THE
AFRICAN AMERICAN DIET

by Mankind Diet & Health International, LLC

On the web at:  http://www.aadiet.net
                http://www.africanamericandiet.com
SO, YOU WANT TO LOSE WEIGHT & LOOK GREAT?

YES YOU CAN AND YOU CAN MAKE MONEY TOO!
“EAT WELL, OR DON’T BOTHER”

THE AFRICAN AMERICAN DIET
MANKIND DIET & HEALTH INTERNATIONAL
The African American Diet
“For people of color...because you were never meant to eat that other stuff”

THE NEW YOU IS WAITING INSIDE!

With this book YOU will:

- Lose weight and look great
- Accomplish your goals in weight control and weight management
- Control hunger without worrying about calories
- Eat delicious foods
- Feel better and have more energy
- Get healthier
- Learn the keys to staying lean for a lifetime
- Learn the differences between what works and what doesn’t
- Learn how the African Hoodia can help in your weight loss goals

Discover:

- 120,000 years of how you were suppose to eat
- What the biggest threat is to the health of Black women
- Why you are deceived into eating the wrong things
- The truth about carbohydrates, fat, protein, and nutrition
- Why people can not lose weight and often regain more weight on other diets. How to overcome the weight loss plateau
- How to avoid high blood pressure, diabetes, heart disease, stroke more
- How to add years and even decades to your life with simple food changes
- How to start your kids off to a long healthy life
- Why inconsistent eating is best for most dieters
- How stop signs are your friend
- How to shed up to eleven pounds in two weeks
- How the African Hoodia succulent will suppress your appetite
- What Africans and Caribbean island dwellers have known for centuries about staying slim, fit and healthy
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>9</td>
</tr>
<tr>
<td>No Owners Manual</td>
<td>13</td>
</tr>
<tr>
<td>EVE (120,000 Years of Good Eating)</td>
<td>17</td>
</tr>
<tr>
<td>The Truth About Carbohydrates, Fats &amp; Protein</td>
<td>22</td>
</tr>
<tr>
<td>What’s Wrong with Those Other Diets?</td>
<td>32</td>
</tr>
<tr>
<td>Obesity: The Greatest Health Risk To Black Americans</td>
<td>35</td>
</tr>
<tr>
<td>Who Done It? Who Made Me Fat?</td>
<td>41</td>
</tr>
<tr>
<td>The Hunter Gatherer - Origin of The AA Diet</td>
<td>65</td>
</tr>
<tr>
<td>• Homeostasis and Inconsistent Meat Consumption</td>
<td>72</td>
</tr>
<tr>
<td>Hoodia Gordonii</td>
<td>76</td>
</tr>
<tr>
<td><strong>Beginning The AA Diet (2 Easy Steps)</strong></td>
<td>78</td>
</tr>
<tr>
<td>• Naughty &amp; Nice Food Lists</td>
<td>80</td>
</tr>
<tr>
<td>• The New AA Diet Food Pyramid</td>
<td>82</td>
</tr>
<tr>
<td>• STEP ONE -14 Day Body Sculpting</td>
<td>85</td>
</tr>
<tr>
<td>• The Pledge of Honor &amp; Daily Tracking Tool</td>
<td>88</td>
</tr>
<tr>
<td>• STEP TWO - Daily Habit Fit for Life</td>
<td>96</td>
</tr>
<tr>
<td>• Action Items: What To Do On The AA</td>
<td>105</td>
</tr>
<tr>
<td>• Instead of This ~ Have This List</td>
<td>107</td>
</tr>
<tr>
<td>Potatoes: What’s Wrong With Them?</td>
<td>109</td>
</tr>
<tr>
<td>Dairy: What’s Wrong With It? (Milk, Cheese &amp; Eggs)</td>
<td>111</td>
</tr>
<tr>
<td>Disease Prevention</td>
<td>118</td>
</tr>
<tr>
<td>How To Talk To Family &amp; Friends About The AA Diet</td>
<td>121</td>
</tr>
<tr>
<td>Case Studies</td>
<td>125</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>131</td>
</tr>
<tr>
<td>Make Money With The AA Diet</td>
<td>133</td>
</tr>
<tr>
<td>The Future Is Bright</td>
<td>135</td>
</tr>
<tr>
<td>Meal Plans</td>
<td>138</td>
</tr>
<tr>
<td>Recipes</td>
<td>153</td>
</tr>
</tbody>
</table>
What Is A Beautiful Black Person?

A beautiful Black person is a female or male human being of obvious African descent with basic features like skin color, hair texture and physical structure which is the modern mankind model. This person achieves the natural physical size, shape and proportions of a human being following nature’s design for food consumption and body use. That consumption is not in excess and leads to a physically sculpted strong body, free of weight related disadvantage or disease. The result is the opportunity for a long lasting healthy, happy and productive life. This person is smart and learned, mentally willing, capable, consistent and stable. They are completely able to reproduce one or many other persons with like capabilities - nearly a copy of the original person to continue to rule this earth. With a strong, lean body and wise imaginative mind - this person will survive with or without nearly anything in nearly any condition over extended periods. Through proper diet and body use, age becomes meaningless, because this person is fit and well at 22 or 102. A beautiful Black person has their mental direction set and a body physically formed from eating what is healthy. This allow him or her to handle nearly anything that the test of time can produce as a challenge. That person is can then say, “I am kind and considerate to all other persons and creatures here. I have dominion over this place - this planet earth. I am well, fit and trim. I am the best that nature can produce. Every race on every continent was derived from my kind. All persons who do not maintain my form and what I consume will not say here long.”

The AA Diet is all about getting your body into shape by changing your foods and eating behaviors to fulfill the above definition. You will have to get your mind right on your own. The AA Diet is about following nature’s design and plan for eating and living. The fat filled, ridiculous excessive ways of America are not yours’ and can not be sustained. Nature kills off whoever does not follow its’ plans. The AA Diet follows natures plans nearly to the letter. So should you.
The Reason This Book Was Written

This book was written because of a disturbing report published in 2002 by Dr. Kathleen M. McTigue - then associated with the University of North Carolina at Chapel Hill. The report titled, “The Natural History of the Development of Obesity in a Cohort of Young U.S. Adults between 1981 and 1998,” was moving. In that report, printed in the Annals of Internal Medicine, Dr. McTigue concluded that “...a 17 year old Black girl with just a few extra pounds was quite likely to be obese by the time she was in her mid to late-20’s.”

Obesity is a major cause of illness, unsightly humans, and premature death in the Black community. The notion of being able to predict obesity, years earlier in a race of people, at such an early age, was profound and troubling to me.

At that time, I was just finishing development of the African American Diet. I knew what following nature’s diet had done for me in my weight loss quest and thought it might be able to help others. It took me a while to figure out how to write a book and even longer to publish it. But I had something to say. I had something that might help someone to avoid the predictions that Dr. McTigue was so certain to happen. I was taken aback by the droves of overweight and obese African American men, women and children that I would pass each day. I knew that Dr. McTigue’s findings were probably correct. I need but look out the window for all the verification I needed. The evidence was overwhelming. Then came the recent federal report, indicating that obesity would soon overtake tobacco as the leading cause of preventable deaths in the U.S. And, in August of 2005, the Trust for America’s Health released the latest study in obesity. It found that nationwide 65% (119 million Americans) are either overweight or obese. Finally, I had read about the Atkins and South Beach diets and I knew those diet concepts were only “partially” right. Their inclusion of lots of dairy products like milk, cheese and eggs was what I knew to be totally WRONG for African Americans.
Some readers may ask, “are there really any differences between African Americans and other peoples that would require a diet specifically for African American weightloss?” The answer is probably YES! All people are not alike. That’s another reason why the “one size fits all” diets like Atkins and South Beach promote are flawed. For example, did you know that African American women have a lower resting metabolic rate than white women? That means African American women don’t burn calories as fast as white women do. Those other diets don’t take these differences into account, but the African American diet does! I knew that potatoes, pasta, eggs, and bread are foods that peasants ate as filler foods which should NEVER replace the rich food choices that African American can make. In addition, African American women make up a disproportionate segment of obese persons. I said to myself, “If only they knew what I know about how we as Black people are suppose to eat...how we are suppose to live. They would be so much better off.” So I put my wish to pen and paper and this work is the result. I hope it helps you or someone you know. For the African American who wants to permanently lose weight, it is ultimately your relationship with food which must change. You must change your mind about your food choices. You must rediscover 120,000 years of good eating choices that nature gave you, and forget the short term junk foods that current mankind continually forces upon you.

“EAT WELL, OR DON’T BOTHER”
Introduction

The African American Diet (the AA Diet) is more about REDISCOVERY than it is about any major breakthrough in nutrition. It is about looking at 120,000 years of human nutrition, creation and nature to rediscover what your body was designed to eat and how it was designed to operate. Admittedly, we are not doctors. We are researchers and the information presented here is from technical research, clinical studies and proven results. After all, that’s what doctors use anyway.

When you diet using the AA Diet, you will eat delicious, healthy foods using a simple, two step, proven plan that nature designed long ago. The two steps have three support structures, including the list of “Naughty and Nice” foods that help you to quickly identify what’s good for you and what is not. You will also apply the benefits of “Inconsistent Meat Consumption.” Inconsistent Meat Consumption will be addressed a little later in the book. The AA diet encourages a little physical activity along the way, but even that is optional. You’ll lose weight fast and safely. The best part is that stomach, hip and butt fat go away first. There are no calories to count and lots of flexibility along the way. The AA diet has a “Pledge of Honor” and daily tracking tool to help you reach your goals. The first step is the “14 Day Body Sculpting Step”. The Body Sculpting step is the most challenging
of the two steps, but it get’s easier as you go along. Step two is the “Daily Habit Fit for Life Maintenance” stage. During this step, you’ll cement your new eating routines and menu selections into a habit that will have you instinctively eating right forever. The combination of these two steps and the Naughty/Nice list will allow you to reach your weight goals quickly and without a lot of stress or hunger. Remember when you diet using the AA, you “Eat well, or don’t bother!” That’s the way you were designed, namely to eat well. You eat highly nutritious foods without becoming hungry a few hours later. You’ll feel satisfied, and the best part is that this diet will reward you with the body you want. It’s all inside.

With so many diets on the market today it’s hard to tell which one is right for you, or for that matter which of them actually work. Add to that the fact that African Americans seem to struggle with more weight gain and health problems than most other races, and you quickly can become frustrated. Doctor this and doctor that are all out there preaching from their own diet books that supposedly will help you lose weight. The problem is, some of those diets are down right dangerous and others are only “partially” right. Some of them advocate the consumption of things like eggs, cheese and dairy which we were never meant to consume in large quantities. That’s where the African American Diet comes in. It’s designed by nature for people of color. So it works best for people of color. People like you. Black folks. The best part is that it was designed by nature and not by some doctor still trying to ‘practice’ medicine. Don’t be fooled by those low carb or high carb diets. It still comes down to simple arithmetic: You must burn more calories than you consume in order to lose weight. The African American diet will show you how to do that without being hungry, without a lot of exercise and without counting calories. It’s actually pretty easy when you follow nature and simply rediscover how you were originally meant to eat and live. You’ll look better and feel better sooner than you think. Always check with your doctor before starting any diet program including the AA.
The African American Diet (AA) is about the premise that Black people “were never meant to eat the things that we do now” as citizens of these United States, Canada or other nations. It’s about learning that you must “rediscover” the right kinds of foods to eat and unlearn the wrongs kinds of foods and unhealthy habits. Today’s Soul food ain’t really good for your soul! You’ll soon learn what true soul food is.

The fact is, you have most likely been taught to eat wrong. Through no fault of your own or your parents, you have been programmed to consume and embrace a life-style and eating style that has led to 67% of us being overweight or even obese. The worse part is that the adoption of this life-style over many years ultimately leads to being overweight, early onset of disease and even premature death. Furthermore, the cycle is only amplified, worsened and proliferated as we then teach our children to embrace and eat the very bad things that we consume. This is totally unfair to them and to you, because the information is now at hand to help every African American lead a better life. You have that information in your hand right now!

Everyday large fast food advertisers and grocers buy huge ads in our most read ethnic publications, radio and television programs. They depict average looking African Americans (AAs) eating cheeseburgers, French fries, cereal, milk, fun kids meals, along with up-sized, super sized, and extra large meals. Whenever I see or hear one of these ads, I remind myself that they are paid models, actors and actresses appearing to really enjoy eating that stuff. Don’t get me wrong, it does taste good, but it’s not good for you. That is a major theme you need to embrace, namely that AAs were never meant to eat that kind of food. In fact, given the number of lawsuits aimed at the fast food industry and grocery stores these days, maybe nobody is really suppose to eat it. The sad fact is that we do, and AAs are the largest casualties of that kind of eating.
We learn to choose the foods that we eat from our parents, television, radio commercials, friends, associates and others. We as African Americans however do not have the privilege of knowing the kinds of foods that our African and Mediterranean fore-parents ate. We missed and were robbed of the knowledge that they ate mainly high protein based seafood, poultry, lean meats and wholesome green vegetables that were the cornerstone of good health and lean toned bodies that African Americans should be eating today. They ate very little grain, potatoes or dairy products. Most Africans didn’t know what a potato was until just over a generation ago. Instead, we have adopted and embraced the unhealthy, fat laden, cholesterol saturated, super duper, big ass (too much junk in the trunk) food stuffs that were forced on us. We have fallen in love with that forced style of fried food, pork slop, high blood pressure causing, diabetes forming, heart attack impending, dairy dying food stuff that is fattening you up everyday. The sad thing about it is that most of us actually think that’s the way we ought to eat. We actually think that is “Soul Food.” That a table without saturated fat, potato salad, gravy, macaroni and cheese, pasta, milk, deep fried chicken, chitlins, and baby back pork ribs dripping with sauce is no table at all. Again, the AA diet will change your relationship with food. That change is actually just rediscovering the way you were meant to eat all along. That rediscovery will empower you to lose weight permanently and safely until your reach your weight goals. Research, and more correctly REDISCOVERY, says that YOU WERE NEVER MEANT TO EAT THAT WAY AND THAT IS THE REASON FOR BEING OVERWEIGHT!

Incidently, I could have stretched this book out to 200 or even 300 pages like those other diet books do, but I didn’t. First of all, Black folks don’t want to read that long, and secondly nature did not want you to go through all of those pages just to rediscover how to lose weight and look great. Finally, all that other stuff those other diet books talk about is mostly fluff and filler anyway - just like bread and potatoes. Like you, I want the meat. Where’s the beef? Get to the point! So, I cut the book back to about a hundred sixty pages or so. Thank you. Your welcome!
No Owner’s Manual

I am convinced that African Americans cause an undue amount of our own weight problems. That in turn leads to health problems, lack of energy and a lower quality of life. We just never got the owner’s manual to help us along. We use to have it, but it was taken and stolen from us.

The other day I was looking at the owner’s manual for a video system I was thinking of buying. Nearly every major item we buy comes with some instruction guide or manual about how to make the item last longer and how to get the most out of your purchase. Unfortunately, your body did not come with an owners manual. Unlike a new car purchase, a Black child doesn’t get a maintenance schedule showing the right kind of fuel (food) to feed her or him. Every car owner’s manual tells you what to do as the car ages and what to do at certain mileage intervals. Our bodies don’t have any such guidelines. So, we are left to discover this on our own or copy what to do from others. This has been a fattening and often fatal mistake for the African American community.

This writing is about what African Americans should feed their bodies in order to live well into old age, and to exist at their best physical weight, health and appearance. By the way, I never did like the phrase “African American.” It’s too controversial and confusing. I grew up referring to us as Black. Black includes everybody, regardless of nationality. Most of us have no immediate or previous generation parents or grandparents from Africa. Add to that the fact that actual foreign born Africans receive citizenship in the U.S. each year, and a huge debate can result. Aren’t they African American’s too? Who are the real African Americans? So the phrase African American seems misplaced. One thing is for sure, we certainly don’t eat like Africans. I think if we did, we would all live a lot longer and be a lot more fit and trim.

However, we are descendants of Africans who were brought to this
country and forced to change their diets to that of a slave. A great part of Black genetic makeup is still heavily geared towards an African or Mediterranean physiology. After slavery ended, fast forward a hundred and forty years or so and we now have modern day Black people. We are now a mixture of Caucasian, Indian and African genetic material that has been induced into eating typical fat laden American cuisine while still married to the diet thrust upon us during slavery. Add to that, the effects of modern day stress, the American sedentary lifestyle, pollution, smoking and airborne viruses — and what you get is what we see today. What we see now are overweight and obese African Americans with higher incidents of disease and death. That’s the problem and that’s what is fattening us up today.

Did you know that a piece of fried chicken is basically 65% fat? Every Black household I know of has fried chicken as a staple. Yeah, and that donut at work, well it’s over (half) 50% fat. It just tastes so good, doesn’t it? That’s because fat (in moderation) is a need of our bodies. For a long time during human existence getting enough fat in our diet was a tough thing to do. So nature designed our tastes to target those things that had higher fat content. Little did nature know, that we would soon develop food processing methods, grocery stores, farms, vending machines and a restaurant on every corner ready to provide high fat content foods on a minute by minute basis. Fatty foods are cheap too. That makes them especially attractive to often low income African American households. With limited funds in the home, feeding a family meant looking for less expensive foods at the grocery store. Our fore parents couldn’t really afford more of the better, leaner meats so in came the less expensive pork, potatoes and dairy foods that are on what I call the “Naughty List.” We will cover the Naughty and the Nice lists later on. For now just know that if you eat bad things long enough, you eventually get used to eating them and making them taste better. That’s why Black people like that stuff and that’s why we eat some of the worst foods for nourishment and suffer the greatest weight and health problems. It’s like putting lighter fluid or kerosene in a car’s gas tank instead of gasoline.
It might run for a while, but it won’t last long. The owners manual clearly calls for gasoline. The internal parts would wear out faster and eventually your engine would lock up. Sounds a lot like the car would have a stroke doesn’t it?

The typical African American diet consists of more than 160 grams of fat per day! The government recommends no more than 80 grams per day. My research says the number should be no more than 50 grams of fat per day. Every barbecue, family gathering, dinner table, wedding reception, funeral dinner or other social event where Black people are likely to have food, has significantly more fat and cholesterol than nature wants us to have. Somebody say Amen! All fat isn’t that bad, but the kinds that we usually consume are the worse kind—trans fat and saturated fat. Saturated fat converts to liquid form quicker than polyunsaturated or monounsaturated fats. That makes it show up in your blood stream along with higher levels of cholesterol. These two substances are necessary for our bodies to function properly. However, when consumed in the large quantities like Black people eat them, they end up clogging your arteries and killing you. Strokes, heart attacks, hypertension, diabetes, kidney failure, obesity, and more have been directly linked to foods containing high fat and cholesterol. Guess what we Black people eat most? Duhh and guess what kills us most? Double duhh! As mentioned, some of those other diets are down right dangerous. The AA diet specifies that you consume very little dairy, cheese, or eggs. Here’s why. The question was asked once a long time ago, “which came first, the chicken or the egg?” Your ancestors answered this riddle tens of thousands of years ago and developed a bodily digestive system that we are modeled on today. The answer is the CHICKEN! They ate the chicken and threw the egg away. You should too. Your body is not suppose to eat eggs! Yes, that includes the egg breakfast sandwich with cheese that you had the other day. This point is a big difference between what those other diet guys want you to believe, and what nature knows to be true. Dairy, especially cheese and milk are off limits for similar reasons. Let’s talk about eggs for a minute. One egg yolk contains between 215-275 milligrams of cholesterol.
The American Heart Association says that anything over 300 milligrams of cholesterol per day is not good. Why? In a word, Hypercholesterolemia. Hypercholesterolemia is a fancy word for an increase in cholesterol caused by fried foods, excessive consumption of milk / diary products and you guessed it EGGS! Guess what that stuff that clogs your arteries is made of? Cholesterol!!! Knowing that, why would anyone want to put something in their body that jacks up cholesterol levels like eggs and dairy do?? Eggs and dairy in general are on the Naughty list. If your body had an owner’s manual - eggs, potatoes, bread, soda pop and dairy would not be a fuel that you would use with any degree of regularity. Again, it’s like putting kerosene in your gas tank. Your car might run for a while on it, but not very long.
It has been well established that the birth place of all mankind was somewhere in Africa. You should be proud of that fact. All 6.5 billion people on earth owe their existence to your Brown and Black beginnings.

Anyway, a couple of million years ago or so, the Homo erectus’ brain began a growth spurt that put it significantly above the size of any other primate type creature on earth.

Whether you are a creationist or a evolutionist does not matter. We are talking about diet here, so stick with me. The acquisition of FOOD, and specifically high protein content foods, was a driving force behind that mind growth. Figuring out how to get food in a harsh, unforgiving environment apparently makes more mind power necessary. It’s my opinion, that it was about the same time that we truly began to “think.” We thought about how to get more food. That very big mind required a lot of power to run, and that meant a lot of food and protein to power that massive engine.

Even today, our minds consume a huge share of the amount of food energy we eat compared to other primates. Note that the modern human brain uses nearly 16 times the food energy as a similar amount of body or muscle tissue. The ability to think and reason is what sets us apart from other species on Earth. Food, and specifically the type of food we eat continues to be a determining factor in that mind growth. It is well known that more protein and calorie rich foods are eaten by primates with larger brains. In other words, the larger the brain of the primate, the more nutritional foods consumed by that primate. Obviously man’s diet is the most nutritional of all others.
Now fast forward a couple of million years, and we see the emergence of who I call “EVE.” Her brain size, and those of her kind, was nearly 30% smaller than the size of today’s man, but it was the basis for the model that drives the diet for humans today. Again, it does not matter if you believe in creation or evolution, because when we look at “Eve” it all comes together. Molecular geneticists theorize that Eve was a female ancestor of ours that lived around 120,000. She lived in Africa. The evidence they cite is that Eve’s DNA lines are known to exist today handed down through thousands of generations by the mother of every living person on Earth. The “creation” of modern man was truly a phenomenal feat. However, no one knows for sure what caused that huge increase in brain size and growth among our great, great grandmother x 5,235 Eve, but it was truly “miraculous.”

So what has this got to do with an African American diet you might ask? The answer is everything, because all of these generations of past humans ate a diet that we should be eating now. The typical fat-laden American diet and low exercise routine is a fairly recent development in mankind’s existence. It is one that is totally out of balance with the way humans were designed to eat or exist.

To determine what our ancient natural human man or woman would have eaten, we have to look at a number of things. The first and foremost is the jaw and head structures of our very early ancestors. The other key item is the molecule makeup of early mankind’s skeletal remains. Research seems to indicate a significant amount (60 to 80%) of lean meat and fish (i.e. Protein) were the main food sources for the last 120,000 years. Finally, the high levels of nitrogen found in the fossil record of humans over the course of that time forward indicates again around 60 - 70% meat consumption with the balance being vegetables.

We’ve done very well at increasing our food supply, but we’ve strayed from the consumption equivalent calories based on the under use of our bodies.
Eve and her kind ate lots of low fat meats like elk or other free-roaming game and many more vegetables. Your body and Eve’s is what I call the, “Modern Mankind Model.”

The Homo Sapien has basically ruled the earth alone for the last 25,000 years. There were many kinds of hominoids that coexisted. “The Ergaster” or “The Turkana Boy” was a meat eater. By the way, modern mankind did not emerge as a linear growth from a jumping monkey, to an upright walking human. That is a myth. Your body was framed on the early hominoid. That body favored quite a heavily wooded environment. Twenty five thousand years, or approximately 714 generations of humanoid produced the Turkana Boy. Basically, a 1.6 million year old relative of an adolescent that would have been about 6 feet tall as an adult with long, slender arms and legs like the people of Kenya Africa today.

He had a modern human skeleton very similar to yours. As mentioned, modern humans emerged in one place within Africa, I like to call that place “Eden” and then spread elsewhere around the world. Actually there were several “waves” of migrations out of Africa at different times that ultimately populated the entire planet. Our common, 120,000 year old female ancestor - “Eve” began there. Molecular geneticists have traced her Mitochondria DNA down through the ages and found them to be inherited from the mother alone. Eve, nor you, were ever designed to be total vegetarians. At the same time, we were never meant to be solely meat eaters (i.e. carnivores). We were designed to be “Combo Eaters.” A being, capable of eating both meat and vegetables. It is the quantity and distribution of those foods that really is important. Therefore, she ate meat and vegetables with the highest levels of protein being the ultimate goal.

Fast forward 50,000 years or so to the point where cooking was introduced. It is unclear when cooking became a practice for humans, but it is clear that cooking releases more nutrients in plant foods and makes them also more digestible. The bottom line is EAT YOUR MEAT AND
YOUR VEGETABLES! Inconsistent daily meat consumption coupled with inconsistent daily vegetable consumption is the key.

This up then down inconsistent availability of meats, fats and green vegetables was a key factor in the control and stability of our early ancestor’s weight and metabolism while in Africa. On some days meat, game, poultry, fish, fatty foods and other meat animals were plentiful. On other days and sometimes for weeks or more, meat was difficult to find. That made greens and vegetables the main course.

Back then, there was no consistent, everyday supply of meat or fat content in a meal. There also was no consistent lack of meats or fatty foods. Forget what you now think about the abundance of meat. Back then it was up and down. There were days of plenty of meat and other days of lack of meat. Ironically, that lack of meat on certain days, was a GOOD thing! It allowed our bodies to seek fruits and vegetables in quantities that our typical American diet does not supply today, but should!

This up and down availability of meat and green vegetables was what really kept our early hunter gather and his family lean, strong and productive. It is the very fact of the inconsistent nature of the availability of fatty foods and mainly meat products, that make up most of human existence.

The fact is, there were some days and sometimes even weeks where meat was not plentiful and hard to acquire. That’s not to say that our African ancestors or their decedents across the earth starved. No, no! Food was available, but in the form of vegetables and greens on a lot of days. On many days that they didn’t have meat, they ate vegetables!

The AA Diet incorporates this inconsistent pattern of meat plenty and meat scarcity. For example, some days on the AA Diet you will eat mainly great tasting meats, poultry, and fish. Others days on the AA Diet, you will only eat greens, salads, fish and other vegetables. Why? The answer lies in the beauty of the human existence and the beauty of the way nature crafted your body to expect food and nourishment.
If you stop and think about it, the way we eat now has only been around for the last 200 years or less. That’s not much time given the overall length of time that humans have existed. We now go to grocery stores and make selections off shelves and from coolers. We now go to restaurants and make selections off menus for the desire foods that we think we want. The grocery store and the restaurant makes our selections more consistent, than if we were directly killing animals or farming land ourselves. I have said for years that this way of feeding ourselves is unnatural and inconsistent and more importantly unsustainable with the design nature or God provided our bodies to follow. We are literally natural born killers. That’s because EVERYTHING that we eat was once alive and the only way for us to live is to kill something else. We’ve just displaced the killing part to the grocery store and the restaurant. The grocery store and the restaurant have displaced the killing to the slaughter house and the grain mills. That way we no longer have to witness our meals being killed. That makes us feel better and more sophisticated. The bottom line still remains that you cause another living being to die every time you order or buy something from a store that supplies food. It’s fact that most people today are shielded from seeing, buy the illusion of sophistication.
THE TRUTH ABOUT
CARBOHYDRATES, FAT,
CHOLESTEROL & PROTEIN

The Good, The Bad, and The Ugly

There are a ton of books out there telling you this and that about Carbohydrates. Some say eat all the carbs you want, while others say don’t. The fact is, high levels of Carbohydrate consumption is probably the single most significant contributor to people being overweight or even obese. So I say, don’t eat a lot of carbs! Unfortunately, most African Americans consume huge and disproportionate amounts of Carbohydrates every day and thus are overweight.

You may have no idea what a carbohydrate is, so here’s the skinny: The GOOD NEWS is that CARBOHYDRATES are your body’s primary source of fuel (energy). They are a necessary level of carbon founded compounds that consist of starches, sugars and cellulose. There are two types of carbohydrates - Complex and Simple. Complex carbohydrates (starches and fiber foods) are used more efficiently and converted to energy slower than Simple carbohydrates (fruits, milk, syrups, and honey). Note - just because complex carbohydrates are broken down more slowly should not make you an instant fan of them either. Now the BAD NEWS. Your body gets an instant energy explosion from carbohydrates, especially fruits, honey, syrups, simple table sugar, candy bars, ice cream, potatoes, chips, and the six I hate most - Milk, Cheese, Eggs, Potatoes, Bread & Soda Pop. Now for the UGLY NEWS. The body breaks all carbohydrates down into blood sugar (a.k.a. glucose). Your body will use this fuel up immediately if it is needed, BUT more often than not your body does not need the extra energy, so it gets converted to fat cells and stored in your
body. That extra storage is what hangs over the sides of your belt, dangles under your arms, fills out your face, and spreads out your hips and butt. At the very least it makes your scale scream for mercy. Fat is ugly!

**A Little History of Carbohydrates**

For most of the existence of Africans and for mankind itself, we really didn’t know how to make refined sugars or starches (breads, pastas, butter, white rice, table sugar, pop, ice cream). It wasn’t until this advancement that people began to get fat. Initially because of the limited knowledge of refinement techniques, these items were primarily reserved as a luxury for the monarchs and royalty who also just happened to usually be fat and overweight. Is that a coincidence? No, it was the discovery of these refinement processes of carbohydrates that lead to the boom in weight gain. Most people in Africa however; didn’t and still don’t really have access to these refinement techniques. That’s why you don’t see a lot of fat African or Caribbean islanders. The potato, which should be added to the list of Carbohydrates I hate which make people fat, was a cheap source of food matter meant mainly to feed the very poor and peasants. Today, African Americans gobble up potatoes (peasant food) in all forms of French fries, baked, mashed potatoes and worse.

Don’t misunderstand me. Carbohydrates are a good thing from the stand point that your body must have them to exist, to run your various systems. I’m just saying that you were never meant to consume the quantity and type of carbohydrates available today, because your body really doesn’t need the extra energy. The really ugly part is that you are usually still hungry after consuming carbohydrates. That’s because excessive carbohydrate consumption keeps your insulin levels up and your hunger in hyper-mode which never allows you to really feel full or satisfied. That’s why you can eat Chinese food (mainly starch) and be hungry an hour later. Excessive carbohydrate consumption never really allows your system to tell your brain that you are full and satisfied.
Why Too Many Carbohydrates Are A Ugly Thing

The pancreas is an organ in the body that produces the hormone INSULIN. Insulin controls how much blood sugar (instant energy) is in your system at any given time. Too much intake of carbohydrates (i.e. Sugar) causes your pancreas to make more insulin than is needed. Excessive insulin causes the body to convert more cells to fat and deposit it in all the wrong places. What happens is that your body gets a double whammy negative ripple effect from all that insulin. It can’t use up those previously stored fat cells, because you essentially ordered it to convert the new food energy (from carbohydrates) you just threw at it into more fat cells! So guess what? You get fatter! The point is excessive carbohydrate consumption causes excessive insulin production which doesn’t allow your body to burn fat in the manner that it should. It’s like throwing more gasoline on a burning flame. It’s gonna get bigger. It’s like continually putting two marbles in a bowl and only taking one out. Eventually it will overflow. That overflow is fat. My final word on carbohydrates is that you were never meant to eat that way!

Carbohydrates, The Glycemic Index, and Diabetes

The Glycemic Index (GI) is a common way to measure the quality of carbohydrates. Specifically it looks at the speed that each food raises blood sugar levels when compared to a slice of white bread. It measures how much (the rate) your blood sugar rises over a two or three hour period after eating any particular food. White bread was chosen as a basis because of it’s relative ubiquity in most households and assigned an glycemic index value of 100. In 1981, Dr. David Jenkins, of the University of Toronto in Canada led a research team that developed the GI. The researchers found that foods with less than 100 GI values are
Are You A “Carbohydrate Vampire?”

Have you ever felt like eating potatoes, bread, chips, pasta, rice, cookies or a donut even though you were really not hungry? You are what I call a “Carbohydrate Vampire.” You may lurk around the kitchen at night in the dark looking for one of those foods to eat. You’ve been “turned” for a long time now. The reason for your ghoulish ways is that your brain “misfired” and told your body that it was hungry when it was not. Sounds strange? Carbohydrates cause the Serotonin levels in your brain to indirectly increase. In laymen’s terms, Serotonin is a neurotransmitter in the brain that allows certain parts to communicate and link with each other. It basically controls your mood. High Serotonin levels make you feel good, comfortable and all around happy. It’s like you just got a fix or found your prey for the night. That’s why your body wants you to eat carbohydrates. Those high carbohydrate foods make your brain tell your body that you feel good, warm and fuzzy. You may be a vampire. Carbohydrates are suppose to give you more energy right? They do that, but they also raise your Serotonin levels and instead make you more comfortable and even more lazy. That will certainly cause you get fat won’t it? Ever wanted to fall asleep at your desk at work after eating a baked potato for lunch? Now you know the reason. It’s the carbohydrates that make you do it.

What’s the solution to carbohydrate vampirism? Well, understand you don’t have to consume large amounts of garlic, look for holy water or get a stake through the heart. Your condition and your weight situation is easily curable. Simply follow this diet. The one you are reading about now. So read on...

If you are a carbohydrate vampire don’t feel too bad. Smokers suffer with the same problem. Smoking indirectly raises Serotonin levels too, just like carbohydrates.
converted into blood sugar (glucose) more slowly than a piece of white bread. Therefore; foods that have a glycemic index value more than 100, or close to 100 convert to blood sugar faster than white bread. It’s interesting to note that table sugar has a value of 83, so even table sugar converts to blood sugar more slowly than a piece of white bread! That’s one of the reasons why ALL breads are on my Naughty list. Bread makes you fat. High value GI carbs (55 and above) should be avoided. Low GI carbs (54 and below) are OK.

The explosion of diabetic disease among African Americans, in my opinion and research, has a lot to do with the large consumption of high GI carbohydrates over a long period of time. The pancreas simply stays in overdrive for so long pumping out insulin to counter the flood of carbohydrates in your system, to the point where disease becomes inevitable. It’s important to note that the GI does NOT tell you the QUANTITY of carbohydrate contained within a particular food, only the RATE at which that food is converted into blood sugar. The “Glycemic Load” (GL) is an additional segment of GI which does take the quantity of carbohydrate into consideration. For more on GI and GL, you might want to check out a book called, “The New Glucose Revolution: The Authoritative Guide to the Glycemic Index” by authors Thomas M.S. Wolever and Jennie Brand-Miller.

Now here’s where I must differ from those “low carb diet preachers.” It is inconclusive to solely blame carbohydrates for excessive weight gain and obesity. However; the evidence does point to at least probable cause. High carb consumption can be implicated in this who-done-it. So carbs are at least a prime suspect in this case of who made African American’s fat. So let’s “arrest” the suspect and sort it out when more evidence unfolds. By arrest the suspect I mean, cut out high GI carbs as best as you can. At least cut those out that are on my Naughty list. Regular exercise, and the consumption of low fat and specifically trans fats coupled with high-fiber and low carbs is the best way to go.

The Glycemic Index of some popular foods are shown on the following pages.
# Glycemic Index of Popular Foods

## Fruit & Fruit Juices

<table>
<thead>
<tr>
<th>Food</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherries</td>
<td>22</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>25</td>
</tr>
<tr>
<td>Prunes</td>
<td>29</td>
</tr>
<tr>
<td>Dried Apricots</td>
<td>30</td>
</tr>
<tr>
<td>Apples</td>
<td>38</td>
</tr>
<tr>
<td>Canned Peaches</td>
<td>38</td>
</tr>
<tr>
<td>Fresh Peaches</td>
<td>38</td>
</tr>
<tr>
<td>Plums</td>
<td>39</td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>55</td>
</tr>
<tr>
<td>Rice Crackers</td>
<td>91</td>
</tr>
<tr>
<td>Soda</td>
<td>74</td>
</tr>
<tr>
<td>Rice Cakes</td>
<td>82</td>
</tr>
<tr>
<td>Water Crackers</td>
<td>78</td>
</tr>
</tbody>
</table>

## Crackers

<table>
<thead>
<tr>
<th>Type</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>74</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>74</td>
</tr>
<tr>
<td>Rice Crackers</td>
<td>91</td>
</tr>
<tr>
<td>Rice Cakes</td>
<td>82</td>
</tr>
<tr>
<td>Water Crackers</td>
<td>78</td>
</tr>
</tbody>
</table>

## Cereals & Breakfast Grains

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>67</td>
</tr>
<tr>
<td>Waffles</td>
<td>76</td>
</tr>
<tr>
<td>All Bran with Fiber</td>
<td>38</td>
</tr>
<tr>
<td>Bran Buds</td>
<td>7</td>
</tr>
<tr>
<td>Cheerios</td>
<td>74</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>9</td>
</tr>
<tr>
<td>Muesil</td>
<td>43</td>
</tr>
<tr>
<td>Oat Bran</td>
<td>55</td>
</tr>
<tr>
<td>Bran Chex</td>
<td>58</td>
</tr>
<tr>
<td>Special K</td>
<td>69</td>
</tr>
<tr>
<td>Raisin Bran</td>
<td>55</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>66</td>
</tr>
<tr>
<td>Quick (One Min.)</td>
<td>66</td>
</tr>
<tr>
<td>Puffed Wheat</td>
<td>67</td>
</tr>
<tr>
<td>Corn Flakes</td>
<td>85</td>
</tr>
</tbody>
</table>

## Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>10</td>
</tr>
<tr>
<td>Cabbage</td>
<td>10</td>
</tr>
<tr>
<td>Lettuce</td>
<td>10</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>10</td>
</tr>
<tr>
<td>Onions</td>
<td>10</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>10</td>
</tr>
<tr>
<td>Carrots</td>
<td>49</td>
</tr>
<tr>
<td>Green Peas</td>
<td>48</td>
</tr>
<tr>
<td>Corn</td>
<td>60</td>
</tr>
<tr>
<td>Beets</td>
<td>64</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>75</td>
</tr>
<tr>
<td>Parsnips</td>
<td>97</td>
</tr>
</tbody>
</table>

## Rice & Grains

<table>
<thead>
<tr>
<th>Grains</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Rice</td>
<td>69</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>48</td>
</tr>
<tr>
<td>Long Grain White</td>
<td>55</td>
</tr>
<tr>
<td>Aborio</td>
<td>58</td>
</tr>
<tr>
<td>Short Grain Wh</td>
<td>69</td>
</tr>
<tr>
<td>Barley</td>
<td>98</td>
</tr>
<tr>
<td>Instant White</td>
<td>87</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>54</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>68</td>
</tr>
<tr>
<td>Basmati</td>
<td>87</td>
</tr>
<tr>
<td>Couscous</td>
<td>65</td>
</tr>
</tbody>
</table>
### Truth: Carbs, Cholesterol, Fats & Protein

<table>
<thead>
<tr>
<th>BREADS</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White Bread (plain)</td>
<td>100</td>
<td>Rye Meal</td>
<td>58</td>
</tr>
<tr>
<td>Pumpernickel</td>
<td>41</td>
<td>Hamburger Bun</td>
<td>61</td>
</tr>
<tr>
<td>Sourdough</td>
<td>53</td>
<td>Wheat Croissant</td>
<td>67</td>
</tr>
<tr>
<td>Whole Wheat</td>
<td>53</td>
<td>Taco Shell</td>
<td>68</td>
</tr>
<tr>
<td>Pita Whole Wheat</td>
<td>57</td>
<td>Bagel</td>
<td>72</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SNACKS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cashews</td>
<td>22</td>
<td>M&amp;M's Peanut</td>
<td>33</td>
</tr>
<tr>
<td>Peanuts</td>
<td>15</td>
<td>Milk Chocolate</td>
<td>43</td>
</tr>
<tr>
<td>Walnuts</td>
<td>15</td>
<td>Kudos Bar</td>
<td>62</td>
</tr>
<tr>
<td>Hummus</td>
<td>16</td>
<td>Corn Chips</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JUCIES &amp; BEVERAGES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>38</td>
<td>Grapefruit</td>
<td>48</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>41</td>
<td>Hot Chocolate</td>
<td>58</td>
</tr>
<tr>
<td>Pineapple Juice</td>
<td>46</td>
<td>Coca Cola</td>
<td>57</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEALS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Sticks</td>
<td>38</td>
<td>Pizza</td>
<td>60</td>
</tr>
<tr>
<td>Ravioli</td>
<td>39</td>
<td>Mac &amp; Cheese</td>
<td>64</td>
</tr>
<tr>
<td>Tortellini (Cheese)</td>
<td>50</td>
<td>Chicken Nugg</td>
<td>48</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOUPS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>38</td>
<td>Black Bean</td>
<td>64</td>
</tr>
<tr>
<td>Minestrone</td>
<td>39</td>
<td>Pea</td>
<td>66</td>
</tr>
<tr>
<td>Lentil</td>
<td>44</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAKERY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>46</td>
<td>Pie Crust</td>
<td>59</td>
</tr>
<tr>
<td>Pound Cake</td>
<td>54</td>
<td>Bran Muffin</td>
<td>60</td>
</tr>
<tr>
<td>Blueberry Muffin</td>
<td>59</td>
<td>Carrot Muffin</td>
<td>62</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEANS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chickpeas (Dried)</td>
<td>28</td>
<td>Limas (Frozen)</td>
<td>32</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>28</td>
<td>Chickpeas Can</td>
<td>42</td>
</tr>
<tr>
<td>Lentils</td>
<td>29</td>
<td>Blackeyed Peas</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FAT: The Truth and Nothing But The Truth

There are three (3) different kinds of FAT. They are: Saturated Fat, Unsaturated Fat and Trans Fat.

Saturated Fat - becomes hard and solid at room temperature. It originates mainly from the animal foods we eat such as butter and lard. It’s the fat in animal foods. You can see it around the edges of meats. The molecular makeup of saturated fat is extremely rigid. This rigid substance builds up easily in your arteries like mortar and brick combine together to become rigid. Obviously, too much saturated fat can then lead to heart disease. When you look at food labels at the grocery store make sure you note the amount of saturated fat on the label. You want the number to be as low as possible. Something like 5g or less is probably acceptable. That’s why I suggest lean meats as part of a healthy diet. When you eat out it’s difficult to know the amount of saturated fat in foods, but know that Fast Foods and pasta foods typically have very high quantities of saturated fats. Labels on hamburger meats and milk usually list the amount of fat “as a measure of weight” and not “as a number of calories” as do most other food labels. The point is that these items can be misleading. They may say “low fat” or “2% reduced fat,” but actually they are 50% or more higher in fat content. That’s another reason why milk, ice cream and you should part company forever.
Unsaturated Fat - is a liquid at room temperature. It’s usually found in form of those liquid vegetable oils that you see all the time at your grocer. There are actually two sub versions of unsaturated fat, namely Polyunsaturated Fat and Monounsaturated fat. Really the only difference in them is the molecular makeup. If there were such a thing as a “good” fat then Polyunsaturated would be best. Its molecular construction is far less likely to build up in your arteries.

Trans Fat - is an especially evil, poisonous, typically man made concoction. The story on Trans fat begins in the mid 1950’s when food manufacturers got the scare of their lives. Researchers and scientists at the time had just started to link high saturated fat foods with heart disease. So BAM! On cue, the food companies started to look for some way to reduce the saturated fat content of their foods. So they decided to fuse vegetable oil with hydrogen (partial hydrogenation). That way they could truthfully say that their products did not have high levels of saturated fat. But in doing so, they created something far worse. The result is vegetable oil into a solid (like Crisco). Unlike saturated fat and unsaturated fats which are found in nature, trans fat is an extremely super hard substance. It is very harmful and over time does build up in your arteries, and it is a lot worse than saturated fat. It is found mainly in processed foods hidden from you and you didn’t even know it. It’s also used in many restaurants to prepare fried foods like French fries, onion rings, and other fried foods. Also, what do you think that creamy hard white stuff is between those two chocolate cookies? You know the ones I’m talking about, where you twist the two cookie tops and bottoms apart and eat the white stuff in between. Again, trans fat is primarily vegetable oil fused with hydrogen. Its in pancakes, waffles, French fries and yes even bran muffins! It’s in tens of thousands of common foods. Trans Fat is the equivalent of just eating a chunk of butter or margarine. Trans Fats don’t digest or rinse from your body well. They have been linked to everything from diabetes to heart disease. It’s been said by other researchers that Trans Fat may contribute
to between 30,000 to 40,000 premature deaths each year. Also, you mainly find Trans Fats in carbohydrate based foods. That’s another reason why I hate carbs and why you should get a divorce from them, too. In all fairness there is one trans fat CLA (conjugated linoleic acid) that is found in red meat like steaks and beef. CLA found in steak does seem to have a heart healthy benefit. Note that steaks are from nature french fries are from man. The choice is obvious. Common consumer items like Crisco solid and others are made using trans fats. At the time of this writing, food nutrition labels don’t show the trans fat content in foods. That’s because the FDA was pressured by the processed food manufacturers to slow down on the requirement to report trans fat content. They were scared that if you really knew the truth about trans fats, that you would stop buying their products and French fries. Thankfully, the FDA has come through so you should start seeing trans fat content labeling show up shortly.

Finally, not all fats are bad. I’m just saying that not all fats are equal. The fats that are allowed in the AA diet are the fats from nature. Fat is a requirement for healthy skin, it enables your body to absorb minerals, and is a necessary item for your body to function properly. Now you have the truth and the whole truth about fats.
What’s Wrong With Those Other Diets?

Some popular diets today want you to make “decisions” about your weight (Dr. Phil) and to settle on a few “keys” and bullet points that will work. Others want you to eat low carbohydrates while you load up on dairy and eat high fat foods (Atkins and South Beach). I’m here to say for the African American and nearly everybody else, all of these are wrong! More correctly, they are only partially right. You need a diet designed for the AA. One that’s tailored to the “Modern Mankind Model.” One that is designed by nature. The premise that your body is closest to the original design and therefore “different” in so many ways makes you unique and nearly pure in structure. The purer the content, the more closely it must adhere to the original design. Why do you think that AAs have the greatest problems with weight and health? The answer is that as a pure design, a lot of us have strayed from the foods most needed to support our design. As a result we get the most health problems, with excessive weight being just one of them.

By now you have heard of famous doctors, current or late, who promote the notion that you can eat more calories and still lose weight. Eat all the eggs, milk, cheese, and high fat crap you want and everything will be fine. That’s exactly what everybody who is overweight has been waiting to hear! It’s magic when you can actually eat more of the wrong kinds of foods than nature and your body wants and still lose weight. The best part (they claim) is that you can supposedly eat all the fat laden dairy and egg stuff that you want without exercising and still be healthy! That’s amazing!
They also say that calories are not important! That’s Bull. Calories are important. Did you know that just a “few” extra calories a day will cause weight gain? Just 23 extra calories a day (that’s half a cookie) for 20 years will make you 48 pounds overweight! The fact is we are usually just “a few” calories out of balance. A pound of fat is approximately 3,500 calories. Those extra desserts, cheese, dairy and biggie-sized fast food meals and all that ice cream, pasta, pizza, potatoes, candy, beer, cole slaw, and bread are what put you outside of your ideal weight. But it doesn’t have to take you 20 years to lose those 47 pounds. In fact, those 47 pounds can come off in just 140 days! With the AA diet, you will not count calories in your food, but you will be aware of their affect within the type and quantity of foods that you eat.

Those other diets remind me of when people were “sold” on the notion that the world was flat. For centuries men and women thought that when a boat sailed as far as the eye could see and disappeared over the horizon, that it had fallen off the edge of the world. Everyone wanted to believe it, because nobody could explain where the missing boat had gone. That belief, just like those other diets, got all kinds of media coverage during that age. It was probably especially helpful to map makers of the time when a boat sailed off and never came back. The boat must have fallen off the edge of the world, right? No. We now know that the world is not flat. The boat did not fall off the edge of the world, but more than likely ended up being lost at sea by following the wrong map maker (A.K.A. a diet doctor). The AA diet model of eating that I advocate, indicates that a low carbohydrate diet was indeed our basic diet for nearly 200,000 years. However, it was also very low in fat, and high in protein. Dairy was nearly nonexistent as those other diets include. Saturated and Trans fats along with high cholesterol, milk, cheese, cream, eggs and other high fat content foods that those other diets say are OK, we’re never meant to be part of our basic diet. That’s why I say that most of those diet doctor books mentioned earlier have only got it partially right. But partially right is not good enough. It can be downright dangerous to only be partially
What’s Wrong With Those Other Diets?

right. They are right about the weight loss that can and will occur on a low carb diet, but absolutely wrong about the types of fats and foods that you can substitute.

Another problem with those other diets is that they fail to take into account nature’s countermeasures to weight loss. Your body does not want you to lose the weight you have. That’s why crash diets don’t work. These natural countermeasures are called, “Homeostasis” (See the chapter on Hunter Gatherer - Origin of The AA Diet for more on homeostasis).

Your body can lose weight in many ways, but the long term effect of eating incorrectly will cause more health problems than the short term weight loss benefit that they promote. Incidentally, you are on a “diet” right now, whether you know it or not. A diet by definition is nothing more than the foods and drinks that you consume on a regular basis. The problem is, the diet you are on is a fat causing diet. If you regularly consume soda pop, potatoes, dairy products, fast food and all the other stuff on the naughty list, then you are on a fat causing diet. This is not horseshoes or hand grenades. You cannot simply get “close” or partially right to the proper diet for your body. It’s got to be exact. It’s got to be what nature designed you to eat. It should be the AA diet.
OBESITY: The Greatest Health Risk To Black Americans
OBESITY: THE GREATEST HEALTH RISK TO BLACK AMERICANS

The most significant health threat to African Americans is being overweight and obese. This is especially true for African American women. So listen up. Every woman is afraid of breast cancer. It is not breast cancer that is the major threat for Black women. It is obesity. Obesity is excessive body fat. Typically being 20% or more above your ideal weight makes you obese. A more accurate measure is the BMI or Body Mass Index.

Nearly 33% of African American adults are obese and most of them are women. Seventy-eight percent (78% - over 3 out of 4) of Black women are overweight and 50.8% (over half) are obese according to the Centers for Disease Control (CDC). Obesity has been linked to higher incidences of heart disease, diabetes, hypertension, arthritis, cancer and more. The other day I was reading an issue of JET magazine. There, Queen Latifa was shown riding a bike. Ms. Latifa has mentioned her own struggles with weight on several occasions and she seems to exemplify the attitude I want our African American women, men and children to adopt. Get moving! Do something and eat right using the AA diet.

I’m not sure where the Big, Beautiful, Black Woman (BBBW) phrase and acronym originated, but I’m sure it has done nothing to help our race. In fact, it may be more to blame for the problem. I believe that it is OK to acknowledge that a person is Big, Beautiful and Black. What I disagree with is the notion that it is OK to stay that way without a serious and continuous effort to change. Nature didn’t design Black women to be big. On the bright side, the fat that most women get is on the hips, arms and
OBESITY: The Greatest Health Risk To Black Americans

thighs. It’s tough to get rid of, but is less health threatening than male belly fat - at least over the short term.

For Black men the problem is “visceral” fat or “belly” fat. It is that fat found in the stomach and deep around the internal organs. African American men tend to gain the most weight in their stomachs, while Black women accumulate fat on their arms, buttocks, hips and thighs. Subcutaneous fat is what we call “Love Handles”. For men, the advantage they have with belly fat, is that a little diet and exercise can make it go away quickly. The bad part is that if it remains there over years or decades, it is a problem that shows up in the arteries and can cause hypertension, contribute to diabetes, or worse.

Dr. Kathleen M. McTigue of the University of North Carolina at Chapel Hill published a report in the June 2002 issue of the Annals of Internal Medicine. She tracked nearly 9,000 men and women born 1957 to 1964. Her study showed that obesity developed most quickly in African American women and that they were more likely to be obese than White women. She also reported that African American women became overweight earlier in life by age 24 to 27, compared with White women who became overweight over a decade later near age 35. Dr. McTigue says, “...A 17 year old Black girl with just a few extra pounds was quite likely to be obese by the time she was in her mid to late-20’s.” That statement nearly knocked me off my feet. It was also one of the key reasons for writing this book. To think that a young adolescent African American girl could be predicted to be obese by just looking at a few extra pounds on her, was profound to me.

Who should we blame for this situation? See my chapter on “Who Done It? Who Made Me Fat?”

The traditional African American diet, consisting of soul food combined with fast food, is significantly high in saturated fat, trans fats, and calories.
Typically, these calories are not used up through exercise or physical activity and therefore, convert to fat more readily. Couple that with high stress, low activity and low resting metabolism rates, and you get a lot of very overweight people.

**Fat and Obese African American Kids**

A study, published in 2002 by the U.S. Centers for Disease Control (CDC), reported that 36% (over 1 out of 3) of our African American children, ages 6 to 11 are overweight and that 20% of them are obese. That’s right, 1 out of 5 African American very young children are obese. It gets worse as they get older. When Black children reach the ages of 12 to 19, they get fatter and more obese. The report shows that 40% of these older children, are now overweight and that nearly 25% (1 out of 4) are obese! That was a 2002 study. By now the problem is very likely much worse. Pretty soon the fat kids on the playground are going to outnumber the skinny kids and tease them for being skinny. White children in the same study, had much lower overweight and obesity numbers than our African American children. “Our message is simple: Kids' health, and lives, are at risk. It's time to take action. We're raising the first generation of people who may very well live less long than their parents,” said Dr. William Hacker, acting public health commissioner for Kentucky. Kentucky is a neighboring state to my own Ohio, that borders Indiana. Dr. Hacker is a member of a special panel setup to get the obesity message out to tri-state citizens.

The point is, too many of our Black children are overweight or even obese. We need to get them on diets and healthy eating life-styles now, like the AA diet if they are to have any chance at the quality of life they deserve. Evidence suggests that big, fat, children end up being even bigger, fatter, obese, unnatural, unhealthy adults. They will likely face unfair health related and employment related discrimination, as a result of their excessive weight. Don’t let that happen.
The best place to start is at home, in your own kitchen. There is a credit card television commercial that asks the question, “What’s in your WALLET?” We need to ask ourselves a similar question - What’s in your cabinets? What’s in your refrigerator? What are you feeding your kids and spouse? The things you store there may be the things that are fattening up our Black children today. Parents are to blame for our African American children being in this state of crisis. Parents are also the solution to the problem. Let’s stop feeding our children the things on the Naughty list. Let’s give them a chance. Adult obesity rankings by race and by state are shown on the next page.
### Adult Obesity Ranking (%) By State / Race
*(source Trust for America’s Health 2003)*

<table>
<thead>
<tr>
<th>State</th>
<th>Black</th>
<th>White</th>
<th>State</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>41.6</td>
<td>20.0</td>
<td>Idaho</td>
<td>28.4</td>
<td>21.1</td>
</tr>
<tr>
<td>Nebraska</td>
<td>41.1</td>
<td>23.2</td>
<td>Oklahoma</td>
<td>28.3</td>
<td>22.7</td>
</tr>
<tr>
<td>Iowa</td>
<td>39.6</td>
<td>23.8</td>
<td>S. Dakota</td>
<td>27.8</td>
<td>22.2</td>
</tr>
<tr>
<td>Alabama</td>
<td>37.9</td>
<td>26.5</td>
<td>Massachusetts</td>
<td>27.6</td>
<td>16.2</td>
</tr>
<tr>
<td>S. Carolina</td>
<td>37.3</td>
<td>20.3</td>
<td>Alaska</td>
<td>26.9</td>
<td>24.3</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>37.1</td>
<td>20.4</td>
<td>West Virginia</td>
<td>26.0</td>
<td>27.9</td>
</tr>
<tr>
<td>Tennessee</td>
<td>36.8</td>
<td>23.3</td>
<td>Utah</td>
<td>25.9</td>
<td>20.7</td>
</tr>
<tr>
<td>Indiana</td>
<td>36.6</td>
<td>25.6</td>
<td>Utah</td>
<td>25.9</td>
<td>20.7</td>
</tr>
<tr>
<td>Mississippi</td>
<td>36.6</td>
<td>24.1</td>
<td>Washington</td>
<td>25.0</td>
<td>22.0</td>
</tr>
<tr>
<td>Ohio</td>
<td>36.4</td>
<td>24.0</td>
<td>New Hampshire</td>
<td>24.6</td>
<td>20.2</td>
</tr>
<tr>
<td>Texas</td>
<td>35.8</td>
<td>23.1</td>
<td>Florida</td>
<td>24.5</td>
<td>19.1</td>
</tr>
<tr>
<td>Arkansas</td>
<td>35.5</td>
<td>24.1</td>
<td>Colorado</td>
<td>22.6</td>
<td>15.0</td>
</tr>
<tr>
<td>Oregon</td>
<td>35.3</td>
<td>21.8</td>
<td>Hawaii</td>
<td>21.9</td>
<td>14.1</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>35.1</td>
<td>23.1</td>
<td>Maine</td>
<td>19.9</td>
<td>20.0</td>
</tr>
<tr>
<td>N. Carolina</td>
<td>35.0</td>
<td>21.6</td>
<td>Rhode Island</td>
<td>17.6</td>
<td>18.4</td>
</tr>
<tr>
<td>Michigan</td>
<td>34.8</td>
<td>23.7</td>
<td>Wyoming</td>
<td>13.5</td>
<td>19.9</td>
</tr>
<tr>
<td>Virginia</td>
<td>34.1</td>
<td>20.3</td>
<td>N. Dakota</td>
<td>6.5</td>
<td>23.5</td>
</tr>
<tr>
<td>New Mexico</td>
<td>33.5</td>
<td>17.8</td>
<td>Montana</td>
<td>N/A</td>
<td>17.9</td>
</tr>
<tr>
<td>Kentucky</td>
<td>33.0</td>
<td>25.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Louisiana</td>
<td>33.0</td>
<td>21.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delaware</td>
<td>32.8</td>
<td>22.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kansas</td>
<td>32.8</td>
<td>22.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Missouri</td>
<td>32.6</td>
<td>22.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connecticut</td>
<td>32.5</td>
<td>18.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Jersey</td>
<td>32.5</td>
<td>19.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Georgia</td>
<td>32.4</td>
<td>22.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arizona</td>
<td>32.3</td>
<td>18.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vermont</td>
<td>32.3</td>
<td>19.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minnesota</td>
<td>32.1</td>
<td>22.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash. DC</td>
<td>31.2</td>
<td>7.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illinois</td>
<td>30.5</td>
<td>22.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maryland</td>
<td>30.5</td>
<td>19.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nevada</td>
<td>30.5</td>
<td>21.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New York</td>
<td>29.9</td>
<td>20.1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

California has the MOST obese Black persons at (41.6%) and N. Dakota has the LEAST obese Black persons at (6.5%)
WHO DONE IT?
WHO MADE ME FAT?

Everyone loves a good mystery. The really good mysteries always have lots of twists and turns to the point where you really don’t know who did it. You don’t know - for sure. Did the butler do it? Did the husband kill his wife? Did O.J. do it? Was it the neighbor next door? Was it a close personal acquaintance that most never would suspect? Who did it? The movie “Secret Window,” starring Johnny Depp is one of my favorite who done it movies. I love that move. It keeps you guessing up to the end about the real culprit. The police always round up the usual suspects and the process of elimination begins. Who done it?

The same thing can be asked of the weight problems that African Americans face. Who caused over 2 out of every 3 African Americans to be overweight? Who done it? How did I get this big? Somebody has to bear the blame. Well, let’s round up a few of the usual suspects:

1. Grocery stores
2. The U.S. Government
3. Slavery
4. Television
5. Vending Machines
6. Fast Food Restaurants
7. All You Can Eat Buffets
8. Better Quality of Life
9. Metabolic Resistance and BMI
10. Weight Loss Plateau
11. Acceptance of the BBBW Image
12. Alcohol (Beer, Wine, Coolers, and Liquor)
Obviously there may be more, but for the most part these are the key suspects. Let’s look at each one.

**Grocery Stores**

Since most of us don’t know how to farm, butcher livestock, or grow our own produce, the Grocery Store has become a place where we get most of our food. However, the grocery store is dangerous for African Americans who don’t know how to shop for the right kinds of food. It has items that can fill your waistline out faster than you can say, “Do you have your customer appreciation card?” It is filled with aisle after aisle of things that you were never meant to eat. It has unnatural, man-made creations just waiting for you to feast on. Most of the things on the Naughty list (found in the next few chapters) can be found in abundance in a grocery store. For example, the Cereal aisle is crammed packed with processed, refined grains and cereals that are high in carbohydrates which go right to your waistline and your hips. They spike your blood sugar levels up and keep your pancreas in overdrive all the time. Sugar frosted, cocoa puffed, rice blended flakes, boxes and boxes of fat just waiting for you. Your kids and you probably visit the cereal aisle a lot.

**Bread aisle** - The Bread aisle is another silo of weaponry aimed right at your midsection, thighs, arms and butt. It is loaded with refined flour white bread, bagels, buns, bread sticks, rice cakes and a fountain of fat filled flour, fluffy foods that fill your face with a folly of fresh baked “goodness” that fill your hips out like a float. Yum!

**Canned Goods aisle** - This is a another dangerous place. It’s packed with canned corn, canned carrots, canned noodles, canned potatoes (can Dan Quayle spell that), canned soups, canned this and canned that. The question is CAN you feel your waistline filling out as we speak? Every can is loaded with very high levels of sodium (a.k.a. SALT) which causes the body to retain water and unnecessary weight. High levels of sodium
CAN cause significant hypertension problems within the body, especially in African Americans. So CAN you see why the canned goods aisle of a grocery store is a dangerous place for you?

**Snack aisle** - Walk down the Snack aisle very often and you will most certainly be overweight. The snack aisle is one of the worse aisles. It has a collage of multilevel racks, filled with bags upon bags of fat filled, salt covered, unnatural creations. Chips, curls, cookies, pretzels, wafers, and more. Corn this and potato that, all can be found in this aisle. It has orange things that look like balls all bagged and begging for you to bring them to your mouth, where they ultimately end up on your bottom.

**Soda pop aisle**  Danger, Danger Will Robinson!!! The Soda pop aisle is a weapon aimed at you that is more dangerous than the bread aisle. It has LIQUID fat written all over it. SUGAR is the key ingredient in most of the items in the soda pop aisle. Remember, your body has to convert carbohydrates into sugar and we know how bad a lot of carbs are for your system. So, liquid sugar is really bad! That’s what soda pop is - liquid sugar. But, you already know that -- don’t you?

**Lunch Meat section** - The Lunch meat section is in the back, near the end of the store. Remember, meat and fish are good for you; however LUNCH meats and other processed meats are not. You can tell lunch meats, because they always hang from hooks in plastic packages in the meat case. Although, sometimes the grocers will just stack a lot of them on top of each other in a meat cooling case. Lunch meats are things like wieners, hot dogs, bologna (we use to call it “baloney” when I was coming up), salami, smoked beef sticks, and all that other stuff in that section. You know what I’m talking about. All lunch meats are made from mainly saturated fat, left over parts of the pig or cow that nobody would want to eat or buy if sold alone. So, they grind up the fat, skin, and other refuse, add some color and shape it into round flat wafers or round wieners like
tubes to make it look more appealing. Finally, they add some advertising and a catchy musical tune to make you want buy it.

**Dairy aisle** - The dairy section is one of the worst aisles in the grocery store for an African American. The grocer keeps it very cold in the dairy aisle. Ordinarily this stuff would spoil and rot quickly, because even nature wants to kill it off. But man keeps it available for you through refrigeration. Dairy was never meant to be consumed by African Americans in any significant quantity. Most Africans and Caribbean island dwellers consume very little dairy during their lives and most are lactose intolerant. The dairy aisle is where cheese, milk, eggs, butter and ice cream reside. It’s also one of the most significant contributors to weight and health problems for African Americans. Reference my indictment of Milk and Dairy near the end of the book and you’ll soon see why.

The “Urban Grocery Store Gap” is also part of the whole grocery store fat contribution issue. Study after study continue to show that grocery stores in African American and lower income communities carry higher priced nutritional foods than in more affluent typically ‘whiter’ neighborhoods. Also, there are fewer grocery stores in African American communities which leave blacks shopping at higher priced corner convenience stores which typically don’t carry many nutritious lower fat foods.

As you can see the grocery store certainly qualifies as a suspect in this who done it mystery? The grocery store is in possession of “criminal tools” or elements that are known to cause weight gain and health problems for African Americans. So at a minimum, the grocery store can be linked to this crime. But, the grocery store is not the only suspect. The Government is a prime suspect too.

**The Government**

The United States Government may have made you overweight. Here’s
The USDA (United States Department of Agriculture) developed a triangle called the FOOD PYRAMID and released it to the general public back in the early nineties. I’m sure you’ve seen it. It’s that ubiquitous diamond shaped diagram that can be found on cereal boxes and food packaging all across the nation. It was a noble attempt to get you to eat right and reduce your risk of disease by removing fat from your diet. The problem is, that it was wrong from the start, for just about everybody.

The government was trying to get people to reduce the amount of saturated fat in their diets. So for simplicity, they just blanketed and labeled all fats as bad. We know that all fats are not bad, in fact you need fat to live. The government Food Pyramid was wrong for typical Americans and it was really wrong for African Americans. The food pyramid probably did more harm than good. It states that you should eat lots of potatoes, bread, rice, and pasta. Sounds like a carbohydrate overdose doesn’t it? Given that the general population of the U.S. is basically inactive, insulin resistance can occur with such a diet high in carbohydrates such as potatoes. This effect can cause serious health problems. Rural peasant farm workers in third world nations and other persons who are extremely active can eat this type of diet with very few cardiovascular or weight related problems, but that is only because they are VERY active. They do physical, very hard work everyday with their bodies. You don’t do that. The exact same high carbohydrate diet eaten by relatively inactive, overweight African Americans can cause extreme weight gain and even more health problems.

The USDA also lumped fish, red meat and poultry together as a single group of meat, which we know is all wrong. The government suggested that you eat large quantities of milk, cheese, butter and eggs in the Dairy section of the pyramid. Nature never wanted you to do such a thing, because doing so will make you fat and unhealthy. There is also the common belief that special interests businesses from the dairy industry had a disproportionate influence during the development of the Food Pyramid. That milk mustache that they keep wanting you to wear was
Who Done It?  Who Made Me Fat?

never part of nature’s plan. However; somehow it showed up as a large section of the Food Pyramid.

Soon, after the release of the Food Pyramid, school lunch lines, restaurants, grocery stores, bakeries and work cafeterias across America all started promoting the government’s Food Pyramid as the key to better health and a fit trim waistline by carrying large servings of what it suggested.

Note - Recently, in April of 2005, the government released a new, color coded food pyramid called, “MyPramid” in an attempt to fix the old one. It is a personalized, color coded triangle with a person running up a flight of stairs along the side. The problem is that it is too little, too late. The damage has already been done. Secondly, the new pyramid is nearly as flawed as the old one. The new pyramid still emphasizes large quantities of starchy vegetables, dairy and grain. That’s sounds like bread, eggs, cheese, potatoes, pasta and rice folks. The new pyramid also still focuses on milk, with nearly 3 cups recommended for everyone, everyday. Remember the dairy industry is very influential and powerful in crafting government policy. Oh yeah, big business still has their hand in telling the government what to tell you about eating. No wonder large amounts of dairy and

Does Television Make African Americans Fat?

A recent report by the Children's Hospital of the University of Chicago shows that television programs for African-American’s tend to portray more overweight characters than those targeted at the general American national audience. They also have more than 60% more food and restaurant commercials than general audience programming. Black American programming television programs portrayed 27% overweight actors; while general audience programming shows had only 2% overweight characters. Manasi Tirodkar, who wrote the report, seems to point to this type of television programming as a contributor to weight problems in the African American community.
grain still show up in the new pyramid in nearly the same quantities as the old one had. There’s just too much money in it for them to stop. Big food industries would lose too much money, if you suddenly started eating the way you should. Fortunately, the AA Diet is here to give you the straight and narrow view of nature. The bottom line is to trust nature, and not the government to feed you well. But, I do have to give credit to the new pyramid for indicating that exercise is important in healthy eating and living.

Incidently, the government also has done nothing to limit your access to unhealthy fattening foods. In fact, over 20 out of all 50 states have erected laws to limit your ability to sue for obesity related issues. In other words, the government doesn’t want you to be able to sue restaurants and stores that provide you with known fattening, unhealthy foods that contribute to obesity. The bottom line is - even if you could prove a business provides unhealthy fattening foods that contribute to obesity, you could not seek legal recourse to stop them from doing so. At the very least your ability to sue would be severely limited. That’s the case in forty percent of states across the country!

Given the unhealthy nature of the food pyramid, (the old one and the new one) plus limits on obesity law suits - it sounds like your own government is a prime suspect in this who done it mystery.

**Slavery**

Slavery may have made you overweight. Here’s why: Children learn to eat from their parents, relatives and friends. My momma and daddy gave me my first meal, maybe just like yours’ did. Today, most African Americans can say, with some confidence, that they have or had a grandparent or great grandparent with linkage to the old South and slavery. Alabama, Georgia, the Carolinas, and Mississippi and more are all common states that most African Americans can usually trace some ancestry too.
The old South was the premiere destination for slave ships arriving from Africa. To fill the void of the absence of the African natural diet, the typical slave mother learned, by necessity, to subsist on the leftover hog and cow by-products that most other people would never dream of eating if given a choice. Things like the hog and cow’s intestines, feet, ears, tongues and other “throw away parts” were cheap or even free. They were readily available for consumption to a needy African transplant family. An African transplant mother, when faced with the notion of the starvation of her children or the alternative nourishment provided by a pig’s mostly saturated fat unwanted by-product body parts - logic wins out. Think about it. What would do in the situation of a slave needing to feed your family? After all, by law you were only 5/8ths of a human being anyway. The fat foot and leg of a hog would become a staple of a slave’s basic food needs. Over the years of eating mainly fat, cholesterol laden beast waste products, a mother learns to make them taste better for her family by adding seasonings, grasses, herbs and such. Now let’s fast forward a hundred and forty years (two generations) to the end of slavery and you have African American mothers and decedents that continue to eat this stuff. They do it, because they have been conditioned and trained to think the consumption of these types of foods is good - even delicious. The children and great grand children, who are now adults, believe that chitlings and souse (hog guts), pigs feet, weiners, and other such things are what we are suppose to eat. Later these things even get their own name, “Soul Food.” Parents then teach their children to eat such things. These things are fattening and unhealthy. The foods associated with slavery, indeed make slavery a suspect.

**Television**

Television is a suspect because of the companies that use it. T.V. is actually an accomplice in the who done it. When advertisements that are flashed at you on a regular basis, show African Americans consuming foods that we were never meant to eat. That makes television a suspect for who
made you overweight. We are heavily influenced by the television programming that we watch.

Vending Machines

Vending Machines are a suspect. They are literally everywhere. They are in our schools, places of employment and even our churches. They almost NEVER have anything worthwhile eating in them. Studies implicating soda vending machines as contributors to childhood obesity have caused school boards to remove vending machines from schools. These machines may have contributed to making you overweight. Maybe you have purchased soda, candy, chips or other items from a vending machine on a regular basis. They make you fat because they are always there with fattening things to eat. Like a drug dealer standing on the same corner that you pass day and night. They prey upon your weaknesses. The omnipresence that they possess, shows that they are always there for YOU! They sit there looking for you to get weak and buy the fattening, unhealthy products that they peddle. The problem for us is that they are ubiquitous. They are everywhere. They are at the gas station, the shopping mall, schools, work, the sports game, they are an unmanned drone developed by the enemy to shoot missiles of fattening ammunition at you on a daily, hourly, minute, and second basis. If you use vending machines on a regular basis, that makes them a suspect to your weight problem!

Fast Food

Fast food restaurants and the foods they peddle are a suspect in the who made you fat investigation. Fast food is a fairly recent anomaly. A fast food restaurant was tough to find 40 or 50 years ago. Overweight African Americans were tough to find then too. Coincidence? I think not. At first glance, the Fast Food restaurant would seem to be a blessing. The notion of getting a nutritious meal in seconds through a drive through window, with no
pots or dishes to wash afterwards, seems like a dream come true. The problem is that Fast Food restaurants serve some of the most fattening foods anywhere. The burger joints serve super fattening French fries cooked in artery clogging trans fat hydrated oils, high carbohydrate thick buns and potatoes, super sized sugar based colas and drinks, plus dairy based cheese and milk shakes - and that’s just the lunch menu. And they always ask, “...would you like cheese on that burger?” The breakfast menu is covered with an overdose of carbohydrate based croissant buns, or butter drenched biscuits sandwiches topped with American cheese, or pancakes which are nothing more than carbs and white flour. Then you put sugar syrup on them. The hash browns are nothing more than a starchy potato, aimed right at your waistline and designed to increase your insulin levels out of proportion so that early onset of diabetes is almost assured. Do you want a cherry pie with that? Pizza restaurants are just as bad or even worse. Pizza, pasta and most of the other stuff they serve are simply “hyper carbohydrate” sources. They serve cheese on top of bread, both of which were never meant to be consumed in large quantities by anyone. The chicken and fish places are bad too. Chicken and fish by themselves are some of the best foods for an African American to eat. I suggest you eat them often. But, the fast food joints have jacked that up too. They add high amounts of breaded batter, salt and fat to what would ordinarily be a great food meal. Then they deep fry the chicken or fish in artery clogging hydrogenated trans fat cooking oils. This turns a completely good meal into a fattening, unhealthy glob of waste product that ends up widening your waist. Yes, the Fast food restaurant is a suspect.

All You Can Eat Buffets

The “All You Can Eat” buffets (A.K.A. smorgasbords) are also suspects in this crime. Black folks love smorgasbords! You pay one low price and you can literally “pig out” for as long as the place is open. There are no dishes to wash or tables to clear. Everything is done for you. The problem with smorgasbords is that they always tend to make people over eat. That’s
because most people don’t feel like they’ve got their money’s worth, until they have two or three plates piled high with food. If you look around, most people who frequent smorgasbords are typically overweight.

### A Better Quality Of Life

Could the better quality of life you are living now make you fat? Maybe. It is a suspect, and here’s why: As you begin to make more money, have more leisure time, use less manual labor in your work and afford more foods - the result tends to be more fat around the waistline and hips. Maybe you have a car now or two, so you drive everywhere you go when African Americans use to walk or catch the bus. Maybe you have more leisure time to sleep or relax when you ordinarily would be using your body or working. A new baby can also cause the waist or hips to swell. You are home more, not as outgoing as you use to be. That exercise equipment starts to become a fond memory - sitting in the corner gathering dust. Maybe you’ve got someone who helps clean the house or mow the lawn when before you use to do it. The “Good Life” can add inches to your waist really fast. Maybe you go through the automatic car wash instead of using the self-wash bays. A better quality of life can end up making you overweight if you don’t watch it.

### BMI and Resting Metabolic Rate

What if I told you that you could be 35 years old and still be 30? What if I told you that being 30 is a bad thing? The 30 I’m talking about is not your age, it is a number referred to as your “Body Mass Index” or BMI. Do you know your BMI? You should, because it is the comparison of your height and weight to determine if you are underweight, overweight or obese. I want you to know your BMI. **Your Normal weight is anything between 18.5 to 24.9.** Overweight is 25 to 29.9 and anything 30 or more, makes you
Who Done It?  Who Made Me Fat?

obese - that’s according to the National Heart Lung and Blood Institute (NHLBI).

Your BMI will tell you about your weight. More African American women and Hispanic women are obese than White women. IF YOUR BMI IS MORE THAN 25, THEN YOU NEED TO LOSE WEIGHT! You can use the BMI table on the next page, or use the simple calculation on the previous page for a more accurate figure. Also, if you have access to the internet, an on-line BMI calculator can be found at:


1. Multiply 703 times your weight in pounds
2. Multiply your height (in inches) times your height (in inches)
3. Divide the first result by the second result. That's your BMI

EXAMPLE
1. Mike weighs 185 lbs  (185 lbs x 703 = 130,055)
2. Mike is 5'8" = 68 inches tall  (68 inches x 68 inches = 4,624)
3. Mike’s BMI is:  130,055 / 4,624 = 28.13
   In this example Mike is Overweight.
### Body Mass Index

Find your height in inches and where your weight intersects. The number in the column above your weight is your BMI (where NML = Normal, OW = Overweight, and OB=Obese).

| BMI | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | Wt | Ext |
|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Ht. (In) | NML | NML | NML | NML | NML | OW | OW | OW | OW | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | OB | Ext (Lbs) |
| 56  | 91  | 96  | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 |
| 60  | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 179 | 184 | 189 | 194 | 199 | 204 |
| 61  | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 |
| 62  | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 |
| 63  | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 |
| 64  | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 180 | 186 | 192 | 198 | 204 | 209 | 215 | 221 | 227 | 232 |
| 65  | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 |
| 66  | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 |
| 67  | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 |
| 68  | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 204 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 |
| 69  | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 264 | 271 |
| 70  | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 264 | 271 | 278 |
| 71  | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 |
| 72  | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 257 | 265 | 272 | 279 | 286 | 294 |
| 73  | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 296 | 302 |
| 74  | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 288 | 296 | 303 | 311 |
| 75  | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 |
| 76  | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 |
Who Done It? Who Made Me Fat?

How To determine Your Frame Size

If you have always wondered what size frame you have, here is one method to use:

Take your thumb and middle finger and place them around your wrist. If they overlap a little then you are small framed. If they touch you are medium framed, and if they don touch you have a large frame size.
How To determine Your Frame Size

If you have always wondered what size frame you have, here is one method to use:

Take your thumb and middle finger and place them around your wrist. If they overlap a little then you are small framed. If they touch you are medium framed, and if they don’t touch you have a large frame size.
Resting Metabolic Rate

Maybe your Resting Metabolic Rate (RMR) is to blame for being overweight. The American Journal of Clinical Nutrition, Vol. 70, No. 1, 13-20, July 1999, produced the results of a study which seems to show that African American women have a RMR than White women. Basically, the Resting Metabolic Rate is the sum minimum amount of calories your body needs to burn to perform basic functions such as breathing, sleeping, digesting food, growing cells or blood circulation - in other words just laying around doing nothing except staying alive with no activity. The RMR findings are important here, because it indicates that African American women have a harder time losing weight than White women for metabolic reasons.

Often you will hear the term Basal Metabolic Rate (BMR) used instead of RMR. BMR is similar to RMR and both quantities are close, except BMR testing is done under strict rest testing conditions usually in a lab. So for our purposes, the RMR is best to use for an accurate estimation. RMR is lower for African American women, because African American women tend to use fewer calories just staying alive. The findings also indicate that when it comes to obesity, African American women account for 37.4% of obese persons compared with 22.4% for white women.

The study appears to show that your African American body may be keeping more calories, and therefore more fat and weight than a comparable white person. An earlier study published in 1997 in “Obesity Research” (vol. 5, No. 1, January, 1997) found similar results. The report was written by Dr. Gary D. Foster, then Director of the University of Pennsylvania’s Medical center Weight and Eating Disorders program. Dr. Foster’s team tested the resting metabolic rate of 166 women (122 white and 44 black). The women weighed, on average, about 225 pounds.
The RMR for black women was nearly 103 calories per day less than that of the white women.

But, cheer up. The good news is that your RMR can be elevated to higher levels just by being more active. Start moving, do something with your body and you can increase your RMR.

No one knows for sure why the RMR is lower for African American women than for whites. My theory is that since African American physiology is closest to the original foundation of all mankind’s African origins, that your body just uses it’s fuel (calories) more efficiently. During times of famine or scarcity of food, the African American woman would be at a significant survival advantage over a white woman because of your lower RMR. Unfortunately, with food in abundance, low exercise levels, and with diets heavy in calories and carbohydrates, that advantage has become a disadvantage that translates into excessive weight or worse.

Acceptance Of The Big, Beautiful, Black Woman Image

Did our acceptance and embrace of the “Big, Beautiful, Black Woman” (BBBW) image cause an increase in our weight problems? Maybe, here’s why: I’m not sure where the phrase “Big, Beautiful, Black Woman” originated or when we started using it. By the way, this subject includes significantly overweight men and children too. So fellas and children, it ain’t just BBBW. It’s BBBM & BBBC too! The BBBW image is a fairly recent phenomena. Fifteen to twenty years ago the term was not common to our vocabulary. I have reviewed over 30 on-line African American discussion groups, websites and chat rooms on this subject. The best discussions were found on Black Entertainment’s (BET) website: www.bet.com. The discussions and exchanges resulted from a report BET posted called, “Study: Americans, Especially Black Women, Are More Obese Than Ever,” by Stacy Gilliam, BET.com staff writer posted Oct. 9, 2002. There were all kinds of contributors and most postings came
from Black women. Some said, that Black men wanted to have a “healthy”
woman with “plenty of meat on her bones.” Others said that the report was
just another attack to beat down big, Black sisters. The common theme
digressed into the notion that it was not a bad thing to be overweight or
obese. This was confirmation to me that indeed a significant number of
African Americans have sadly come to believe that it’s perfectly normal
and OK to be overweight or even obese. So the discussions moved away
from the main health and image related disadvantages of being overweight
and obese, to one of acceptance. Being content or even happy no matter
what size a person is. It showed me that many had given up and surrendered
to excessive weight. Just as the discussion had moved off the original
subject, so too had we as a people lost sight of what being a beautiful Black
woman, man or child is all about. It’s about being in the natural physical
proportions of a human being following nature’s design for food consumption
and body use, that results in a physically beautiful person free of weight
related diseases and limitations.

Another example of acceptance and surrender to the BBBW image
is the Oxygen television show, “Mo’Nique’s Fat Chance.” Ms. Mo’Nique
is a large Black female actress and comedian. The Oxygen network
website advertises the show as the first televised beauty competition for
women with ‘something extra.’ In other words the women are beautiful,
mostly Black and obese. Ms. Mo’Nique’s actual quote for creating the plus-sized beauty
competition was, “I got tired of shows giving us such a negative
image, that big was a bad thing. The average woman is a size 14,
we are the majority, we are America.” She is absolutely right and
absolutely wrong at the same time! She’s right that America has a
majority of overweight and obese Black women. She’s wrong to the
contribute to the problem in the form of a beauty contest for persons that
everybody else know - need to lose weight. For the record, I like Ms.
Mo’Nique. She is very funny and a wonderful Black actress with
tremendous talent. However, I disagree with her statement and the
resulting degradation into acceptance that the program suggests and ultimately promotes. Yes - large, African American women can be very pretty and beautiful; however being overweight to the levels portrayed in the show depict persons with possible emotional problems hungry for acceptance.

When we have people who are obviously not eating right, not exercising and being glorified as beautiful in a televised show, there is definitely a problem. We need to discourage the BBBW image and encourage a diet right for weightloss that will help overweight people with acceptance problems. That way they can achieve healthy and actual attractive weight proportionate appearances that are natural and aligned with nature.

It’s not normal nor beautiful to be an obese black person. We need to get back to the original discussion and point of the unhealthy and unsightly nature of obesity. We need to stop accepting being overweight and/or obese as normal. You do NOT need to surrender to that lie. You need to fight the lie! Just because they can stitch enough fabric together to make a 50” wide thong, should not make it OK to wear one.

---

Did Soda Pop Make You Fat?

An August 2004 report in the Journal of the American Medical Association tracked over 50,000 nurses who drank one or more, non-diet soda pop or fruit punch beverages everyday. The report showed that they gained weight rapidly and had an 80% elevated risk of developing Type 2 diabetes. Walter C. Willett, of the Harvard School of Public Health, who helped conduct the study, said “The message is: anyone who cares about their health or the health of their family would not consume these beverages. ... Parents who care about their children’s health should not keep them at home.”

This report should come as no surprise to those on the AA diet. Sugar sweetened beverages like soda pop, fruit punch and fruit juices are on the Naughty list anyway.
We as a people have got to change. We are fattening ourselves to death and accepting that it’s OK. We have to discourage the acceptance of the BBBW image. Let’s stop telling that lie about “...oh, honey, she or he is just big boned.” We need to put the moose on the table and start telling the truth. No, he or she is not simply big boned. He or she is overweight and maybe even obese, and needs to start a weight reduction diet like the AA diet right away. The sad fact is, that by trying not to hurt people’s feelings and say it’s OK to be overweight, we are in fact doing them an injustice. We are hurting them. We’re lying to them and we are lying to ourselves. We are proliferating a lie - in the form of acceptance - that reduces a person’s quality of life and leads ultimately to early onset of disease and even early death. Not to mention an unsightly figure. So, let’s lose the lie and lose the weight. Let’s NOT accept being overweight or obese as a normal thing for African Americans.

Acceptance & surrender to the Big, Beautiful Black Woman image has done nothing for Black people, and has probably contributed to the growing obesity epidemic. Acceptance of the BBBW image is definitely a suspect in this who done it case.

**Alcohol**

*(Beer, Wine, Coolers and Liquor)*

Alcoholic beverages like beer, wine, coolers and hard liquor may have made you overweight. Here’s why: That 40 ounce bottle of beer, apple martini or even that gin and juice some of us like, all have alcohol in them. When I’m finish telling you about the effects of alcohol on your waistline, you might want to “Pass on the Courvoisier.” Just tell Busta Rhymes that it’s just not good for the waistline. He’ll understand. It does not matter if
the drink is vodka, gin, beer, rum whiskey, scotch or wine. If your drink contains alcohol, the effects can devastate your weight loss goals.

First of all, alcohol has a lot of calories per gram! Seven calories per gram to be exact. It has more calories than a gram of protein. A gram of alcohol even has nearly double the calories of a gram of carbohydrates. Only a gram of pure fat has more calories than a gram of alcohol. But the story of how alcohol may be to blame does not end there.

No. There are a number of studies that now show alcohol actually slows down your fat burning metabolism to the point where your body no longer burns fat or carbohydrates for fuel, but instead burns only alcohol. Body lipid oxidation is the measure of how much fat the body burns. Studies show that small quantities of alcohol can lower that fat burning capability by 70% or more. Your liver can only metabolize a limited amount of alcohol at one time, and that’s no matter how much alcohol is actually in your bloodstream. That rate of metabolism will remain fairly constant. Also, your liver can not metabolize alcohol and fat at the same time. So, your body gets rid of the toxic alcohol first, and since alcohol metabolizes slowly, it’s going to be along time before your body can get around to using up fat as long as ANY alcohol remains is in your bloodstream.

Alcohol is transferred through the intestines and into your bloodstream. From there, it goes to the liver and is converted into acetate. So alcohol does not get stored as fat like other items we consume. Instead it becomes acetate and acetate stops the fat burning process cold. Again, that’s because the body will burn the acetate alcohol by-product first and then move on to burning fat later. That is if you don’t add more alcohol to your bloodstream before the body has finished burning off the last dose of alcohol that you gave it.

So alcohol ends up being a double whammy of weight loss terror. It provides you with an extra overdoes of empty calories, then it slows your
metabolism down, so that your not burning fat any more. Also, a study by a popular muscle and fitness publication, found that drinking can cause an average of 33% loss in muscle mass. That’s call alcoholic myopathy. For men, alcohol lowers testosterone and raises estrogen! In case you didn’t know, that’s not a good thing for guys. Finally, alcohol can dehydrate you and interfere with absorption of nutrients and muscle retention.

Of course, consumption of large amounts of alcohol can not only have a negative effect on weight loss, but there are also all sorts of known health risks associated with alcohol like liver and kidney damage to name a few. Clearly alcohol should be added to the list of suspects in this who made you fat caper.

**Review Of The Unusual Suspects**

OK, now that we have looked at the obvious and usual suspects, the “NOT so obvious suspects” should be considered. I have heard stress, lack of time, child bearing, family pressures, and financial challenges should also be added to the list. OK, you win. Let’s add them too. However, as much as we may want to blame others for the condition of overweight African Americans, the case can be made that those other suspects were simply “accomplices.” A savvy lawyer could make a case that they did not make Black Americans overweight on their own or in collaboration.

The government, slavery, grocery stores, soda pop, the vending machines, television advertisements, fast food restaurants, biological differences, stress, kids, alcohol, the weightloss plateau, nor the wide acceptance of the BBBW
image did NOT make you fat. They may have provided “criminal tools and incentives” that tempted you to become overweight.

One suspect we should not overlook is OURSELVES. For sure, those other suspects are accessories in this crime, but YOU are solely responsible for YOUR own weight problems.

The bottom line is, YOU made YOU fat. Who, me? Yeah, you! The mystery has been solved. If you think about it, the mystery has been solved for a long time. In the back of your mind, you have known all along it was you. It is a difficult thing sometimes to learn that the person in the mirror is the one at fault. But now, you have the tools to change that. In the next few chapters, you can learn how to go from being overweight or even obese, to your ideal weight.
HUNTER GATHERER
The AA Diet Origin
Hunter Gatherer
The AA Origin

Where did the AA Diet come from you ask? Well, the basis for the AA Diet’s is the adaptation of commonly available North American foods to the physiological needs of the African Hunter Gatherer body model. It is also the application of “Inconsistent Meat Consumption” which will be addressed in the next chapter. These adaptations nearly mirror nature and the early hunters and gatherers that modern black people originated from. The AA allows you to eat delicious foods just like our ancestral Hunters and Gatherers did. You’ll eat lots of meat, poultry, fish, nuts, and green vegetables in the associate proportions that our ancestors likely ate. While on the AA, you will not eat after 7:00 P.M. That’s because the hunter/gather could not see at night, so almost all meals took place while at least some sunlight was present. You will also alternate your consumption of meat and vegetables on certain days.

A Typical Day of Eating like Early African Foragers

How might our early African ancestors have eaten during a typical day? Here is one possible scenario to consider: In the morning, upon waking the early forager might have reached for some bush berries or nuts. A handful of almonds or walnuts are a great way for you mimic this action of the early forager. Note - just recently scientists at University College London (UCL) found that the substance called “Inositol pentakisphosphate” found in nuts inhibits an enzyme (hosphoinositde 3-kinase) which promotes tumor growth. Trials in mice and cancer cells in the laboratory killed tumors and enhanced the effect of drugs used against ovarian and lung cancer cells. The nuts that our early ancestors ate are just more evidence that we...
are just rediscovering what nature had taught us long ago. For the male, it was one of starting off on foot either alone or in small teams from home. Then going into the bush for more nuts or berries for some instant morning breakfast energy. Contrast that against what most of us eat today. Today we eat large bowls of fattening cereal, bagels, donuts and milk or grab a greasy breakfast sandwich and a caffeine coffee or soda pop from the local fast food restaurant. All of this is loaded with large amounts of carbohydrates, sugar and saturated fat. No wonder most African Americans are overweight.

After a quick breakfast, our early male forager would begin a day long 4-6 mile round trip venture. Starting from home, then to the river, then the small game clearings, out to the grass ranges, and then around the trails back towards home as it started to get dark. The day began with a brisk walk down to the river to check the nets and poles to see if any fish had been caught overnight. Nine thirty A.M. or so, some fish were cleaned and eaten as a morning breakfast meal. Fish for breakfast? Yes, what’s wrong with a little fish and salad with apples or nuts for breakfast? The answer is nothing. It’s much better for you than any egg, milk or cereal will ever be. The male or team of males would continue on with a good brisk walk across the plain. They would go down to the short grassy clearings to check the poultry and small game traps. This grassy area was home to wild poultry, wild quail and other animals, chickens, little rabbits and so forth would scamper along the ground. That was a good hike. By then, the midday sun was up, it’s lunch time. Noon time cooking of a chicken or a small game animal was typically the biggest meal of the day. By mid afternoon it was time to hunt for some larger meat for the rest of the family. Further out into the taller grasses of the open range, there were wild beasts to be hunted. Animals like wild deer and elk were out there, very lean meat animals that didn’t have a lot of fat on them, unlike the domestic cows and hogs that we eat today. These lean meat animals were good eating because they too were a good part of the male diet for that day.

To recap, the male would have fish for breakfast or left over meat from the day before, or maybe some sort of poultry, (modern day chicken for us) quail, turkey or some sort of wild, very thin, very lean bird for
lunch, or even some meat that was being caught, a deer or elk as I said before. From there, two, three, four in the afternoon, it’s time to start back—heading towards home. By the time he got back home he had traveled nearly 4-6 miles round trip. Coming back home meant, turning the meat over to the female for her part and taking care of house mending, fences, and some of the living facilities on the outside. The male is having his last meal around 5 or 6 P.M. that evening. That last meal would consist of green vegetables that the female had gathered during the day along with the meat, fish or poultry that the male had caught or hunted.

I’ll get to the female model in a minute, but what you end up seeing is that the male’s day was one of grazing all day. He probably had, from what I can tell, 40% lean meat which was fresh game that they’d caught, poultry, some deer or elk meat and another 30% in fish. So that is 70% right there in meat (protein). Add about 5% in grains and wild rice that he’d had in the morning, berries and fruits, nuts. And later in the evening, that combination of meat, plus fish plus about 25% in vegetables that the female had gathered during the day, ends up being a very good diet. These percentage distributions of lean meats, poultry, vegetables and grain helped keep the African hunter gatherer lean and healthy. As you can see there was no mention of dairy, eggs, bread, or potatoes in his diet.

For the female hunter-gatherer, her model of nutritional needs were a little bit different from the male, because her duties and responsibilities were different. She didn’t have to walk as far as the male did during the course of the day, instead she likely walked 2 or 3 miles tops. Her walking and work consisted primarily of communal child care, walking to the river for water and washing clothes, and then carrying that water back to the communal area. And that was a good walk. Down to the river and back - sometimes twice per day. The family didn’t want to be too close to the river because wild animals would drink from the river or water source, too. Often she would tote one, two or three kids with her and that was exercises in and of itself. After that, there was interaction with the social structures that existed. . . visiting others, taking items back and forth, trading, elder care, grooming, coming back and forth and
then it was maintenance around the home. Cleaning the house, cleaning the home area, making and mending clothing. Then the big part, of course, was the gathering of water, vegetables and fruits. We see a lot of evidence of the female gathering vegetables and fruits so they could be used as part of the diet when the final meal came at the end of the day. Like the male, she ate and grazed all day and not just at specific times.

When you look at the female diet it consisted of more vegetable and fruit content, because she was around that type of food most during her regular duties. Vegetables made up almost half 50% of her diet, compared to 25% for the male. Of course she also ate lots of meat, poultry and fish because the male provided that to the overall household - just not in the same proportions. The male, because of his larger physical size and longer distance of travel, needed more meat, more calories, and more protein than the female. The female got plenty of meat for her energy needs, but only about 25% in meat and poultry and another 20% in seafood, so about 45% of her diet was meat and fish, the other 5% grain, and 50% vegetables. As you can see, her diet was a bit different from the male’s because of the differences in their overall energy needs and responsibility.

The AA diet takes these differences into account so there really is two diets within the AA. One for men and the other for women.

Remember the goal of our early ancestors was simply Eating, Providing and Reproducing. That was the whole human existence then. Guess what, it’s about the same thing we do today, isn’t it? We eat, we work to provide for our families and we reproduce children. Those basic things have not changed very much over tens of thousands of years. The work has changed, the duties have changed, levels of activity have changed, the things we do have changed, and then there is the big difference: Our diets have changed. Our diets have changed for the worse. We are eating things and in ways that are inconsistent with what our basic physiology is use too.

So what I’m trying to say is that, we need to get our diets back in line with the way nature wanted it to be.

And no, I’m am not saying that as a male you should go out walk 4-6 miles every day. I’m looking for you in the course of a day to cover up to about a mile. Just get moving doing something. The AA wants you to do 15 - 20 minutes of steps, dance or walking each day.
Weight Loss Benefits of Inconsistent Meat Consumption
Up & Down Days Of Eating Meat

For the early Hunter Gatherer, finding meat on a daily basis was not guaranteed. It was inconsistent at best. Some days there was meat and other days there were greens and vegetables.

Today we take the availability of cheap and plentiful meat for granted. You and I simply order at a restaurant or go to our local grocery store for any quantity of daily meat that we desire. But this method of obtaining meat on a daily basis is unnatural and has been around for less than 200 years. Compared with all of human existence, our current unnatural method of obtaining meat is not the way nature designed your body to expect meat consumption. The fact is, our current civilized way of life is very fragile and probably not sustainable. I suspect that nature will eventually implement a ‘course correction’ to put us human beings back on track towards the way we should be eating and living. Some worldwide natural disaster, disease or significant depletion of animal meat food stocks would do the trick. Ever see the movie, “Soylent Green, with Charlton Heston?” The movie portrays a dying futuristic world with nearly depleted seas and oceans. Even now our oceans, seas, rivers and streams are being over fished. Our farm lands are giving way to urban sprawl and new homes everywhere. This is unnatural at best and unsustainable at worst. Look around. Nature’s course correction may already be taking place. Nature is using obesity as a tool to kill off a significant number of human beings every year with the secondary diseases it produces. But, you can avoid that involuntary natural course correction by adapting to the way nature wants you to eat using the AA Diet.

Think about it. In this age of global terrorism, just one well placed attack would quickly interrupt your supply of plentiful meat. Most of us wouldn’t
know what to do in that situation. When was the last time you actually killed an animal for food on your own? The answer for most of us is, never. Kids and some adults actually think that chicken nuggets come from McDonalds. If grocery stores and your local restaurants suddenly stopped having cheap meats available whenever you wanted, what would you do? That is a scary scenario, but low availability of meat in our diets has made up the bulk of human existence. From nature’s prospective, that’s how it should be. Nature says, that you were not suppose to eat meat everyday anyway. Is that to say that you should starve? No. Not at all. In fact, you’re suppose to eat quite well and that will be shown as we reveal the rest of the AA Diet to you.

HOMEOSTASIS

Over the total span of mankind’s existence, nature has made your body strive for a level of weight and comfort mass consistency known as “homeostasis.” It is a scientific term used to describe the internal countermeasures your body takes if significant changes are detected. In other words, your body simply wants to “stay the same” without any major change in mass or weight. That’s why - once you have a lot of fat on your body - your body does not want you to lose it easily. That’s also why it’s so difficult for most people to lose weight. Your body thinks that someday all that excess fat will come in handy to sustain you in times of extreme hunger over a prolonged period of time. Well, we don’t have extreme hunger situations anymore. We have extreme abundance of food and that’s the problem! Homeostasis is the reason why crash diets and starvation diets don’t work. If you simply stop eating lots of food, your body will detect a significant drop in calories and then homeostasis kicks in big time. It slows your metabolism down to a crawl, meaning you burn far less calories and less fat loss occurs. That’s why the AA Diet matches nature’s homeostasis attempts with the natural way of how our ancestors consumed food. Food consumption for weight loss is a up and down process to “reassure” the body that starvation and times of famine are not upon you. Once you have reassured your body that all is well, weight loss can occur without the negative affects of homeostasis kicking in. This reassurance was most notable in all of human existence through the availability of meat. Don’t get nervous. Again, I want you to eat plenty of
meat and plenty of vegetables. The AA Diet simply alters the way you consume those meats and vegetables.

Remember, days of up and down availability of meats, fats and green vegetables was a key factor in the control and stability of our early ancestor's weight and metabolism. It was the way to keep homeostasis at bay, so that weight loss could occur.

On some days meat, game, poultry, fish, fatty foods and other meat animals were plentiful. On other days and sometimes for weeks or more, meat was difficult to find. That made greens and vegetables the main course.

Our early hunter gatherer and his family had no consistent, everyday supply of meat or fat content in a meal. Forget what you now think about the abundance of meat. Back then it was up and down. There were days of plenty of meat and other days of lack of meat. Ironically, this lack of meat on certain days, was a GOOD thing! It allowed our bodies to seek fruits and vegetables in quantities that our typical American diet does not supply today, but should! It also kept homeostasis under control so that our bodies were always fit and trim.

This up and down availability of meat and green vegetables was what really kept our early hunter gather and his family lean, strong and productive. It is the very fact of the inconsistent nature of the availability of fatty foods and mainly meat products, that makes up most of human history.

The AA Diet incorporates this inconsistent pattern of meat plenty and meat scarcity. For example, some days on the AA Diet you will eat mainly great tasting meats, poultry, and fish. Others days on the AA Diet, you will only eat greens, salads, fish and other vegetables. Why? The answer lies in the beauty of how nature crafted your metabolism to expect food and nourishment.

Meat is very calorie dense with lots of protein. While green leafy vegetables like kale, collards and mustards are not high in calories - but rich in essential
vitamins and minerals - scarce in meat. It seems that black folks have instinctively made a delicacy out of mustard and collard greens for centuries. Scientists are just now catching up and rediscovering the benefits of a diet that combines meats, fish and vegetables with very low quantities of grain (pasta and bread) and dairy (milk, cheese and eggs). Even the new, updated government food pyramid is still wrong for black folks and most other people too! The doctors and scientist are just now acknowledging what your dark brown great, great, great grandmother had known all along. The AA Diet nearly mirrors nature, by simply rediscovering what nature has been trying to teach us all along. We just stopped listening. The results have been extreme weight gain. There will be some days on the AA Diet, where you will eat all the meat, fish and poultry that you want. While other days, will be what I call, “Salad Days,” where vegetables will be the main course for a couple of days or so before going back to eating meat, chicken and fish.

Again, don’t worry. You’ll quickly adjust to your new eating style of meat on some days and salads/vegetables on others. In just a little while, your new eating style will feel quite comfortable and natural. The best part is that you will look and feel better by eating this way. That’s really what you want isn’t it? Namely, to lose weight and feel better?

This is totally different than Atkins, South Beach, Weight Watchers or any other diet that you have ever tried or heard of. The AA Diet works. It works because it’s natural and it’s sustainable to facilitate permanent weight loss. Forget the Italian pasta restaurants and the milk, eggs, bread, cheese pizzas, bread sticks, butter and all that other dairy and grain crap you use to eat. Those things were not available from nature, so they should not be consumed because they cause fat gain. Let’s just say it plain: “ravioli, macaroni & cheese, spaghetti, bread, lots of fried items and eggs are NOT part of nature’s diet (AA Diet)!” After all, you don’t really think that bread, spaghetti or macaroni grows naturally in those straight or curved tube shapes you see at the grocery store, do you???

The AA Diet and it’s introduction of inconsistent days of meat consumption will help you achieve your desire for permanent, sustainable weight loss and better health.
Hoodia Gordonii

If you want extra assistance with your weight loss efforts while on the AA Diet, the African Hoodia Gordonii supplement may be the answer. Hoodia, pronounced (who dee uh), is a unique African origin product, available from us at www.aadiet.net or through your local supplier along with our other health supplements and meal replacement products. Hoodia literally kills your appetite, eliminates your desire for food and attacks obesity - basically it assists you in losing weight while on the AA.

Hoodia is completely natural, with no known side effects. It is totally African in nature and has no added chemicals. The African San bushmen of the Kalahari desert, have used the secret Hoodia plant for tens of thousands of years to suppress their want for food while on long hunting trips. Sometimes these trips could go on for days without food. Hoodia helped them along the way and it can help you too! It has a near miracle molecule call P57 that fools your brain into believing you are full and even stops you from thinking about food. This African product may well be the cure for American and other western nation obesity problems. You can have it today while on the AA diet.

Just as mother Africa produced mankind itself, Africa is now producing mankind's weight loss assistance product - Hoodia.

Hidden inside the harsh Kalahari desert, that extends into South Africa, Namibia, Botswana and other areas - grows a plant that looks a lot like a cactus. However, the Hoodia is not a cactus. It is a "succulent" (a member of the milkweed family). A succulent is a plant that stores water in its tissues or flesh as a mechanism to survive periods of drought. Also, succulents can have branches or leaves - cacti can’t. Unlike a succulent, most cacti originate in the Americas. There are no cacti in Africa. The Hoodia Gordonii is an African product with appetite suppressing qualities.
Pharmaceutical giant, Pfizer corporation - maker of Viagra, the male penile erection dysfunction drug - is believed to have bought the rights to the Hoodia P57 molecule for over $30 million dollars. They also are thought to have invested almost $400 million more, to turn the molecule into a product they could resale with estimates even larger than those of Viagra! Unfortunately, Pfizer pulled out of an attempt to make a Hoodia based pill product, because synthesizing the P57 magic ingredient proved too costly and difficult. But you can buy the Hoodia core plant powder based pill from us right now at an extremely low price. Beware of imitation Hoodia products from others that do not provide certifications and true African origin documentation.

Hoodia works because the P57 molecule reacts with your brain and makes connective nerve endings fire and communicate to your stomach that it is full and has already eaten. BUT you haven't eaten any food! The best part is that you don't want to eat any food! That's how it works. The pharmaceutical company, Phytopharm has conducted extensive human testing to scientifically gauge the effectiveness of Hoodia. Phytopharm found that test subjects who consumed Hoodia ate about 1,000 calories less per day. Since the average American man consumes over 2,500 calories a day - cutting 1,000 calories from your diet adds up to huge weight loss success!

With the AA diet and Hoodia, meal times will come and go, but you won't miss the extra food. You will eat well or won't bother. Appetite returns slowly after about 24 hours without Hoodia. Let's just say that you can and will lose lots of weight on the AA. The certified authentic African Hoodia that we provide can and will assist you in getting to your weight goals faster.
# African American Diet - The Beginning

**NAUGHTY & NICE FOODS LIST**

## PLEDGE OF HONOR

### STEP 1
- 14 DAY BODY SCULPTING

### STEP 2
- DAILY HABIT FIT FOR LIFE

- Hoodia & Nutritional Supplements
- DIET ADHERENCE TRACKING TOOL
- OPTIONAL: STEPS, STOP SIGNS or DANCE
The African American diet is a moderate fat, low carbohydrate - meat, seafood, green vegetable and poultry consumption plan, based on the eating profiles of ancient African hunters and gatherers. It dictates nature's plan that you will eat meat on an inconsistent basis, instead of daily as you may do now. You will eat very well while on the AA. It adapts the eating needs of your African physiology to the foods commonly available in the United States, Canada and other western nations today. The AA Diet is actually two diets. I say two diets, because it tends to be gender specific. It is gender specific, because the male and female food nutrition quantity requirements are somewhat different because of their ancient ingrained responsibly levels.

The AA Diet also replaces the U.S government’s Food Pyramid with the healthier, more weight friendly AA Food Pyramid (See the Naughty & Nice lists in the next few pages for details). The AA Diet Food Pyramid is very simple and also reflects the nutritional needs of the basic African physiology.

The AA Diet is made up of (2) two steps and (3) three support structures. The diagram above shows the basic AA diet. The support structures help
NAUGHTY & NICE FOOD
LISTS

The NAUGHTY & NICE LISTS are listings of foods that you should avoid and others that you should eat in abundance. Just like the Christmas lists that Santa Claus was fabled to make, the Naughty & Nice lists show which foods are bad and which are good in support of the AA diet. The Naughty foods are bad for you and should be avoided. The Nice list of foods are the good foods nature calls for you to eat often.

The Nice list is basically made up of all the things that mankind has been eating for the last 200,000 years or more. If you look at the Naughty list, you must notice that most of it’s content has come about in the last 3,000 years or less. The Nice list has every food you need to be successful on the AA. You can eat delicious lean meats, poultry, seafood, vegetables, fruits, beans (some), nuts, oils, teas, coffee, wines, alcohol (sparingly), desserts, and even egg / butter substitutes. The Nice list is shown below.

**NICE LIST**
BEEF, TOP ROUND, CHUCK, LONDON BROIL, SIRLOIN, STEAKS (ALL), DEER, VEAL, LAMB, (ALL MEATS IN GENERAL except luncheon meats) SALSA, OLIVE OIL, TOFU, EGG BEATERS (OR OTHER EGG SUBSTITUTE - NO REAL EGGS ALLOWED!), SALMON, TROUT, COD, CATFISH, PERCH, SHRIMP, OYSTERS, MUSSELS, CRAB, LOBSTER (ALL FISH AND CRUSTACEANS IN GENERAL), CHICKEN, TURKEY, DUCK, GOOSE, PHEASANT, (ALL POULTRY IN GENERAL), HAM, BACON, SAUSAGE, (ALL PORK IN GENERAL except chitterlings, pigs feet and souse) POPSICLES, RED WINE, SORBET, NUTS & SEEDS (ALL IN GENERAL), BEANS (SOME IN MODERATION), MUSTARD, COLLARDS, GREENS, BROCCOLI (ALL LEAFY OR DARK GREEN VEGETABLES IN GENERAL), ONIONS, LETTUCE, PEPPERS, MUSHROOMS, FAT FREE DRESSINGS (ALL FAT FREE CONDIMENTS IN GENERAL), BANANAS, AND APPLES.
Now let’s look at the Naughty list. It contains all those foods that you should avoid like the plague while on the AA. Note that Milk, Cheese, Real Eggs, Potatoes and Real Butter are on the Naughty list and therefore not allowed while on the AA. Here is where the AA differs significantly from the Atkins, South Beach and other popular diets. That’s because those other diets are only “partially right.” The danger associated with consumption of Dairy and Eggs are too great to be allowed in the AA. These items have been linked to all sorts of health and weight problems currently plaguing the general U.S. population (See my indictment of Milk and Dairy near the end of this book for details). You were NEVER meant to consume dairy or egg products as the flawed government USDA food pyramid say you should. Most African Americans are lactose intolerant anyway. The Naughty list prohibits the consumption of most things found in the typical American diet. Most starches, all dairy, breads, and processed foods can be found on the Naughty list.

NAUGHTY LIST

BISCUITS, CORN BREAD, PANCAKES, WAFFLES (ALL BREADS AND REFINED FLOUR OR CORN PRODUCTS IN GENERAL), MILK, CHEESE, BUTTER, MARGARINE, ICE CREAM (ALL DAIRY IN GENERAL), REAL EGGS, YOGURT, SPAGHETTI, LINGUINE, PIZZA (ALL PASTA IN GENERAL), CEREAL, OATMEAL, MUFFINS, CAKES, PIES, PASTRIES, DONUTS (MOST BAKERY GOODS IN GENERAL), FRENCH FRIES, BAKED OR MASHED POTATOES, POTATO SALAD (ALL POTATOES IN GENERAL), CARROTS, CORN, MAYONNAISE, KETCHUP, SALAD DRESSINGS (EXCEPT VINEGARETTE OR FAT FREE), FRUIT JUICES, WATERMELON, RAISINS, GRAVY, RICE, (MOST GRAINS IN GENERAL) SUGARED SODA POP, SPORTS DRINKS, SPAM, CRANBERRY SAUCE, BOLOGNA, PEPPERONI, FRANKFURTERS, WIENERS, (ALL PROCESSED LUNCHEON MEATS IN GENERAL) MACARONI & CHEESE, TACO AND OTHER FLOUR/CORN MEAL SHELLS, POTATO CHIPS, CHEESE CURLS, PORK RINDS, CORN CHIPS, PRETZELS, CRACKERS (ALL BAG & BOXED SNACKS IN GENERAL), DRIVE THROUGH RESTAURANT FOODS LIKE BURGERS, FRIES, MILK SHAKES & COLAS AND ALL ALCOHOL (EXCEPT RED WINE).
The AA Diet Food Pyramid

The Naught and Nice lists show the kinds of foods to avoid and eat in abundance while on the AA. When the Nice list is distributed along a “Food Pyramid” we get the serving distribution shown below:

The AA dietary distribution of foods differs greatly from the U.S. Department of Agriculture’s recommended Food Pyramid. The USDA Pyramid would have you eat large quantities of Bread, Pasta, Grains, and Dairy. The USDA Pyramid version is what makes people overweight. The AA diet redesigns the Food Pyramid into one that has been eaten by
humans for tens of thousand of years. It’s been said that one of the reasons why the USDA version of the Food Pyramid is so heavily laden with Breads, Pasta and Dairy is because of the close association that the department has with those industries and its lack of independence from the political pressure those industries and companies can wield.

The “FLAWED” USDA Food Pyramid

These are what make you fat!

NEXT, WE WILL LOOK AT 14 DAY BODY SCULPTING
14 Day Body Sculpting

PLEDGE
+ MEAL PLANS
+ NICE LIST
- NAUGHTY LIST

= BODY SCULPTING
STEP ONE:  
14 DAY BODY SCULPTING

The 14 Day Body Sculpting step is designed to get your body into shape very quickly. As such, it is the most strict of the two steps. This step works by implementing this basic formula:

PLEDGE of HONOR
+ BODY MODEL GOAL
+ MEAL PLANS
+ NICE LIST FOODS
- NAUGHTY LIST FOODS
= BODY SCULPTING

The 14 day body sculpting step is so simple that anyone can do it. It also tends to be the most difficult for some people, because your mind is still living in the “FAT PAST.” Your mind still wants your body to keep eating foods that the AA Diet has deemed “Naughty.” Fortunately, it doesn’t matter what shape you are currently in. Just get with the program. Again, always consult your physician before beginning the AA or any diet program.

- WEIGH YOURSELF ONLY ONCE AT THE START
- USE THE PLEDGE OF HONOR FOR DAILY SUPPORT
- LOOK DAILY AT A IDEAL, REALISTIC BODY GOAL PHOTO
- EAT NO NAUGHTY LIST FOODS
- EAT ONLY NICE LIST FOODS
- USE THE MEAL PLANS INCLUDED FOR SUPPORT
you maintain your diet and assist you through each of the two steps of the AA.

THE PLEDGE OF HONOR

During step one of the AA, the first thing you will do is start with **THE PLEDGE of HONOR**. The Pledge of Honor is a verbal commitment that you make to yourself which will assist you with reaching your weight goals. It is a set of statements and obligations that you will read aloud to yourself everyday for the first 14 days of the diet, and then again as needed for reinforcement. You will only weigh yourself once, at the start of the 14 Body Sculpting step, and then NOT again until you enter the second step, the Daily Habit Fit for Life Phase.

The statements of the Pledge of Honor, when repeated each day, will help you establish the proper mind-set for weight loss. The pledge encourages you to stop eating the Naughty list foods and to start eating the Nice list foods. It helps you realize the negative health effects of being overweight and the cause of this condition.

In short, the pledge helps condition your mind for weight loss, so that your body will follow. Most all weight problems begin in the mind. After all, it is your mind and not your stomach that tells you to eat a half gallon of ice cream or wolf down a pound of chips. It is your mind that tells you that the Big Black and Beautiful look is OK and normal. It is your mind that tells your mouth to ask for a super biggie sized order of French fries at the drive through. It’s your mind that tells you to go get seconds and even thirds of a certain food. You really don’t need all of that, but your mind told you to do it. The pledge helps undo that mind-set that made you overweight in the first place.

The Pledge of Honor calls upon you to finally tell the truth to yourself. The Pledge stresses some core ideas, they are: No eating after 7 P.M.,
eating regular sized portions instead of large and biggie sized portions. No eating unless you feel hungry. You only eat on the AA when you feel hungry and not out of habit, boredom or just because you are passing by a familiar drive through fast food restaurant. No more eating because it’s breakfast time, lunch time or dinner time. Only eat when you are hungry. Get rid of the three meal per day mentality. Also, no Naughty list foods. This helps remove “habit eating.”

The pledge also addresses snacking. When I say snack foods, I’m talking about primarily junk waste food like: ice cream, candy, chips, pretzels, luncheon meats, soda pop, bread, pasta, dairy, alcohol and other items that can be found primarily on the Naughty list. The pledge encourages you to do a little light exercise for 15 minutes each day, but you don’t have too. Dance or Steps are great. One of the most important statements in the pledge helps to remove the “clean your plate” mentality that many African Americans still have. It helps remove the guilt and the habit of not finishing all of the food that is put before you. Eating everything in front of you or that came in the fast food bag just because it’s there, is NOT how you are suppose to live. This mentality has contributed greatly to many weight problems within the African American community. Throw it away.

Finally, the Pledge of Honor has an easy to use numeric tracking tool to help you monitor progress and determine how well you are sticking to your diet each day. It uses a daily point system that assigns a value to each component of the diet. For example, if for the entire day you don’t eat anything on the Naughty List, you get 10 points. If you don’t eat past 7 P.M.. you get 5 points and so on. The goal is to get the maximum of 35 daily points. You’ll find that the closer you are to achieving your 35 points each day, the more weight you will lose. If you cheat you’ll lose a lot less weight. I think you’ll come to see that the Pledge of Honor can be a great support tool to assist you along your way while on the AA.
The AA Diet Pledge of Honor

I (Say Your Name Here), pledge on my honor, and to all those
I hold dear - me and my family, to get my weight problem under
control NOW! No, not later. Not next week. Not after the holidays
- but NOW! My body can’t wait to shed this weight. I understand
now that being overweight takes days, weeks and even years off
my life. Being overweight is unsightly, ugly and unhealthy. I no
longer believe that I need to clean my plate or eat all that is served
to me. I pledge this day and from now on to eat only as much as
I need to satisfy my hunger. I will not eat after 7 P.M.. I will not eat
when I am really not hungry. I will recite this pledge in the morning
and before lunch and before dinner. From now on I will eat to live;
instead of live to eat. I will eat slower. I will throw away and “kill”
ALL leftovers. I don’t eat leftovers anymore. I will remove all
Naughty list items from my home and not bring Naughty list items
into my home anymore. I will avoid those items on the Naughty
list and stick to the foods on the Nice list. I will no longer eat
items or purchase items that are on the Naughty list. By keeping
this pledge I will lose weight and feel great. Everyone will admire
my commitment, my new look, and my new body. My new body
and better health are only a few days away, so long as I don’t
cheat. I deserve it. My family deserves it. I can make it. I can do
this. I CAN DO IT!

STARTING WEIGHT: ______ lbs.

Signed: ___________________________ Date: ___________

AA Diet Adherence Points:
Recite Pledge Four Times Everyday = 5 points
No Naughty food list items = 10 points
No eating past 7:30 P.M.. = 5 points
15 mins physical activity (Steps, Dance, Stop Signs or Other) = 10 points
Nutritional Supplements = 5 points

Maximum Possible Daily Points = 35
STEP ONE - 14 DAY BODY SCULPTING - AA DIET

USING THE PLEDGE OF HONOR

You should put the pledge in three or four highly visible locations in your home and work space. Good locations include your refrigerator, your bathroom mirror, your car, and your desk at work. The goal is to keep the pledge and get the maximum 35 points each day for 14 Days. If you do this, you will lose weight and recondition your mind, body and your relationship with food. You will start to sculpt your body towards the weight goals that you have in mind.

Body sculpting is where we shave off weight from your body, by simply removing all items on the Naughty List from the foods that you can eat. There are some simple Meal Plans to follow during this step. Also, while it is not necessary to exercise while on the AA, I do recommend that you do either the 15 Minute Daily Dancing, Biking or the Stop Sign brisk walk routines described later in this chapter. The reason for this, is that either of these activities will help raise your metabolism which will help you burn fat much faster. Again, you do not have to exercise while on the AA. It is purely optional, but without either the 15 Minute Daily Dance, Biking or the Stop Sign walk routine, you will not lose nearly as much weight as you could with them included. It’s kind of like eating Chinese food with chop sticks. You can eat with chop sticks, but it sure would be a lot easier if you use a fork or spoon.

To recap, during the 14 Day Body Sculpting Step we eliminate the Naughty list items from your allowed food list. The best part is that this all happens in just 14 short days! You easily track your progress by keeping the Pledge of Honor and making sure that you get as close as possible to the maximum 35 point adherence goal each day. The result is that your body and mind begin to rediscover the pattern and foods of eating most associated with our African ancient hunter gatherers. The result is you begin to lose weight, detoxify your body and at the same time eliminate those nagging hunger pangs associated with other diets. This diet REALLY works folks. Just follow it.
THE BODY MODEL GOAL

It has been well established that people do better with dieting when a realistic goal is set. This goal can be further enhanced by having a visual stimulate or model to set your sights on. This part of the AA Diet is where you get a picture or photograph of a person whose body size matches that which you wish to achieve. The photo should be of a real person with proportions and size that you can realistically achieve. The key word here is “realistic.” In other words, don’t go find a photo of a person who is super skinny, if you are currently at 300 pounds. You may someday achieve that super skinny size, but it’s important to set smaller, more realistic goals first. Then after you reach your realistic first size, you can move from that milestone to the next. The realistic body size photo that you find is what is called a “Body Model Goal.” It is a mental and visual tool you will use daily to help your mind cause your body to strive for the body size portrayed in the photo. You should post this photograph in a highly visible place. It’s best to have multiple copies of the photo, so you can place it in multiple locations as a reminder to your subconscious of what you are trying to achieve. The mind strives to achieve what the eye can see and visualize.

This simple tool works in conjunction with the Pledge of Honor and the other parts of the AA Diet to channel and target your weightloss actions towards a reasonable body size that reflects your goals.

Good sources for your Body Model Goal photo will be magazines that feature persons who have lost weight and now are at a size that you would like to be. Remember, be realistic with your first Body Model Goal photo. You can always select another model photo after you achieve your first weightloss milestone. You didn’t gain all of your weight at once, so it stands that you would not lose all of the weight at once either.
TIP:
TRACKING YOUR PROGRESS FOR AA DIET SUCCESS

1. Clip out the Daily Diet Adherence & Tracking Point squares on the next few pages
2. Follow the AA diet everyday for 14 days and write your daily total adherence points on the back of one square each day
3. Place the tracking square with each day’s total points in a box or drawer at the end of each day
4. At the end of 14 days, total up the numbers on the back of each Tracking Points square

POINT TOTALS

420 to 490 = EXCELLENT! You are GUARANTEED to have lost weight!
350 to 419 = VERY GOOD! You are GUARANTEED to have lost weight!
200 to 349 = OK, You PROBABLY have lost some weight. DO BETTER!
### DAY 1 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 P.M.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
<td>10</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: 35 Points  Your Score:

### DAY 2 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 P.M.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
<td>10</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: 35 Points  Your Score:

### DAY 3 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 P.M.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
<td>10</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: 35 Points  Your Score:

### DAY 4 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 P.M.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
<td>10</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: 35 Points  Your Score:
<table>
<thead>
<tr>
<th>DAY 5 - Diet Adherence Tracking Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
</tr>
<tr>
<td>No Naughty List Items</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
</tr>
</tbody>
</table>

Max Points: **35 Points** Your Score:__

<table>
<thead>
<tr>
<th>DAY 6 - Diet Adherence Tracking Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
</tr>
<tr>
<td>No Naughty List Items</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
</tr>
</tbody>
</table>

Max Points: **35 Points** Your Score:__

<table>
<thead>
<tr>
<th>DAY 7 - Diet Adherence Tracking Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
</tr>
<tr>
<td>No Naughty List Items</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
</tr>
</tbody>
</table>

Max Points: **35 Points** Your Score:__

<table>
<thead>
<tr>
<th>DAY 8 - Diet Adherence Tracking Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
</tr>
<tr>
<td>No Naughty List Items</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance</td>
</tr>
<tr>
<td>(15 - 20 mins)</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
</tr>
</tbody>
</table>

Max Points: **35 Points** Your Score:__
### DAY 9 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance (15 - 20 mins)</td>
<td>10</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: **35 Points**  
Your Score: 

---

### DAY 10 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance (15 - 20 mins)</td>
<td>10</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: **35 Points**  
Your Score: 

---

### DAY 11 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance (15 - 20 mins)</td>
<td>10</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: **35 Points**  
Your Score: 

---

### DAY 12 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
<td>5</td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance (15 - 20 mins)</td>
<td>10</td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
</tr>
</tbody>
</table>

Max Points: **35 Points**  
Your Score:
STEP ONE - 14 DAY BODY SCULPTING - AA DIET

DAY 13 - Diet Adherence Tracking Square

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recite Daily Pledge</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>No Naughty List Items</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>No Eating Past 7:30 p.m.</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Steps, Stop Signs or Dance (15 - 20 mins)</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

Max Points: 35 Points
Your Score:

The above SAMPLE tracking square, shows a person who achieved 30 out of a possible 35 points for one day on the AA diet 14 day body sculpting segment. This person slipped up and ate after 7 p.m., but kept the other requirements for the day. Tomorrow they may do better.

The daily tracking squares, along with adherence to the Pledge of Honor and other parts of step one, like no Naughty list items, will certainly help you lose weight. Step one of the AA is the most difficult, but it is well worth the effort, considering the beneficial diet rediscovery, health change and weight loss that you will receive in return.
STEP TWO: DAILY HABIT
FIT FOR LIFE MAINTENANCE

Once you complete the 14 Day Body Sculpting step, you are ready to move to STEP TWO: Daily Habit Fit For Life Maintenance. By definition, a “Habit” is an action or set of actions that one does repeatedly, nearly unconsciously as a manner of usual behavior. During step two while on the AA, you will continue to do all of the things that you did in step one; like avoiding Naughty list items, like following the Pledge of Honor; however you will now begin to weigh yourself on a weekly basis. You will also begin a series of actions that will develop into a habit over the next 30 days. Before I detail what those actions are, let’s look at the reasons why people fail on other diets and how the AA will help you succeed.

REASONS WHY PEOPLE FAIL WHEN ON A DIET & WHAT TO DO ABOUT IT

Let’s look at each one of the diet failure reasons, and how the AA Diet will help you to success.

1. Cheating - “I’ll just get a little piece”
2. Substituting a habit food
3. Real world eating pressure, convenience and social eating pressure
4. Night time vampirism
5. The “Clean Your Plate” mentality
6. Failing to “Kill The Leftovers”
7. Desserts & soda pop - just a few calories out of balance
8. Eating too fast - Not following the 15 second chew rule
9. Failure to recognize Naughty List items in disguise
10. Boredom
11. Failing to develop healthy habit eating
12. Weightloss Plateau
1. **Cheating** - “I’ll just get a little piece” - Cheating is probably the most significant reason for most people to fail when on a diet. When you cheat you not only hurt your chances of success, but it becomes easier to cheat again once you do it. This is especially true if there is no penalty. You have to want to lose weight in order to be successful. You especially can not cheat while in Step One of the AA diet. I have designed The Pledge of Honor to help you overcome the urge to cheat.

2. **Substituting** - Substituting one food for another can also contribute to weight loss failure. For example, eating cereal with milk for breakfast instead of some of the approved Nice List items will throw your diet off track. You may have eaten a bowl of cereal each morning for the last 30 years and you want to keep doing so, even though both cereal and milk are on the Naughty list. You have to change. You can’t continue eating that. Remember this whole thing is about change. It’s about changing your body from overweight/obese to a normal healthy weight and a healthier overall well-being. The AA diet can assist you with this change, and does so, by providing the Nice List which has plenty of delicious foods you can eat for breakfast, lunch and dinner.

3. **Real World Eating Pressure & Convenience** - So, you’re on the AA and your out to lunch with friends and everybody goes to Wendy’s or McDonald’s or one of those other fast food restaurants for lunch. Maybe everybody just goes down to the lunchroom cafeteria. So, you order the same stuff that everybody else does like burgers and fries or sub sandwich with fried onion rings and a cola. Again, something has got to change. That something is what you eat. You can not continue to eat the same things you had been eating. After all, that is the problem. That old way of eating is what has your waistline out of shape in the first place. Again, the solution here is the AA diet’s Nice List. You can find all sorts of Nice List items even in the lunchroom or at the fast food joint if you just look. See my chapter on “Real World Eating & Living on the AA.”
4. **Night Time Vampirism** - A night time vampire is a person who eats in the middle of the night. Just like the vampires in the movies, you get up during the night looking for food. Instead of blood, you scrounge around in the cabinets, refrigerator, drive throughs, and other places devouring more food than you really need. The hunger that drives you is directly related to your bad diet now. Eating high levels of the foods found on the Naughty list can cause this uncontrollable hunger to flourish. By making your regular meals from those items found only on the Nice list, you can cure your ghoulish ways. A simple transfusion of the AA diet will cure you.

5. **The “Clean Your Plate” Mentality** - Somebody told you more times than a few, that you should “clean your plate.” It is true that food should not be wasted, but I’m convinced that the mentality of eating everything in front of you is a major contributor to the weight problems facing African Americans, and for that matter most all Americans today. Your body really only needs between 2,000 and 2,500 calories each day. Eating more than your hunger requires, adds up to extra pounds on your body. The AA diet says that it is OK if you DO NOT clean your plate. You DO NOT have to eat everything that is placed in front of you. If you’re not hungry, stop eating. The plate won’t mind if you stop and the best part is that you can probably get some more food when you really do become hungry again.

6. **Failing To “Kill” The Leftovers** - Some foods actually taste better the next day as a leftover. Foods like Thanksgiving turkey or chili actually seem to taste better as a next day left over, than the original meal. The problem with leftovers is that it becomes easy to continue to eat them during the same day or even later that night. This is a temptation that you really don’t need. Leftovers really were not known to our African ancestors; therefore anything that wasn’t consumed right away was discarded. Modern advances in refrigeration and preservatives have allowed us to continue eating foods that would ordinarily have been thrown away. On the AA diet,
you will “Kill” the leftovers. Let them go. Throw them away or give the dog a treat. Your waistline will thank you for passing up on just one more extra serving of that original meal.

7. **Desserts & Soda Pop** (Just A Few Calories Out of Balance)  
“Did you save room for dessert?” Those six little words are almost always uttered by restaurant servers and grandmothers. Traditionally, desserts are a culmination to a wonderful meal. The notion that you should save room by eating less real food, to indulge on a calorie filled sweetening carbohydrate overdose, is one that you should abandon. I like to group sugar sweetened soda pops in with desserts too, because both contain lots and lots of sugar that can make your body produce too much insulin. That in turn leads to a vicious cycle of hunger with makes you want to eat more and that makes you fat. Desserts and sodas typically have very little nutritional benefit and only serve to add empty fat calories to your waistline.

8. **Eating Too Fast (15 Second Chew Solution)** - Since your brain, stomach and mouth are not directly connected, it takes time for them to communicate your eating and hunger conditions. Usually this time is around 20 minutes. That’s approximately how long it takes your brain to realize that you have had enough to eat. So, if you wolf down a meal in under 10 minutes, you are not giving your brain enough time to tell your mouth to stop eating. That can spell disaster. It can mean that you have over eaten and over time that means being overweight. To avoid this problem use my “Chew 15 Second” rule. With the 15 second rule, you take a bite of food and chew it for 15 seconds then swallow. In fact, you can actually do a mental count in your head while eating. It turns out that each chew is about 1 second. So chew once (that’s one second), then chew again (that’s two seconds) and so forth until you reach 15. Wait six seconds, then repeat. This slows down your consumption of food and allows your brain time to catch up with your mouth and stomach. It also allows you time to actually enjoy the taste of your food. Don’t hurry, just eat well or don’t bother.
9. Failure To Recognize Naughty List Items In Disguise - Maybe you’ve decided to buy some seafood that is listed on the Nice List. So you go to the supermarket and buy a bag of frozen breaded flounder fillets. You think you’re doing the right thing, but you are not. The problem with your purchase is that breading on your fish adds nearly 27 grams of carbohydrates and 9 grams of saturated fat. The breading has transformed a perfectly good fish into an instant Naughty List item. In essence, a Naughty List item has disguised itself as a healthy Nice list item. To remedy this from happening, you can buy the same fish flounder without the breading. Then you can grill, bake, fry or blacken your seafood treat without a Naughty List item tagging along. There are lots of other ways that Naughty list items can creep into your meals. Always look at the food nutritional labels on the sides of packaged foods you buy. Food labels can help you identify those sneaky Naughty foods in disguise.

10. Boredom - There are two types of boredom associated with eating. The first is boredom from eating the same old few things over and over again can cause a diet to fail. The solution to this is variety in your cooking and preparation. The second form of boredom is when you find yourself gravitating towards the kitchen, peering into the cabinets or refrigerator when you really are not hungry. You’re bored. So, go look at the vending machine at work. You find yourself in the kitchen again and again. You were just in there 5 or 10 minutes earlier. The solution is to change the atmosphere. Get out of the house, take a drive, read a book. Do something to get you interested in something. Otherwise, you will feed your face out of sheer boredom.

11. Failing To Develop Healthy Habit Eating - One of the significant reasons for failing on most diets, is that the diet never really becomes a habit. If you don’t develop a habit of eating better, then you never realize the benefits that the diet can produce. You really do have to stop buying Naughty List items. Step 2 of the AA is the Daily Habit fit for Life step. In
Step 2, you will make the AA a habit by adhering to what the diet calls for on a daily basis. Repeated inclusion of things like “Killing the leftovers, the 15 second chew rule, being aware of food label contents, and meal plans” will help instill the AA diet into your healthy new way of living.

12. Weight loss Plateau - Finally one of the most significant reasons for failure on any diet is lack of understanding the Weightloss Plateau. The weight loss plateau is a situation where you stop losing weight even though you are eating less and exercising more. It is the point where your metabolism adjusts to your new eating patterns. Understand that your body does not want to lose weight. Your body wants to keep all the weight that it can. But there is a good reason for this. Imagine what would happen if our early human ancestors kept losing weight just because they could not find enough food for a few days. They would have quickly reduced to skin and bones. It is a fact that during ANY weight loss program, including the AA diet, we tend to lose lean muscle which lowers our metabolism and makes weight loss more difficult. Most dieters fail when they hit the weight loss plateau and then actually go on to gain more weight than they did before they started dieting. Again, the AA Diet is the solution. Higher levels of protein found in the AA Diet coupled with a natural, nearly ancient set of foods keep will help keep the weight loss plateau at bay.

When you start the AA diet, it’s best to do so at the end of the week, say on a Friday morning. Remember in STEP ONE, you weighed yourself only one time - at the very beginning. The reason why you weighed yourself only once, in step one, is because the diet works best if you are not preoccupied with thoughts of how much weight you have lost. That’s because, weightloss is not linear. It takes the body time to start burning stored fat and lose weight. And since metabolic resistance is a trait found in African Americans, we need to allow your body time to start burning stored fat. Don’t worry, you will lose weight during Step One.
Now that you are in Step Two, the idea here is to allow your mind to formulate an eating habit that ultimately will result in the weight loss goals that you want.

1. Visualize the body that you want
2. Use the Action Item list included in this section

**STOP SIGNS**

Stop Signs is one of three very easy physical activity programs included in the AA diet.

Every neighborhood in every city has stop signs. They are those ubiquitous red octagons that says “STOP” to every car that comes to it. That stop sign will be your new friend. It will tell the fat to stop forming on your body. To use stop signs for physical activity, simply find the stop sign nearest to your home. Walk to that stop sign, go across the street and walk back home. Do this twice per day. The first time, walk at the pace that you normally walk. The second time, walk about 50% faster or at a brisk pace which ever makes you huff and puff a little bit. Do that twice a day during the 14 Day Body Sculpting step and continue it into step two. That’s it. The stop sign exercise is actually pretty simple. The stop sign is a great tool and I guarantee you that each time you walk to it, that you will burn fat and help increase your metabolism. You’re saying to fat, “STOP, GET OFF OF ME.” Now don’t cheat. If your home is one that has the nearest stop sign only a few yards away, then you need to find the next nearest stop sign.

**DANCE**

Every African American person can dance. It’s in our genes or shall I say jeans. Even those who really can’t dance can do a reasonable job of faking it if there are enough people on the dance floor or if you are alone.
All you have to do is move to the beat of your favorite music for 15 minutes each day. That’s it. Dancing is a great and simple way for you to get your daily exercise in without a lot of fuss. It’s fun, too. Pick a few popular fast beat songs or just turn on the radio to the local Black R&B radio station. If you have kids then they surely can show you a step or two. Don’t worry about looking silly. Just have fun. Look at the clock and boogie down for 15 to 20 minutes. The time will shoot by faster than you think. Usually just three or four cuts off the radio or a music CD will be enough to complete your dance quota for the day. You’ll get the equivalent of a good work out while you have fun twisting and turning in your living room. Don’t just do the twist. Lift your legs and move those arms, shuffle down to the floor and above all “Rub some Funk on it!” Don’t hold back, do yo’ thang and get your body in the mode to be sculpted to the perfect you. By the way, the Dance is in addition to the Stop Sign walk. You want to do both in order to get the maximum benefit.

The great thing about THE DANCE and THE STOP SIGN physical activities are that they have you using your body for about 30 minutes each day. That’s without your mind knowing that your body is exercising! We have retrained your body to do what it was suppose to do without your mind getting in the way. Anybody who says they can’t walk to the stop sign twice a day and dance for 15 minutes is not ready to lose weight. You can do it and it’s easy. Check my website at www.aadiet.net or www.africanamericandiet.com for a special dance DVD that you can order! This special DVD was developed specifically to compliment the AA diet.

OK, now that we have the STOP SIGN and THE DANCE in your mind, the only other part is to work on the Naughty list of food. Remove the Naughty list of foods and add the Stop Sign and the Dance and your body will reshape and sculpt itself into the beautiful healthy, lean mean machine it was always meant to be. The fat will come off and the first things to go are the hip, gut and butt fat!
STEPS

STEPS is another part of the AA diet activity program. Steps is about counting the number of steps you walk during a 24 period. The goal is to get about 10,000 steps in each day. That’s the equivalent of about 30 minutes worth of exercise! A Pedometer is a small device that you wear on your belt around your hips, which measure how far you have walked. They are inexpensive and usually cost between $15 to $25. You can get a pedometer through the AA diet website at: www.aadiet.net.

Here are some steps guidelines:

10,000 Steps Optimal
7,000 Steps Best
5,000 Steps Better
3,000 Steps Good
1,000 - 2000 Poor to Fair
Action Items: Exactly What Should I Do To Lose Weight on the AA Diet?

Most diet books never come out and say EXACTLY what you are suppose to do to lose weight. They have pages and pages of words, but they never spell out the exact steps or actions you should take. This leaves you with the daunting task of trying to figure out how to lose weight by sifting through all those pages. The AA diet is different. I will tell you exactly, what to do to lose weight in one or two simple pages. This is not rocket science folks. Nature did not want you to have to figure out how to lose weight and look great. You don’t have to read a 300 page novel like those other guys write. So, here is the short, short version of the AA diet:

1. **Go through your refrigerator and cabinets.** Remove and throw away ALL Naughty list items and STOP buying them. That includes: cereal, milk, cheese, eggs, bread, white rice, luncheon meats, pasta, cookies, chips, popcorn, candy, fruit juices, pasta, soda pop and all other items on the Naughty list. Throw away all Naughty list foods. It might seem like a waste now, but would you rather have that stuff end up in the trash can, or around your waistline and in your arteries? This is a drastic change of habit that you have to make. It may seem strange for you to actually throw away food, but the foods you are throwing away, were never meant for you to eat in the first place. That’s why you are overweight. NEVER buy those items again.

2. **Commit to the Pledge of Honor.** Place the Pledge of Honor in highly visible spots around your home and work space at work. The refrigerator, bathroom mirror, your desk at work, and even your car are excellent places to situate the Pledge. Read it each day, two or three times throughout the day, especially during steps 1 and 2 of the diet. Ingrain the Pledge in your mind. Use the Diet Adherence tracking squares to score your commitment and adherence to the AA diet.
3. **Buy and use the AA diet nutritional supplements daily.** These products are an inexpensive and highly nutritious way to support your weight goals. Join and log on to the www.aadiet.net or www.africanamericandiet.com websites for the latest recipes, and nutrition information to develop daily food and meals that will support your weight loss goals.

4. **Follow the AA diet eating plan.** For example, eat only when you are hungry. Eat normal sized portions. Kill the leftovers. Eat only the things on the Nice list. Eat slower and follow the 15 second chew rule and above all, “Eat Well, or Don’t Bother.”

5. **Change the menu and change the world.** When you eat out at a restaurant, ask the manager to start carrying AA diet friendly foods. Don’t be afraid. Tell the manager what you want. Your request, coupled with many, many others will change the menu to one that is good for you and your diet goals. If the manager is a little overweight, recommend the AA diet to him or her.

6. **Follow the AA diet meal plans and recipes.** The AA diet has some very good meal plans and tasty dishes that will help support your diet goals. Most are extremely easy to make and will reward you with the figure and health benefits that you want. As a bonus, you will end up being a pretty good cook as well.

7. **Use the “INSTEAD OF THIS, EAT THIS SUBSTITUTION LIST”** This is a listing of common foods that African Americans commonly eat and what you should substitute in place of them. Here you will find great tasting substitutes for Macaroni and Cheese, Pasta, Potato Salad and other ideas about how to purchase fast foods and even grocery shop.

8. **Involve your constituents with competition** Get your friends & family losing weight too, by starting a little friendly weight loss competition. See who can lose the most weight over 30 days or so. One of our dieters got her employer to sponsor a competition. The group averaged 15 pounds of weight loss!
### ACTION ITEMS: WHAT TO DO WHILE ON THE AA DIET

<table>
<thead>
<tr>
<th>INSTEAD OF THIS:</th>
<th>HAVE THIS:</th>
<th>BENEFIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>White or Brown Rice</td>
<td>Broccoli or Wild Rice</td>
<td>More nutrients, lower carbs, lower blood sugar impact</td>
</tr>
<tr>
<td>Sugar</td>
<td>Splenda sweetener</td>
<td>No blood sugar spike, sweeter than real sugar, your body doesn’t treat it like sugar, very stable in baked goods</td>
</tr>
<tr>
<td>Lasagna</td>
<td>Tilapia or Salmon fillets</td>
<td>Weight loss. Very low in fat, just as filling as lasagna, no dairy, high Omega-3 heart protection. Fast to prepare</td>
</tr>
<tr>
<td>Breakfast cereals with milk or oatmeal or grits, or a greasy fast food breakfast sandwich</td>
<td>2 or 3 Egg omelette with 1/4 cup diced ham, or chicken. Add onions (Use Egg Beater real egg product or equivalent. Never use real eggs!)</td>
<td>Weight loss. Very low carb, high protein, low cholesterol. Great taste. Add pepper or tabasco too</td>
</tr>
<tr>
<td>Saltines or boxed cracker snacks</td>
<td>Handful of unsalted almonds or walnuts (don’t eat peanuts!)</td>
<td>Helps suppress appetite, rich in Omega-3 acids</td>
</tr>
<tr>
<td>White bread, muffins, and buns</td>
<td>Low carb or whole grain items sparingly</td>
<td>Lower fat content, typically has higher fiber content which lowers carb impact. Note, only 1 slice of even this type of bread should be consumed daily. All breads make you fat!</td>
</tr>
<tr>
<td>Coffee with cream &amp; sugar</td>
<td>Coffee with nondairy creamer &amp; Splenda</td>
<td>Same basic taste with almost no calories or blood sugar impact</td>
</tr>
</tbody>
</table>
## ACTION ITEMS: WHAT TO DO WHILE ON THE AA DIET

<table>
<thead>
<tr>
<th>INSTEAD OF THIS:</th>
<th>HAVE THIS:</th>
<th>BENEFIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Salad or Chicken Salad, made with mayonnaise and potatoes</td>
<td>Grilled Chicken Salad, made with fresh lettuce, grilled chicken strips and a dash of fat free salad dressing</td>
<td>Lower carbs, heart healthy, weight loss accelerator</td>
</tr>
<tr>
<td>Eggs</td>
<td>Egg Beaters or other Egg Substitute</td>
<td>No cholesterol, no fat, basic same texture &amp; taste in foods.</td>
</tr>
<tr>
<td>Cheese Burger</td>
<td>Chicken-Bacon Wrap</td>
<td>High protein, lower in fat</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>Stir Fry vegetables with Shrimp, Chicken, or Ham</td>
<td>Quick to make, low cost, much healthier, burst of taste.</td>
</tr>
<tr>
<td>Coke, Pepsi &amp; other Sugar Soft Drinks</td>
<td>Diet Dr. Pepper, Diet Seven up, or Water w/ Extra Lemon</td>
<td>No calories, no carbs, no weight gain. Great taste. No sugar spike, no carbs. Weight loss helper</td>
</tr>
<tr>
<td>Beer or Spirits</td>
<td>Glass of Red Wine</td>
<td>Great cardiovascular heart benefit, fewer calories. No beer gut effect</td>
</tr>
<tr>
<td>Cheese</td>
<td>Fat Free Cheese (Kraft) or other fat free cheese</td>
<td>If you must use cheese, use Kraft Fat Free cheddar cheese. Otherwise avoid cheese altogether.</td>
</tr>
<tr>
<td>Atkins or South Beach Diets</td>
<td>African American Diet</td>
<td>Better diet! Closer to nature’s plan for eating &amp; diet</td>
</tr>
<tr>
<td>Butter or Margarine</td>
<td>I Can’t Believe It’s Not Butter or Butter Buds butter substitute products Any Other Nice List Item</td>
<td>No transfats, no calories, same taste as butter</td>
</tr>
</tbody>
</table>
Potatoes: What’s wrong with them?

A potato, whether French fried, baked, mashed, au gratin, instant or made into a salad, is basically a rock hard starch that looks a lot like a rock that grows under ground. The government’s food pyramid has it listed as a vegetable. I would create a new category for it called, “Cement or Mortar.” The basic problem with potatoes is that our ancestors didn’t eat them. Africans have only known about, and eaten potatoes for around 150 years or so, and then only in moderation or desperation. Contrast that short period of time with the 120,000 years we had eaten mostly lean game, seafood, and green vegetables. The problem is that Black people eat potatoes on a regular basis. That will make you fat!

The potato is not indigenous to the African continent either; therefore it was not part of the modern Mankind Model established by nature. It was not part of our diet in Africa and should not be part of our diet today. The currently accepted theory, as put forth by Russian Scientist and Plant Geographer, Nikolai I. Vavilov - reveals that the potato originated somewhere in the Andean highlands of Colombia, Chile, and Peru - basically South America. Those of you familiar with basic geography will note that Chile and Peru are no where near Africa. Carry out orders of potatoes with a side of chicken wings were simply not available from that far away. In terms of length of human existence, the introduction of the potato to Africa is a fairly recent event.

Most areas of Africa have only had the potato as part of their diet for the last 90 years or so. For example, potatoes were introduced in Nigeria, Africa during the 1920s. It is thought that the Germans were the source of this rock hard starch product to that African nation. In 1858, Ethiopia got its first potato rock from another German botanist named Shimper. As you can see, the potato does not have a long lineage with our African based, modern mankind physiology. In fact, even the Ethiopians did not
readily take to this exotic rock that could only be eaten if boiled or baked for a long time. It took a famine in the last years of the 19th century to literally force Ethiopians to accept this rock starch as food, or else starve. The other thing wrong with potatoes is that they are pure starch which the body converts to glucose (sugar) almost immediately. Remember a baked potato has a Glycemic Index rating of 85. That means that it converts to blood glucose (sugar) very quickly and that is a bad thing. Potatoes are what I call, “filler food.” They just fill you up with junk.

More correctly, a potato can be thought of as “peasant food.” The peasants of Ireland during the 1800’s - relied on it as a basic food source. You don’t want to be a peasant, do you? Therefore, why should you eat it if you don’t have too? Remember, when you are on the AA, you “Eat well, or don’t bother.” Finally, the methods that we used to prepare, cook and serve the potato only ratchet up the worst parts of this already bad starch. We French fry them, or bake them and then top them with butter and sour cream. Sometimes we mash the potatoes and put gravy on top of them and mix them with milk. We often combine the potato with mayonnaise and then have the nerve to call it a salad. Don’t forget the terrible chili cheese fries that we conjure up.

I have nothing good to say about the potato. Your African brothers and sisters did not routinely eat potatoes and neither should you. It is a direct carbohydrate culprit. This rock hard vegetable should be banned from your food list and replaced instead with skinless chicken, fish, broccoli, collards or mixed greens with a heavy dash of fat-free zesty dressing. Your body will thank you for giving up the “rock.” Your waistline and ABS will reap the benefit.
Dairy: What’s Wrong With It?

Got Milk? The ubiquitous question blares in every media medium possible. Everybody in America has heard or seen the “Got Milk?” commercials or have seen a Got Milk mustache somewhere. The dairy industry is very powerful and is determined to see that every man, woman and child in America has a glass or two of milk every day. We consume dairy products like milk, cheese, butter and creams on a regular basis. The problem is that a cow’s milk was never meant to be consumed by African Americans in any quantity. Yet we continue to eat it in the form of cheese everyday. That will make you fat. Nearly 70 percent or almost three out of four African Americans are Lactose intolerant. Symptoms include gastrointestinal distress and diarrhea among others. In fact, Dr. Benjamin Spock, the author of the 1998 book “Baby and Child Care,” wrote “…Cow’s milk is not recommended for a child when he is sick—or when he is well, for that matter. Dairy products may cause more mucus complications and cause more discomfort with upper respiratory infections.” The fact is, most of the rest of the world does not consume milk of any kind past childhood. You’re not a baby or a child are you?

“MILK” the word itself is soothing and almost hypnotic. When the commercial “Got Milk?” comes on, we all see this beautiful white milk mustache on this equally beautiful, healthy looking (actor/actress) person. Certainly, we can all say that milk is really good stuff—or is it? It is true that human breast milk is our first food source. A significant bond is made between mother and child when the first sips of milk are taken. It puts you on the path to the rest of your life. And if you didn’t get breast milk from your mother you almost certainly got cow’s milk or soy milk “formula.” Some of you from the South may even have feasted on goat’s milk, buffalo milk or some other large mammal’s milk.
In the U.S. and yes particularly African Americans—from infants to the super aged - drink milk. We drink a lot of milk. All that pizza you swallow down is packed with milk. In fact, cheese is “super duper” concentrated milk. Can there be anything wrong with this? We see reassuring images of healthy, beautiful people on our television screens and hear messages that assure us that, “Milk is good for your body.” Let’s face it, you’ve got to get your calcium from somewhere. It might as well be milk. School lunches always include milk. You also have been told for years that dairy products should make up an “essential” part of your daily food group. Industry spokesmen made sure that colorful charts proclaiming the necessity of milk and other essential nutrients were made available at no cost for schools. Cow’s milk has become a “normal” consumption food for humans.

**WHAT EXACTLY IS MILK?**

Milk is a maternal lactation and breast secretion. It is natures “short term” life substance for newborns. The mother of any mammal will provide her milk for a short period of time immediately after birth. When the time comes for weaning, the young offspring is introduced to the proper adult food for that species of mammal. Of course, it is not possible nor natural for animals living in a mature state to continue drinking milk after weaning. Again, most human beings around the world DO NOT drink or use cow’s milk. Furthermore, most of them can’t drink milk because it makes them sick. There are students of human nutrition who are not supportive of milk used for adults. I am one of them. Of all the mammals on earth, only humans continue to drink milk beyond babyhood. So what’s the right answer? Can we African American folks trust milk industry spokesmen and commercials?

Are nutritionists right or are they regurgitating the milk banner taught to them by the dairy industry? The answer might be to simply look at the rest of nature. Next, we should look at the history of humans, and finally look at the world’s scientific literature on the subject of milk. The scientific literature has about 4,800 writings between 1988 and 2003 regarding milk recorded in the “Medical” archives. Roughly half of those writing deal exclusively with
animals, esoteric research and inconclusive studies. Most were only slightly less than detestable. None of the researchers spoke of cow’s milk as an excellent food, free of side effects and the “perfect food” as we hear over the airwaves and from the dairy industry, sold to us by actors and sports figures. The central theme from the reports center around intestinal colic, intestinal irritation, intestinal bleeding, anemia, allergic reactions in infants and children as well as infections such as salmonella. There was also an outright apprehension of viral infection with bovine leukemia virus or an AIDS-like virus as well as concern for childhood diabetes. The childhood diabetes claim has been overcome, but the rest of the materials clearly point to milk as having contamination by blood and white (pus) cells as well as a variety of chemicals and insecticides.

Among children the problems were allergy, ear and tonsil infections, bed-wetting, asthma, intestinal bleeding, colic and childhood diabetes. In adults the problems seemed centered more around heart disease and arthritis, allergy, sinusitis, stomach, intestinal, digestive problems and the more serious questions of leukemia, lymphoma and cancer. I think that an answer can also be found in a consideration of what occurs in nature as to what happens with free living mammals and what happens with human groups living in close to a natural state as “hunter-gatherers.” Our Paleolithic ancestors are another crucial and interesting group to study. Here we are limited to speculation and indirect evidences, but the bony remains available for our study are remarkable. There is no doubt whatever that these skeletal remains reflect great strength, muscularity (the size of the muscular insertions show this), and total absence of advanced osteoporosis. And if you feel that these people are not important for us to study, consider that today our genes are programming our bodies in almost exactly the same way as our ancestors of 50,000 to 100,000 years ago.
WHY DO WE DRINK COWS MILK?

We have settled on the cow because of its docile nature, its size, and its abundant milk supply. But is it natural? Is it wise to drink the milk of another species of mammal? Usually humans don’t look like cows, although as obesity overtakes tobacco as the number one preventable cause of death that view is changing. I now see humans that look a lot like very large, slow moving creatures similar to cows. Do you see them too? So why in the world would someone want to drink something that aids in the development of an adult cow? The point is that human milk is for human infants, dogs’ milk is for pups, cows’ milk is for calves, cats’ milk is for kittens, and so forth. Clearly, this is the way nature intends it. Just use your own good judgment on this one. All milk is also not alike. The milk of every species of mammal is unique and specifically tailored by nature to the requirements of that particular animal.

For example, cows’ milk is very much richer in protein than a human mother’s milk. Three to four times as much. It has five to seven times the mineral content. However, it is markedly deficient in essential fatty acids when compared to human mothers’ milk. Human mothers’ milk has six to ten times as much of the essential fatty acids, especially linoleum acid. (Incidentally, skimmed cow’s milk has no linoleum acid). Obviously it was not designed for humans, but we drink it and feed it to our kids, or families and ourselves everyday.

By now you must have noticed the enormous size of human beings and particularly African Americans these days. We are huge. Just like cows. We are fat just like cows and the illnesses we are getting are consistently being linked to our nutritional habits. You and I do not have much need of massive skeletal growth or huge muscle groups as does a cow. Can a human mother’s milk increase intelligence in children? It seems that it can. In a remarkable study published in Lancet during 1992 (Vol. 339, p. 261–4), a group of British workers randomly placed premature infants into two
DAIRY: MILK & CHEESE

118

groups. One group received a proper formula, the other group received human breast milk. Both fluids were given by stomach tube.

These children were followed up for over 10 years. In intelligence testing, the human milk children averaged 15 IQ points higher! Well, why not? Why wouldn’t the correct building blocks for the rapidly maturing and growing brain have a positive effect? Besides, cows aren’t the brightest animals in the world.

HOW PURE IS COWS MILK?

Fifty years ago an average cow produced around 2,000 pounds of milk per year. Today the top producers can get up to 50,000 pounds or more! How is that possible? Drugs, antibiotics, hormones, forced feeding plans and specialized breeding - that’s how. How do you think they keep making dairy available so cheap, even as the population grows? The latest high-tech onslaught on the poor cow is bovine growth hormone or BGH. This genetically engineered drug is suppose to stimulate milk production, but according to hormone’s manufacturer, it does not affect the milk or meat. We all should ask ourselves, how could that be possible? We may look stupid - but come on. Other countries have banned BGH because of safety concerns. One of the problems with adding molecules to milk in a cows’ body, is that the molecules usually come out in the milk some kind of way. I don’t know how you feel, but I don’t want to experiment with the ingestion of a growth hormone. A related problem is that it causes a marked increase (50 to 70 per cent) in mastitis. This then requires antibiotic therapy and the residues of the antibiotics appear in the milk. It has too. The country is awash with milk as it is; we produce more milk than we can consume. Let’s not create storage costs and further taxpayer burdens, because at the time, the law required the USDA to buy any surplus of butter, cheese, or nonfat dry milk at a support price set by Congress! FACT: In fiscal 1991, the USDA spent $757 million on surplus butter, and one billion dollars a year on average for price supports during the 1980s (Source: Consumer Reports, May 1992: 330-32). Remember all that FREE CHEESE the government use to give away to low income families?
Any lactating mammal excretes toxins through her milk. This includes antibiotics, pesticides, chemicals and hormones. Also, all cows’ milk contains blood! The inspectors are simply asked to keep it under certain limits. You may be horrified to learn that the USDA allows milk to contain from one to one and a half million white blood cells per milliliter. (That’s only 1/30 of an ounce). If you don’t already know, another way to describe white cells where they don’t belong, would be to call them “PUS” cells. The question is still, “How pure is cow’s milk?” Is it a biological wonder or a lactation filled bacterial cocktail that can do you harm? Certainly we can count on the government to protect us - or can we? The General Accounting Office at the time of this writing tells us that the FDA and the individual States are failing to protect the public from drug residues in milk. Authorities test for only four of the 82 drugs in dairy cows.

A study from the University of Nevada, Reno tells of cells in “mastic milk,” milk from cows with infected udders. If a cow has mastitis, there is pus in the milk. In the face of uncertainty about many of the potential dangers of whole bovine milk, it would seem prudent to recommend that whole milk not be started until answers over its safety are available. A Canadian study reported in the American Journal of Clinical Nutrition, Mar. 1990, describes a “...significant positive correlation between consumption of unfermented milk protein and incidence of insulin dependent diabetes mellitus in data from various countries. Conversely a possible negative relationship is observed between breast-feeding at age 3 months and diabetes risk.”

LEUKEMIA and MILK LINK?

Did you know that bovine leukemia virus is found in more than three of five dairy cows in the United States! This involves about 80% of dairy herds. Unfortunately, when the milk is pooled, a very large percentage of all milk produced could be contaminated (90 to 95 per cent). Of course the virus is killed in pasteurization—that is if the pasteurization was done correctly. Now the question I would pose to the dairy industry people is this: “How can you assure the people who drink milk that they were not...
exposed to the ingestion of raw, killed active bovine leukemia viruses?” In Norway, 1,500 individuals were followed for 11 and a half years. Those drinking two or more glasses of milk per day had 3.5 times the incidence of cancer of the lymphatic organs. British Medical Journal 61:456-9, March 1990.

**WELL, WHAT ARE THE BENEFITS OF MILK?**

Is there any healthy reason at all for an adult, human, African American person to drink a cow’s milk or eat cheese? The answer is - No, not really. For sure, it is a source of calcium and it’s own source of proteins. You can get ample amounts of calcium in regular foods and through supplements. To say the least, there is only one real reason to drink milk, namely personal preference. It has become a part of our culture. We also have become accustomed to its taste and texture. And probably the very best reasons are ICE CREAM, CHEESE, PIZZA TOPPINGS and MILK SHAKES! Most people on earth live very healthful lives without cows’ milk. The bottom line is that there is enough evidence to indict and possibly convict cow’s milk of harm to first degree hurt and harm to the African American body. I am suggesting that you give up milk, cheese, eggs and all dairy entirely. So, you are probably wondering what would you put in your cereal each morning if you give up milk? The answer is NOTHING, because cereal is on the Naughty list just like milk is. Get rid of both of them!

Just think about what milk really is. It is the lactation and secretion of a nonhuman, huge, obese, animal that has a low IQ and a significant amount of drugs, pus and other things in it. I must admit however that milk does look good, even if it may not good for you.
DISEASE PREVENTION

Can the African American diet help to prevent disease? The answer is YES, most likely from the standpoint that weight related diseases are preventable. The growing body of science continually concludes that excessive weight is linked to higher incidence of disease. Heart attacks, high blood pressure, diabetes, strokes, cancer and more have all been linked to excessive weight, a bad cholesterol profile and smoking.

In September 2004, 58 year old - former president Bill Clinton underwent quadruple heart bypass surgery to save his life. This surgery involved cutting his chest open through the rib cage with a saw, stopping his heart and grafting four separate veins onto his ailing heart because his other arteries were too clogged with cholesterol buildup and plaque to supply his heart with needed blood. Next they stitched him up, resulting in a huge scar down the middle of his chest. They did this because he was on his way to having a massive heart attack that likely would have killed him.

American presidents all go through very thorough annual health examinations while in office. These exams are much more thorough and complete than you and I would ever get, because the most powerful man in the world must be in good health to lead. However, somehow former president Clinton’s doctors failed to find that his arteries were clogging during eight years of examinations. The reason is that most of the truly conclusive tests are very invasive and only done when there are significant symptoms of the disease. Symptoms include: shortness of breath, a failed stress test, and/or severe chest pain during exercise (angina). Obviously Mr. Clinton was not on the AA diet during most of his life, but he will be! After surgery, his doctors are going to put him on a diet and exercise program that is very close to the AA diet. His relationship with food will change. The things he eats will change. Just like your’s should. I guarantee it! I mention Mr. Clinton because he has been called, “The First Black President.” He is very popular among African Americans and seems to fit
right in with us. He is a soulful man who plays the saxophone, and came up from very humble beginnings. He also is the epitome of current African American health problems. He claims to love fast food restaurants and fatty foods soul foods, just like we do. He had high blood pressure, just like most of us do. He was overweight (maybe even obese), just like most of us are. He had a stressful job or home environment, just like most of do.

It should be clear by now that what you eat determines you health and your weight. Mr. Clinton is an example for all of us to get on the AA diet now or go through what he went through or worse.

The AA diet is designed to help minimize your waistline and minimize your risk of developing a debilitating weight related disease. This book will not go into the details of diseases associated with being overweight or obese. I have a ton of research material sitting right here next to me now, about the causes of disease and their linkage to being overweight. I refuse to subject you to that additional reading material. Everybody knows the problem. Get to the point...is my view on things! It has been well documented by numerous sources that, “...even mild to moderate degrees of excess weight will increase the risk of cardiovascular (heart) and other diseases.” That’s according to the American Heart Association.

It is a fact that excessive weight places a strain on the heart, raises blood pressure, and lowers HDL “good” cholesterol levels. The purpose of this book is not to tell you about the kinds of diseases you can contract by being overweight. No, no... it’s purpose is to help you lose weight so that you can AVOID weight related diseases in the first place. So that you can avoid what Bill Clinton went through. I’m amazed by all those other diet books that have entire chapters devoted to weight related disease. The popular Atkins diet’s author was believed to be obese himself, so I’m concerned about the source of the material there. One of those diet books has a whole chapter titled, “Is It Diabetes Yet?” STOP! We all know the problem, don’t we??? People are overweight and it’s killing them. What you need is help on how to solve the problem, not more detail
DISEASE PREVENTION

on what the problem is. Somebody say Amen. We know the problem, what’s the solution? That’s what you need to know.

The way to prevent disease or lower your risk for disease is “deliberate intervention.” You have to do something different than what you are currently doing, in order to prevent a probable outcome. Heart surgery or leg amputation is preventable, IF you start doing something different now. Obesity is a disease. It is likely to over take tobacco as a national killer. It is also one that is preventable; therefore curable, but the obese or overweight person has to WANT to be cured! The AA diet can help cure obesity.

Your relationship with food, and specifically the types of foods you eat, has got to change. Let me say that again. You relationship with food has got to change. Simply said, you can not keep eating that stuff you do now. If you routinely eat foods on the Naughty list, then you are adding to the likelihood of disease. While on the AA diet, you will no longer eat the trash that you have been eating all your life. That is the problem. Change your food, and you can change your body. Change your food, and you can change your disease risk factors. Change your food and you change your LIFE. This is rediscovery folks. It appears that nature has determined, by a process called “natural selection,” that overweight, obese people should be singled out for early termination and even death. Natural selection acts to maximize the quality of human dietary needs. It stands to reason that would also include eliminating those people who consumed too much of the wrong foods. Nature seems to be saying that those persons are not part of the future of human beings - that they are not in the grand plan of human evolution. Shazam! That’s a harsh realization to come too. But, it’s appears to be true. Just look around. Nature is saying to you and everybody else now, “...either you get with the program or get out!” Very overweight, obese persons, usually don’t live very long and they tend to contract diseases that could likely kill them off early. They tend to be unsightly, slow moving, have more health problems, and their clothes usually don’t fit very well. I didn’t make this up, so don’t get mad at me. I’m just the messenger.
How To Talk To Your Family About The AA Diet

OK, so now you are pretty well convinced that the AA diet is a good thing. It can and will help you lose weight and help improve your health. But what about the rest of your family? You don’t want them to miss out on losing weight and achieving better health. Do you? Of course not. But how in the world do you convince family and friends to start eating completely different? You might start a war in your home if you try to abruptly change the way Black folks have been eating all of their lives.

I remember when I went to my parents and started talking about eating differently. They suddenly saw me not as a loving son, but as someone trying to change them and take something away from them. In a way, I WAS trying to take something from them. I was trying to take away the bad eating habits and things that I knew were no good for them. It’s a tough thing to do. The problem is also much bigger than just your immediate family. The problem is inside ALL of our families. Just about all Black folks eat the wrong things at our dinner tables, at family reunions, at church and funerals, at school, at work and during the holidays - so the problem seem monumental!

After my talk with my parents didn’t work, I decided that I would start with my own home and branch out. Being single at the time, it was easy since I only had to convince myself and that was already done. Then I started with my parents again, but this time instead of talking to them about changing, I brought the change with me in the form of Sunday dinner. Yep, I was gonna bring the change in diet with me to the Sunday dinner table. I actually made Sunday dinner for my parents at my house and brought it over to theirs. I was determined that at least once a week, they were going to eat the items on the AA diet and maybe even start to like it.
This went on for about three months. Delicious seafood dinners, salads, lean chops, skinless chicken breast dishes and more. At first it took my mother a bit of time to get use to this. After all, she was use to making Sunday dinner with lots of bread, mashed potatoes, and macaroni & cheese. The first Sunday I made dinner was really awkward, but it went over well. Then just when dinner was over and I thought I had started them out right, mom instinctively reached for the ice cream container in the freezer. Ice cream is a big Naughty list item, so when I saw her pull it out, all I could say was ooohhhhh noooo to myself. My parents have been eating ice cream for desert for as long as I can remember. So I should have planned for that unhealthy event, but frankly I just plain forgot. But, the next week I didn’t.

A few months later we had a family reunion on my dad’s side. We were all out there at G.E. park under a covered gathering area, complete with tables and benches. Your family probably has had similar events. Anyway, I was really glad to see everyone. One common theme I couldn’t help but notice, was that almost everybody there was obviously overweight. I too was overweight. There we were one big fat happy family. I remember hearing the regular complaints of being tired, aches and pains, and of course the “gotta watch my sugar” complaint echoed on and on. Years ago, we use to at least play volley ball or toss a baseball around or somethin’. But not any more. Like most African American families today, we didn’t do anything physical that didn’t involve a plate and a fork. Of course there was no lack of food. There were plenty of pork ribs, ice cream, bread, cake, macaroni & cheese, pop, potatoes, hot dogs, baked beans, hamburgers and more. Just about everything on the Naughty List was there in abundance. It’s funny, I don’t think I saw one vegetable at the whole family reunion. It was almost like vegetables weren’t allowed to come. “Don’t bring no vegetables in here. If it didn’t have legs and a momma once upon a time, we don’t want to eat it.” That seemed to be the message, given the kinds of foods that we had there. But Cornel Sanders and Oscar Meyer were certainly welcome. I thought about bringing a salad for about two seconds. I knew the family wasn’t ready for
that yet, so I wimped out and brought paper towels and tooth picks instead. You know, something safe - that wouldn’t get me in trouble.

After a while, a few of us were sitting around talking. The older guys and ladies, pretty much controlled the conversation. They were the “MONARCHS” and “PILLARS” of the family. Every Black family has them. Men like my dad - Robert. They were older and everybody knew he was to be respected along with all of my aunts and uncles. My dad is one of those type of guys. They would say about my father, “yeah, that’s uncle Robert.” He was uncle to just about everybody. Anyway, I just sat there and listened. Anyway, I thought this might be a chance to see what kind of reception my idea of eating better at a family reunion might get. So I waited for a break in the conversation and immediately lost my nerve. I changed my mind and instead complemented the guys for their grilling skills. Then I shut up. After a while it was just me and my cousin Alvin left. Everybody else had gone on to mingle with other family members. I thought to myself since I wasn’t ready for a seven person audience, maybe I could handle a one person audience. Here was my chance. My cousin Alvin sitting right in front of me with nothing else to do but listen to me. So, I open my mouth and said, “You know, we should probably think about eating a bit healthier at these family reunions.” Then came this deafening moment of silence that seemed to last for hours. When it finally ended, to my surprise he looked up at me and responded, “Yeah, you’re right.” That was all I needed to hear. After that, I rattled on and on about my thoughts and ideas on eating healthier. We talked for a while about how we should bring healthier stuff to eat instead of our typical family vittles. That inspired me to start writing a short paper that I had intended to circulate around the family at our next outing, but I never did it.

Part of the problem is that up till now, a single document that speaks to the weight problems and eating/diet needs of African Americans did not exist. The lack of a guide and diet plan has made it very difficult to talk to family and friends about eating better and dieting.

The AA diet is that guide. Now all African Americans can point to the AA diet as a way to talk to friends and family about dieting and better health.

HOW TO TALK TO YOUR FAMILY ABOUT THE AA DIET
HOW TO TALK TO YOUR FAMILY ABOUT THE AA DIET

TIPS ON HOW TO TALK TO FRIENDS & FAMILY

• Let them know that you think they may be gaining too much weight
• Mention that eating the typical American diet has causes weight problems
• Mention that you think the AA diet may be able to help them
• Let them know that excessive weight leads to major health problems, and that you are concerned about their health
• Show them the AA diet book and eating plan
• Prepare meals for friends and family using items on the Nice List
• Buy them a copy of the AA diet book or AA diet audio CD
• If you prepare most of the meals, start making meals with Nice List items
• Stop buying Naughty List items
• If you have overweight teenagers, get them a copy of the AA diet audio CD (Teens tend not to read a lot, but they will listen to a CD recording)
• At church food functions like funerals and picnics, you might suggest foods that are on the Nice list and discourage Naughty List items
• Speak up about the AA diet while planning foods for family reunions, weddings, parties and social affairs. Suggest alternatives to what Black families ordinarily would make or bring

These are just a few things that you can do to help get your friends and family on the right path to weight loss and better health. Part of the problem is that up till now a single document that speaks to the weight problems and eating/diet needs of African Americans did not exist. The lack of such a guide and diet plan has made it very difficult to talk to loved ones about eating better and dieting. The AA diet is that guide. Now all African Americans can point to the AA diet as a way to talk to friends and family about dieting and better health.
Case Studies

Jamilla Williams: Springdale, Ohio - 5’2” tall, 174lbs, 15 Dress, BMI=32

Ms. Williams is a typical African American 26 year old woman who was struggling with a weight problem. She is funny, has a wonderful smile and is full of life. Unfortunately the normal weight for her height, is between 110 and 131 pounds. At only 5’2” her Body Mass Index (BMI) of 32 placed her squarely in the obese column (see BMI chart page 47). She knew she was overweight, but she didn’t know that she was obese. She was uncomfortable with the way she looked and felt. A review of the types of foods she routinely ate during a typical day included: A bowl of Frosted Flakes cereal with milk in the morning for breakfast along with coffee, cream and sugar. Other times it was a fast food breakfast sandwich with a hash brown.

Lunch was a fast food Big Mac or Whopper w/cheese type meal, complete with large fries and a large sugar sweetened cola drink. She also usually ate two candy bars throughout the day, and had at least two more colas or other sugar sweetened soft drink. Dinner was a variation of mashed potatoes, some meat or pasta with garlic bread, or some type of Chinese food (again pasta or rice based) plus late night snacking. She works as a general laborer, but generally doesn’t get much exercise on her job. She had tried to diet over the past few years, only to give up and gain back any weight she had lost. She complained about being tired all the time and hungry again just a few hours after eating. She craved food almost always and would literally eat just be eating. Ms. Williams’ typical calorie intake would easily hover around 2,600 calories or more. Her 5’2” frame really needed only about 72% or less of those calories. The rest obviously ended up being stored on her body in the form of excessive fat deposits on her stomach, breasts, buttocks, hips, thighs, chin and arms. The excessive carbohydrates she consumed could easily explain the excessive empty calories and excessive weight.

On Monday April 19th, 2004 Ms. Williams started the AA diet. For 14 days she followed the diet. She removed all Naughty list items from her apartment’s kitchen. She got up 10 minutes earlier than she usually did before work and walked to the corner stop sign and back as the AA diet suggests. The first day for breakfast, she had a huge mixed garden salad with large...
chicken chunks doused with fat free dressing. After that she ate a hand full of almonds. For lunch she took the Daily Diet & Health supplement pack recommended by the AA diet and then ate three grilled chicken breasts smothered, with mushrooms and fat free chicken gravy (Heinz). She brought a bottle of water with her to work and mixed it with Crystal Light sugar free soft drink mix. She also had fifteen grapes as afternoon snack along with two more sugar free drinks later in the day. For dinner she ate three slices of meat loaf, along with steamed broccoli with garlic and chives. She also did not eat after 7:30 P.M. and followed the 15 second chew rule. Finally at the end of the day, she walked to the stop sign again and back to close out her day. At the end of the day she would score herself using the daily tracking tool to see how closely she adhered to the diet.

Over the next thirteen days she basically followed the meal plans included in the book. Obviously she substituted some items for others that pleased her tastes. The bottom line is that she stopped eating the Naughty list items like she use to eat and started eating the Nice list items.

By the morning of May 3rd, 2004, (two weeks later) Jamilla had lost 9.5 pounds! She couldn’t believe it. She credits the Pledge of Honor and the “Diet Adherence Tracking Square” tracking tool for their support in changing the way she thinks about food. She also says that it seemed like she was actually eating more food now than she did before starting the AA diet. The best part she said is that she wasn’t hungry all the time. She ate only when she was hungry and sometimes actually forgot to eat! Instead of moving on to step two of the AA diet, she decided to repeat another two weeks of the step one phase, because she said she cheated a little bit during the last two weeks and knew she could do better. That’s totally OK. The AA diet is very flexible when it comes to moving between the steps. At the time of this writing Jamilla had lost 28 pounds and had moved from being obese to simply overweight. She never eats the foods on the Naughty list any more and says she really doesn’t miss them either. She also has become a pretty good cook too. Her next goal is to reach her normal weight range, which is only 15 pounds away. She can do it and you can too.
Consider George Huff. He is a 55 years old, married, semiretired Black man, with a love for his wife’s Southern style soul food cooking. When pressed, he says that he can cook pretty good too. He also admits he loves pizza. He suffers from Type 2 diabetes and has high blood pressure. He use to smoke, but he stopped about 10 years ago. He swears that’s when his weight jumped up. George gets very little exercise, but does try to hit the golf course once in a while. He admits he has a beer or two on occasion.

When we look carefully at Mr. Huff, George says he wants to lose weight, but outside of cutting back on desserts, he really had done very little to change his condition. In fact given his height of 5’9” and portly weight of 198 pounds, George’s BMI was at 29.5. That makes him at least overweight, and bordering on being obese (see BMI chart page 47). Like most men, George carried most of his weight noticeably in his gut and on his back side. The bottom line is George had a big gut and it was getting bigger.

George volunteered to go on the AA diet, but more importantly we tried to put his wife on the diet too! She was going to be key to George's success, because she prepared most of George’s meals and she did most of the grocery shopping for the household. Her typical shopping list had nearly 90% of everything that was on the AA diet Naughty List! No wonder George was fat. She wasn’t exactly skinny herself. She would not let us weigh her, but it was obvious that she was overweight herself. It was a real struggle to convince Mrs. Huff to throw out all of that bad food she had just bought. Finally, we agreed to reimburse her for the food she needed to throw away. We supervised as she and George threw out all of the cookies, popcorn, cakes, pies, bread, pasta, cereal, milk, potatoes, butter, ice cream, fish sticks, eggs, cheese, noodles, pop tarts, pop, pizza coupons, eggs, hot dogs, lasagna, buns, macaroni & cheese, taco kits, Gatorade, brownie mix and other Naughty List items. She said, “...it just seems like such a waste.” It was not a waste, because George would benefit.

George took the pledge of honor, but his wife would not. We checked on George every day for two weeks, and he said that he was more or less following the diet. He had even incorporated the optional 15 minute Dance session that the AA diet suggests into his daily schedule. George used the daily tracking tool...
to monitor how well he was sticking to the diet. He also took the AA diet *Daily Diet & Health Supplement Pack*. This helped ensure he had superior nutrients to encourage and support the weight loss process for maximum benefit. By day five of the diet, George called us to say that he was doing OK, but that his wife was “teasing and tempting” him when pizza commercials came on the television. He admitted that he missed pizza and his wife’s dinner rolls with butter, but was determined to make it through the first two weeks of the diet. We spoke with Mrs. Huff about the importance of supporting her husband even if she wasn’t going to participate. She countered that it wasn’t fair for her to have to give up the foods she loved while he tested this diet. Finally, she just laughed it off as harmless play and promised to at least not tease George, because he really was trying to make a change.

By the end of the 14 days, George was ready to tally his “Diet Adherence Tracking Square” sheets (see page 75) and see how well he had done. His adherence total was 315 points which is in the “OK” range (see page 74). It means he probably lost some weight, but could have done much better. George weighed himself and was glad to see that he weighed 194 pounds. Yes, he had lost 4 pounds. That’s 2 pounds a week, which isn’t bad. The pounds he lost were not just water, but actual body fat. On reflection George admits that he cheated while on the diet. He had gotten used to the new foods he was eating and said he would repeat step one again and do better. As for Mrs. Huff, she acknowledged George’s weight loss, but she felt like he was missing out on the foods that he had enjoyed for so many years. She didn’t understand that George was changing for the better. He was rediscovering the right kinds of foods that nature wanted him to eat, instead of the fattening stuff she had been feeding him.

When we look at this case, we believe George could have lost a lot more weight, but his wife was not very supportive. Remember, she refused to go on the diet with George and we suspect that more and more Naughty List foods were brought back into the home that tempted George to cheat. George’s case shows the importance of having a supportive home life that includes your spouse and family. Four pounds of fat lost might not seem like a lot right now, but if George continues on the AA diet, he will look up one day soon, and realize that he has reached his weight goals. His health will almost certainly improve too. At that point maybe his wife will also decide to change for the better by going on the African American Diet.
Janice Cunningham: Middletown, OH - 5’8” tall, 185lbs, 14 Dress, BMI=28

Janice Cunningham claimed to be a big, beautiful, Black woman (BBBW). She’s a divorced, 38 year old mother of two. Janice is also overweight and she knows it. She didn’t always use to be that way, but she believes a failed, lazy marriage partner and two kids are to blame for her boost in weight. She remembers her early twenties when her buttocks, waist, hips and stomach were the envy of all. Back then she weighed a normal 126 pounds. She wonders how in the world she could have gained 59 pounds in just 15 years?

Before beginning the AA diet, Janice says she routinely ate foods like, mashed potatoes, baked potatoes, hogay sandwiches, spaghetti, deviled eggs, macaroni & cheese, Chinese lo mein (noodles), Chinese chicken fried rice, cheese burgers, potato chips, pork ’n beans, breakfast cereals with milk, submarine sandwiches, French toast, pizza and more. She had an immense love for bread and would also sometimes get a bagel with cream cheese in the mornings at the office cafeteria. She said bread made her, “fill full.” To top it all off, she would guzzle down at least three cans of sugar sweetened soda pop each day. Her kids ate pretty much like she did. They appeared to be overweight too.

Janice is a social worker and spends a lot of time sitting talking to people. Last year her mother had a heart attack at 54 years old. Janice’s mother was very overweight too. Janice and her mother were about the same size, although Ms. Cunningham believes her mother was a little bigger. So, Janice agreed to go on the AA diet to see it could help her reduce her weight. She had read that heart disease like her mother has is linked to excessive weight. So, for two weeks, she followed the AA diet almost to the letter. She took the Pledge of Honor, got rid of all the Naughty List foods, never went to a fast food restaurant, took her daily dose of Diet & Health supplements, tracked her daily using the Diet Adherence Tracking Squares (page 75), and followed the AA diet meal plans. She place a copy of the pledge of honor on her refrigerator, on the mirror in both bathrooms, on her car dashboard, and in a picture frame for her desk at work. Instead of doing the optional stop sign walks or 15 minute dance like the AA diet suggests, Janice bought a stationary bike and road it for 15 minutes in...
the morning and 15 minutes before bed. It was obvious she was going to try this new diet and really take it to heart.

On day 15 of the diet, we would ordinarily call the dieter and go through how to score their weight results. This time however, Janice called us first. She was ecstatic! At first we thought something was wrong or that she had possibly gained weight. It was very unlikely that she would gain weight while on the AA. No, no - that was not the case. Janice had added up her own score results from the Diet Adherence Tracking Squares. She had scored a perfect 490 points! She did everything right plus more. That wasn’t the only good news. She also had lost a whopping 12 pounds in just two weeks!

Ms. Cunningham wasn’t experiencing the constant desires for food like she used to. She had more energy and more importantly, a new way of think about food and the kinds of foods she ate. She said her kids seemed to benefit too, because were also losing weight. She had stopped feeding them the old, Naughty List foods she used to buy and switched to the Nice List foods.

Janice lost a lot of weight during that two week span. We think that her extra bike ride routine coupled with the AA diet itself seemed to increase the level of actual weight loss. That stands to reason, since the body’s metabolism does increase with exercise. Janice found a new way to put the AA diet into overdrive and achieve even better results than even we expected!

Ms. Cunningham moved on to step two, the 30 Day Habit, and continued to lose weight but at a slower, much more sustainable and practical pace. Remember, too much weight loss too soon is not a good thing. You have to give your muscles, skin and organs a chance to adjust to the new you.

Ms. Cunningham has went on to lose an additional 13 pounds and has increased her endurance to 30 minutes in the morning and 30 minutes at night. She credits the AA diet’s flexibility in foods and its nutritional supplements, coupled with its structured approach to tracking adherence each day. You too can achieve similar results.
Nutritional Supplements

The growing body of science continues to point to the importance of getting enough of the right vitamins and minerals into your diet. I’m convinced however, that the foods we eat today and even some of the multivitamins that some of us take, are insufficient in supplying our daily nutritional needs. The reason is that most of the foods we eat have high amounts of processing involved with them, which can remove important nutrients.

You should take a specific set of vitamin and mineral supplements while on the AA diet. The suggestions I make later for which supplements to take, will help you best while losing weight. We have developed a series of special nutritional “supplement packs” that should be taken on a daily basis. The most important of which is the AA Diet “Daily Diet Health Supplement Pack.”

The following page has a list of the nutritional supplements that we recommend and why they are important. All of these supplements are available through us. Again, the most important of these is the Daily Diet Health Supplement Pack. It is prepackaged set of the most important supplements to take while on the AA diet. The Daily Diet Health Supplement Pack assures that you are getting the proper amounts of disease fighting, weight loss enhancement nutrients every day! All of the supplements are available through the AA Diet. I recommend them highly as a near absolute must for anyone following the AA diet. They supercharge your ability to lose weight more quickly.
<table>
<thead>
<tr>
<th>Supplement</th>
<th>What It Does</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reservatrol</td>
<td>Cardiovascular / heart health benefit from red wine nutrients without drinking wine based alcohol</td>
</tr>
<tr>
<td>EDTA</td>
<td>Cleans and opens arteries of the cardiovascular system using trace malic acid</td>
</tr>
<tr>
<td>Hoodia</td>
<td>Powerful, all natural ancient African appetite suppressant for weight loss that fools the brain into thinking you are full</td>
</tr>
<tr>
<td>Vitamin C &amp; E</td>
<td>Antioxidants that improve cardiovascular health and eliminate cancer causing free radicals from the body</td>
</tr>
<tr>
<td>Policonsanol</td>
<td>Improves cholesterol levels by increasing HDL “good” up to 15%</td>
</tr>
<tr>
<td>Omega-3, 6 &amp; 9 (Fish, Flax, &amp; Borage Oils)</td>
<td>Cardiovascular / heart benefit</td>
</tr>
<tr>
<td>(CoQ10) Coenzymes</td>
<td>Energy booster with immune system and cardiovascular benefit. Has shown life extension capabilities</td>
</tr>
<tr>
<td>Whey Protein chocolate meal replacement mix</td>
<td>Delicious Whey protein chocolate flavored supplement that’s used to burn fat, and increase protein intake</td>
</tr>
</tbody>
</table>
Own Your Own Business:
Make Money With The AA Diet Plan

You can make a lot of money introducing your friends, family, co-workers and just ordinary people you meet on the street, to the unique benefits of the African American Diet plan. The best part is that you will be working for yourself, not for some boss or supervisor who doesn’t care about you. Now, YOU can determine your own paycheck and how much you make. You will own your own business, and make money by introducing the AA diet plan and our many other nutritional products.

(35.8 Million Black Americans)
Everybody is a Potential Customer for You!

Fact: The U.S. Census Bureau reports that there are at least 35.8 million black Americans. That’s according to the year 2000 census report. That figure represents about 12.7% of the total population of the United States. Most of those 35.8 million black Americans need help with weight loss. That help can come from you and people like you. Just think if you were to introduce the African American diet plan to just a small percentage of these people? If that small number of people bought the diet plan and just a few supplements for three months or more, you would make a ton of money and help a lot of people along the way!

Remember, over two out of every three African American people are overweight or even obese. This is an unfortunate and tragic fact, but it is also an excellent opportunity for you. You can help your friends, family and acquaintances to lose weight and get healthier, while at the same time making extra or even full time income for yourself! The sky is the limit. You could be the first in your city or community to introduce the AA Diet.
You make money by introducing people to the AA diet book and the great nutritional supplements that we also carry. You make money when people buy our books, nutritional supplements, diet products, video & audio products and more. The best part is that you can recruit other people to work for you, and whenever someone buys something from people you recruit, you get paid a portion of their sales too.

Almost everybody needs to lose some weight. You will have a great set of products to provide to people you want to sell too. A diet program just for African Americans, is a perfect way for you to target your efforts.

**We Support You In Making Money**

You will receive free training, brochures, business cards and support. We will support you all the way as you build your new business. You can turn your spare time into big money. Your investment in starting your own business with us is very small.

**Start As A Manager or Representative**

When you start your own business with us, you can choose to start as a Representative or a Manager. A representative can introduce all of the health products we carry and receive continuing revenue every time a customer buys additional products. Representative are also entitled to bonuses. However, a representative you have one limitation. You can not have other persons working for you. A manager can do everything that a representative can do and more. As a manager you can also recruit other persons to work for you and that way, you can receive a portion of their sales too! Either way you will earn a lot money and help a lot of people along the way. For more information log on to www.aadiet.net or contact the person who gave you this book. Thank you.
The Future Is Bright!

In conclusion, there is a bright, healthy and trim future awaiting anyone who follows the African American diet. It does not matter what color you are or what race you claim. The AA diet will work for just about anyone who is overweight. Remember to always consult your doctor before beginning the AA diet or any other diet.

You truly have the opportunity and the tools literally in your hands to change your body for the better. The AA diet can help you rediscover how you were meant to eat and live all along. You were tricked, enslaved, and enticed into eating the foods that fatten you up now. The AA diet can free you from the shackles of excessive weight. Everyday the picture gets brighter. Advances in medical science and technology continue to make life worth living. But, if you don’t start dieting right now to get rid of your excessive weight, you will ultimately shorten your quality of life and miss out on all that is yet to come. So be there for the bright, healthy future that is yours for the taking. Be there for your family and yourself. Be there by abandoning the typical fattening diet that most Americans follow today.

It is my hope that you heed the message of this text and apply it to your eating habits from now on. Sadly, if we continue to eat unhealthily the result will be even more overweight, obese African Americans with even more health and physical problems. However; if you follow the very simple message in this book, then I see a future of fit, trim, healthy and happy African Americans living the life that nature wants them to.

I’m convinced that if YOU start following the AA diet, and then include your spouse, kids, neighbors, relatives, church members and co-workers, that we could completely change this nation. We could reverse obesity within a year and certainly within two! Yes! It absolutely can be done that quickly. Indeed, the future is very bright! Let’s start with YOU! You can do it. Yes you can! I believe in you. Just believe in yourself and get started today. Best wishes.
Oh, One More Thing

This book just told you about the kind of diet that all people, especially Black people (African Americans) need to follow. You now understand the right kinds of food choices to make. However it is well known that healthier food choices are somewhat more expensive and usually less accessible to many Black families. Therefore; I challenge our federal, state and local government elected representatives to develop programs and methods which will make healthier food choices, like those found in this book, more accessible and affordable to ALL people, regardless of race, all across this nation.

This challenge is well within the responsibilities and mission of our elected leaders. We are facing a national obesity epidemic that is costing this nation and our race dearly. Obesity is already costing this nation tens of Billions of dollars in health care expenses annually. There is a phrase in the preamble to the Constitution that says, “...insure domestic tranquility, provide for the common defense, PROMOTE THE GENERAL WELFARE, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.” The preamble also talks about justice, but that’s another book. The key phrase here is, ‘promote the general welfare.’ It charges our elected leaders with a task to recognize obesity within the Black community as something they need to address. The general welfare of overweight and obese Black people is not good. So I challenge our elected leaders to develop programs and affordable, easily accessible, ways for overweight Black people to get healthier foods. The government’s food pyramid is simply a picture. We need actual healthy food access programs for all. That would be a good example of the government fulfilling that phrase in the preamble. They would be promoting the general welfare of people by providing affordable, easy access to healthier foods. Everybody remembers the government’s free cheese program. We don’t need cheese and dairy - but instead lean meats and seafood and all those other things on the Nice list. We don’t need more pictures of squares and pyramids. We need more affordable access to
healthier foods. So look in the phone book or on the internet, pick up the phone and call your state senators and state representatives. Call the president. Send them an Email. They send you all kinds of stuff when they want you to vote for them and pay their salaries, don’t they? OK, it’s their turn to actually do something for you. They say they want to represent you and your needs, well you need access to affordable ‘Nice List’ foods. Now that they are in office and got your vote, there is this glaring problem of obesity right in front of their eyes. What are they doing about it? Hold them accountable to make affordable ‘Nice List’ food choices available now! When they ask for your vote, turn around and ask them what are they going to do to make affordable ‘Nice List’ foods available and what are they going to do about African American obesity issues?

The bottom line is that more could be done, but it still comes down to your own personal responsibility. I’m just saying that since you pay their salaries in the form of taxes and elect them to office, the government could help with more than just producing a new picture of a pyramid. We don’t need to go to Mars. We need access to affordable ‘Nice List’ food choices here on earth. Say Amen!

OK, now go follow the African Diet program and lose weight and look great. Tell someone else about it and use the diet supplements that the program suggests. This is a great time for you and everyone else to get moving towards your ideal weight and health. God Bless.
MEAL PLANS

follow the meal plans on the next few pages during the first two weeks while on the AA
Day One

"Eating Different = Weightloss Success"

OK, this is the first day of the rest of your new life. It is the first day you will follow the AA diet to the letter. By now you have gone through your refrigerator & cabinets and have thrown away ALL of the items on the Naughty list. You will not buy Naughty list items. You have read and taken the Pledge of Honor to heart, and you are ready to start school. You will now eat VERY differently than you have during your previous life. Your previous life is what made you fat in the first place. Change is good. Rediscovery is good. You have rediscovered how nature wants you to eat. You know the benefits of meat on some days and vegetables on others. Change your diet to that of nature and you will change your weight. You know you have a weight problem. Day one on the AA diet will introduce you to the change you want.

**Breakfast**
Citrus Chicken Breakfast Wrap (See Recipe) or 2 - 3 strips of bacon
2 or 3 tomato slices
Handful of Almonds (about 12 - 15)
1 glass of AA Diet Protein Drink
Beverage of choice (Coffee or Green Tea sweetened with Splenda sweetener)
Daily Diet Supplement Pack

**No Naughty List Items!**
(Note - You can substitute this entire meal with an AA diet Meal Replacement Drink)
This nutritional, whey protein chocolate drink meal replacement mix can help you lose more weight

**Lunch**
(Get out of the office)
Two (2), YES Two Grilled Chicken Sandwiches from Wendy's or Rally's
(Note - Throw away the top bun from both sandwiches)
Water with Lemon or Crystal Light

**No Naughty List Items!**

**Afternoon Snack**
Handful of Almonds

**Dinner**
2 Baked or Grilled Skinless chicken breasts, Lemon glaze would be nice
Broccoli spears doused with Fat Free Zesty Italian dressing for added taste
Diet drink or flavored water for beverage

**No Naughty List Items!**

**Remember**
Always total your ‘Diet Adherence Tracking Square’ at the end of the day!
Day Two

"Yesterday wasn't so bad, I CAN do this"

**Breakfast:**
Any of these: Turkey, Steak, Ham, Pork Chops, Chicken (Normal portion)!!!
1 glass of AA Diet Protein Drink
Remember to use the 15 second chew rule
Plus a handful of Almonds  (You're probably wondering why Almonds keep showing up? I'll tell ya later.)
Selection from Beverage Options

**Lunch:**
1 or 2 Chicken Wraps made with low carb tortilla (available at most grocery stores), be sure to skip the cheese or any other dairy.
At this point the AA diet is starting to kick in. You may not feel hungry. SO, If you are not hungry, don't eat lunch!

**Dinner:**
2 - 3 Pork Chops (substitute baked, skinless chicken if you don't eat Pork)
Collard Greens, Turnip Greens or Cauliflower
Glass of Red Wine or a Diet Beverage or any beverage on the Nice List
No Cheating! And avoid eating past 7:30 P.M.
Day Three

"Only 12 Days To Go!"

Breakfast:
Farmers Healthy Omelet: made with diced ham, onions, peppers & Eggs Beaters
1 glass of AA Diet Protein Drink

Lunch:
Classic Egg & Turkey Salad with Romaine Lettuce
Water with 3 to 4 squeezed lemon wedges

Dinner:
London Broil
French Style String Beans
No Bread items!!!

Stop Signs or Dance:
The AA diet does NOT require you to exercise to lose weight, BUT today I want you to do
15 minutes of either Stop Signs or Dance. Stop Signs, just means that you walk up the street,
to your nearest stop sign twice and walk back home twice. The second time you walk to the
stop sign, you will walk at a faster, more brisk pace.
Dance means that you just put on some of your favorite fast jam music in the house and
dance like at a party for at least 15 minutes or so. All Black folks can sort of dance, and even
if you can’t just fake it. That’s it. This will help to raise your metabolism so that you burn
fat faster. Do either one of these and you will be on your way!

Remember, if you are not hungry - then skip a meal. Eat only when you are hungry and not
out of habit. You body is starting to tell you, it really doesn’t need to eat three meals a day.
Day Four

"I'm Havin’ Fish Tonight!": Quote from Bruce the shark, (Disney & Pixar’s Finding Nemo movie)

Today we introduce FISH! Fish is the great high protein, high omega-3, cardiovascular protection, lean-mean food source that nature wants you to eat most!

**Breakfast:**
1 glass of AA Diet Protein Drink  
Scrambled Eggs (Egg Substitute), Bacon, Green Peppers, Onions and any of the nice list fixings  
2 - 3 Slices of Ham, Turkey, Chicken  
Any Coffee, Tea, or Water beverage with Aspartame sweetener as needed (Remember, NO FRUITS OR FRUIT JUICES)  
No milk, cereal, bread, toast, muffins, bagels or fast food junk

**Lunch:**
6" Turkey or Chicken Low Carb Wrap - Subway’s got a good one (skip the cheese)  
Beverage on the Nice List  
Hand full of Almonds  
Stay away from bread

**Dinner:**
2 seven inch slabs of Salmon, Tuna, Trout, or Whitefish (Baked, Grilled, or Blackened)  
Broccoli, Spinach, String Beans, or Collard Greens  
Romaine Lettuce Salad with Balsamic Vinegar or Fat Free Italian Dressing  
Beverage on the Nice List  
REMEMBER, DO NOT FRY MY FISH!!!

*By day four, you will notice that you are eating entirely different than you use to! Your body will start to notice too and reward you by slimming down your figure! You are changing! Your taste buds are changing. Your body is changing and will reward you with a better body.*

*Remember, you can eat as much of any item on the Nice List (normal sized portions, please). It was the Naughty List stuff that helped make you fat in the first place!*
Day Five

"I Can Feel Myself Getting Slimmer!"

**Breakfast:**
1 glass of AA Diet Protein Drink
3 strips Bacon or 2 Sausage links
2 Eggs (Egg Beater or Egg Substitute only)

**Lunch:**
Two hamburger patties (normal size), with onions or Two grilled chicken breasts - throw the bread away if you buy these in sandwich form from a restaurant. Bread is just filler.
Romaine Lettuces salad doused with Balsamic Vinegar or other fat free dressing
Beverage on Nice list

**Dinner:**
Two or three slabs (no more than 6 inches each) of Mahi, Mahi fish (Grilled, Blackened or Baked). Remember, don’t fry my fish! You can substitute 10, (alright 11) jumbo sized shrimp instead of the Mahi, Mahi if you like.
Steamed broccoli, lightly doused with Zesty Fat Free Italian Dressing (Kraft has a good one)
Beverage: 1 or 2 glasses of Red Wine (a Merlot is a good choice) or diet beverage of your liking.

"Bon appetite" Notice that on the AA diet, you eat well or don’t bother! This is good food.
Day Six

“Sirloin Steak Today - Yum!”

Breakfast:
1 glass of AA Diet Protein Drink
Stir Fry (made with Grilled Chicken strips, Turkey, Broccoli, Mushrooms) about 2 cups equals one serving.
Yes! Stir Fry for breakfast. Does that seem odd to you? It’s not. It’s the way nature wants you to eat. The odd way, is the way typical Americans eat. You are changing - remember? Forget eating the old establish breakfast meals.
Have a second helping if you like!
Beverage from the Nice list

Lunch:
1 Grilled Spicy Turkey Burgers (See Recipes)
Handful of Almonds
Beverage from the Nice list

Dinner:
Caramelized Onion Steak (See Recipes)
Greens, spinach or Green Beans
Beverage from the Nice list

Remember, you can skip dinner if you want to. You may not be hungry enough to eat dinner. If you are not hungry, then Do Not eat. Lose that, “must eat three meals a day mentality.” Even though the Steak dinner here may be absolutely appealing, your new diet is causing you not to be as hungry as you ordinarily would be during dinner time. Your body is beginning to tell your mind to stop thinking about food, because your body is still full!
Day Seven

“\textbf{I’m Over The Hump}”

\textbf{Breakfast: Mushroom Scramble}
1 glass of AA Diet Protein Drink
1 to 2 teaspoons butter, 1 tablespoon minced onion
\quad \frac{1}{4} \text{ cup sliced mushrooms, 3 Egg Beaters or Egg Substitute}
1. Melt butter in heavy skillet, medium heat, sauté the onion and mushrooms for 4 to 5 minutes, or until the mushrooms are tender.
2. Add Egg Beaters or Egg Substitutes, scramble until set, and serve.

\textbf{Lunch: Ham Slice w/Mustard Sauce}
\quad \frac{3}{4} \text{ tablespoons oil, Ham steak, about }\frac{1}{2} \text{ pound}
\quad \frac{1}{8} \text{ cup water, }\frac{3}{4} \text{ tablespoons prepared mustard}
\quad \frac{3}{4} \text{ tablespoons of Equal or Splenda sweetener}
\quad \frac{1}{8} \text{ teaspoon blackstrap molasses, Salt and pepper}
1. Put the oil in a heavy skillet over medium heat, and fry the ham steak until it is golden on both sides. Remove the ham from the skillet, set it on a platter and keep it warm.
2. Pour the water into skillet, stir, scraping up all the brown bits from the ham. Stir in the mustard, sweeteners, molasses, salt and pepper to taste. Pour over the ham, and serve.

\textbf{Dinner: Baked Orange Roughy}
\quad \frac{3}{4} \text{ pounds orange roughy fillets, cut into serving-size pieces}
\quad \frac{1}{2} \text{ teaspoon salt or Vege-Sal, Pepper}
\quad \frac{1}{8} \text{ medium onion, thinly sliced, 1 tablespoon bottled lemon juice}
\quad \frac{1}{8} \text{ cup butter, melted, Paprika, Minced fresh parsley (optional)}
1. Preheat the oven to 325 degrees F. Spray a shallow baking dish with nonstick cooking spray.
2. Arrange the fish in the prepared pan, and sprinkle with salt and pepper to taste. Scatter the onion over the fish.
3. In a small bowl, combine the lemon juice and butter, and pour over the fish and onion. Sprinkle with paprika.
4. Bake, uncovered, for 30 minutes. Sprinkle with parsely (if using), and serve. Yield: 4 servings
Day Eight

“Cajun Chicken Salad For Lunch”

**Breakfast: Rodeo Eggs**

1 glass of AA Diet Protein Drink
2 slices bacon, chopped into 1-inch pieces, and 2 thin slices of onion
2 Egg Beaters or other Egg Substitutes, and 2 thin slices Cheddar cheese

1. Fry bacon in a heavy skillet over medium heat. Push aside cooked out fat and put in onion slices, frying on each side until translucent. Remove onion and set aside.
2. Continue frying bacon until crisp. Pour out grease, and distribute the bacon bits evenly over the bottom of the skillet. Pour in Egg Beaters or Egg Substitutes and fry for 1-2 minutes until bottoms are set but tops are still soft.
3. Place a slice of onion over each yolk, and then cover the onion with a slice of cheese. Add a teaspoon of water to the skillet, cover, and cook for 2 to 3 minutes, or until the cheese is melted.
4. Cut in half and serve.

**LUNCH: Cajun Chicken Salad**

1 boneless, skinless chicken breast, ½ teaspoon Cajun Seasoning
½ sweet red pepper, cut into small strips, ½ green pepper, cut into small strips
1/8 sweet red onion, thinly sliced, 1 & 1/2 tablespoons of tarragon vinegar
1 teaspoon spicy brown or Dijon mustard, ½ clove garlic, crushed
1/6 cup olive oil, ½ teaspoon dried tarragon, Salt and black pepper to taste

1. Place chicken breast in a large, heavy zipper-locked bag, and pound with a meat tenderizer, hammer, or other heavy object, until it’s about ¼ inch thick.
2. Sprinkle both sides of each pounded chicken breast with Cajun seasoning. Grill or sauté until cooked through. Cut chicken breast in strips about ¼ inch wide. Combine with the peppers & onion.
3. In a small bowl, mix tarragon vinegar, mustard, garlic, oil, dried tarragon, and salt and pepper to taste; mix well. Pour over the chicken and vegetables, and toss. Serve immediately or let sit to allow flavors to blend.

**DINNER: Steakhouse Steak**

Olive oil, 1.5-2lbs steak 1-2 inches thick

1. Rub steak with olive oil.
2. Turn broiler on high. Steak should almost touch element. Leave the door open. Cook 5-6 minutes. Flip and cook until done.
Day Nine

“Fast Food For Lunch Today”

BREAKFAST: Country Scramble
1 glass of AA Diet Protein Drink
1/2 tablespoon butter
1/8 cup diced cooked ham
1 tablespoon diced onion
1-2 Egg Beaters or Egg Substitutes, beaten

1. Melt the butter in a skillet over medium heat. Add the ham, green pepper, and onion, and sauté for a few minutes, until the onion is softened.
2. Pour in the Egg Beaters or Egg Substitutes, and scramble until the Egg Beaters or Egg Substitutes are set. Add salt and pepper to taste, and serve.

LUNCH: We’re Going To Wendy’s!

It is true that most restaurant fast foods are on the Naughty List, BUT on day nine we make an exception. We make this exception to show that it is possible to go to a fast food restaurant and actually eat something in line with the AA diet.

1 Ultimate Grilled Chicken Sandwich
OR
Mandarin Chicken Salad
Fat free French dressing
Diet beverage or other beverage from the Nice List

OK, admit it. Ordinarily you would have had a double cheeseburger, with biggie sized fries and large soda pop or a Frosty.

DINNER: Baked Lemon-Pepper Tilapia with side of Green Beans

6 Tilapia Fish Fillets
Butter flavored nonstick cooking spray
Lemon Pepper Spice (I like Tone’s brand, but almost any will do)

1. Preheat oven to 400 degrees. Spray a sheet of aluminum foil with nonstick cooking spray. Sprinkle the Tilapia fillets with lemon pepper blend on both sides. Arrange fillets on the aluminum foil and place in a roasting pan and cover with more foil. Roast the fillets, turning once, for about 17 minutes.
2. Remove from oven, and serve with a side of Green beans with butter substitute.
Day Ten

“Another Day on the AA”

BREAKFAST: Sausage Confetti Frittata
1 glass of AA Diet Protein Drink
¼ pound uncooked pork sausage, ¼ cup diced green pepper
¼ cup sweet red pepper, ¼ sweet red onion, ¼ cup grated Parmesan cheese
1 teaspoon Mrs. Dash brand seasoning (original), 8 Egg Beaters or 8 Egg Substitutes

1. In a large, oven skillet, start browning & crumbling the sausage over medium heat. Drain off fat, add the green peppers, red peppers, and onion to the skillet. Cook the sausage and peppers until sausage is done thoroughly. Spread the sausage and pepper mixture evenly layer on the bottom of the skillet.
2. Beat the Parmesan cheese and Mrs. Dash into the Egg Beaters or Egg Substitutes, and pour the mixture over the sausage and veggies in the skillet.
3. Turn the burner to low, and cover the skillet. (You may use foil) Let the frittata cook until the Egg Beaters or Egg Substitutes are mostly set. This will take 25 to 30 minutes, but the size of your skillet will affect the speed of cooking, so check periodically.
4. When all but the very top of the frittata is set, slide it under the broiler for about 5 minutes, or until the top is golden brown. Cut into wedges and serve.

LUNCH: Tuna Salad
Two Egg Beaters, 2 large celery ribs, ½ green pepper, ¼ medium sweet red onion
1 can chunk light tuna, 1/3 cup Kraft fat free salad dressing

1. Dice up the vegetables to preference
2. Add the tuna, Egg Beaters, salad dressing, and mix thoroughly

DINNER: Parmesan Shrimp
2 tablespoons butter, 1½ cups heavy cream, 1 tablespoon finely chopped onion
3 tablespoons grated Parmesan cheese, 1 clove garlic, ¼ teaspoon ground pepper
¼ teaspoon salt, 3 tablespoons Heinz brand low-carb ketchup
1 pound cooked shrimp, cooked, peeled, deveined, ¼ teaspoon white pepper

1. Melt butter in medium saucepan, and sauté onions in it until tender, but not brown. Add garlic, salt, and peppers. Stir in cream, Parmesan cheese, & low-carb ketchup.
2. Bring to a broil, and then reduce heat and simmer, uncovered, stirring occasionally, until the sauce thickens (15-20 minutes).
3. Stir in cooked shrimp. Move to a serving plate and garnish.
Day Eleven

“African Chicken For Dinner”

BREAKFAST: Cube Steak w/Mushroom Sauce
1 glass of AA Diet Protein Drink
1 or 2 cube steak patties
½ small can Campbell’s “Healthy Request” Cream of Mushroom soup

1. Brown both sides of cube steak(s) in small amount of vegetable oil
2. Cover and cook 10-15 minutes or until tender
3. Pour soup over steak(s) and let simmer for another 5 minutes, then serve.

_Enjoy a handful of almonds or walnuts along with this breakfast._

LUNCH: Festive Italian Romaine Salad
1 bunch Romaine lettuce, torn
1/2 red onion, sliced thin
1 pt. fresh strawberries, sliced
½ cup Kraft brand fat free Zesty Italian dressing

1. Toss lettuce, onion, and berries. Add dressing and serve.
2. Optionally you could add some cherry tomatoes

DINNER: African Chicken
4 lb. chicken pieces, 1/4 c. vegetable oil, 1 tsp. salt, 1 tsp. curry powder
1 lg. onion, peeled and sliced, 1 lg. sweet red pepper, cut in strips
1 lg. onion, 1 lg. sweet red pepper, 1 lg. tomato, 1½ c. uncooked wild rice
1/4 c. low fat crunchy peanut butter, 1/4 c. warm water

2. Remove all but 2 tablespoons of oil and drippings in pan. Stir in curry powder/salt
3. Stir in onion, red pepper, and tomato. Cover and simmer 5 minutes.
4. Return chicken to pan. Cover. Simmer until chicken is tender about 15 minutes.
5. Remove chicken to large platter. Blend peanut butter and water. Stir in vegetables.

_This Ugandan recipe is sure to please_
Day Twelve

“Asia and Africa”

BREAKFAST: Chinese Shrimp Egg Fo Young Omelette

1 glass of AA Diet Protein Drink
10 to 15 very small shrimp
2 Egg Beaters or egg substitute
Olive Oil
Iceberg or Romaine Lettuce

1. Chop lettuce
2. Cook lettuce in wok with olive oil
3. Mix cooked lettuce up with eggs
4. Pour out mixture into pan and cook like omelette
5. When half done, lay shrimp on top and continue cooking, flip and cook other side.
6. Garnish with scanlons and serve!

LUNCH: Asian Turkey Burgers

1 pound of ground turkey, ¼ cup minced onion, 3 tablespoons chopped fresh parsley
2 tablespoons Worcestershire sauce, 2 tablespoons minced green bell pepper
1 tablespoon lite soy sauce, ¼ teaspoon pepper, 2 cloves garlic, crushed

1. Combine all ingredients in a big bowl and squeeze together.
2. Divide into 3 equal portions, and form into patties
3. Spray a skillet with nonstick cooking spray, and place over medium-high heat.
   Cook about 5 minutes per side
   Serve open face with only the bottom bun. Add condiments as needed.
   Makes 3 servings

DINNER: African Style Chow Mein

1 1/2 lb. ground beef, browned & drain grease
2 c. celery
2 lg. onions
3 tbsp. soy sauce
1 can Campbell’s Healthy Request cream of mushroom soup
1 c. raw wild rice

Combine all ingredients and pour 3 1/2 cups boiling water on top and mix. Bake at 350 degrees until done. To reheat add any soup such as: cream of celery, cream of mushroom or cream of chicken.
Day Thirteen

“Chicken & Fish The African American Way”

BREAKFAST: Chicken, Bacon, Vegetable Breakfast Wrap
1 glass of AA Diet Protein Drink
8” Low Carb Tortilla shell, 3 Strips of cooked, crisp bacon
6 or 7 strips of grilled chicken breast strips (I like Tyson brand)
2 table spoons of frozen chopped collard greens
1 or 2 table spoons of fat free salad dressing, pepper & garlic to taste (no salt)

1. pan fry the bacon until cooked and crisp
2. microwave or heat the chicken strips until very hot
3. microwave or heat the chopped greens until very hot
4. arrange cooked bacon and chicken strips along the middle of the tortilla shell
5. spread salad dressing, greens, pepper & garlic along the meats, wrap and serve

Lunch: Bacon Wrapped Trout Fillets (4 servings)
3/4 c. melted butter, 1 pkg. dry onion soup mix, 1/4 tsp. pepper
3 lb. trout, 1/2 lb. bacon

Combine butter, soup mix, pepper. Spread trout with mixture and wrap bacon sliced about them. Secure with toothpicks. Cook 10 minutes per side or until meat flakes easily.

DINNER: Tilapia on a Nest of Vegetables
3 tablespoons olive oil, 1 cup red pepper, cut into strips
1 cup yellow pepper, cut into thin strips
1 ½ cups zucchini or 1 ½ cups yellow squash into matchstick strips
1 cup sweet red onions, thinly sliced, 1 clove garlic, crushed
1 pound tilapia fillets, ¼ teaspoon garu

1. Heat olive oil in heavy skillet, medium-high heat, sauté the peppers, zucchini, or squash, onion, and garlic for 2-3 minutes, stirring frequently.
2. Sprinkle tilapia fillets lightly with Mrs. Dash & pepper, lay them over the vegetables in the skillet. Cover, turn the burner to medium-low, and let the fish steam in the moisture from the vegetables for 13 minutes, or until it flakes easily.
3. With a spatula, carefully transfer the fish to a serving platter, use a slotted spoon to pile the vegetables on top of the fish. Pour the liquid that has accumulated in the skillet into a blender, and add the garlic. Run the blender for a few seconds, then pour the thickened juices over the fish and vegetables and serve.
Day Fourteen

“Last Day of Step One”

BREAKFAST: Breakfast Half
1 glass of AA Diet Protein Drink
½ (the bottom half) English muffin
1 slice of ham or 3 bacon strips
1 egg equivalent (½ of container Egg beater = 1 egg)
¼ teaspoon pepper or Mrs. Dash seasoning

Lunch: King Chicken Salad

3 cups of cubed or sliced cooked chicken strips
¼ cup Kraft® Fat Free Miracle Whip salad dressing
¼ cup low fat sour cream
1 tablespoon lemon juice
1 teaspoon sugar
1 teaspoon Dijon style mustard
¼ teaspoon Black pepper
½ cup of sliced celery
5 thin slices of cucumber
several slices of radishes
Romaine lettuce

Mix the salad dressing, sour cream, sugar, mustard and pepper in a large bowl, next add chicken, and celery. Refrigerate covered for 1 hour. Serve salad mixture on bed of Romaine lettuce and top with radishes, and cucumbers.

Dinner: 4 or 5 of "Aunt Silvia's Bumble Bee Tastin' Great Salmon Croquettes" (Yield 16)

See recipe section for details
look for other great receipes at our website
www.aadiet.net
or
www.africanamericandiet.com
Aunt Silvia's Bumble Bee Tastin' Great Salmon Croquettes

Two cans of Bumble Bee® brand pink salmon (It's OK to use other canned pink salmon, but Bumble Bee just tastes better to me)

¾ of a Green pepper, very finely diced, ⅛ of a sweet onion, very finely diced
One tablespoon Old Bay seasoning, seven tablespoons of Yellow, self-rising corn meal (I like Martha White, but any will do)
2 Egg beaters or other 99% real egg substitute (equals 2 eggs), 1 tablespoon pepper
½ teaspoon of salt, 1 teaspoon of paprika, ½ cup of vegetable oil, Large skillet

1. Open both cans of Salmon and allow the liquid from both cans to drain out into your sink. Leave the salmon in the cans.
2. After draining both cans completely, empty the contents of one can of salmon into the palm of your hand.
3. Remove any black skin, fine bones and small spine of the fish. The spine is usually in the center of salmon mass.
4. Take the remaining fish pieces / chunks and place them in a medium sized mixing bowl. Repeat this step for the second can of salmon.
5. Put your skillet on the stove and pour in your oil. Set the heat to medium and let the oil heat up. Allow at least 10 minutes.
6. Next, Aunt Silvia says to, "scrumple the fish up with your hands in the bowl, and give the salmon some loooove", I say, just use a large spoon and mix the salmon up until it is in very small pieces, A.k.a. "scrumple". Besides, the fish will know that you looove it when you eat it. If I didn’t love ya, I wouldn’t eat ya!
7. Next pour the diced green peppers and onions on top of the salmon.
8. Stir the mixture thoroughly with your spoon.
9. Next add your paprika, eggs, salt, pepper, and Old Bay seasoning.
10. Stir the mixture thoroughly again.
11. Pour your corn meal onto a paper plate, and shake the plate until the corn meal is distributed evenly around the plate.
12. Scoop out a palm sized amount of salmon mixture from your bowl, and knead/roll the mixture into a "football or egg roll" shape that is about 1" in diameter and about 2 ½ long.
13. Roll the football shaped salmon in the plate of corn meal until thoroughly covered. Don't forget to pat a little cornmeal on the ends/sides to make sure it’s completely coated.
14. Place the salmon roll into the hot oil AGAINST THE SIDE OF THE SKILLET and let it cook.
15. Repeat steps 12 through 14. You should get about 14 to 16 croquettes.
16. After about 3 to four minutes, it will be time to turn the first salmon croquette. Just take your fork, place it under the croquette and roll it up so that another part of the uncooked croquette is in the oil. You'll see the croquette brown on each side.
17. When golden brown on each side, remove each croquette from the oil and place on a paper towel lined aluminium pan or tray. Serve and eat with green salad or green vegetable dish.
Grilled African Apple Honey Mustard Chicken with Glaze using Foil

This dish only takes 25 minutes from start to your plate and makes 4 servings. You can also use this recipe in the oven, but a grill is better.

- 4 large chicken breast (skinless and boneless)
- 1 green apple
- Aluminum foil - cut into four sheets each 12” by 20”
- 3/4 cup peach jam or preserves
- 1 small red bell pepper
- 3 tablespoons of honey mustard
- 1 tablespoon cornstarch
- Pam brand or other cooking spray
- 1 clove of garlic minced (you can buy already minced garlic at your grocer)
- 1/2 teaspoon of ground ginger. (Important! don’t leave it out)
- 1/2 cup of sliced green onions (scallions)
- 3/4 cup of broccoli, green beans or garden salad (side dish)

1. Preheat grill to medium heat
2. Lightly apply seasoning to each chicken breast, seasoning such as Mrs. Dash original or salt and pepper as you like
3. Dice the red pepper into very small chunks
4. Cut the green apple into 8 parts. Split it first, then split the pieces until you have 8 equal parts. Remove any seeds or core.
5. Dice the 1/2 cup of green onion (scallions). Half will go with the chicken to the grill and save half for garnish
6. Combine and stir well the peach jam, red pepper, mustard, cornstarch, garlic, ginger and 1/2 of the green onions (save the rest of the green onion).
7. Spray medium amount of cooking spray on to each sheet of aluminum foil
8. Make 4 or 5 one inch slits in each chicken breast. Place each breast on foil sheet
9. Spoon mixture over the chicken pieces and two apple slices to each sheet
10. Double fold each side of the foil to seal them into packets
11. Rack each foil packet onto the grill and cover on medium heat for 11 to 13 minutes or until chicken is done with no pink in center
12. Pour out each foil packet with all content on a plate. Add saved green onions as garnish and serve with side dish of green beans, broccoli, or green salad
SALMON LOAF

1 can (14.75 oz.) Pink Salmon. I like Bumble Bee brand, but any will do
2 cups soft bread crumbs
1/3 cup finely minced onions
1/4 cup milk
2 eggs (use Egg Beater or other egg substitute)
2 tablespoons chopped parsley
1 tablespoon lemon juice
1/4 tablespoon dill weed
Dash black pepper

Drain and flake salmon, reserving 2 tablespoons liquid. Combine flaked salmon and reserved liquid with remaining ingredients. Place in well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan or shape into loaf on greased baking pan. Bake at 350°F for 45 minutes.

LEMON-MINT SHRIMP

25 med-large Shrimp
Lemon flavor and No-stick spray
Mint sauce (Black & Crosswell brand)
1) Remove shrimp from shells and de-vein.
2) Generously coat frying pan with both the mint sauce and lemon no-stick spray.
3) Sauté shrimp until they are evenly cooked and pink in color. This recipe has only 1-2 carbs and 21 g protein, with virtually no fat.

CHICKEN WITH SPIRIT

4 boneless skinless chicken breasts
1 tbsp butter
1/2 small onion, minced
1 garlic clove, crushed
1 tbsp parsley
1 teaspoon brown sugar
1 tbsp mustard
1/2 cup chicken stock
1/4 cup red wine, 4 tbsp gin

Melt the butter and sauté the chicken until browned. Transfer to ovenproof dish. Cook onion until soft. Purée (crush, pound, smash) the remaining ingredients together, then add to pan, heat through, pour over chicken and cover dish. Bake at 350 degrees 15 to 20 minutes for boneless breasts and 30 to 40 minutes for bone-in split breasts.
CARAMELIZED SWEET ONION STEAK

2 tablespoons sugar  
1 pound boneless top sirloin steak  
1 onion, sliced thin  
3 tablespoons Worcestershire sauce  
1/4 cup water  
No stick cooking spray, Fat Free

Coat a 12 inch skillet with cooking spray and heat over high heat. Add onions, cook and stir for 3 to 4 minutes or until brown. Remove onions from skillet and set aside. Clean skillet with a towel and re-coat same skillet with cooking spray and heat again over high heat. Add beef steak and cook for 13 to 15 minutes for medium to medium well meat. Remove steak and skillet from heat. Let steak stand for about 4 minutes or so. Return skillet to high heat until hot. Add onions, water, Worcestershire sauce and sugar. Cook for 40 to 50 seconds or until most of the liquid has evaporated. Thinly slice beef diagonally and serve with onions.

STIR-FRY AFRICAN BEEF BASIL

1 pound boneless chuck  
Stir Fry vegetables: broccoli, snow peas, string beans, baby corn, etc...  
1/2 cup peanut oil or vegetable oil  
7 scallions, cut into 1 inch strips  
2 teaspoons dried basil or 2 tablespoons chopped fresh basil  
1 tablespoon lite soy sauce  
1/4 teaspoon Equal or Splenda sweetener  
pinch of pepper

Slice the beef across the grain very thin  
Pour oil into wok or heavy skillet over high heat, then when hot add beef for a minute or two. Add scallions & vegetables, and stir-fry for another 3 to 4 minutes our until all pink is gone from beef. Add the basil, soy sauce, sweetener, and pepper to taste. Toss the beef and continue to cook. Serve.
AFRICAN AMERICAN MEAT LOAF (8 Servings)

2.5 pounds ground beef or ground chuck
5 ounces Kraft Fat Free cheese, diced small or grated
1 Egg beaters canister
1 medium onion, chopped
1 green pepper, chopped
1 small rib of celery, chopped
1 teaspoon salt
½ teaspoon pepper
½ teaspoon paprika
½ cup low carb ketchup (Heinz)

Heat oven to 375 degrees
Mix all ingredients in a large bowl, until thoroughly blended
Pack meat blend into a large loaf and bake for 1½ to 1¾ hours
spread ketchup over loaf during last 15 minutes of baking and return to oven, then serve

QUICK SHRIMP STIR-FRY (1-2 SERVINGS)

¼ cup peanut oil
15 medium frozen, cooked peeled shrimp
1 cup frozen “stir-fry blended vegetables”
1½ tablespoons lite soy sauce
½ teaspoon garlic powder
½ teaspoon Splenda sweetener

Heat oil in skillet or wok over high heat. Pour shrimp and vegetables into skillet.
Stir-fry for about 4 or 5 minutes, or until shrimp are hot and vegetables are tender and crisp. Stir in soy sauce, garlic powder, sweetener and serve.
BLACK AMERICAN LEMON BUTTER PISTACHIO CHEDDAR TROUT

This is my favorite dish and a great source of Omega-3 and protein.

2/3 cup white cooking wine
¼ cup lemon juice
3/4 cup heavy cream
½ teaspoon pepper
1 tablespoon Equal or Splenda sweetener
15 oz. tube of butter (use “I Can’t Believe It’s Not Butter”) Do Not Use Real Butter
2 cups Progresso brand Italian style bread crumbs
½ cup Kraft brand Fat Free cheddar cheese
½ cup crushed pistachio nuts
½ cup Egg Beaters or other eggs substitute, Remember No Real Eggs
½ cup buttermilk
6 to 7 butterflied trout fillets
2 artichoke hearts, quartered and sautéed in butter and wine per serving
Basil for garnish

1. Make lemon butter sauce by combining white wine and lemon juice in a saucepan. Let simmer until reduced in volume by half. Add heavy cream and let simmer until thick but not brown. Add salt, pepper and sweetener. Whisk in all but 1 ½ ounces of cold butter pieces slowly over low to medium heat. You will save the extra 1 ½ ounces to sauté the fillets later.

2. Combine bread crumbs, cheese and pistachio nuts. Pour into shallow plate. In a separate shallow pan, mix egg beaters and buttermilk. Lay trout meat, flesh side down, into the wet mixture, then press the trout into the bread crumb mixture. It’s important to PRESS the mixture into the fish flesh, but not too hard.

3. In a sauté pan heat the extra 1 ½ ounces of butter. When hot, add trout with breading side down. Cook on breading side down for about 2 to 3 minutes. Flip and finish cooking in a 350 F oven for about 7 minutes depending on the thickness of the trout.

4. To serve, place artichoke hearts and basil on the trout and spoon ample lemon butter sauce on to fish.
APPLE ALMOND CHICKEN SALAD

6 ounce chicken breast (you can buy grilled chicken strips if you like)
4 ounces cubed red delicious apples that have marinated in a citrus vinegar (see note below)
5 ounces washed, chopped romaine lettuce
2 ounces Kraft Fat Free Cheddar cheese
3 ounces diced tomatoes
½ ounce shredded red cabbage
Toasted almonds

1. Grill chicken until done (you can buy grilled chicken strips already done if you like) Slice and cut into cubes and place in a large mixing bowl. Add marinated apples.
2. Pour chicken and apple mixture onto lettuce. Top with cheeses, diced tomatoes, shredded red cabbage and toasted almonds.

Season chicken to taste before grilling. At the restaurant, the chicken is brushed with barbecue sauce before being grilled. You can make your own vinegar or look for Kraft Fat Free brands in supermarkets. Let fruit marinate 1 hour. To toast nuts, spread almonds evenly on baking sheet or pie plate. Bake, stirring occasionally, at 375 F 7-8 minutes or until lightly browned. Serve

DIJON ZESTY AFRICAN ITALIAN CHICKEN

SERVES 2

4 Skinless, boneless chicken breasts
1 Can College Inn brand “Light & Fat Free Chicken Broth”
1/8 Cup of Kraft Free Zesty Italian Fat Free dressing
4 tbsp Dijon style mustard
4 tbsp basil
1/2 teaspoon pepper

1. Brown chicken on both sides in a skillet
2. Add chicken broth, basil and pepper
3. Cover tightly and simmer on medium heat
4. Turn each breast over every 7 minutes or so, poke holes in the breasts to allow broth to enter the meat
5. Chicken is done in about 30 minutes, remove the breasts and smear with dijon mustard evenly.
6. Pour a light amount of the chicken broth on the breasts
7. Pour a liberal amount of dressing on the breast
8. Serve with steamed broccoli or other vegetable

HINT: Steamed broccoli with the dressing is very tasty
Georgia Style Low Fat Cheesy Tuna Cakes
Makes about 10 servings.

1 7 ounce pouch light chunk tuna. I like Bumble Bee brand light tuna
1 cup Kraft fat free brand cheddar cheese
2 eggs (always use Egg Beaters or other real egg substitute)
3/4 cup crushed light tortilla corn chips
1/2 cup diced red onions
1/3 cup diced red bell pepper
1 can (7 oz) chopped green chilies
2-3 teaspoons Mexican chili seasoning blend
2 tablespoons chopped cilantro
2-3 teaspoons vegetable oil for frying

Combine tuna, crushed chips, cheese, eggs, onion, bell pepper, chilies, seasoning and cilantro in a bowl. Mix and stir thoroughly. In your hand, palm about 1/3 cup of the tuna mixture. Shape into tuna patties. Heat 2 tablespoons oil over medium heat in a skillet or frying pan. Cook both sides of the tuna cake until golden brown (usually about 3 to 5 minutes per side). Serve with fat free sour cream or you could use salsa as well.

Southern Style Collard Greens

2 bunches collard greens
5 slices of reduced fat bacon or 5 thin slices of ham cut into pieces
2 tablespoons of bacon bits
1 tsp. Mrs. Dash seasoning
1 tsp. Black pepper
2 tablespoons of basil
1/2 c. Onions, chopped
1/2 c. Green pepper, chopped

Select tender, big leaf collards. Inspect and wash greens thoroughly. Rip the green leaves off along the stem down the center of each leaf. Discard the big stem. Tear each leaf into 1” to 2” pieces by hand. Add collards, bacon, seasoning, onions, and peppers and pepper to a pot of cold water. Cover pot with lid and leave slight opening for steam to escape. Let cook 45 minutes to an hour on high heat. Collards are done when leaves turn dark green and shrink. Drain excess water and serve hot. Condiments typically include vinegar, tobasco or hot sauces.
Skillet Orange Roughy

1 tablespoon butter
1 1/2 pounds orange roughy fillets, about 1/2-inch thick
2 tablespoons fresh lemon juice
Salt and freshly ground black pepper to taste
2 tablespoons chopped flat-leaf parsley
1 lemon, cut into wedges

Melt butter in a heavy nonstick skillet over medium heat. Arrange fillets in skillet. Drizzle with lemon juice and season with salt and pepper. Cover skillet and simmer 8 to 10 minutes or until fish flakes easily. Serve with parsley and lemon wedges.

African Chicken and Greens

1 (3 to 4 lb.) chicken, cut up
1 lg. carrots, peeled and sliced
2 tsp. ground coriander
3 (10 oz.) pkgs. frozen spinach or collard greens
1 lg. onion, chopped
1 clove minced garlic
3 tbsp. butter

Put chicken in pieces in large pot with onion, carrots and cover with water. Simmer one hour. Remove chicken and save onion and carrots. Discard stock and melt butter in large fry pan. Add salt, garlic and coriander. Brown chicken on all sides, remove from pan. Place thawed greens in fry pan, cover with layers of browned chicken. Cover and simmer for 15 to 25 minutes. Serve with rice.
African Hot Dish

1 lb. ground beef
1 lg. onion, chopped
2 c. celery, chopped
2 cans water (use soup cans)
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. uncooked wild rice
2 tbsp. soy sauce

Brown and drain ground beef. Saute onions and celery. Add to ground beef. Stir in soup, rice, water, and soy sauce. Mix thoroughly and pour in lightly greased 2 quart casserole. Bake 1 hour (or more until rice is done) in a 350 degree oven for 45 to 60 minutes.

African Turkey Lettuce Wrap

Makes: 1 serving
1/2 cup grocer coleslaw mix blend

1 Tbsp. Light MIRACLE WHIP salad dressing
1 tsp. teriyaki sauce or soy sauce
2 full lettuce leaves
6 slices OSCAR MAYER Turkey Breast
1 KRAFT 2% Milk Singles, halved

TOSS coleslaw blend with dressing and teriyaki sauce; spoon evenly onto lettuce leaves.
TOP with remaining ingredients. Fold in sides of lettuce leaves; roll up to completely enclose filling.
FOIL GRILLED BARBECUE CHICKEN
Makes: 4 servings

4 boneless skinless chicken breasts
3-4 Tbsp. Durkee brand Grill Creations Chicken & Rib Rub (or any chicken rub)
2-5 Tbsp. Colgin brand “Liquid Smoke” flavoring (optional)
3-4 Tbsp. Buffalo style chicken wing sauce
5-6 Tbsp. chunky style salsa mild
1 sheet of aluminum foil (24” long)

Preheat gas grill to 450 degrees. Test (hold hand about 3” above grill grate for 4 seconds)
Make sure breasts are thawed but still cool
Make small slits with a knife in both sides of the breast, making sure not to cut through the meat
Coat foil with generous amount of cooking spray
Place breast on foil and rub chicken rub into each side of meat with fingers or spoon
Sprinkle remaining ingredients over rest of meat
Grill for about 25 - 30 minutes or until meat has internal temperature of 170 degrees
Remove from heat and serve
Option 1: Remove breasts from foil and finish off on the grill over cooler direct heat for a more traditional grilled look and flavor
Option 2: Drizzle additional preheated barbecue sauce on meat for warm fuller flavor.