

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:
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Part 5 What's Wrong with Our Diet

Chapter 17 **PROTEINS**

Questions

1. What are the *macronutrients* needed for health and balance and why are they *essential*?

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2. What are carbohydrates?

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3. Compare the *insulin index* and the glycemic index.

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4. What do we learn from the insulin index about the relationship between glucose and insulin?

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5. How do levels of insulin in the body compare when using oral insulin and intravenous insulin?
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6. What is the *Incretin Effect*?
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7. What effects do different *dietary proteins*, including meat, seafood, and various dairy products have on insulin levels?
pp. 192-193
8. What key factor in weight management, in addition to insulin stimulation, does incretin effect?
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9. How does consumption of meat and various dairy products affect incretin's two opposing hormonal effects of insulin stimulation and satiety (feeling full) and how do the results impact weight management?
pp. 195-197
10. Describe the 'complete picture' of The Hormonal Theory of Obesity, including The Incretin Effect.
pp. 197-198