefore, green vegetables are a mainstay of this diet.

You don't have a limit of how many you eat in a day. Watch how they are prepared though. This does not mean that you can cook them in butter or other oils that contain saturated fat. Deep fried vegetables are not allowed. We recommend using either Olive or Canola oil only.

C stands for carbohydrate. These are the starches and sugars that we eat every day. Americans have never eaten less fat than they do today and yet they have never been fatter. This is in part due to the fact that we eat far too many carbohydrates in the form of bread, cereals, pasta, potatoes, rice, chips, crackers, cookies, etc.

What is even more important is the fact that there is often a large amount of fat consumed when we consume carbohydrates. This is due to the fact that carbohydrates do not intrinsically have much taste. We always have to sweeten them, salt them, or spread fat over them. Carbohydrates are really a problem today.

Just think about what the athletes do the night before marathon race. They eat large amounts of carbohydrates in order to have enough energy for the race the next day. This is due to the fact that our bodies cannot store more carbohydrate than the energy required for one day. What happens to the extra carbohydrate we consume then? You guessed it. It is converted to fat within 24 hours! So we really don't accomplish anything when we eat low fat diet foods that are predominantly carbohydrate if we are consuming more that we can burn as energy the next day. It just becomes fat anyway.

This is why C is the last letter in PVC. We need to decrease the amount of carbohydrate we consume or we will never lose the weight.

How much carbohydrate should you eat? Well, this is the only place we are going to discuss grams. Ideally, you shouldn't have more carbohydrate than you will burn as energy. For the average American this comes down to about 100 grams per day.