

After The Holidays: Happy New You 2014!

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After The Holidays: Happy New You 2014!

- 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 2014!

- 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 one to two pounds a year, that means much of midlife weight gain can be explained by holiday eating.



After The Holidays: Happy New You 2014!

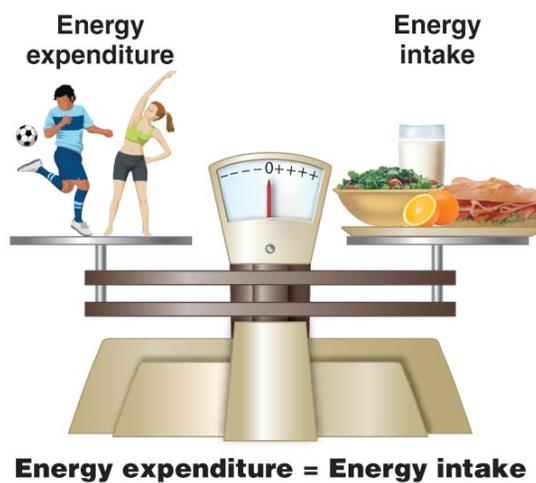
- For people who are already overweight, the holiday weight news is worse
- Although the *average* gain is only one pound, people who are already overweight tend to gain a lot more.
- One study found that overweight people gained ***five pounds or more*** during the holidays.



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





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



- **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)

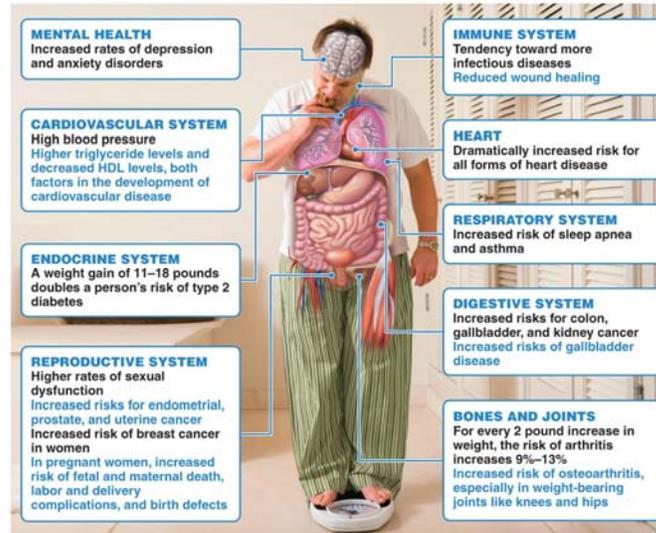
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5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5'10	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

Belly Fat

- Women < 35"
- Men < 40"



Potential Negative Health Effects of Overweight and Obesity



Assessing Body Weight and Body Composition

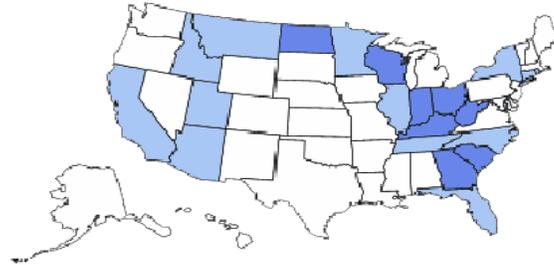
- Body fat is composed of:
 - **Essential fat**—amount necessary for maintenance of life and reproductive functions, including:
 - Insulation, cushion, nerve conduction, vitamin absorption, energy, and body temperature regulation
 - Dropping body fat **too low can compromise performance and normal bodily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



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%



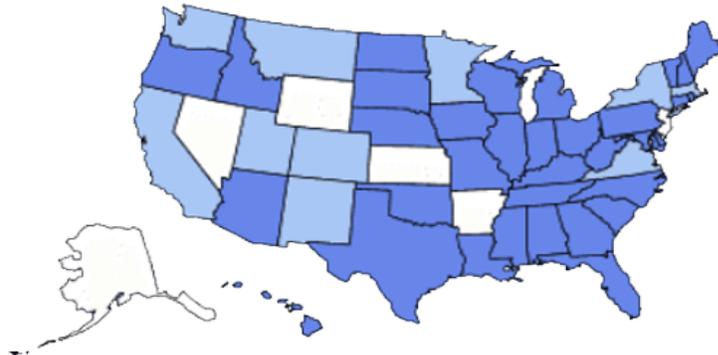
Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10



Obesity Trends* Among U.S. Adults

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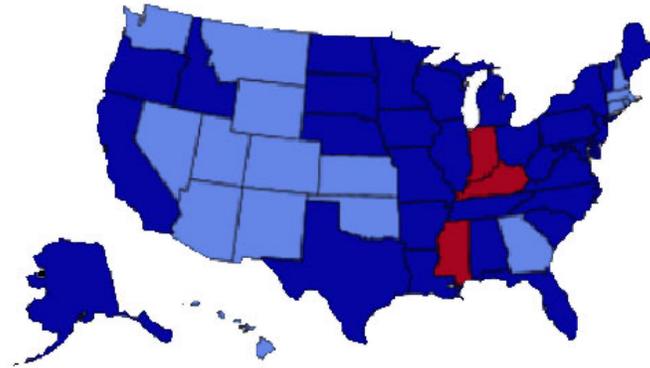


Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults

BRFSS, 1997

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

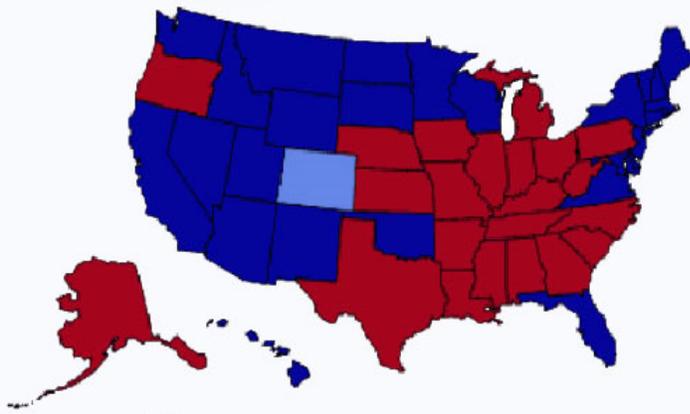


Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults

BRFSS, 2000

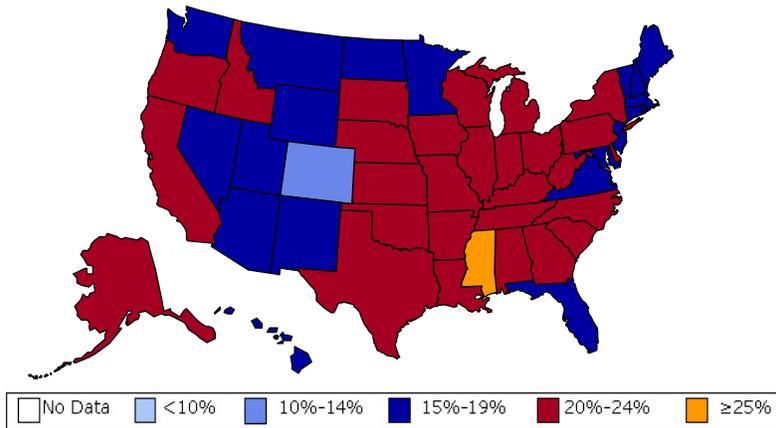
(BMI \geq 30, or ~ 30 lbs overweight for 5'4" woman)



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

Obesity Trends* Among U.S. Adults 2001

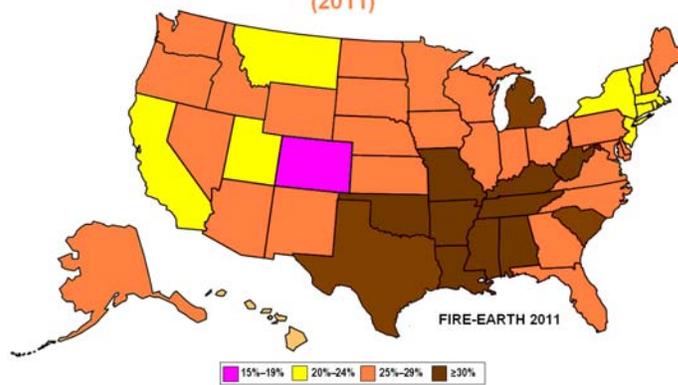
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



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)



What's Out There...

- The Atkin's Diet
- The Zone Diet
- The New Beverly Hills Diet
- Fit For Life
- The Cabbage Soup diet
- The Suzanne Somer's diets
- Paleo Diet
- 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
- **87,616** entries for "weight loss" in Amazon's online database
- Americans spend \$33 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

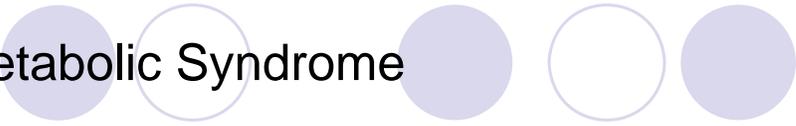
Weight Loss That Works

- After one year, the average weight loss was 10 pounds for Adkins, 6 for LEARN, 5 for Ornish and 3 ½ for The Zone
- 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**.
- 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 (1400 calories, 105-140 grams of carbs per day)
- Best carbs for people who are insulin resistant: Low glycemic!
- Beans/legumes
- Peas, Lentils, Squash, Sweet potato
- Oats, Barley, Quinoa, Whole Grains
- 2-3 servings fruit (berries - low glycemic)



Weight Loss That Works

- Fats should be high quality fats at 25 – 30% of calories (39 – 46 grams for 1400 calories): EVOO, nuts, avocado, seeds, nut oils, flaxseed, fatty fish, olives



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



Fattening Microbes?

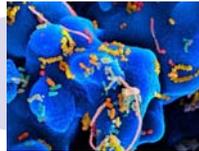
- Can our gut bacteria help explain why we're fat or thin?
- Studies in mice have shown that intestinal microbes **may contribute to weight gain**
- Scientists studied gut bacteria from pairs of human twins in which one sibling was lean and one was obese
- They transplanted the lean twin's bacteria into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

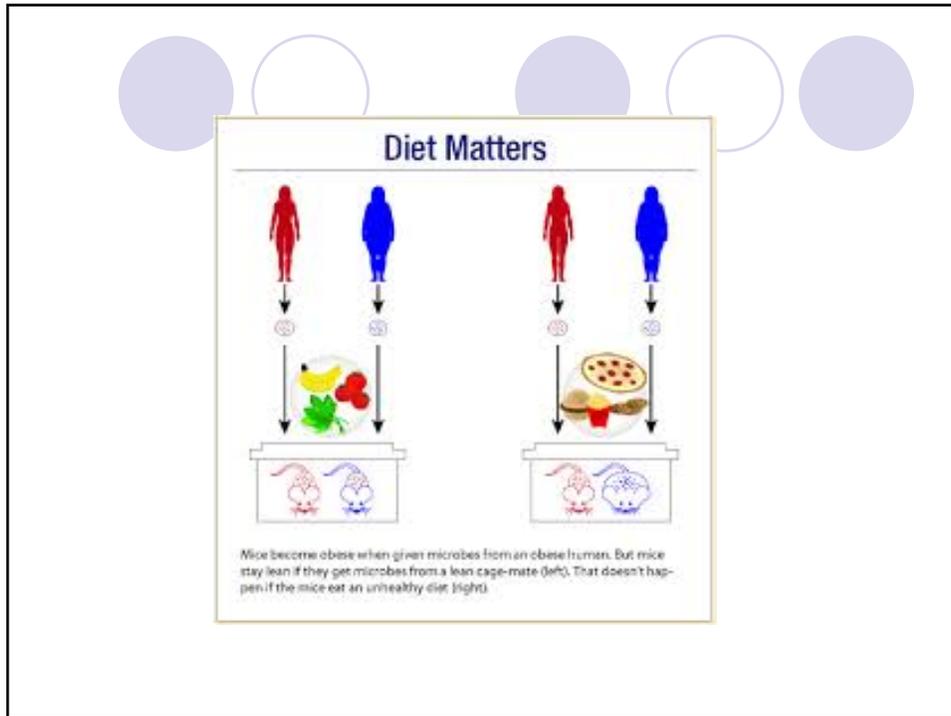
Fattening Microbes?

- 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!***



- 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," says Gordon.
- A diet high in saturated fat and low in fruits and vegetables "thwarts the invasion."
- Of course, mice aren't humans. But preliminary findings in people are intriguing.





- 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 certain **types 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



- 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



- Another study - researchers studied members of the Old order Amish in Lancaster, PA to see what their gut microbes might reveal about obesity in that community
- The Amish are ideal study subjects - genetically homogenous society with a shared lifestyle, including a diet that features lots of meat, potatoes and gravy; very high fat and high carbohydrate
- The researchers analyzed data from 310 people and identified 26 species of gut bacteria that were found **at different concentrations** in obese individuals who had — or didn't have — metabolic syndrome.



- 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.



- How can toxins be related to **weight gain**? You've no doubt heard scientists use the term carcinogen to refer to substances that can raise the risk of cancer.
- Bruce Blumberg, Ph.D., a developmental biologist at the University of California at Irvine, has been tracking obesogens: chemicals that raise the risk of gaining weight.
- He has found that **tributyltin (TBT)**, which is used in the manufacture of paint, wood stains, vinyl, disposable diapers and many other products, forces mice and their offspring to gain weight even when they're consuming the **exact same number of calories** as TBT-free mice.
- The chemical seems to target stem cells — the modeling clay your body uses to make bone, muscle, and other types of tissue. Exposed to TBT, stem cells turn into fat cells.
- Blumberg found that TBT's effect is particularly potent in fetuses and infants, programming them from a young age to pack on pounds.



- Another troublesome obesogen is **bisphenol A (BPA)**
- Blumberg and numerous other researchers are deeply concerned about this chemical — part of a group of substances known as **endocrine disrupting chemicals**.
- 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.



- Some toxins you're familiar with — nicotine, arsenic and pesticides — also appear to be obesogens.
- In the same review of studies, researchers found that mothers who smoke put their children at an increased risk of obesity later in life.
- Arsenic, which is naturally present at elevated levels in certain areas of the world and turns up in drinking water, also predisposes people to weight gain
- Nicotine and arsenic seem to **boost inflammation** and interfere with the body's ability to process sugar leading not only to weight gain, but an **increased risk of diabetes**.
- 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.



- You can protect yourself from many obesogens.
- Don't smoke, filter your water, buy organic food 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.
- But you'll have to be vigilant.



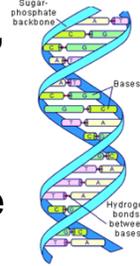
What About Genes?



- 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



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

Problems With Diets

- Too restrictive—in calories and food choices
- Food becomes the enemy
- They teach you to ignore basic bodily cues
- They are a stressor
- They are an energy and emotional drain

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 5,000 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

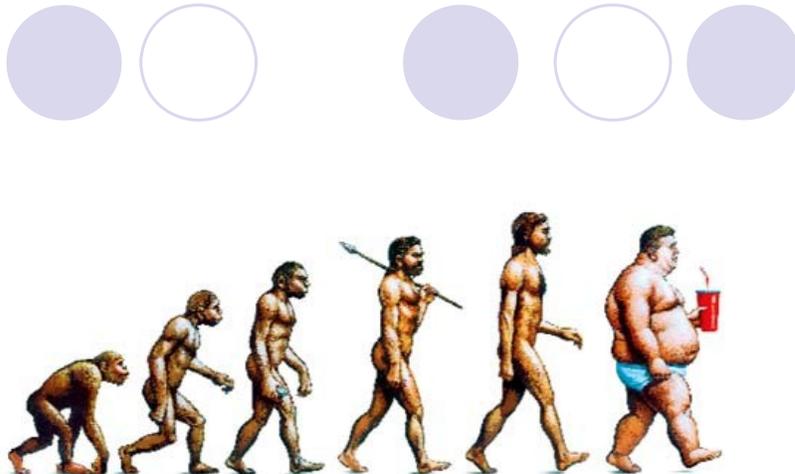


How Many Calories Do I Need?

- 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



Artificial Sweeteners



- Study looked at 18,000 people found healthy adults who consumed at least 1 diet drink a day could increase chance for weight GAIN
- Taste buds taste sweet – but no calorie load that comes with it.
- Diet foods can alter metabolism and affect brain chemistry
- Mismatch – changes brain chemistry
- With sweet foods we rev up metabolism

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

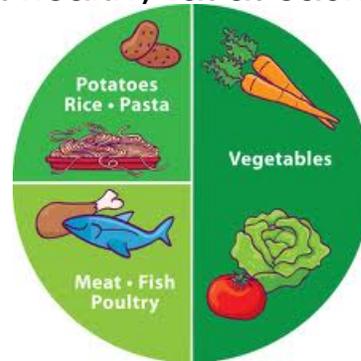
www.calorieking.com

www.sparkpeople.com

Loseit app

What It Takes . . .

- Don't cut fat TOO low
- A small portion of heart healthy fat at each meal
- Eat protein at meals
- Eat fiber at meals
- Stay Hydrated!



Eat More Often – Weigh Less!

- Eat a snack/mini-meal every 4 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,**

Don't Drink Your Calories

- **Trim 250 liquid calories off each day – at end of 5 weeks = 8,750 calories or 2 1/2 pounds and 574 cubes of sugar!**
- **20-ounce bottle soda = 250 calories**
- **20-ounce Vitamin Water = 125 calories**
- **8-ounce fruit juice = 110 calories**
- **We don't compensate liquid calories**

What It Takes . . .

- Set small, manageable goals
- Plan ahead! At home, work, restaurants
- Manage your environment – don't depend on willpower alone
- ❖ Keep healthy, low-fat foods available
- ❖ Don't keep high calorie/fat 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 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

Fiber: 30-40 grams per day

- Increased fiber is associated with increased satiety and lower energy intake and body weight
- Stay fuller longer!
- Slows post-meal surges in blood sugar
- Helps avoid insulin spikes
- Fiber helps curb hunger so you can make better choices!
- Beans, legumes, psyllium (Metamucil), Slim Styles



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



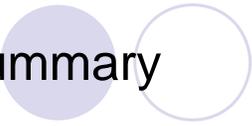
Watch Portion Sizes

Participants received snacks of potato chips in identical bags increasing in size (from 28g to 170g)

- Men and women, intake increased significantly as package size increased
- Women ate 18% more and men 37% more from the 170g bag than when served an 85g bag

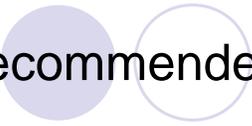
Participants did not adjust their intakes at dinner to compensate for the differences in snack intake

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 low-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!
 - Burn an average of 2,800 calories/week; 400 calories/day
 - 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

The Beck Diet Solution (Cognitive Behavioral Therapy) Judith Beck

Books by Geneen Roth – Emotional eating

Food Logs

- www.fitday.com
- www.calorieking.com
- www.nutridiary.com
- www.sparkpeople.com
- Loseit app

Restaurants:

www.dwlz.com/restaurants (over 500)



Remember

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

