

What Is The Dukan Diet

The Dukan Diet is founded by Pierre Dukan, a French nutritionist and dietician. The Dukan method or Dukan Diet which ever you prefer to call it lays out a healthy eating plan based on how the primitive man ate when we were hunters. This diet does sound similar to the Paleo Diet but Pierre Dukan takes his diet a step further.

The Paleo Diet doesn't limit you to a certain amount of meats and vegetables like the Dukan Diet does. The Dukan Diet is not a calorie counting type diet but it puts emphasis on eating large amount of protein to keep you full without consuming a lot of unnecessary calories.

This diet will let you eat what you want as long as a majority of what you eat is protein. This diet also includes 100 foods; 72 are meat sources and 28 come from plants. But you have to stick to the 100 foods.

Dukan Diet tries to develop better eating habits as well as helping them to stabilize their weight permanently.

There are four main phases in the Dukan Diet and they are "attack, cruise, consolidation and stabilization.

The first phase which is the attack phase is designed to boost the metabolism for quick weight loss. On an average of 4 to 6lbs within 7 days. During the attack phase you can eat unlimited amounts of lean protein. The protein has to be low in fat and no added sugars.

The only carb source that will be allowed during this phase is oat bran. At least 1.5 tablespoons each day while during this phase. The oat bran cuts down on your hunger because it swells up to twenty times its size in the stomach. Fiber makes you feel full. Have to drink 1.5 liters (48oz) of water each day. You must also walk 20 minutes each day.

Here is a list or a general idea of the foods you can have while on this phase:

Cod, salmon, herring, mullet, halibut, haddock, mackerel, plaice, rainbow trout, salmon trout, salmon, sardines, red mullet, sea bass, smoked salmon, swordfish, tuna, whiting, turbot
Clams, cockles, lobster, mussels, oysters, scallops, whelks, prawns, surimi, shrimp, squid/calamari

Beef steak, beef filet, rump steak, sirloin steak, air-dried beef, veal escalope, kidney, calf's liver, veal chop, cooked ham slices (no fat, no rind), cooked chicken and turkey slices (no fat, no rind), bacon (reduced fat), grouse, partridge, pheasant, venison, rabbit, hare

Chicken, chicken livers, ostrich, pigeon, quail, turkey

Hen's eggs, quail's eggs

Skimmed milk, fat-free cottage cheese, fat-free Greek yogurt, fat-free natural yogurt (plain or no-sugar sweetener only), fat-free quark, vegetable protein, tofu.

No pork, lamb, fatty beef, duck, goose, beans and lentils, and cheese.

The second phase is the cruise phase which helps the person gradually lose weight but the length of this depends on the person condition and how much weight they want to lose. The 1.5 liters (48oz) of water and oat bran intake continues but increase your oat bran intake to 2 tablespoons each day. Starchy vegetables are out. So you have to watch what you eat along the vegetable intake. You can eat unlimited amounts of vegetables as long as they are from the list of 28. Carrots, peas and corn are out because they are a starchy vegetable.

While on the cruise phase the person will stay on this phase till they meet their goal weight. Let's say a person needs to lose 15lbs then on an average of 2.2lb weight loss per week so the person would need to stay on the cruise phase for 15 weeks. Some food will be tolerated while on the

cruise phase but if the person gains weight then some of the foods will be banned. You must increase your walk to 30 minutes each day.

Here is a list or a general idea of the foods you can have while on this phase:

Alfalfa, artichoke, asparagus, broccoli/purple sprouting broccoli, Brussels sprouts, cabbage, cauliflower, carrot, celery, chicory, cucumber, curly endive, fennel, French beans/string beans, leek, lettuce, mushrooms, onion, palm hearts, peppers, pumpkin/marrow/squash, radish, rhubarb, rocket, sorrel, soya bean sprouts, spinach, tomatoes, turnip, watercress.

No avocado, beans, lentils, peas, potatoes, sweet corn and fruits that is high in carbs

The third phase is the consolidation phase that follows after cruise phase to help the person stay on track and not to gain additional weight.

During the consolidation phase the person can have unlimited source of protein and vegetables daily. They can also add low sugar fruit, some cheese and a few slices of whole grain bread.

Each week the person can consume up to a few servings of starchy food and up to a few celebration meals which is whatever you want to eat. The 1.5 liters (48oz) of water and oat bran intake continues but increase your oat bran intake to 2 ½ tablespoons each day.

Please note that one day each week preferably on the same day the person should have a core diet of pure protein. Your walk must be 25 minutes each day.

Here is a list or a general idea of the foods you can have while on this phase:

6 days a week:

Whole grain bread, 2 pieces.

Cheese (Gouda, Swiss cheeses, cheddar), 40 gms.

Fruit (an apple, a melon, a grapefruit, a kiwi, a peach, a pear, a nectarine, a mango, an orange, a small bowl of strawberries, a handful of berries.

Lean ham, pork or lamb once a week for the first half of the phase and twice a week for the second half.

The best part about this phase is the celebratory meal. You get to eat whatever you want during these meals! This will act as an incentive for your body to work better and kill your cravings.

You can have a glass of wine with this meal.

No white rice, potatoes, blue cheese, bananas, cherries, grapes, dry fruits, and goat cheese products.

The fourth phase is the stabilization phase that should be followed through the person entire life to prevent weight gain. This is also what I call preventive maintenance. The 1.5 liters (48oz) of water and oat bran intake continues but increase your oat bran intake to 3 tablespoons each day.

Now when you reach this phase; there are some rules you do have to follow.

You must do a 20 minute walk and 20 minutes of exercises also.

Use the escalators or elevators.

The person must follow this diet for the rest of their life. This diet becomes their lifestyle.

You can have artificial sweeteners, vinegars, sugar-free gum, and spices. You can also take multivitamins with minerals.

This water content can be a part of zero-fat soda, herbal tea or coffee that you drink.

Here is a list or a general idea of the foods you can have while on this phase:

Cod, salmon, herring, mullet, halibut, haddock, mackerel, plaice, rainbow trout, salmon trout, salmon, sardines, red mullet, sea bass, smoked salmon, swordfish, tuna, whiting, turbot

Clams, cockles, lobster, mussels, oysters, scallops, whelks, prawns, surimi, shrimp,

squid/calamari

Beef steak, beef filet, rump steak, sirloin steak, air-dried beef, veal escalope, kidney, calf's liver, veal chop, cooked ham slices (no fat, no rind), cooked chicken and turkey slices (no fat, no rind), bacon (reduced fat), grouse, partridge, pheasant, venison, rabbit, hare

Chicken, chicken livers, ostrich, pigeon, quail, turkey

Hen's eggs, quail's eggs

Skimmed milk, fat-free cottage cheese, fat-free Greek yogurt, fat-free natural yogurt (plain or no-sugar sweetener only), fat-free quark, vegetable protein, tofu.

You can have any fruit as long as it's one portion.

Sugar-free chewing gum once in a while has diet pop.