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THE **REAL** REASON THE FRENCH STAY THIN

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2 Steps to Lose the Weight



THE  
DUKAN  
DIET



2 Steps to Keep It Off Forever

NEVER  
FEEL  
HUNGRY  
AGAIN!

Dr. Pierre Dukan

CREATOR OF THE INTERNATIONAL BESTSELLING DIET

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THE  
DUKAN  
DIET

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2 Steps to Lose the Weight,  
2 Steps to Keep It Off  
Forever

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Dr. Pierre Dukan



Crown Archetype  
*New York*

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Published in the United States by Crown Archetype, an imprint of the Crown Publishing Group, a division of Random House Inc., New York.

[www.crownpublishing.com](http://www.crownpublishing.com)

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Originally published in paperback in France as *Je Ne Sais Pas Maigrir* by Flammarion, an imprint of the Flammarion Group Paris, 2000. This English translation was originally published in paperback in slightly different form in Great Britain by Hodder & Stoughton, an Hachette UK company, London, in 2010.

Library of Congress Cataloging-in-Publication Data

Dukan, Pierre, doctor.

The Dukan diet : 2 steps to lose the weight, 2 steps to keep it off forever / Pierre Dukan.

p. cm.

1. Reducing diets—Popular works. 2. Weight loss—Popular works. I. Title.

RM222.2.D74 2011

613.2'5—dc22

2010045601

eISBN: 978-0-307-88797-9

Jacket design by Jean Traina

v3.1

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*For Sacha and Maya,*

*for Maya and Sacha,*

*my two children,*

*for the second life they have offered me,*

*in return for the gift of life I have given to them.*

*To Christine, my wife,*

*without whom this endeavor*

*could never have even been imagined.*

*To Sylvia and Maurice,*

*who still speak through me.*

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The material in this book is for informational purposes only and is not intended as a substitute for the advice and care of your physician. As with all new weight loss or weight maintenance regimes, the nutrition and fitness program described in this book should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status, and total diet. The author and the publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

On April 12, 1945, the day that President Roosevelt died, my brother was born. My family, which is Jewish, named him Franklin in recognition of what this great president did to liberate Europe, France, and the French people. My father realized that without American intervention, my brother would never have been born or been able to bear this first name.

For the rest of his life, my father continued to admire and feel great affection for the American nation. Although in the second half of the twentieth century there was no shortage of tension and fraternal quarreling between our two countries, my father held steadfast to his creed: “Never forget that the Americans saved us,” he would say. “We are indebted to them. If one day you find yourself in a situation where you can show them our gratitude, do this with all your heart.”

As I write this note for the American edition, I am moved to think of my father, because I feel that in bringing this book to America, I am carrying out his wish. I come to you and also to your Canadian neighbors with a weight loss method to which I have devoted thirty-five years of my life and which has been tried and tested in almost every corner of the world.

I am a medical doctor in the field of nutrition. Very early on in my professional career I specialized in fighting against weight problems, a field in which contemporary medicine has failed to make any headway. Inspired by one of my patients, I started specializing in treating weight problems through personal consultations. Very quickly I devised my own tools and a diet that suited my patients’ psychology, as well as their metabolism—a diet that was much more successful for them than the low-calorie diets prevalent at that time. Seeing how effective this plan was and how it produced far better results, I soon felt the need to try to help a wider public. When I was sure that my four-phase weight loss method had shown proven results, I turned it into a book dedicated to the general public as well as to my medical peers in France.

In the past ten years, this book has become a publishing phenomenon, selling 2 million copies in France, where it has been at the top of the best-seller list since 2006. The Dukan Diet then became an Internet phenomenon as a community of 10 million men and women sprang up, exchanging their ideas on five hundred websites, forums, and blogs dedicated to my method. At the same time, this diet was crossing borders and becoming established in over thirty countries, including England, Korea, Brazil, and Poland, and in doing so it has proved its universal appeal.

I am not giving you this background out of immodesty but rather to offer evidence of the effectiveness of this diet and the enthusiasm with which it has been received internationally. To be honest, the scale of this worldwide movement and the immense wealth of friendship, kindness, and emotional closeness that it has set in motion has been a tremendous gift to me—and an equally tremendous surprise.

Offering you the Dukan Diet is both my greatest challenge and my greatest risk. In recent years, several opportunities arose to get this book published in North America and to see my method do battle with North America’s weight problems. I chose instead to wait, for in truth the North American audience scared me somewhat. To me North America represents the ultimate test of this diet, and I wanted to take this challenge on when I had the very best

chance of succeeding.

When everything seemed just right and I had found my publisher, I began further research to tailor my diet for a North American audience. I chair an international association of nutritionists, and I asked its American members for help, for I needed to grasp the deep and personal nature of what it is to be overweight in America.

I gained even greater reassurance from seeing Americans and Canadians buy my books on Amazon UK and from the number of North American users on the British coaching website for the diet. I carefully followed the progress of these North American users. I conversed with them in chat sessions, and I read their reports, their questions, their testimonials, and their recipe suggestions. I also immersed myself in the American way of life. I spent hours in American supermarkets and restaurants, I read American magazines, I listened to American TV programs, and I took part in discussions on American blogs and forums.

All my American research led me to two conflicting conclusions.

First, the problem of being overweight appeared to me more difficult in America than anywhere else because Americans are at the forefront of technological progress and also at the forefront of one of present-day civilization's major afflictions—being overweight. Each year in the United States, every second patent aims to cut down physical effort and to save time and in so doing encourages stress and a sedentary lifestyle. America's consumer society has brought riches and power, but also weight problems for which you are paying the highest price: 72 million Americans are obese, and in Canada the number is 5.5 million, their lives shortened daily by the excess weight they carry.

While attending a conference in Houston, I had the opportunity of meeting one of the most eminent public relations professionals in North America. We talked about weight problems and how they are such a blight in our world. He knew about my method, about how it had developed and spread, and about my plans to bring it to North America. "Nowadays, for a method to get established on North American soil, however well it works, its promoters will need to invest millions of dollars in public relations and marketing," he said. "The market for weight loss programs is saturated; there are new offers each year. If a program is new, well presented, and makes people dream, the results don't really matter." I shuddered at his words because I knew he believed what he was saying.

On the other hand, I saw the problem from a different angle. Yes, the North American cultural, economic, and political environment contributes to the escalation of weight problems. But the second conclusion I reached from my North American research was that for each North American citizen there is a human being who longs to respect the essential relationship between a healthy body and a healthy mind. I realize that most Americans and Canadians would like to lose weight but that a great many have given up on the idea because having already tried dieting so many times in vain, they no longer believe in the hope of a real solution.

Faced with all these obstacles, I could have become disheartened about bringing this diet to the United States and Canada, but I know that of all the nations in the world, these two are the ones to which I can give the most and to which I want to give the most. Here there are lives to be saved, health and well-being to be restored. And I know in my heart of hearts that I have the means and a method that can succeed in doing this.

I know that North Americans become fired up by causes and challenges. I am setting you



cause and a challenge equal to your stature. Take this method, make it your own, and show the world how to reverse the pattern of excess weight and obesity.

Weight problems are proof of our growing difficulty in adapting to our civilization's afflictions. If you are trying to eat more healthfully, it is almost always possible to find what you are looking for, but at the same time it is very difficult not to succumb to the less healthy choices being offered to you.

For example, I am in a supermarket and am looking for a jar of pickles. But reading the label, I discover that these pickles contain sugar. So do many canned vegetables and ready-made meals. Indeed, sugar is found in a great many processed products when there is no particular reason at all for it to be there. The situation is the same with fats.

The same products without added fats and sugar exist, but you are going to have to search them out. You are going to have to scrutinize labels so that you pick the right products for your health. I am asking you to make this effort. If you want to tackle your weight problem, you have to know what you are eating.

Sometimes sugar and fats are found naturally in food. There is a lot of fat in salmon. Sugar is found in the form of lactose in yogurt and dairy products, and in the form of fructose in fruit. However, the sugar added to pickles or canned vegetables, or the fat added to some breads is neither natural nor useful. These sugars and fats seem necessary to us only because we have become used to eating them. Nowadays, added sugar and fats have become marketing tools. They are messages for our senses that are infinitely more powerful than any advertisement. They operate on our pleasure responses and condition the circuits in our brain that govern attachment and addiction.

Legislation in America and Canada requires strict food labeling for consumer protection, so learn how to make the most use of it. It just takes a few minutes to understand how to decipher any label. You will then discover, for example, that there are indeed sugar-free pickles, sugar-free canned vegetables, and sugar-free mustards out there.

My dear friends, today I am reaching out to you with the certainty that I can help you put an end to the inevitability of weight problems in North America. Now let this mutual journey begin!

—Dr. Pierre Duker

When I was a very young doctor, I was practicing general medicine in the Montparnasse area in Paris while also specializing in neurology for paraplegic children in Garches, just outside the capital. At that time, one of my patients was an obese, jovial, and tremendously cultivated publisher whom I treated regularly for a very trying case of asthma. One day he came to see me, and once he was seated comfortably in an armchair that creaked under his weight, he said, "Doctor, I have always been satisfied with your treatment. I trust you, and I've come to see you today because I want you to make me lose weight."

In those days, all I knew about nutrition and obesity was what my teachers had passed on at medical school, which amounted to simply suggesting low-calorie diets and miniature-sized meals so tiny that any obese person would laugh and run a mile in the opposite direction. For big eaters, the very idea of having to ration their happiness is preposterous.

I declined, stuttering under the pretext that I knew nothing of the subtleties of weight loss. "What are you talking about? I have seen every specialist in Paris, every one of whom put me on a starvation diet. Since my teens I've lost over seven hundred pounds, and I've put it all back on again. I have to admit that I've never been deeply motivated and, without realizing it, my wife has done me no great service by loving me despite all my extra pounds. I can't find any clothes that fit and, if I'm honest, I'm beginning to fear for my life."

His final sentence changed the course of my professional life: "Put me on whatever diet you want, deprive me of whatever food you want, anything, but not meat. I like meat too much."

I can still remember how I replied without the slightest hesitation: "Fine, since you like meat so much, come back tomorrow on an empty stomach and weigh yourself on my scale. Then, for the next 5 days, eat nothing but meat. However, avoid fatty meats like pork, lamb, and the fattier cuts of beef such as ribs or rib eye. Grill your meat and drink as much water as you can. Then come back in 5 days' time on an empty stomach and weigh yourself again."

"Okay, you have a deal."

Five days later, he was back. He had lost almost 12 pounds. I couldn't believe my eyes and neither could he. I felt somewhat concerned, but he looked great, more jovial than ever, saying he had rediscovered his well-being and had stopped snoring. He brushed aside my hesitations.

"I'll keep it up. I feel on top of the world. It works and it's a real treat."

And so he left for another 5 days of eating meat, promising me he would have blood and urine tests done.

When he came back, he had lost another 5 pounds, and, jubilant, he showed me his test results. His glucose, cholesterol, and uric acid levels were all perfectly normal.

In the meantime I had gone to the medical school library, where I spent time learning more about the nutritional properties of meat and other proteins.

When my patient returned 5 days later, still in tip-top shape and having shed another 5 pounds, I told him to add fish and seafood, which he accepted with good grace because he had explored all that meat had to offer.

When at the end of 20 days the scales registered a loss of 22 pounds, I ordered another

blood test, which turned out to be just as reassuring as the first one. Playing my ace, I had him add the remaining categories of protein: dairy products, poultry, and eggs. However, to allay my concerns, I asked him to increase his water intake to 3 quarts—twelve 8-ounce glasses—a day.

He agreed to add vegetables, as I was beginning to worry that they had been absent from his diet for so long.

When he came back 5 days later, he had not lost an ounce. He used this as an argument to go back to his all-protein diet. I let him have his way on the condition that he alternate the regimen with 5-day periods that would include vegetables, arguing that otherwise he risked vitamin deficiency. He did not buy that argument, but he agreed because he was suffering from constipation due to the lack of fiber in his diet.

This is how the first phases of the Dukan Diet were born, as well as my interest in obesity and weight loss. My patient had changed the course of my studies and my professional life. I worked to improve the diet, creating an eating plan that seems to me today to be both the most appropriate for the particular psychological make-up of overweight people and also the most efficient for weight loss based on real food.

However, over the years, I have come to the bitter realization that even effective weight loss diets are not effective in the long term. At best, the dieter slowly and imperceptibly drifts off course; at worst the weight piles back on again, usually because of stress, setbacks, or other problems.

It was seeing how the vast majority of dieters inevitably lose this war against weight that led me to design a plan that protects the accomplishment of reaching the target weight. The job of this Consolidation phase is to reintroduce, in increments, the basic elements of proper eating and to control a body that, stripped of its reserves, would be bent on revenge. To allow enough time for this rebellious phase and to make the transition acceptable, I fixed a precise time limit for the second part of my plan, easy to calculate and in proportion to the weight lost: 5 days for every 1 pound lost.

However, once the Consolidation phase was over, I saw my patients' old habits gradually creep back, thanks to the pressures of metabolism and the inevitable resurgence of the need to compensate for life's miseries with those thick, creamy, sweet comfort foods that craftily overwhelm our defenses.

I therefore had to resort to a measure that is hard to even suggest to people, a rule that I dare to call "permanent," the kind of shackle that all overweight people—the obese or the just plain overweight—detest because it is there for good. However, this rule, which needs to be followed for the rest of one's life but which guarantees real weight stabilization, applies to *only a single day a week*—a day that is predetermined, whose structure cannot be changed or negotiated but which bears amazing results.

It was only then that I reached the Promised Land: genuine, long-lasting, unequivocal success built on four successive phases, each decreasing in intensity, which create a supportive and clearly signposted path that allows no escape. A short, strict Attack diet that gives lightning results is followed by a Cruise diet and sustained by a Consolidation phase whose duration is proportionate to the weight lost. Finally, so that the weight you have achieved with such effort remains stable forever, there is a Stabilization phase, which includes a locking measure that is as specific as it is effective: *a single day a week devoted*

*dietary redemption*. This measure is designed to keep the rest of the week in balance, provide it stays by your side, like a loyal guard dog, for the rest of your life.

Finally, with these four successive diet phases, I achieved my first real lasting results. No longer I no longer had only a fish to offer, but a whole course on how to fish, a comprehensive program that allows overweight people to be autonomous, lose weight quickly, and keep it off for good, and to do this all by themselves.

I have spent thirty-five years creating this beautiful tool for a limited number of people. Today I want a wider public to be able to access my program.

This program is for those of you who have tried everything, who have lost weight often—too often—and who are looking for a way not just to lose weight, but more important, to maintain those hard-earned results and live comfortably with the body you want and deserve.

So I dedicate this book and this method to all my patients, who have made my life as a doctor so fulfilling, and in particular to the very first of them, the overweight publisher.

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**THE BIRTH  
OF A  
FOUR-STEP  
DIET**

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# The Dukan Diet

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Thirty-five years have passed since my life-changing encounter with the obese gentleman. Since then, I have devoted my work to helping thousands of men and women lose pounds and stabilize their weight.

Like all my French medical colleagues, I was trained that calories counted and low-calorie diets were the way to lose weight. Every type of food was allowed in moderate quantities. Nowadays, what I know and practice I have learned through direct daily contact with flesh-and-blood human beings who have constant cravings to eat.

I very quickly realized that it was not by accident that an individual was overweight. Their appetite and their apparent lack of restraint were a camouflage concealing a need to find comfort in food. This need is all the more overwhelming as it is connected to our survival mechanisms, which are as archaic as they are instinctive. It soon became obvious to me that I could not make an overweight person lose weight and stay slim simply by giving sound advice, even if that advice was based on common sense and scientific research.

*Support is what overweight people determined to lose weight really want and is what they need from a counselor or a method—support so that they are not left alone to face the ordeal of dieting, which deliberately goes against their own instinct for survival.*

What overweight individuals are looking for is an outside will, a decision maker who walks ahead of them offering guidance and specific instructions, because what overweight people most hate and simply cannot do is decide for themselves when and how they are going to deprive themselves of food.

As for managing their weight, overweight individuals will admit without shame—and why should there be any?—that they are powerless when it comes to controlling what they eat. People from every social and economic background have all sat in front of me and described themselves as being astonishingly weak when it comes to food.

Obviously, most of them have found in food an easy “escape valve” through which they can release excess tension, stress, and life’s all too frequent disappointments. Any logical, reasonable, and rational instructions just cannot stand up to those pressures—at least not for long.

During my years of practice, I have seen many diets come and go. From analyzing these diets and the reasons behind their various successes, as well as the efforts of my own patients, I am convinced of the following: Overweight people who want to lose weight need a fast-acting diet that brings immediate results, fast enough to strengthen and maintain their motivation. They also need precise goals, set by an outside instructor, with a series of levels to aim for so that they can see their efforts and compare them with the results expected. However, I have also observed the strength of my patients’ resolve at certain times in their lives and then seen how easily they lose heart when the results do not match their efforts.

Most of the spectacular diets that rocketed to success in recent years did in fact have the

fast-off-the-mark effect and delivered the promised results. Unfortunately, their instructions and guidance faded away once the book was closed, leaving the overweight individual once again all alone on the slippery slope of temptations, and the cycle would start all over again. Once the goal was reached, all these diets, even the most original and inventive, abandoned their followers with the same old commonsense advice about moderation and balance that a formerly overweight person will never manage to follow.

None of these famous diets managed to find a way of protecting and guiding individuals during the period that follows their weight loss, giving advice and precise, simple, and effective landmarks like those that made their initial program so successful.

People who have lost weight know instinctively that on their own, and without any support, they will not be able to preserve this victory. They also know that left to their own devices, the pounds will creep back on. They need instructions that are simple, specific, effective, and not too frustrating—guidelines that can be followed for the rest of their life.

Dissatisfied with the majority of the diets in vogue, which are only concerned with a dazzling but short-lived victory, and aware of the ineffectiveness of low-calorie diets and the kind of commonsense advice that despite all the evidence hopes to reform overeaters into careful eaters, I developed my own weight loss diet. Years of medical practice allow me to consider it both the most effective and easy-to-follow diet available today.

I realize that the preceding statement may make me appear immodest. But I will take the risk because it is my most heartfelt conviction, and not saying so in the face of the growing scourge of weight control problems would amount to a failure to assist people in danger.

The Dukan Diet takes into account everything that is essential for the success of any weight loss program:

- It offers overweight people trying to lose weight a system with specific instructions that get them on track, with stages and objectives, leaving no room for ambiguity or deviation.
- The initial weight loss is substantial and sufficiently rapid to launch the diet and instill lasting motivation.
- It is a low-frustration diet. Weighing food portions and calorie counting are banned, and it allows you total freedom to eat a certain number of popular foods.
- It is a comprehensive weight loss program, an integrated whole that you either take or leave.

The diet can be broken down into four successive phases:

1. *The Attack phase.* The initial Attack phase is a pure protein diet that creates a stunning kick start, almost as quick as fasting or powdered protein diets but without the drawbacks.
2. *The Cruise phase.* In the Cruise phase, pure protein days alternate with days in which you eat pure proteins plus certain allowed vegetables. This phase lets you reach your chosen weight.
3. *The Consolidation phase.* The Consolidation phase is designed to prevent the rebound effect that occurs after any rapid weight loss. This is a period of high vulnerability when the body has a tendency to very easily regain those lost pounds. The duration of the

phase is based on a precise formula: 5 days for every pound lost.

4. *The Permanent Stabilization phase.* Permanent weight stabilization is based on three simple safety measures that are easy to follow but which are indispensable if the weight loss is to be maintained: The pure protein phase of the diet must be followed 1 set day per week—for example, every Thursday—for the rest of your life; do not use elevators or escalators; and take 3 tablespoons of oat bran a day. These three rules are non-negotiable, but they are sufficiently specific and effective for you to stick to them over a long period of time.



# THE THEORY BEHIND THE DUKAN DIET

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Before discussing the diet in detail and explaining exactly how it works and why it is so effective, I want first to give you an outline of the whole four-phase program to make clear from the outset precisely for whom the diet is intended, along with any possible contraindications.

One of the major merits of the Dukan Diet is its educational value. It allows you to learn in real life and with your own body the relative importance of each food group from the order in which they are integrated into the diet. That is, the diet starts with vital foods, then introduces, in succession, indispensable foods, essential foods, and important foods, finishing off with unnecessary but pleasurable foods.

The Dukan Diet provides a system of perfectly interwoven instructions that will clearly and directly set you on the right track, avoiding the need for that never-ending effort of willpower that can slowly undermine your determination.

I will be giving these instructions to you in four successive diet plans. The first two make up the actual weight loss stage, and the second two ensure that the weight loss you achieve is consolidated and then permanently stabilized.

## ***1. The Attack Phase: The Pure Protein Diet***

The Attack phase is the conquest phase. Here dieters are always extremely motivated. They are looking for a diet plan that, however arduous it might be, meets their expectations in terms of effectiveness and quick results and that allows them to tackle their weight problem head-on. The length of this phase depends on how much weight one wants to lose. The Attack phase can last as little as 1 day or as many as 10, with most people falling in the 2- to 7-day range.

The diet plan for this initial phase of the Dukan Diet, great for a fast-track approach, limits food to just one of the three food groups—namely, proteins.

Except for egg whites, no food is 100 percent protein. The pure protein diet of the Attack phase selects and groups together foods whose composition is as close as possible to pure protein, such as certain kinds of meat, fish, seafood, poultry, whole eggs, and nonfat dairy products.

Compared with low-calorie diets, the pure protein diet is a real war machine, a bulldozer that, if followed without fail, crushes all resistance. It is effective in the most difficult cases, in particular for premenopausal women suffering from water retention and bloating and for menopausal women. It is just as effective with dieters deemed to be resistant because they have tried and given up on too many diets or aggressive courses of treatment in the past.

## ***2. The Cruise Phase: The Alternating Protein Diet***

As its name indicates, this phase works by alternating two diets: the pure protein diet

followed by the same diet to which any nonstarchy vegetable, raw or cooked, is added (see [“100 Natural Foods That Keep You Slim”](#)). Each alternate cycle works like the injection combustion cycle of a two-speed engine burning up its calorie quota.

In the alternating cycles of the Cruise phase you can eat the authorized “as much as you like” foods at any time of day and in the combination and quantity that best suits you. This gives you both complete freedom and an effective way of neutralizing your hunger by eating. Satisfaction through quantity makes up for any lack of variety.

Later I will discuss the precise timing for the alternating pattern of the Cruise phase, which will depend on how much weight you want to lose, how many diets you have already attempted, your age, and your level of motivation.

The Cruise phase must be followed *without* a break until your target weight is reached. Although influenced in part by previous bad experiences, the alternating protein diet is still one of the diets least affected by resistance induced by previous attempts at weight loss.

### ***3. The Consolidation Phase: The Transition Diet—5 Days for Every Pound Lost***

After you have achieved your goal weight comes the soothing phase of the Dukan Diet. Its purpose is to get you eating a wider variety of foods again, while avoiding the traditional rebound effect that occurs after losing a lot of weight. When you lose weight, your body tries to put up resistance. It reacts to its reserves being plundered by gradually reducing its energy output and, above all, by assimilating and getting as much energy as possible from any food that is eaten.

The successful dieter is therefore sitting on a volcano: Your body is just waiting for the right moment to win back its lost reserves. A large meal that before you reached this phase of the Dukan Diet would have had little effect will now, toward the end of the diet, have far-reaching consequences.

This is why the Consolidation phase opens up to include foods that are richer and more gratifying, but their variety and quantity will be limited so your body’s metabolism can adjust to your new weight. Think of it as the first step in stabilizing your weight loss.

In the Consolidation phase, you will be adding 2 slices of bread and 1 portion of fruit and cheese into your daily diet, along with 2 servings of carbohydrates and 2 “celebration” meals a week.

The purpose of the Consolidation phase is to avoid the explosive rebound that is the most immediate and one of the most frequent reasons for failure in weight loss diets. It is not necessary to introduce foods as significant as bread, fruit, cheese, and some starches as well as certain unnecessary but extremely pleasurable dishes or foods. These added foods must, however, be introduced in a certain order to avoid the continual risk of slipping backward and to protect your weight loss. How long this phase lasts depends on how much weight has been lost—a very simple calculation based on 5 days for every pound lost.

### ***4. The Permanent Stabilization Phase: Ultimate Long-Term Weight Control***

Having lost weight and avoided any rebound by following the rules of the first three phases

of the Dukan Diet, you may sense instinctively that your victory is fragile, and you may feel that, without support, sooner or later—more often sooner rather than later—you will be at the mercy of your old demons. One thing you may be even more certain of is that, when it comes to food, you may never acquire the discipline most nutritionists recommend as the way guaranteed to maintain weight loss. However, the Stabilization phase is designed to give you a way to maintain your hard-won goal: the original pure protein diet of the Attack phase—the most effective and the strictest weapon of my program—once a week, every Thursday for the rest of your life.

As paradoxical as this might seem, once you have reached your desired weight, you are quite capable of making this effort 1 day a week because it is a very precise rule and because 1 day a week is a very limited amount of time. And, above all, this specific and non-negotiable rule bears immediate fruit, allowing you to eat normally for the other 6 days of the week without putting any weight back on.

## **THE DUKAN DIET SUMMARIZED**

THE ATTACK PHASE: Pure Proteins

Length: 2 to 7 days, with the average being 5 days

THE CRUISE PHASE: 100 Unlimited Foods in Alternation

Average length: 3 days for each pound you want to lose

THE CONSOLIDATION PHASE:

Average length: 5 days per pound lost

THE PERMANENT STABILIZATION PHASE:

1 pure protein day every Thursday for life

No more elevators and escalators

3 tablespoons of oat bran a day

# SOME USEFUL INFORMATION ABOUT NUTRITION

## **The CFP Trio: Carbohydrates—Fats—Proteins**

All food is made up of only three nutrients: carbohydrates, fats, and proteins. Every food gets its taste, texture, and nutritional interest from the particular way that these three elements combine.

### **Calories Are Unequal in Quality**

Once upon a time, nutritional experts were only interested in the caloric value of foods and meals and based their weight loss diets entirely on calorie-counting, which explains why for so long diets failed without any apparent explanation.

Today, experts have abandoned this approach and instead are more interested in where the calories come from, the type of food providing the calories, the mix of nutrients that make up the mass of chewed food, and even the time of day when the calories are taken in.

It can be proved that the body does not treat 100 calories provided by white sugar in the same way as it does 100 calories from oil or fish. Also the ultimate benefit of these calories after they are assimilated varies widely, depending on their origin.

The same holds true for the time of day these calories are consumed. It is now commonly agreed that the body burns up morning calories more efficiently than midday calories and even more efficiently than evening calories. Leaving aside the fact that it is specifically adapted to the overweight person's specific profile, the effectiveness of the Dukan Diet's four phase plan can be explained by the very careful selection of nutrients that make up the food. I recommend, in particular the huge importance given to proteins during the Attack phase as well as during the Stabilization phase.

### ***Carbohydrates***

Carbohydrates have always supplied humans, whatever the place, era, or culture, with over 50 percent of our energy ration.

For thousands of years, apart from fruit and honey, the only carbohydrates we consumed were what we now call "slow sugars"—whole grains and starchy vegetables like root vegetables and legumes. What sets these "slow sugar" carbohydrates apart from refined carbohydrates—such as white rice, white bread, and foods containing refined sugar—is that they are absorbed gradually. "Slow sugar" carbohydrates raise the body's sugar levels only moderately, and thus do not cause reactive insulin surges and the resulting harmful repercussions on health—specifically, weight gain.

Since we discovered how to extract white sugar from sugar cane and then from sugar beet, human food has undergone profound changes, with an ever-increasing intake of sweet foods and refined carbohydrates. Providing excellent fuel, these types of carbohydrates are high

suitable for athletes, manual workers, and teenagers. But for the vast majority of sedentary people who make up most of today's societies they are far from useful.

High-carbohydrate foods that sabotage diets include

- White sugar and all its derivatives, such as candy and other sweets, are pure carbohydrates and absorbed in no time at all.
- Starchy foods, even if they do not taste sweet, are just as rich in carbohydrates. They include flour products (bread, in particular white bread, crackers, biscuits, cereals, and the like), pasta, potatoes, peas, legumes, lentils, and beans.
- The fruits containing the most carbohydrates are bananas, cherries, and grapes.
- Wine and all alcohol, including beer, spirits, or any food or drink containing alcohol.
- Pastries—are a delicious combination of flour and sugar, and, even worse, of fat.

Carbohydrates contain only 4 calories per gram but are usually eaten in such large quantities that the calories soon mount up. Carbohydrate calories are also totally assimilated, which increases their energy yield. Furthermore, we digest starch and flour products slowly, producing fermentation and gas, which causes bloating as unpleasant as it is unattractive.

Carbohydrates so energy-rich and easily available, and they have such a pleasant taste that they are often used as comfort foods. And, as for sweet foods, some people snack on them compulsively. Our affinity for sweet tastes is in part innate, but most psychologists agree that lengthy conditioning starting in childhood makes sweet flavors gratifying as they are associated with rewards.

Finally, carbohydrates are almost always the cheapest foods available, which is why they are served at everyone's table, from the richest to the poorest.

As far as the body's metabolism is concerned, carbohydrates help the secretion of insulin, which in turn encourages fat to be produced and stored.

For all these reasons, for a long time, people predisposed to being overweight were instructed to be wary of carbohydrates. Nowadays, they are told instead to be wary of the fat content in foods, which—and rightly so—has now become the overweight person's most deadly enemy. However, this is not a reason to lower one's guard in respect to carbohydrates, especially during the Attack phase.

The Dukan Diet excludes carbohydrates completely during the Attack phase. In the Cruising phase and until the desired weight has been reached, it only allows vegetables with extremely low sugar levels (see "[Vegetables You Can and Cannot Eat](#)"). Carbohydrates make their comeback during the Consolidation phase, but it is only during the final Stabilization phase, 5 days out of 7, that total restriction is lifted.

## ***Fats***

Fats are the absolute enemy of anyone trying to be slim, as they represent the most concentrated form in which surplus energy is stored. Eating fats means you are eating an animal's energy reserves, which, in theory as in practice, improve your chances of increasing your weight.

Since the Atkins Diet appeared, opening the way for eating immoderate amounts of fat b

demonizing carbohydrates, many diets have adopted this point of view. However, the approach was quite clearly a major mistake for two reasons: (1) cholesterol and triglyceride levels rise dangerously; (2) mistrust of fats is gone, and once gone it makes any form of stabilization impossible.

There are two major sources of fats: animal and vegetable. Animal fat, found in a virtual pure state in lard, is very much present in pork products such as pâtés, salamis, sausages, hot dogs, and meat spreads. Lamb and mutton and certain poultry, such as goose and duck, have a plentiful supply. Beef is not as fatty, especially those cuts that can be grilled. Only ribs and the rib eye are really rich in fat. Butter, which comes from the creamy top of milk, is practically a pure fat. The fat content of heavy cream is around 36 percent.

The five fish with the most fat, easily recognizable by their rich taste and blue skin, are sardines, tuna, salmon, mackerel, and herring. But remember that these fish are no fattier than ordinary steak, and the fat of coldwater fish is rich in omega-3 fatty acids, a known safeguard against cardiovascular disease.

Vegetable fats are, for the most part, represented by the long list of plant and nut oils and fruits such as avocado. Oil is even fattier than butter. Although some oils like olive, canola, or sunflower oils have nutritional qualities that have been proved to protect the heart and arteries, they all have the same caloric value and should be banned from any weight loss diet. Avoided during the Consolidation phase, and eaten sparingly during the final Stabilization phase. Peanuts, walnuts, hazelnuts, pistachios, and macadamia nuts are snacks that are often eaten with a cocktail; their combination with alcohol greatly increases the calorie intake of the meal to follow.

For those who want to be slim, and in particular for those who are trying to lose weight, fats represent every danger possible.

- Fats contain, by far, the most calories—9 calories per gram (more than double the calories in carbohydrates, which provide only 4 calories per gram).
- Fats are very rich foods and so are rarely eaten alone. Oil, butter, and heavy cream are often associated with bread, starch, pasta, or salad dressings; the combination increases the overall calorie count considerably.
- Fats are not assimilated as quickly as fast sugars, but they are assimilated far more quickly than proteins, and thus their comparative energy contribution increases accordingly.
- Fatty foods reduce our appetite only moderately, and snacking on them, rather than on proteins, does not reduce your desire for a large meal afterward or delay the time before you next feel hungry.
- Finally, animal fats with high amounts of fatty acids—butter, sausages, dried meats, and fatty cheeses—pose a potential threat to the heart. For this reason, they cannot be consumed without restriction, as has been the case with the Atkins Diet and other regimes inspired by it.

## ***Proteins***

Proteins are the third universal food group. The foods richest in proteins come from the

animal kingdom. Their most abundant source is meat.

Among animal meat, beef is especially high in protein. The leaner cuts are extremely low in fat, but just as rich in protein. Mutton and lamb are visibly more marbled, and this fat reduces their protein content. Finally, some cuts of pork, which are even fattier, are not rich enough in protein to belong to the elite group of protein foods.

Organ meats like liver, kidneys, tongue, sweetbreads, chicken hearts, and tripe are very rich in protein and low in fat and carbohydrates. However, liver contains a small dose of sugar.

Poultry, with the exception of domestic goose and duck, is a relatively lean meat very rich in protein, especially turkey and chicken breast.

Fish, particularly lean white-fleshed fish like sole, skate, cod, sea bass, or tilapia are a good mine of proteins with a very high nutritional value. Coldwater fish such as salmon, tuna, sardines, and mackerel have fattier flesh, which slightly reduces their protein content, but they nevertheless remain excellent sources of protein and greatly promote cardiovascular health.

Shellfish and other types of seafood are lean and carbohydrate-free, and rich in protein. Some, like shrimp and scallops, are often not allowed on weight loss diets because of their high cholesterol level, but that substance is concentrated in the "coral" (eggs or ovaries) of the animal's head and not its flesh, which means that you can eat shrimp, crab, and lobster without restriction as long as you take the precaution of removing the coral first.

Eggs are an interesting source of protein. The yolk contains fats and enough cholesterol that should you be predisposed to high cholesterol, you should avoid excessive consumption of the yolk. On the other hand, egg white is the purest and most complete known form of protein, which gives it the status of benchmark protein, as it is used to classify all other proteins.

Plant proteins are found in most cereals and legumes, but these are far too rich in carbohydrates to be included in a diet whose effectiveness depends on the purity of protein. Furthermore, apart from soy, these plant proteins are desperately short of certain vital amino acids, so they cannot be used exclusively over a prolonged period of time.

So how can we be vegetarian? If it means not eating anything from an animal that has been raised and slaughtered for us to eat, but consuming eggs and dairy products, this is sufficient for people who are not trying to lose weight. If vegetarian means eating only vegetables, the diet becomes very hard to follow, as there is no other choice but to use incomplete vegetable proteins that have to be very cleverly teamed up with cereals and legumes to ensure that all amino acids are consumed, because without all amino acids, it is impossible for the body to produce vital proteins.

### ***Man Is a Carnivorous Hunter***

It is important to realize that humans emerged from their animal condition by becoming carnivorous. Our apelike ancestors, like today's great anthropoid apes, were essentially vegetarians, even if, occasionally, certain apes hunted other animals for food. Indeed, it was by becoming group hunters and meat eaters that humans were able to acquire unique human faculties. The human body possesses a whole system for digestion and elimination that

still allows us today to eat unlimited quantities of meat and fish.

We are designed to eat meat, fish, and poultry, as far as both our metabolism and psychology are concerned. Yes, it is possible to live without hunting and without eating meat, but by doing so we give up a part of what our nature expects, and we lessen the emotional effect our body is programmed to produce when we give it what it expects. What I am saying to you here may seem trivial, but it is absolutely crucial, as the purpose of any living creature, whether animal or human, is to live in such a way that what it does fits with why it has been made that way.

### ***Digestion, Calorie Loss, and Satisfaction***

Of all the food categories, the digestion of proteins is the most time consuming. It takes over three hours to break down and assimilate proteins. The reason for this is simple: protein molecules are long chains with well-soldered links, and to break down their resistance requires the combination of good chewing and the simultaneous attack of various gastric, pancreatic, and biliary juices.

This long process of calorie extraction taxes the system; it has been calculated that to obtain 100 calories from a protein food, the system must use 30 calories. We can say that the specific dynamic action of proteins is 30 percent, while it is only 12 percent for fats and just 7 percent for carbohydrates.

What we should remember from this is that when someone wanting to lose weight consumes meat, fish, or nonfat yogurt, the person has to work hard to simply digest and assimilate the food, and the calories they use doing this reduces the energy absorbed from the meal. This really works in the favor of anyone wanting to lose weight. We will explore the process at greater length when we explain how the pure protein diet works. What is more, this slow rate of digestion and assimilation delays the process of emptying the stomach and increases our sense of “feeling full” and our sense of satisfaction.

### ***The Only Vital and Indispensable Nutrient at Every Meal***

Of the three universal food groups, only proteins are indispensable for our existence. Carbohydrates are the least necessary nutrient, because our bodies can produce glucose—the is, sugar—from meat or fat. When we are deprived of food or are dieting, we draw upon our fat reserves, transforming them into the glucose that is vital for our muscles and brain. The same goes for fats: an overweight person is expert in both making and storing them.

On the other hand, we do not have the metabolic means to synthesize proteins. Just being alive and ensuring that our muscular system is maintained, that our red blood cells are renewed, that wounds heal, that hair grows, and even that memory functions—all these vital operations require proteins, a minimum of 1 gram per day for every 2 pounds of body weight.

Whenever there is not enough protein, the body is forced to draw upon its reserves, mainly the muscles, but it also uses skin or even bones. This is what happens when unreasonable diets are followed, such as juice fasts or the Beverly Hills Diet, which allows unlimited



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