

"Dr. Stoler has the guts to take on the diet industry with a clear readable guide on how to eat. Packed with information and myth-busters."

—Dr. Stephen A. Siegal, M.D.

# Living SKINNY in FAT GENES<sup>TM</sup>

The Healthy  
Way to Lose  
Weight and  
Feel Great



DR. FELICIA STOLER, R.D.

Living  
**SKINNY**  
in  
**FAT**  
**GENES**



**The Healthy Way to Lose Weight  
and Feel Great**

**Dr. Felicia D. Stoler, DCN, MS, RD, FACSM**  
Nutritionist & Exercise Physiologist



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Living  
**SKINNY**  
in  
**FAT**  
GENES

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**It's never too late to change your health outcome!**

By applying simple principles and science to the realities of our everyday lives, we can modify our health risks, increase longevity and achieve better health.

**You are what you eat!**

Fat genes run in your family? Nobody in your family runs!

**You only have one body, isn't it worth 30 minutes a day?**

Felicia has been there—she's struggled with her own fat genes and has persevered!

**Felicia speaks in her own voice, embracing the reader with her warm, friendly, and outgoing personality to set simple, realistic and attainable goals to achieve a healthier life!**

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FOR ISABELLA AND ZACHARY

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You don't have  
to wear those  
fat genes your  
family passed  
down to you!

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# FOREWORD

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**W**ith all the research that has been done in the last 30 years about the human body, health, and disease... heart disease is still the #1 cause of death in the United States. Overweight and obesity, along with its comorbidities, are still on the rise... spreading across the globe... threatening the life span of humans... now impacting the children of the world (who may not outlive their parents because of overweight and obesity). Are we products of our environment or our genetic blueprint? If your family members are overweight or obese... are you doomed to the same outcome? The answer is no.

The information that consumers have been reading has not made a dent in changing their health outcomes. Misinformation, FADs (Fast Acting Diets), and generous interpretations of the science have only provided fuel to fire the confusion and aid in the yo-yo effects of “dieting” that many people have experienced. Americans have adopted an orthodoxy of food “beliefs” which are based on hearsay and anecdotal information, which has made it difficult to grasp the evidence-based science, which can ultimately impact their quality of life as they age.



In LIVING SKINNY IN FAT GENES™, I offer simple and realistic approaches to changing one's health outcome and improving your quality of life through behavior modification in nutrition, exercise, rest and time management. The only book of its kind written by a doctorally-trained, RD nutritionist, exercise physiologist, TV personality, journalist, and busy working mom of two, who can provide recommendations based on science and help you to apply the concepts to your life "habits" in a practical manner. For me, it's personal—as someone who struggled with my weight (along with bad "genes" handed down to me). After successfully overcoming a battle of the bulge, I made the decision to become an expert through formal education and training. I am uniquely positioned to share the secrets and solutions for living life in a healthful manner, while debunking the myths of diet, exercise, genomics and disease risk. I have been sought out by hundreds of media outlets over the last decade because I tell it like it is.

What I will share with you on these pages is based upon what researchers have observed over many decades, which I have used and incorporated into my private practice, speaking and personal use. Yes, I do practice what I preach... and so far, the results are there! Here's the best part—what you learn in this book is not that "diet" you go on and off of, but really this is meant to be a way of life. Your whole family can apply the principles in these pages. As a parent, I want my children to not only have a better life than me in all those "metaphorical ways"—but I really want them to have the gift of a healthy life, which comes from knowing that diseases can be prevented or even delayed. We know more about how our food choices and

physical activity behaviors impact our bodies (from the inside out) than my parents' generation. My children have been my experiment in applying everything that I've learned about disease prevention and applying it to them since birth (really in utero). You are never too old to change your disease risk factors, but how will their health be from doing it early? Only time will tell.

The number of people to thank are so great—please don't be offended if I missed you. First, my darling children who have had to share their mommy with work, school and the world. Phillip, thank you for always believing in me. My parents, Francine and Jeffrey, have been my support my whole life, I am grateful that you have always been there to catch me. My brother Jeremy, my sister Suzanne (& Ivan) and her daughters—my nieces (Jessica, Sabrina & Olivia) who have learned to eat whatever they want in front of me. My aunts & uncles—I'm not cranky anymore. My late grandmother, Jeannette, who let me cook in her kitchen (my food is healthier) but was my larger than life role model for being a working mother, a leader, a volunteer and never was never was lean with the hugs and affection. My aunt Marilyn, who was like a second mother to me, who shared my passion for cooking and was my number one fan—I miss you so much. My oldest and dearest friends who have watched me “morph” into the person I am now: Ilene, Karen, David B, and AJ. My Tulane gals—Lisa, Gina & Paige. Sheren, Trish, Robert L, Evan, Julie G, Ann Y, both Carrie M's, Larry, Paul, Amanda, Dr. Aaron and Thasheda.

To my former nutritionist and exercise physiologist, Michele Vivas, who told me to stop listening to the muscle heads in the gym, throw out the diets from the magazines, eat some fat and let go.

I'd like to thank all of my graduate school professors, who are too numerous to name... but must thank Sharon Akabas, who made the notion of attending Columbia less intimidating and by giving me an opportunity to learn, so that I could leave my mark, by helping people to improve their health.

My dietetics colleagues Barbara Baron, Debbie Cohen, Tricia Davidson, the Nutrition Twins (Tammy & Lyssie), Kate Geggan, Mitzi Dulan, Heidi Skolnick, Robyn Flipse, Geri McKay, and Keith Ayoob. My ACSM colleagues—Lewis Maharam, Stephen Siegel, Neil Pire, Robert Sallis, Stephen Rice, Shawn Arent, and Stephen Perle. My professional cousin, Howell Wechsler.

My thanks to TLC & the BBC NY Productions for giving me the opportunity to host the second season of "Honey We're Killing the Kids!" I know the reality of reality television! I must thank all of my agents & their assistants—Babette Perry, Ira Stahlberger and everyone at IMG. My heartfelt appreciation and gratitude to Jennifer Unter, for believing in my message and working hard until we found the right publisher who would not make me compromise my ethics just to get a book! My gratitude to Jessica Case and Claiborne Hancock at Pegasus Books for making my wish come true. I thank all the individuals I have counseled and groups that I have spoken to—your input and questions are what help me to keep my finger on the pulse of what society perceives about this complex issue!

Most importantly—thank you for buying this book and taking the steps to learn how to Live Skinny in Fat Genes™ once and for all!

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You only have  
one body,  
isn't it worth 30  
minutes a day?

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“Living Skinny if Fat Genes” . . . you just wish it could be so easy. Well, it is. As you read through the pages of this book I hope you will embrace my philosophy and recommendations along with tried and true advice that really works! I’d like to thank you for purchasing my book . . . Enjoy the journey!

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Living  
**SKINNY**  
in  
**FAT**  
GENES

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"If there is any  
deficiency in  
food or  
exercise the  
body will fall  
sick."

—HIPPOCRATES

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# CONTENTS

Foreword ix

Introduction 1

1. Are Those Hand-Me-Down Genes? 7
  2. The History of Jeans (Food Consumption) 11
  3. Designer Labels: Are All Threads (Foods) Created Equal? 31
  4. Stretch Denim? You Are What You Eat 57
  5. Can You Wear (Eat) White? 69
  6. Off the Rack: Sizing (Portions & Calories) 79
  7. Putting Your Genes on the Spin Cycle: Exercise 87
  8. Think Like a Skinny Person 119
  9. Preventing Your Genes from Getting Stained (Society/Those Who Sabotage Efforts) 135
  10. Living Skinny in Fat Genes™ (Putting It All Together: Your Action Plan) 155
  11. Let's Go Shopping—Recipes, Shopping Lists, Tips 165
- The 12 Myths Unriveted 199
- Nutrition and Health Websites 207



# INTRODUCTION

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**F**rom my experience, more people are concerned about how they look rather than their personal well-being. In *LIVING SKINNY IN FAT GENES™* I will dispel the many myths that have been held as truths to so many of us. I hate the “D” word. To me, it is an acronym for “Did I Eat That?” This is not another “D” book about how to lose weight. This is a book about how to live a healthier lifestyle and in doing so the weight will come off. I promise you that.

*LIVING SKINNY IN FAT GENES™* is a resource and tool to help you be the best that you can be and to maintain a healthy lifestyle so that you can enjoy a wonderful life. It's simple, realistic and attainable.

Why another book about diet, nutrition, exercise, and healthy living? Consider these questions: with over 5,000 books about nutrition, fitness, wellness and diets... why is obesity still on the rise? Why is there an increase in Type 2 diabetes? Why are cholesterol levels still elevated? Why is heart disease still the number one killer? Why are people still seeking out diet and nutrition advice? If we know that exercise improves health, why