

## PREVIEW\_ Eric Westman - Interview (FL FEB 2017) 1

**Dr. Westman:** If you really want the hunger to go away, you have to be strict. So the common mistakes are having just like a piece of fruit, an apple or something.

So fruit is sweet, right? You taste it, it's sweet and that's from sugar. So an apple has about 20 g of carbohydrate in it. So if you're staying at a level of 20 g a day, that one apple would be it. And actually then you wouldn't get the vegetables and vitamins and minerals you need optimally to have from vegetables.

**Dr. Eenfeldt:** So fruit is a bad idea if you want to be in a strict low-carb diet?

**Dr. Westman:** A common mistake, even though you're thinking about being really strict. People count carbs and that means certain foods are okay, but they might be trigger foods. So for example if you are eating cashews or nuts of any kind, really, and then you realize that there are 5 g just a handful of nuts, but just the fact of having 5 g of one handful multiple times through the day, means you have 20 g, 30 g. So at first we don't allow trigger foods and nuts are a common...

**Dr. Eenfeldt:** So cashews are like high in carbs, right?

**Dr. Westman:** Well, they are low.

**Dr. Eenfeldt:** What about macadamia nuts? They are lower.

**Dr. Westman:** They're low, but if you can't stop eating them, they trigger your hunger, then don't have them at first. And that might be a trigger food just for you. That's one reason we talk to people and ask them and then see them over time. Nuts are common reason for things not to work well.