

After The Holidays: Happy New You 2016!

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After The Holidays: Happy New You 2016!

- Did you put on a few pounds over the holidays?
- Did you enjoy the figgy pudding and eggnog a little TOO much?
- Thanksgiving marks the beginning of a “high risk” time for the overweight.
- The **holiday** season doesn’t represent **one or two days** of overeating – it’s more like a **holi-month** of overeating
- There is a period that extends through the new year where there’s **more alcohol, more snacks, more finger foods and appetizers that are energy dense than any other time of year**

After The Holidays: Happy New You 2016!

- Several studies show that the average weight gain during the winter holidays is just one pound
- Most people don't ever lose the pound of weight they put on during the holidays, according to a report in [The New England Journal of Medicine](#).
- Since the average weight gain during adulthood is about 1-2 pounds a year, that means much of midlife weight gain can be explained by holiday eating.



After The Holidays: Happy New You 2016!

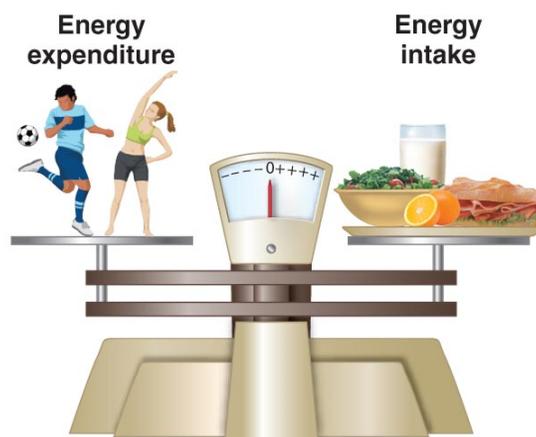
- For people who are already overweight, the holiday weight news is *worse*
- Although the *average* gain is only one pound, people who are already overweight tend to gain a lot more.
- One study found that overweight people gained **five pounds or more** during the holidays.



Is A Calorie a Calorie?

- Eat too many and spend too few, and you will become overweight/obese and sickly
- This is the conventional wisdom
- But increasingly, it looks *too simplistic*
- All calories do not seem to be created equal, and the way the body processes the same calories may vary dramatically from one person to the next

The Concept of Energy Balance



Energy expenditure = Energy intake



Weight Loss That Works

- It's really not that simple
- New research is giving us renewed hope
- Research is looking not just at how many **calories** people eat and burn, but what **type of calories**; they are looking at their genes, the microbes in their gut, how much sleep people get, whether or not they are insulin resistant and more
- All these factors can affect weight loss/gain

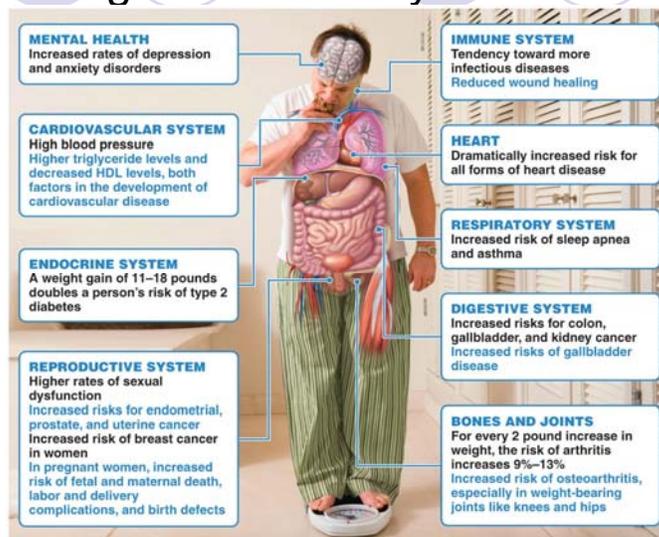
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- **Overweight**—having a body weight more than 10% above the healthy recommended levels; in an adult, having a **BMI of 25 to 29**
 - **Obesity**—a body weight more than 20% above healthy recommended levels; in an adult, having a **BMI of 30** or more
 - **Morbid Obesity**—having a body weight 100% or more above healthy recommended levels; in an adult, having a **BMI of 40** or more

Adult BMI Chart

Weight (lbs)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37

Potential Negative Health Effects of Overweight and Obesity



Assessing Body Weight and Body Composition

- Body fat is composed of:
 - **Essential fat**—amount necessary for maintenance of life and reproductive functions, including:
 - Insulation, cushion, nerve conduction, vitamin absorption, energy, and body temperature regulation
 - Dropping body fat too low can compromise performance and normal bodily function, including amenorrhea for females
 - **Storage fat**—the *nonessential fat* that many of us try to shed

What Do We Know

- Obesity is the cause of 300,000 deaths/yr
- Cause of obesity is genetic, behavioral, and environmental
- Treatment is multidimensional
- Prevention is KEY

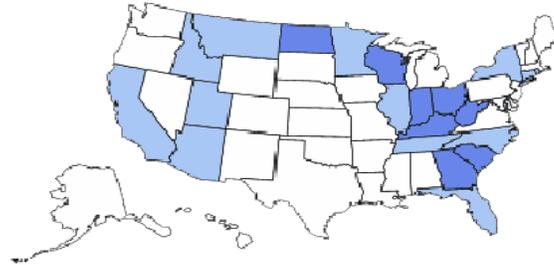




Obesity Trends* Among U.S. Adults

BRFSS, 1985

(BMI \geq 30, or ~ 30 lbs overweight for 5'4" woman)



No Data <10% 10-14% 15-19% \geq 20%



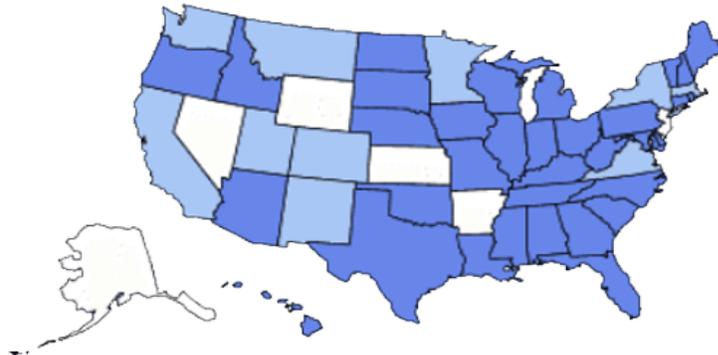
Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10



Obesity Trends* Among U.S. Adults

BRFSS, 1990

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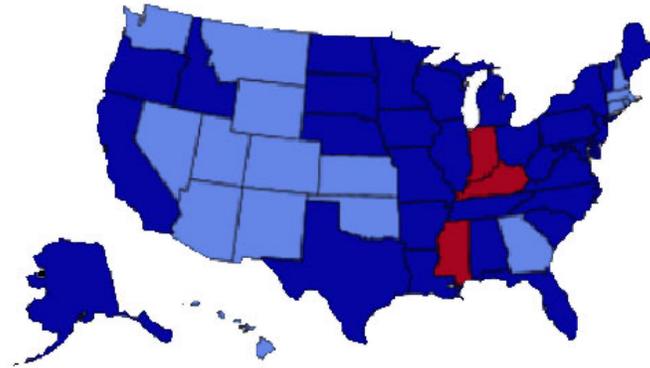


Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults

BRFSS, 1997

(BMI \geq 30, or ~ 30 lbs overweight for 5'4" woman)

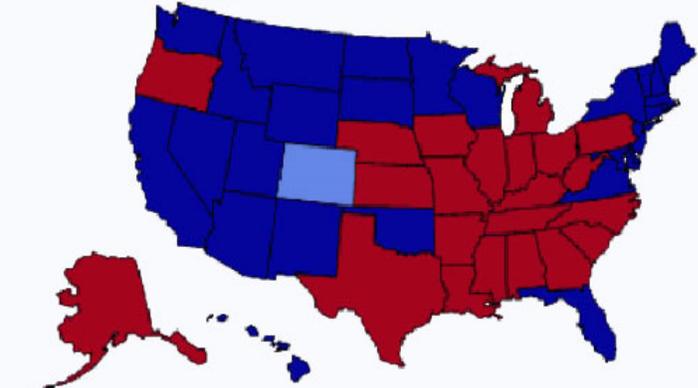


Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults

BRFSS, 2000

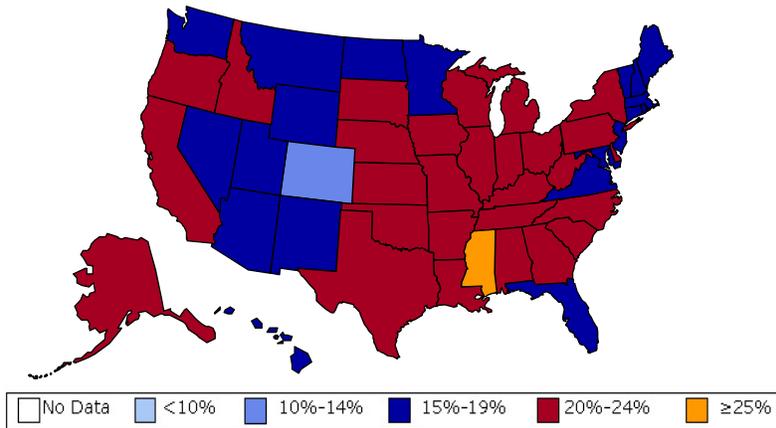
(BMI \geq 30, or ~ 30 lbs overweight for 5'4" woman)



Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults 2001

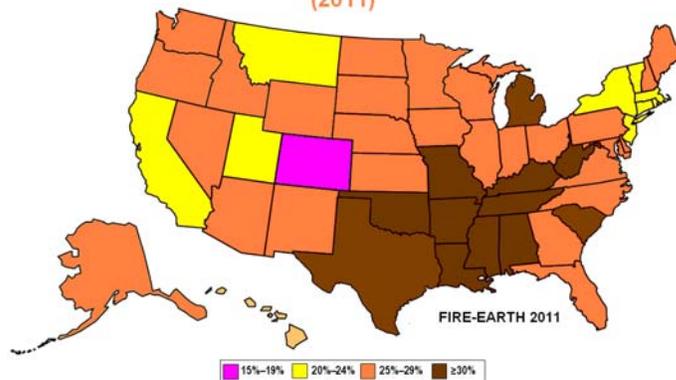
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



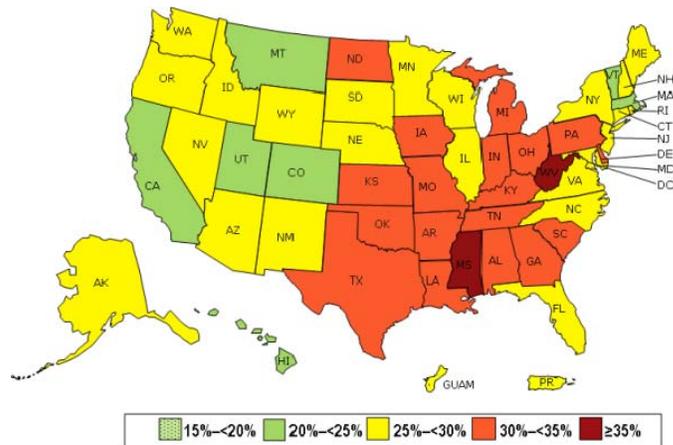
Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends Among U.S. Adults

Percent of Obese (BMI > 30) in U.S. Adults
(2011)



Obesity Trends* Among U.S. Adults 2013



What's Out There...

- The Atkin's Diet
- The Zone Diet
- The Paleo Diet
- Fit For Life
- The Cabbage Soup diet
- The Suzanne Somer's diets
- Weight Watchers
- Body for Life Diet
- Jenny Craig
- Nutri-System
- The South Beach Diet
- Diet Center
- Optifast
- SlimFast
- Sugar Buster's Diet
- Protein Power
- Pritikin Diet
- Eat Right for Your Type

What's Out There...

- The Grapefruit Diet
- The Carbohydrate Addicts Diet
- The Subway Diet
- Dean Ornish Eat More Weigh Less
- The Peanut Butter Diet
- The Fat Flush Diet
- Prayer Diet
- Medications (Redux and fen-phen), Alli
- 246,081 entries for "weight loss" in Amazon's online database
- Americans spend \$60 billion on weight loss products and services



Doesn't Make Sense!

- Why do most people who go on a diet gain back all the weight they lost plus some?
- Why is America so overweight when we have so many diets available?
- What does this tell you about "diets"?





- The best diet is the one you can stick to for a lifetime!
- Lifestyle Eating Plan

Weight Loss That Works

- So which weight loss plan can help people lose weight and keep it off?
- So far, no one has found a *magic bullet*
- For decades health professionals said, “Eat a low-fat diet to lose weight”
- Obesity epidemic *kept right on going*
- Then some health professionals said, “No, it has to be low-carb!”

Weight Loss That Works

- Researchers now have 10 years of data comparing the different weight loss plans
- When all the studies are pooled, there's **NO DIFFERENCE** in weight loss between low-fat and low-carb diets in the long run
- But even more disappointing – neither is very good for the average person

Weight Loss That Works

- One study: A to Z Weight Loss Study done at the Stanford Prevention Research Center at Stanford University
- Randomly assigned 311 overweight/obese people to 1 of 4 diets:
 - Adkins – lowest carb
 - Ornish – lowest fat
 - LEARN and Zone – in the middle

Weight Loss That Works

- After one year, the average weight loss was 10 pounds for Atkins, 6 for LEARN, 5 for Ornish and 3 ½ for The Zone
- Although the Atkins group led in terms of the average number of pounds lost, this group also gained back more weight in the second half of the study than those in the three other groups



- Most overweight/obese people want to lose MORE than 10 pounds
- In every group some people lost 40-50 pounds and some gained 5-10 pounds
- When the researchers went back and looked at the results again they found that insulin resistant people **lost more weight on the low-carb diets**
- Those who weren't insulin resistant did no better on any one diet



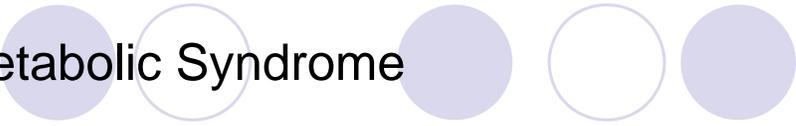
Weight Loss That Works

- How do you know if you are insulin resistant?
- There is no simple test, but you're more likely to be insulin resistant if you have ***metabolic syndrome***
- Fasting insulin is a crude measure of insulin resistance
- Insulin resistance – insulin doesn't do a good job of controlling blood sugar



Metabolic Syndrome

- Metabolic syndrome is a collection of heart disease risk factors that increase your chance of developing **heart disease, stroke, and diabetes**: double the risk of developing cardiovascular disease
- The condition is also known by other names including Syndrome X, insulin resistance syndrome, and dysmetabolic syndrome.
- According to a national health survey, the number of people with metabolic syndrome increases with age, affecting **more than 40%** of people in their 60s and 70s.



Metabolic Syndrome

- You are diagnosed with metabolic syndrome if you have **three or more** of the following:
 1. A **waistline** of 40" or more for men and 35" or more for women (measured across the belly)
 2. A **blood pressure** of 130/85 mm Hg or higher or are taking blood pressure medications
 3. A **triglyceride** level above 150 mg/dl
 4. A **fasting blood glucose** (sugar) level greater than 100 mg/dl or are taking glucose-lowering medications
 5. A **high density lipoprotein** level (HDL) less than 40 mg/dl (men) or under 50 mg/dl (women)



Weight Loss That Works

- Some people have a harder time losing weight because the weight loss plan they are using is ***wrong for them metabolically***
- A lot of low-fat diets are high in carbs and that can be **worse** for people who are insulin resistant
- People who are insulin resistant need to cut back on carbs, especially added sugars
- This can help lower triglycerides as well

Weight Loss That Works

- Carbs at 30-40% of calories
- 1200 calories: 90-120 g/day
- 1400 calories: 105-140 g /day
- 1500 calories: 112-150 g/day
- 1600 calories: 120-160 g/day
- *Best carbs for people who are insulin resistant: Low glycemic! Beans/legumes, Peas, Lentils, Squash, Sweet potato, Oats, Barley, Quinoa, 2-3 servings fruit (berries - low glycemic)*



How many carbs?

- Banana – 1 medium 27 gm
- Strawberries – 1 cup whole 11 gm
- 1 average apple – 24 gm
- 2 Tbsp dried cranberries – 17 gm
- 6 oz orange juice – 20 gm
- 1 slice of bread (1 oz) – 15 gm
- Starch: ½ cup cooked (oatmeal, quinoa, pasta, rice, etc) – approx. 15 - 20 gm



Carb Blockers



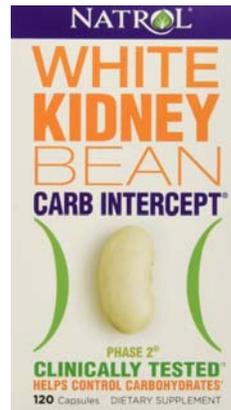
- The only one with some scientific support is white kidney bean extract.
- White kidney bean extract contains a substance that reduces the absorption of starch, which according to a clinical review published in the 2007 issue of the "Nutrition Journal," has been tested in numerous studies
- Researchers write that a specific white kidney bean product called Phase 2 Carb Controller is shown to effectively cause weight loss at the recommended dosages.
- In addition, Phase 2 Carb Controllers helps prevent post meal blood sugar spikes.

Carb Blockers



- Studies show this extract helps the body modulate levels of ghrelin and the satiety hormones CCK, GLP1, and PYY
- This helps reduce food intake and supports healthy levels of hunger and fullness
- This extract also modulates alpha-amylase, the enzyme that converts dietary starch into simple sugars - this can affect the rate at which free sugars are absorbed from the digestive tract into the blood stream
- Carb blockers may cause mild gastrointestinal side effects and may lower blood sugar -- something to watch for if you have diabetes

Carb Blockers



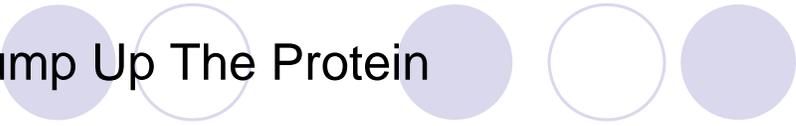
Carb Blockers

- Studies show these products appear to be very safe
- They DON'T work by themselves – still important to eat healthy and exercise
- Only take a starch blocker with a meal containing carbs



What About Protein?

- Your body starts to produce more insulin as you age, since your muscle and fat cells aren't responding to it properly
- And **insulin promotes fat storage**, especially around your belly.
- A diet higher in protein may protect you against insulin resistance
- In one study, obese women who followed a diet for eight weeks that was roughly 30% protein, 40% carbs, and 30% fat lost significantly more fat—including visceral pudge—than women who stuck to a plan that was 16% protein, 55% carbs, and 26% fat.



Pump Up The Protein

- As age advances, you cannot afford to lose muscle, organ tissue, or bone mass
- Muscle is the absolute centerpiece for being healthy, vital and independent as we grow older
- Muscle keeps us strong and mobile and is where most of our calories are burned
- Muscle is also key to helping older people avoid falls
- Muscle also helps maintain and improve bone mineral density

Pump Up The Protein

- Studies show that older people need MORE protein, even as they need LESS calories
- We do not assimilate protein as well when we are older
- Older adults need to eat more protein in order to absorb enough to build muscle
- 25 to 30 grams per meal

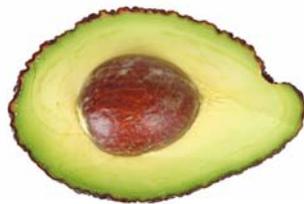
Pump Up the Protein

- Aim for 20-30 grams per meal, including breakfast
- Greek yogurt, plain 6 oz – 16 g
- Cottage cheese, 1%, ½ cup – 14 g
- 1 Egg - 6 g
- Chicken, turkey breast, 4 oz – 35 g
- Tuna in water, 4 oz – 28 g
- Tofu, firm, 4 oz 18 g
- Soy nuts, ¼ cup – 17 g
- Nuts, ¼ cup – 6 g



What About FAT?

- Fats should be high quality fats: EVOO, nuts, avocado, seeds, nut oils, flaxseed, fatty fish, olives



Fats

- Fats should comprise about 25-35% of calories*
- 1200 calories: 33 – 47 g/day
- 1400 calories: 38 – 54 g/day
- 1500 calories: 42- 60 g/day
- 1800 calories: 50 – 70 g/day



- For apo E 4/4 or 3/4 genotype fat should comprise about 20% of calories

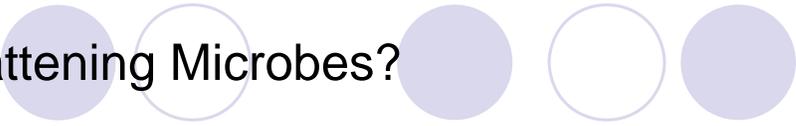
Alpha Cyclodextrin

- Alpha cyclodextrin is a naturally occurring viscous dietary fiber that is able to reduce fat absorption and studies show it can prevent weight gain and promote weight loss
- In people with dyslipidemia, it can reduce total and LDL cholesterol and triglycerides
- In one study obese people taking 2 grams per meal reduced their daily energy (calorie) intake by 522 calories
- Animal studies show alpha cyclodextrin may have a greater binding affinity for saturated and trans fats

Alpha Cyclodextrin

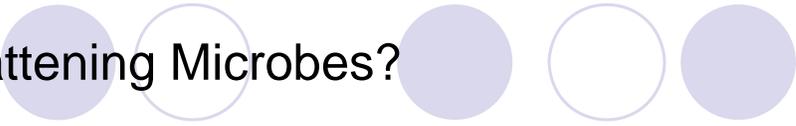
- Safety studies show it appears to be quite safe and no adverse effects were reported





Fattening Microbes?

- Can our gut bacteria help explain why we're fat or thin?
- Studies in mice have shown that intestinal microbes **may contribute to weight gain**
- Scientists studied gut bacteria from pairs of twins in which one sibling was lean and one was obese
- They transplanted the lean twin's bacteria into one group of mice and the obese twin's bacteria into another



Fattening Microbes?

- A month later, the mice that got the lean twin's bacteria were still lean
- But the mice that got the obese twin's bacteria were fatter, **even though they ate no more food!**
- Next came what the scientists called "the battle of the microbiota."



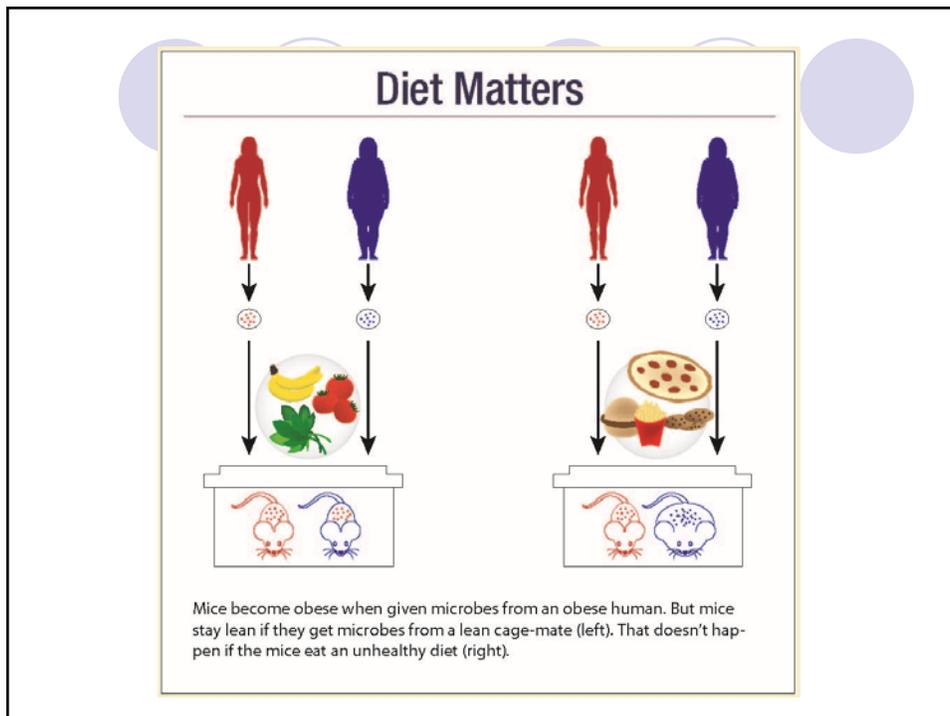
- They housed each mouse that had been given what one could call the “slimming microbes” in a cage with a mouse that had been given the “fattening microbes.”
- (The mice had received the microbes only five days earlier, so those given the fattening microbes hadn’t yet gained weight.)
- Since mice eat each others’ feces, their gut microbes got mixed. Which microbes won?



- The slimming ones.
- The slimming microbes invaded the mice with fattening microbes, so all the mice stayed lean.
- One explanation: mice with fattening microbes (and obese people) have **fewer and less diverse microbes** in their gut than mice with slimming microbes (and lean people).



- But there's a catch: the slimming microbes invaded mice with fattening microbes *only* if the mice with fattening microbes ate a diet that's **high in fruits and vegetables (fiber) and low in saturated fat**.
- Eating a healthy diet **encourages microbes associated with leanness** to quickly become incorporated into the gut
- A diet high in saturated fat and low in fruits and vegetables "thwarts the invasion," according to researchers
- Of course, mice aren't humans. But preliminary findings in people are intriguing.





- Some studies find that ***Bacteroidetes*** bacteria are more common in **lean people**, while ***Firmicutes*** bacteria are more common in the **obese**. What's more:
- Researchers put 12 obese people on a low-calorie diet for a year.
- As they lost weight, they **acquired *Bacteroidetes* and lost *Firmicutes***.



- Scientists overfed 12 lean and 9 obese people for 3 days.
- Bacteria didn't change in the obese people, but when the lean people ate 3,400 calories a day, their ***Firmicutes* increased** and their ***Bacteroidetes* decreased**.
- What's more, the lean overfed people who had a 20% increase in *Firmicutes*—and a 20% drop in *Bacteroidetes* **—absorbed 150 more calories per day from their food!**

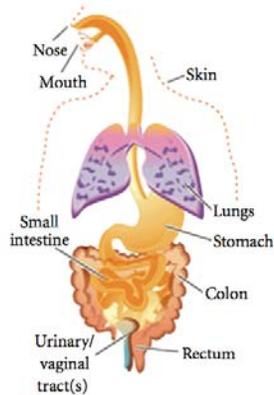


- How do microbes affect weight gain?
- The bacteria in the lean mice digested more **fiber**, so they gave off more short-chain fatty acids than the bacteria in the obese mice.
- **Short-chain fatty acids** may **cause less fat to accumulate** in fat cells, **boost calorie burning**, and **increase satiety hormones**.
- It's possible that we could eventually prevent or treat obesity by giving people the right microbes and the right diet.



- Researchers speculate that people are more likely to gain weight when gut bacteria are **more efficient** at breaking down food
- This enables the body to **absorb more calories**
- Researchers theorize that less efficient bacteria allow food to pass more quickly through the intestines
- If you want to stay lean, you'll want bacteria that are less efficient at absorbing calories
- If 2 people eat the same bowl of cereal and one person's bacteria are better at breaking it down, they might get 95 calories while the other person only gets 70 – the rest will pass through

Bacteria in the Human Body



Human body 10^{13}
cells 23,000 genes

Normal flora 10^{14} microbial
cells on the human body.
3.3 million genes

Amount of bacteria per gram of cellular component

- Stomach— 10^1 to 10^2 cells
- Duodenum— 10^3 cells
- Jejunum— 10^4 cells
- Ileum 10^4 to 10^7 cells
- Proximal colon 10^{10} to 10^{11} cells
- Transverse colon 10^{11} to 10^{12} cells
- Distal colon $>10^{12}$ cells



- Healthy microbiota thrive on a high volume of diverse **fiber**
- When scientists at Stanford fed mice a “no fiber” sugar diet, their microbiota **deteriorated rapidly**
- On a low-fiber diet, their microbiota did a little better
- When the mice were fed a diet with **large amounts of diverse fiber they were able to maintain a healthy microbiota**
- Best foods for diverse fiber: beans, vegetables, whole grains, fruits

What About Inflammation?

- One of the hallmarks of metabolic syndrome is chronic low-grade inflammation in the body
- Some of the bacterial species that were found at **greatly reduced levels** in subjects with metabolic syndrome have been shown to have **anti-inflammatory properties**
- The difference in microbial communities might be the result of inflammation rather than the cause of it, a question additional studies will need to examine.

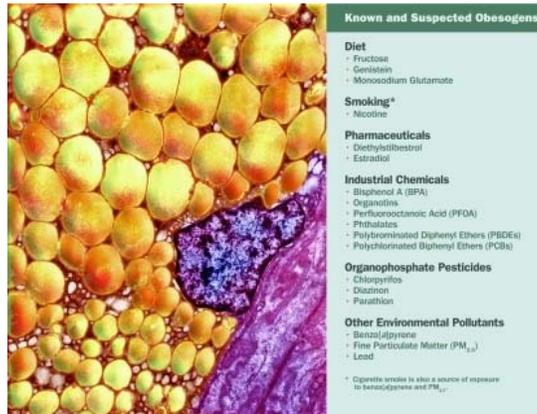


What About Environmental Toxins?

- When battling weight, most people focus on exercise and eating right.
- While there's no question that increasing activity and choosing healthier foods can help shed pounds, anyone who has battled weight issues can tell you the calories/activity equation **isn't as simple as experts make it sound.**
- There are numerous reasons why your body will stubbornly hold onto pounds despite your best efforts.
- One potential cause that's been emerging from the latest research is the role of chemicals in the environment.
- Weight-loss experts are finding that **toxins** can build up in your body and stymie weight loss — unless you take steps to eliminate these chemicals.



Obesogens: An Environmental Link to Obesity Environ Health Perspect. 2012 Feb; 120(2): a62–a68.



- BPA is an ingredient in hard plastics, and numerous studies have linked exposure in children to a propensity for weight gain.
- BPA and its kin behave like the female hormone estrogen in the body, especially the effect the hormone has when spurring development:
- They tend to **increase hunger and encourage the storage of fat**, according to a review of research from the National Institutes of Health.
- As far as pesticides go, it's a well-established fact that **diabetes can be a side effect of accidental poisoning by certain pesticides.**
- At smaller doses over a long period of time, pesticides can cause **chronic inflammation, raise blood sugar, and increase the growth and proliferation of fat cells.**

TOXINS

- You can protect yourself from many obesogens.
- Don't smoke, filter your water, buy organic food, use natural body and home cleaners, and limit your exposure to the plastics and products that contain the harmful toxins, and you'll be able to avoid many of the chemicals that can contribute to weight problems.



What About Genes?

- Scientists have identified a genotype for people who respond to a low-carb diet and a genotype for those who respond to a low-fat diet
- Using data from the A to Z Weight Loss Study, researchers found that people who were matched to the right diet - low-carb responders were assigned to a low-carb diet – ***lost more weight than those who were mismatched***



- We all know two people who tried to follow the same diet the same way and one succeeded and one failed miserably
- Now we've got insulin resistance, genotyping, microbiota to consider as well
- We are starting to untangle some of the mystery



- One test, manufactured by Interleukin Genetics, tells clients whether they will drop more pounds on a low-fat, low-carbohydrate diet or a well-rounded one based on their genes
- A study conducted by the company and presented at the 2010 meeting of the American Heart Association found women whose diets matched their genetic test results lost two to three times more weight than those whose diets were supposedly incompatible with their genes.
- Scientists are only beginning to uncover the genes involved in obesity and weight loss.

Genetic Tests

- To take the test, dieters swab their cheeks and mail in the samples.
- Employees test DNA in the samples to see which version of the four genes the person has.
- Clients are classified as sensitive to carbohydrates, sensitive to fat, some mixture of the two, or neither, said Ken Kornman, chief scientific officer at Interleukin.
- No long term studies yet on the effectiveness

Food Sensitivities

- Food sensitivities are much more common than food allergies
- Food sensitivities **cause inflammation** and inflammation is one of the biggest drivers of weight gain and disease in America
- When the system is constantly inflamed, it is often more difficult to lose weight

Food Sensitivities

- How do I know if I have a food sensitivity?
- Blood Test - MRT
- Go dairy and gluten free for 6 weeks (most common triggers of food sensitivities). Dairy and gluten are also linked to insulin resistance and therefore weight gain
- If you don't get relief from avoiding gluten and dairy - Avoid the most common culprits: gluten, dairy, corn, eggs, soy nuts, nightshades (tomatoes, bell peppers, potatoes and eggplant), citrus and yeast (baker's, brewer's yeast and fermented products like vinegar) for 6 weeks, then reintroduce

National Weight Control Registry

- Largest study of people successful at long-term maintenance of weight loss
- Criteria – Lost at least 30 pounds and kept it off for at least a year
- Approximately 6,000 people

NWCR

- Average weight lost is about 70 pounds
- Average is 6 ½ years
- 14% of members have lost 100 pounds or more
- 72% became overweight during childhood/adolescence
- About 75% report that at least one parent was overweight

To LOSE weight

- 89% modified BOTH food intake and physical activity
- 10% used diet alone
- 1% modified ONLY physical activity
- 55% used a formal program or professional assistance

To LOSE weight

- Majority limited certain TYPES of food
- 44% ate all foods but limited QUANTITY
- Very few lost weight for the last time using fad diets
- Overwhelming majority said that the key was [changing their lifestyle for good](#)

NWCR: To MAINTAIN Weight

- Eat regular meals, including breakfast
- On average, eat 5 times per day
- On average eat one meal at a fast-food restaurant and 2.5 meals at non-fast food restaurant per week
- Continue to monitor their food intake in some way but do NOT feel deprived or feel like they are “dieting.”

NWCR: ACTIVITY

- Report being very active
- On average – report expending about 2,700 calories a week through physical activity or the equivalent of walking about 4 miles a day.
- A lb of lean mass (muscle, bones, organs) burns about 12 calories per day while at rest
- A lb of fat burns 2-3 calories per day while at rest



Weighing

- 38% weigh themselves daily
- 75% weigh themselves once per week
- Self Monitoring is Critical!
- Weight
- Measurements
- Food Log
- Activity Log



What is the healthiest weight for you?

- Eating as well as you can reasonably eat
- Exercising as well as you can reasonably exercise
- Managing stress, sleep patterns, emotions...
- Being CONSISTENT with all of the above
 - But be realistic, not idealistic
 - We aren't perfect, so how can we expect to eat perfectly?

How Many Calories Do I Need?

- To lose weight, energy intake must be reduced
- One pound of body fat = 3,500 calories
- To lose 1 pound per week, decrease caloric intake by 500 calories/day
- To lose 2 pounds per week, decrease caloric intake by 1000 calories per day

Estimate Calories to Maintain

- Sedentary: Rarely get any physical activity. Sit most of the day. Body weight x 13
- Light: Walk 20-30 minutes/day 3-5 times a week or equivalent. Body weight x 15
- Moderate: Exercise 4-5 times a week for 50-60 minutes each. Body weight x 17
- Very active: Athletes; Exercise 4-5 times a week for 90+ minutes each. Body weight x 20

What It Takes . . .

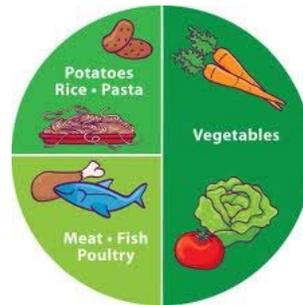
Self-Monitor:



- Keep a food diary. Know how many calories you need. If you bite it – write it!!!!
- Recent study in American Journal of Preventative Medicine showed that keeping a food diary doubled success at weight loss!
- Keep an exercise diary. You will never FIND time to exercise – MAKE TIME to exercise

What It Takes . . .

- Don't cut fat TOO low – increase omega 3s
- A small portion of heart healthy fat at each meal
- Eat protein at meals
- Eat fiber at meals
- Cut out added sugars
- Stay Hydrated!



Eat More Often – Weigh Less!

- Eat a snack/mini-meal every 4-5 hours
- Keeps blood sugar steady
- Controls overeating
- Protein, low-GI carb, small amount of healthy fat, fiber
- Yogurt or cottage cheese, blueberries, high-fiber whole wheat toast, peanut butter
- Chicken or fish, veggies, black beans, oil and vinegar dressing

Smart water



- Virginia Polytechnic Institute
- The researchers studied 48 adults ages 55 to 75
- All of the subjects were asked to consume a low-calorie diet for 12 weeks, but half also drank two 8-ounce cups of water just before each meal.
- After 12 weeks, those who drank the water lost about 15 1/2 pounds, compared to only 11 pounds for those who did not drink the water

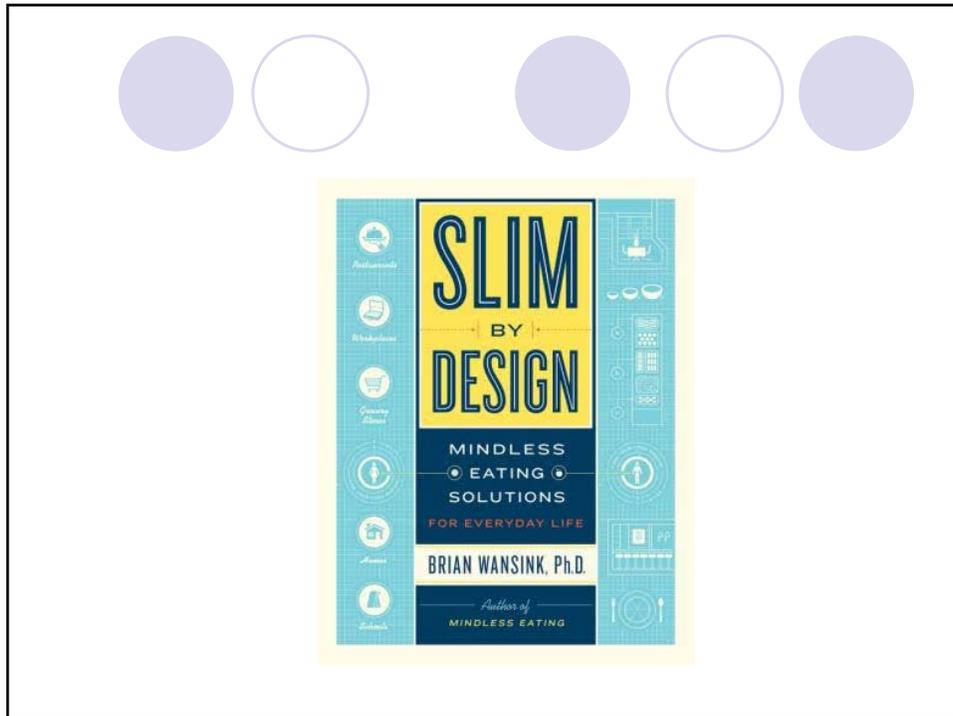
Water

- Drinking water is especially important as we get older
- As we age, the hypothalamus (which controls our hunger and thirst) becomes desensitized, dulling our thirst signals
- Plus, many older people avoid drinking water so they can avoid running to the bathroom constantly
- Since water is key for digestion and metabolism—and our bodies can easily mistake thirst for hunger, which causes us to eat more than we actually need—it's important to make sure you're getting enough.
- Try to set an alarm on your phone at regular intervals so you're reminded to keep sipping throughout the day.

Don't leave unhealthy foods in sight

- The food on your counter can predict your weight - especially if it's cereal or soft drinks.
- Over 200 American kitchens were photographed to determine if the food sitting out on counters could predict the weight of the woman living in each home.
- The new Cornell study found that women who had breakfast cereal sitting on their counters weighed 20-lbs more than their neighbors who didn't, and those with soft drinks sitting out weighed 24 to 26-lbs more.
- The good news? Those who had a fruit bowl sitting out in sight weighed about 13-lbs less.





Slim by Design

- Leading behavioral economist, food psychologist, and bestselling author Brian Wansink introduces groundbreaking solutions for designing our most common spaces—
- Work place
- Restaurants
- Grocery stores
- Home kitchens, among others--in order to make positive changes in how we approach and manage our diets.

What It Takes . . .

- Set small, manageable goals
- Plan ahead! At home, work, restaurants
- Manage your environment – don't depend on willpower alone
- ❖ Keep healthy, high fiber foods available
- ❖ Don't keep high calorie/processed foods around
- ❖ Learn to cook a few healthy meals – cooking has become a spectator sport. Watching Top Chef *isn't* cooking!



Sleep

Do Not Disturb

- Sleep has direct effect on diabetes, heart disease and weight
- Research Columbia University: 6 hours or less a night – 23% more likely to be obese than people who slept 7-9 hours
- 5 hours or less – 50% more likely
- 4 hours or less – 73% more likely

Stress

- Eating in response to stress - a “learned” response
- Stress releases “fat storage” hormones
- Practice stress-reduction techniques – meditation, yoga, hypnosis, tai chi
- Takes time to retrain brain



Eat Mindfully

- **Be present** when you eat your meals/snacks
- Don't miss out!
- Be aware of satisfying your hunger
- Notice taste, texture, color, temperature
- Make eating **an experience to be enjoyed!**



Slow Down

- Research shows you eat approx. 60 FEWER calories per meal when you **slow your pace**.
- Slow down for all 3 meals – save 180 calories per day
- A whopping 6,300 at the end of 5 weeks!
- Equal to 24 McDonald's hamburgers or 30 slices of thin-crust pizza at Pizza Hut!
- 6,300 calories = 2 pound weight loss



Chew Your Food!

- Most people put food in their mouth, chew a few times and swallow their food, as if their sole focus was how quickly they could get their foods to their stomachs
- Digestion begins in the mouth – digestive enzymes: amylase

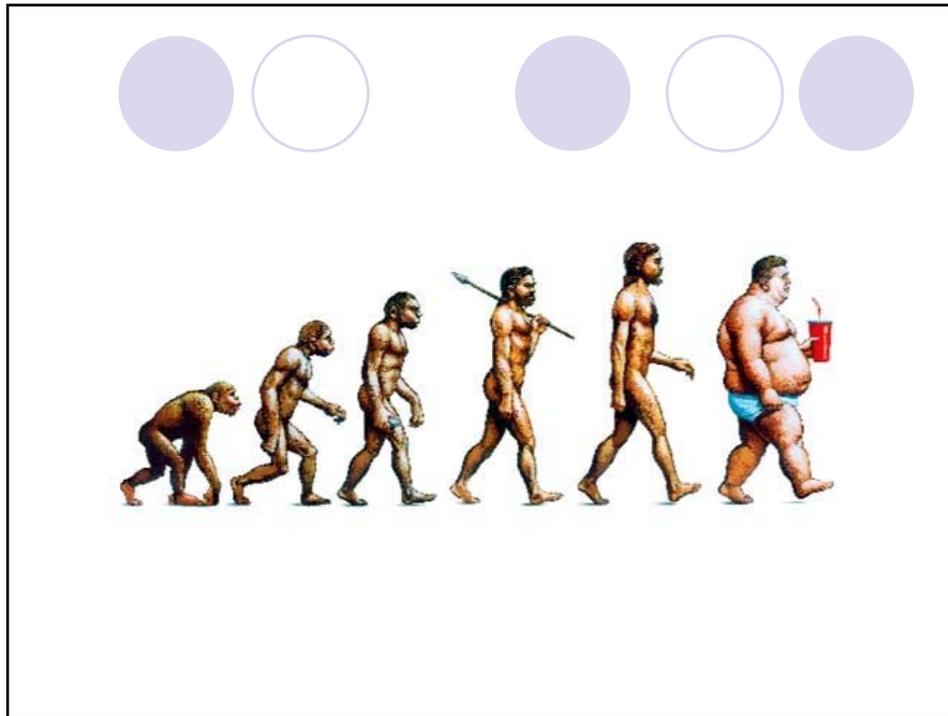
Deprivation Mentality

- Don't deprive yourself of foods you really love
- Build these into your program when you can include them without overeating
- Deprivation is not a long term strategy

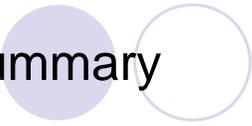


Optimal Nutrient Composition

Element	Recommendation
Water	9 cups/day for women 12 cups/day for men
Fat	20-40% of total calories
Carbohydrates	30-40% of total calories
Protein	20-30% of total calories
Alcohol	Limit 1 drink/day women Limit 2 drinks/day men
Fiber	30-40 grams per day

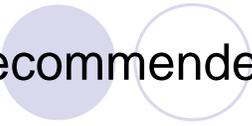


If your trigger is . . .	then try this strategy . . .
<i>A stressful situation</i>	Acknowledge and address feelings of anxiety or stress, and develop stress management techniques to practice daily.
<i>Feeling angry or upset</i>	Analyze your emotions and look for a non-eating activity to deal with them, such as taking a quick walk or calling a friend.
<i>A certain time of day</i>	Change your eating schedule to avoid skipping or delaying meals and overeating later; make a plan of what you'll eat ahead of time to avoid impulse or emotional eating.
<i>Pressure from friends and family</i>	Have a response ready to help you refuse food you do not want, or look for healthy alternatives you can eat instead when in social settings.
<i>Being in an environment where food is available</i>	Avoid the environment that causes you to want to eat: Sit far away from the food at meetings, take a different route to class to avoid passing the vending machines, shop from a list and only when you aren't hungry, arrange nonfood outings with your friends.
<i>Feeling bored and tired</i>	Identify the times when you feel low energy and fill them with activities other than eating, such as exercise breaks; cultivate a new interest or hobby that keeps your mind and hands busy.
<i>The sight and smell of food</i>	Stop buying high-calorie foods that tempt you to snack, or store them in an inconvenient place, out of sight; avoid walking past or sitting or standing near the table of tempting treats at a meeting, party, or other gathering.
<i>Eating mindlessly or inattentively</i>	Turn off all distractions, including phones, computers, television, and radio, and eat more slowly, savoring your food and putting your fork down between bites so you can become aware of when your hunger is satisfied.
 <i>Feeling deprived</i>	Allow yourself to eat "indulgences" in moderation, so you won't crave them; focus on balancing your calorie input to calorie output.
<i>Eating out of habit</i>	Establish a new routine to circumvent the old, such as taking a new route to class so you don't feel compelled to stop at your favorite fast-food restaurant on the way.
<i>Watching television</i>	Look for something else to occupy your hands and body while your mind is engaged with the screen: Ride an exercise bike, do stretching exercises, doodle on a pad of paper, or learn to knit.



Summary

- Eat a lower-carb, high-fiber diet
 - Eat **high-quality food**
 - Eat breakfast every day
 - Take out the toxins
 - Get tested for food sensitivities
 - Monitor progress
 - Get high levels of physical activity
 - Be as active as you can!
- 
- Eat 4-5 times a day
 - Skipping meals is NOT a good way to lose weight!
 - Set up your environment to work for you
 - Take care of your emotional/mental health
 - Get enough sleep
 - Drink enough water for your activity level
 - Eliminate/limit intake of **processed** foods



Recommended Books



Volumetrics Eating Plan: Barbara Rolls

Mindless Eating: Brian Wansink

Slim By Design: Brian Wansink

The Beck Diet Solution (Cognitive Behavioral Therapy): Judith Beck

Books by Geneen Roth – Emotional eating

Food Logs

- www.fitday.com
- www.nutritiondata.com
- www.calorieking.com
- www.sparkpeople.com
- Loseit app
- Myfitnesspal app



Remember

- Eat less, chew more
- Sit less, move more
- Worry less, sleep more
- Rush less, play more
- Whine less, breathe more!

