

The Hamptons Diet Principles

The Hamptons Diet is one of the first diet programs designed around the concept of slow-release carbohydrates. For the last twelve years, I have recommended eating healthy carbohydrates. The main problem with the low-carbohydrate movement was that people couldn't get beyond thinking that the only way to lose weight was to eliminate all carbohydrates and stick solely to proteins. I have always advocated eating healthy carbohydrates, which are now termed *slow carbs*. The Hamptons Diet concept is to make balanced moderation sexy.

The Hamptons Diet is a Mediterranean diet that I've updated to reflect how Americans eat today; it also includes an entirely new ingredient—macadamia nut oil. I was so impressed with macadamia nut oil as a healthful cooking ingredient that I formed a company to import it into the United States because it was relatively scarce when I first began to talk about it. Recently, many people have started to use the oil, and it is now commonly available throughout this country and the world.

This chapter of the book is for anyone who has not read *The Hamptons Diet* or who follows a different eating program and has bought this book for its delicious recipes. The next few pages explain the basic principles of the Hamptons eating lifestyle.

The Hamptons Diet— It's as Easy as A, B, or C

There are three phases to the Hamptons Diet. Each recipe in the book specifies which phase of the diet that dish is suited for. Jeff and I tried to make most of the dishes fit every phase of the diet. Only a few are just for the advanced stages of the diet program. Since I can't explain the complete diet in this cookbook, simply use the following pyramids as a guide, or read *The Hamptons Diet* for the full explanation.

The A plan is for people who are just starting on their weight-loss regimen. It's the most restrictive phase of the program; however, you'll soon discover that it's not that restrictive at all. There are many delicious, satisfying recipes for you to eat. Follow this program if you want to lose weight.

The B plan is for people who have no weight to lose or else they are trying to learn to eat more healthfully. This is the transition phase of the program. You have lost weight on the A plan and are now within five pounds of your goal; therefore, you need to learn how to incorporate more foods into your eating regimen and continue at this level.

The C plan is for people who have finished losing weight or have learned to avoid obviously unhealthful foods and are looking for a lifestyle approach to weight management and wholesome eating.

Rebuilding the Food Pyramids

To help you understand the many complexities of the food chain and how it translates into healthy eating, I devised a method using tools that most of us are somewhat familiar with—food pyramids. Because even the new and improved USDA food pyramid isn't very user-friendly, I broke up the

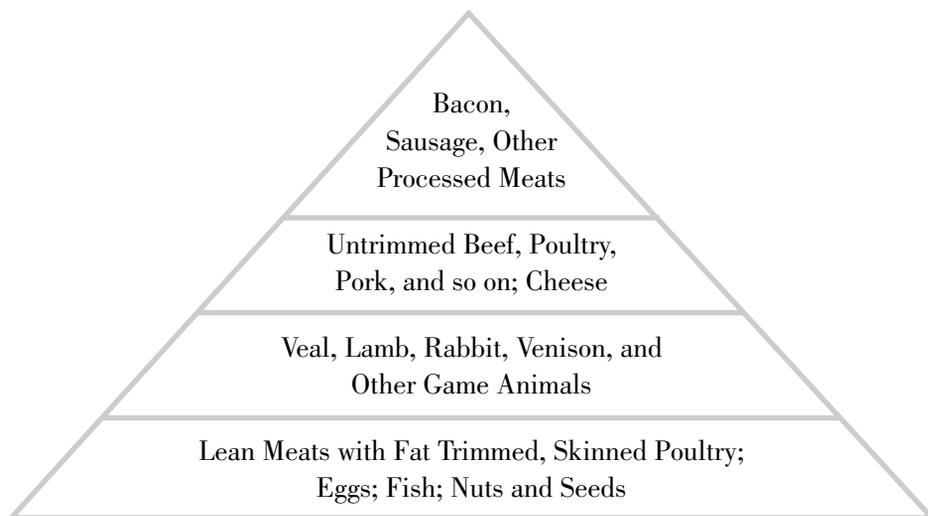
categories of food into their various components: proteins, carbohydrates (vegetables, grains, and fruits), and fats.

By using these pyramids, you can easily figure out how to eat in any situation. My patients have even photocopied the pyramids, shrunk these to wallet- or purse-size, laminated them, and now carry the pyramids wherever they go. If they get hungry or are in a restaurant or a grocery store, they check the pyramid to see where a particular food falls, and if it's on the bottom tier, they know it's safe and healthy to eat.

Since each pyramid has a slightly different set of rules, I'll explain them individually.

The Protein Pyramid

Generally, all foods in this category are permitted; however, it is healthier to limit the top two tiers of foods because they either have more calories or are more highly processed. That's not to say that you should avoid those foods entirely, as some of my recipes incorporate each of these foods, but you should do your best to limit them. Eggs are a perfectly acceptable form of protein, and you are encouraged to eat them. The old wives' tale about eggs raising one's cholesterol needs to be banished. If you buy organic eggs,



THE PROTEIN PYRAMID

they are one of Mother Nature's most perfect foods and are also a natural cholesterol-lowering agent. Don't be afraid to enjoy them.

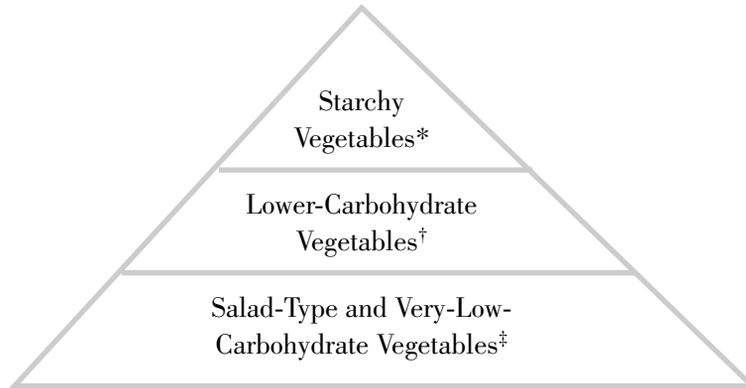
The Carbohydrate (Vegetable) Pyramid

For this pyramid, avoid the top tier when you are trying to lose weight and eat most of your vegetables from the bottom tier. This applies to the dieters using the A program from the book.

If you are on the B program, which is for people who need to lose only a few pounds or you have already lost as much as you want to and are making the transition to a new, healthier lifestyle, you are free to choose from the bottom two tiers.

Individuals on the C, or maintenance, program are free to choose from any of the tiers of the pyramid. Keep in mind, though, that vegetables on the top tier are quite starchy and should be held to a minimum.

Since so many vegetables are available, here is a simple rule: if a vegetable is not listed in the top or the bottom tier, it can be placed in the middle tier.



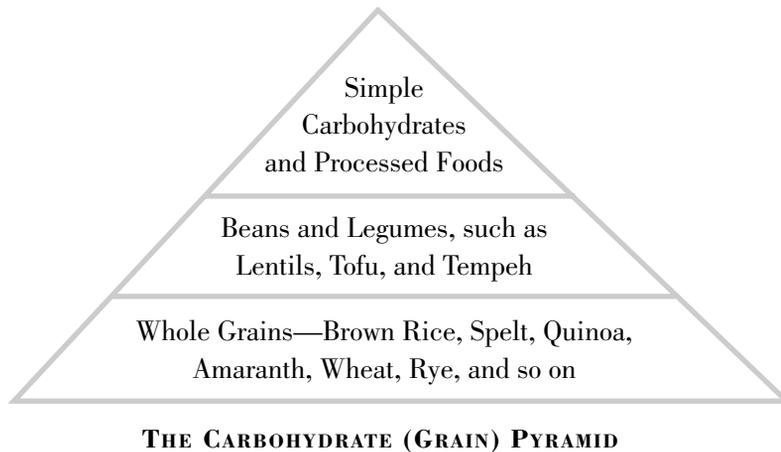
THE CARBOHYDRATE (VEGETABLE) PYRAMID

*Starchy vegetables are peas, cooked carrots, corn, potatoes, winter squash (butternut, buttercup, etc.), beets, parsnips, jicama, breadfruit, cassava, plantains, and christophene.

†Lower-carbohydrate vegetables include eggplant, onion, tomato (although technically a fruit), broccoli, cauliflower, asparagus, cabbage, leeks, scallions, water chestnuts, zucchini, string beans, avocados, spaghetti squash, turnips, artichoke hearts, okra, collard greens, and dandelion greens.

‡Salad vegetables include lettuces of all types, spinach, kale, fennel, mushrooms, bok choy, celery, radishes, peppers, bean sprouts, and cucumbers.

The Carbohydrate (Grain) Pyramid

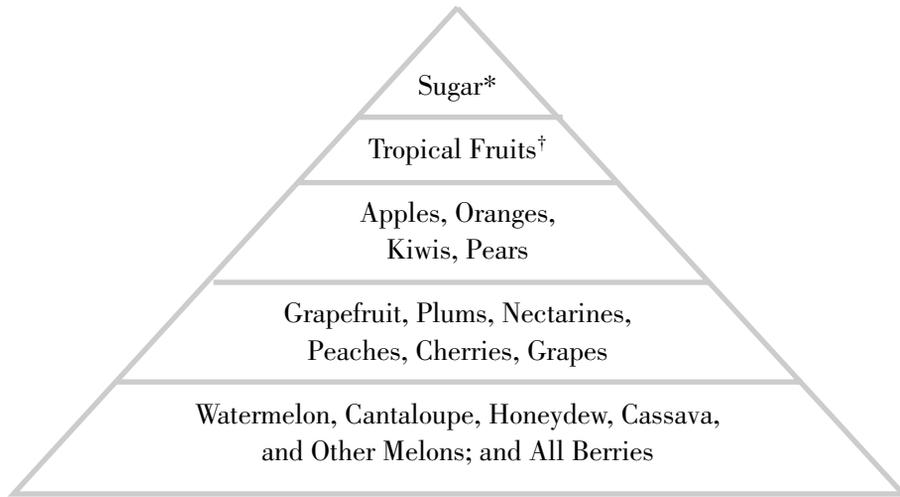


The top tier should be avoided as much as is humanly possible, though, of course, we are all going to have birthdays and special occasions to celebrate. For people trying to lose weight, the foods on the bottom tier are permitted in a ½-cup serving three times per week while on the A program, up to five days per week on the B program, and foods from the bottom two tiers are permitted every day on the C program.

Some of the grains you see on the pyramid may be unfamiliar to you, but if you want to lead a healthy lifestyle, you'll learn to love them. They are generally tastier than the average grain and pack a lot more nutrients into a meal. Spelt, amaranth, quinoa, kamut, teff, and other odd-sounding whole grains are readily obtainable in many mainstream supermarkets and are certainly available in natural food stores. Please be adventurous. In this book and in *The Hamptons Diet*, you will find recipes that teach you how to use these grains. The main difference is in the cooking time. They tend to need more cooking, unless they are in the form of pasta, in which case they'll need less cooking—the more al dente, the better.

The Fruit Pyramid

The bottom tier is for people on the A program. Individuals on the B plan can indulge in the fruits listed on the bottom two tiers, and those on C may



THE FRUIT PYRAMID

*Sugar includes but is not limited to corn syrup, high-fructose corn syrup, beet sugar, maple syrup, fructose, sucrose, cane sugar, brown rice syrup, honey, and most things that end in -ose and -ol.

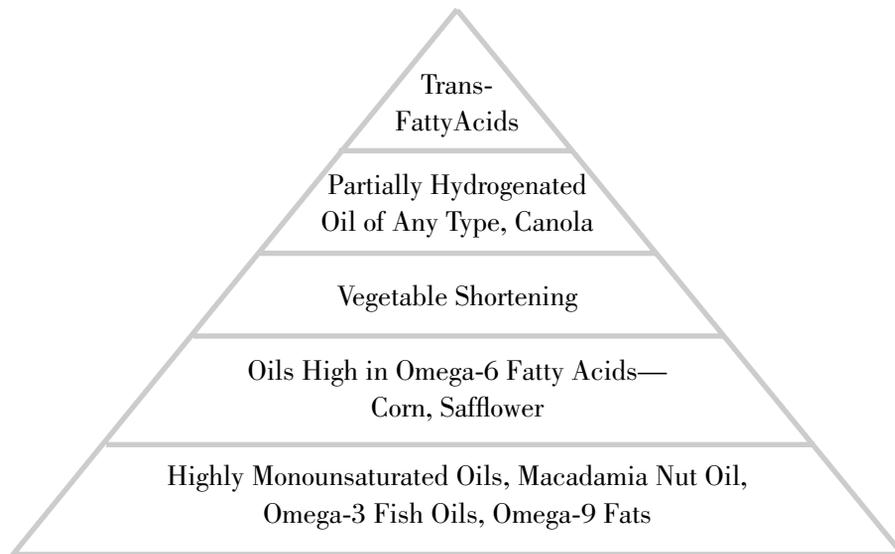
†Tropical fruits include bananas, pineapples, guavas, mangos, papayas, passionfruit, and so on.

indulge in the bottom three tiers. Tropical fruits are the highest in sugar and should be avoided almost all the time, unless you are on an exotic tropical vacation. In fact, the average banana contains six teaspoons of sugar. Sugar must be avoided at all times, but beware, as it comes in many disguised forms.

The Fat and Oil Pyramid

This is a crucial pyramid and the one that influences health the most. For optimal health, choose only the oils from the bottom tier of this pyramid and avoid all others when you can control the situation. Obviously, when you're out and about, you won't always know what oil is being used. Simply assume the worst, because you will probably be right. Even if the restaurant is using olive oil, it is more than likely using the cheapest brand it could find, which almost universally means that the oil has been processed.

If you take a moment to study the pyramids, you will have more than enough information to change your eating habits for the better. For a more complete list of foods, I refer you to *The Hamptons Diet*.



THE FAT AND OIL PYRAMID

Hamptons Diet Acceptable and Unacceptable Foods at a Glance

<i>Food Type</i>	<i>Eat</i>	<i>Don't Eat</i>
Proteins	Lean meats with the fat trimmed and the skin removed	Untrimmed meats, too much bacon/sausage or milk
Fish/Omega-3 fats	Most fish, including salmon, trout, sardines, halibut, northern tuna—buy from tested, protected waters, wild only; flaxseeds	Fried and breaded fish
Fruits and Vegetables	Lots of vegetables and low-sugar fruits	High-sugar tropical fruits like bananas; limit corn, peas, potatoes, and tomatoes (really a fruit)
Beans, Legumes, and Nuts	Macadamia, Brazil, walnut, pecan, lentils, and beans	Honey-roasted nuts, peas; try to limit peanuts
Grains	Whole grains only—the word <i>whole</i> must appear on the <i>ingredient</i> list, not just on the label.	White foods: pasta, rice, biscuits, pretzels, refined carbohydrates, and processed, prepackaged foods

(continued)

Hamptons Diet Acceptable and Unacceptable Foods at a Glance *(continued)*

<i>Food Type</i>	<i>Eat</i>	<i>Don't Eat</i>
Oils	Macadamia nut oil—second choice is avocado oil, estate-bottled extra-virgin olive oil for cold uses	Every other oil, including any types of spreads or margarine
Fats	Monounsaturated-rich sources; emphasis on whole foods and <i>no</i> trans-fatty acids	No fried food, chips, crackers, packaged or processed foods; read labels to avoid anything that is hydrogenated or partially hydrogenated
Alcohol	5 oz. of wine; 1½ oz. of distilled spirits	Limit to two servings for women and four servings for men per week
Dairy	Cheese, butter/ghee, heavy cream	Margarine, milk (of any fat content), ice cream, yogurt/kefir (except for C-level dieters)

To make this even easier for people who aren't familiar with the program, here are the Hamptons Diet top ten rules.

1. Use macadamia nut oil as your main cooking oil; avocado oil as your second choice; estate-bottled olive oil for cold uses, such as salad dressings.
2. Avoid sugar.
3. Avoid trans-fatty acids, which are found primarily in packaged and processed foods, including that classic American fare, fast food. Be careful with the new labeling laws and all of the packaged foods proclaiming that they're without trans fats—the label can say zero trans fats even if the serving contains 0.5 grams. That may seem trivial, but if you consume three servings twice a day of a food product like that, and given the minuscule serving sizes of packaged foods, you will have gotten 3 grams of trans fats—enough to increase your risk

for cardiovascular disease if consumed on a regular basis. This section includes margarine, spreads, and shortenings.

4. Avoid simple carbohydrates—nothing white, including pretzels, bagels, breads, pasta, and rice.
5. Avoid oils that are high in omega-6 fatty acids—corn, sunflower, safflower, soybean, peanut, grapeseed, and highly processed oils, such as canola and most olive oils.
6. Incorporate more fatty fish into your diet, but please buy only wild and from sources that test their catch for mercury and PCBs.
7. Eat nuts, legumes, and beans in moderation and as snacks.
8. Eat only *whole* grains—the word must appear in the ingredient list.
9. Eat large amounts of vegetables, and limit fruits to those that contain the least amount of sugar.
10. Drink moderate amounts of alcohol, as outlined previously.

