

THE LCDS DIET

I recently started a new food diet based on reduced calorie food intake for individuals living a sedentary life style. I have called it the LCDS diet for low-calorie-diet-sedentary . The idea behind it is to reduce one's food consumption for individuals like myself who work mostly in a sedentary mode with little chance for increased daily exercise due to time constraints. The basic idea behind the diet is to reduce ones daily food intake by some 500 kilocalories per day from the ideal basal metabolic rate which varies from individual to individual but can be calculated. In my case this involves a diet of 1557 Cal/day or a loss of about one pound of fat per week since my basal metabolic rate is 2057 Cal. It does not matter what foods are eaten as long as the 1557 C/day constraint is maintained.

To establish one's basal metabolic rate I go to-

<https://tdeecalculator.net>

It will give you his value after weight, height, gender, and lifestyle are entered. In my case this number is at the present time 2057 kilocalories per day. Next, I constructed an extensive calorie counter list of foods from information found at-

<https://www.myfooddiary.com>

The extensive list is summarized in the following two jpgs-

CALORIE COUNTER

Wasa Rye Crisp-40 Cal	One Cup Boiled Rice-170 Cal	Medium Orange-70 Cal
Large Boiled Egg-70 Cal	One Cup Pasta-200 Cal	Ginger Ale 8oz-120 Cal
Large Raw Tomato-70 Cal	One Raw Apple-95 Cal	Slice MunsterCheese-90 Cal
Boiled Potato 140 C	Raw Banana-110 Cal	Hoffmann Hot Dog-180 Cal
Slice Wheat Bread-90 Cal	One Cup Raw Onions-67 Cal	Slice Roast Beef-30 Cal
Cup Raw Carrot-52 Cal	Raw Cucumber-45 Cal	Cup Icecream -240 Cal
Cup String Beans-50 Cal	Half Avocado- 160 Cal	Cup Grapes-110 Cal
Cup Vanilla Yogart-200 Cal	Lenders Bagel-210 Cal	Teaspoon Sugar-15 Cal
Cup Whole Milk-146 Cal	8oz Sweetened Ice Tea-80 Cal	Coke-140 Cal
One Raw Fig-37 Cal	Chicken Noddle Soup-200 Cal	Tomato Soup-150 Cal
Cup of Nuts-600 Cal	Cup of Lentils-230 Cal	2Tbsp Peanut Butter-190 Cal
Cup Pop Corn-55 Cal	Cup Mushrooms-15 Cal	1Tbsp Butter-110 Cal
12"SubSandwich-740 Cal	McDonalds Big Mac-540 Cal	Cup Pork+Beans-240 Cal
One Donut-300 Cal	Slice Apple Pie-400 Cal	Slice American Cheese-45 Cal
Cup Cottage Cheese-200 Cal	Tbsp Strawberry Jam-25 Cal	Cup Apple Sauce-120 Cal
Cheeseburger-300 Cal	Cup Lettuce-15 Cal	10 Grapes-50 Cal
One Cup Cantaloupe-54 Cal	One Pear-96 Cal	Tangerine-43 Cal
Kiwi-50 Cal	Crouissant-150 Cal	One Pancake-85 Cal
Cup Green Beans-43 Cal	Cup Peas+Carrots-75 Cal	12 Potato Chips-150 Cal
Asparagus Cup-40 Cal	Cup Roasted Peanuts-190 Cal	Six Dried Plums-110 Cal
Videlia Onion-60 Cal	Thomas Bagel-270 Cal	Cup Sweet Potato-180 Cal
Cup Radishes-18 Cal	One Green Bell Pepper-30 Cal	Two Fried Eggs-180 Cal
One CupTuna -120 Cal	Flounder Fillet-150 Cal	Med.FrenchFries-320 Cal
One Slice Pizza-190 Cal	Budweiser Beer-145 Cal	Cup Water-Mellon-45Cal
Sirloin Steak-250 Cal	5oz Merlot Wine-120 Cal	Tbsp Olive Oil-119 Cal
Baked Potato-150 Cal	2TbspCream Cheese-80 Cal	Cup Navy Beans-380 Cal

Cup Broccoli-50 Cal	Cup Brussel Sprouts-100 Cal	Peas and Carrots-80 Cal
1 Turnip-50 Cal	Slice Swiss Cheese- 80 Cal	Four Shrimp-30 Cal
5oz TalapiaFish-130 Cal	4ozPorkChop-180 Cal	GroundBeefPatty-200 Cal
Cup Zucchini-27 Cal	Cup Squash-41 Cal	Russet Potato-180 Cal
Waffle&Syrup-140 Cal	CupSpinach-41 Cal	1/3 Cuban Sandwich-190 Cal

In studying this list it became clear that in general one should consume mainly lower calorie items although highcal foods are ok if eaten in moderation. Spreading the food intake over a wider daily range including several snacks will help reduce any hungry pangs. After a short while one becomes sufficiently familiar with calorie values of the above food intakes without needing to use direct reference to the above calorie list. Here is an example for my approximate daily consumption for June 3, 2021, the first day of our diet , using the above information-

Breakfast-475 Cal Lunch-150 Cal Supper-750 Cal Snacks-150 Cal

This sums to 1525 kilocalories/day and so lies well within our diet restrictions. The first eight days through June 10th produced the eight daily food intakes of 1525,1570,1575,1700,1560 ,1510,1500 and 1530 Cal with all but one day falling above the allowed range. On the eighth day of the diet my local Publix grocery scale showed a loss of 221.5-216=5.5 lbs. This is a surprisingly large amount meaning most of this loss must be just water removal. We will see how things behave over the next eight days. I'll come back to add to our diet progress at that time.

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