Body Hacking

by

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My preventative-medicine doctor at the Veterans Administration has asked me to keep a food diary because my weight, at this moment, is 261.9. According the Body Mass Index chart, that puts me in the extremely obese category with a BMI of 35.5. To be merely overweight, I need a BMI of 29 at 215 pounds and to be healthy, I need a BMI of 24 at 180 pounds. I haven’t weighed 180 pounds since I was a freshman in high school.

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| Body Mass Index Targets: |
| BMI No.  | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 72-inches | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 |

I’m making a pot of chili right now that has a base of Bush’s Chili Magic chili starter with 6 ounces of Smart Strips (faux beef), 1 can of diced tomatoes and 1 can of tomato paste added (see below).

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| Bush’s Chili Magic |
| Ingredient | Calories | Fat (g) | Salt (mg) | Carbs (g) | \*Fiber (g) |
| Bush’s Chili Starter, 15.5 oz. | 420 | 7.0 | 3,955 | 20.0 | 17.5 |
| Diced tomatoes, 14.5 oz. | 175 | 7.0 | 945 | 24.5 | 1.0 |
| Smart Strips (soy beef), 6 oz. | 160 | 0.0 | 1,140 | 12.0 | 10.0 |
| Tomato paste, 6 oz. | 150 | 0.0 | 100 | 6.0 | 1.0 |
| Olive oil, 1 tbsp. | 120 | 13.5 | 0 | 0 | 0 |
| Makes 4.5 cups – Total: | 1025 | 27.5 | 6,140 | 62.5 | 29.5 |
| Per 1.5 cup serving: | 301.7 | 4.7 | 2046.7 | 20.8 | 9.8 |
| Per 1.125 cup serving: | 226.3 | 3.5 | 1535.0 | 15.6 | 7.4 |
| Maximum recommended daily: | 1800.0 | 65.0 | 2,375 |  | 23.4 |
| \*10-13 grams of fiber per 1,000 calories is recommended or 1.3 grams per 100 calories = 23.4 |

For my purposes, I’m calling 1.5 cups of the chili a serving, which fills my blue bowl. Along with the chili I’m having one slice (2 ounces) of Stone Oven multigrain bread. A chili serving of 1.125 (1 1/8) cups make more sense, however. The item that really pops is salt. A serving of this chili contains 64 percent of the maximum daily allowance for salt.

For dinner I made kale with white beans and sun dried tomatoes along with a beef/garlic broth and 2.4 ounces of SOMG bread.