

Happy New You 2012!

Susan Buckley, RD
Registered Dietitian/Nutritionist
South Denver Cardiology Associates



Questions For You...

- Do you like to be told you CANNOT eat certain foods (often ones you really enjoy?)
- Do you like to obsess about food and body image?
- Do you enjoy watching others eat foods that are “forbidden” to you?



- Do you like being hungry all the time?
- Do you like to lose weight only to regain all that was lost (and then some)?
- Do you enjoy the guilt that accompanies “falling off the wagon?”
- Do you like feeling that eating demands constant “will-power?”

If You Choose to DIET . . .

Then you better be able to answer
YES to all of these questions!

Why Do We "Diet"?

- We want the quick fix
- We focus on the short-term, fail to see the big picture and long-term effects of our choices
- We put our faith in external forces
- We don't know any better
- We don't put our own needs as a priority in our own lives

Do Diets Work?

Depends upon the desired outcome:

Do you just want to lose weight?

Or do you want to lose weight and keep it off?



The Definition of Insanity:

Doing the same thing over and over
and expecting a different result!



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
- Stop the Insanity—Susan Powter 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!

Obesity Trends* Among U.S. Adults
BRFSS, 1985
(BMI \geq 30, or \sim 30 lbs overweight for 5'4" woman)



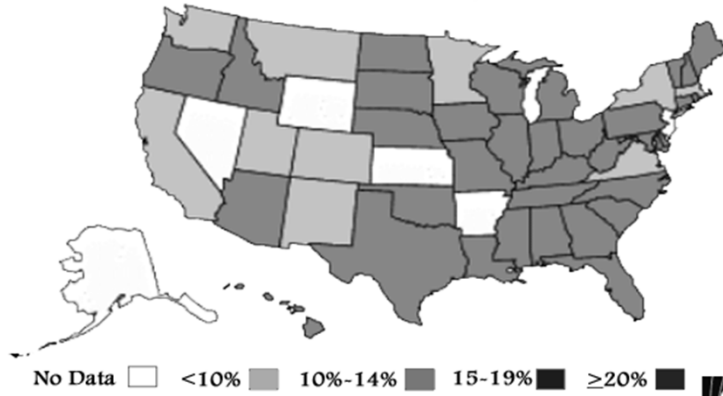
No Data <10% 10-14% 15-19% \geq 20%

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



Obesity Trends* Among U.S. Adults
BRFSS, 1990

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

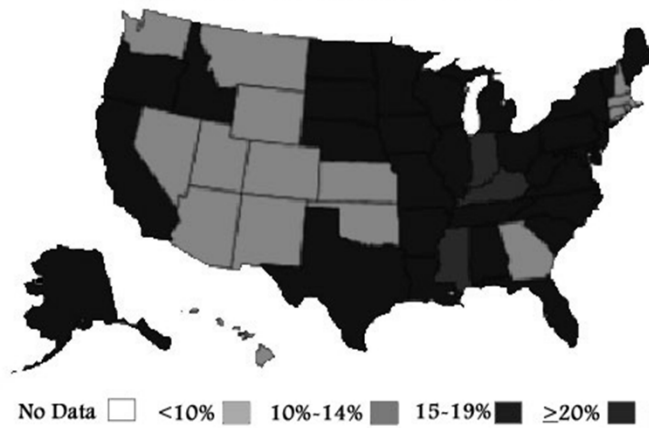


Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10



Obesity Trends* Among U.S. Adults
BRFSS, 1997

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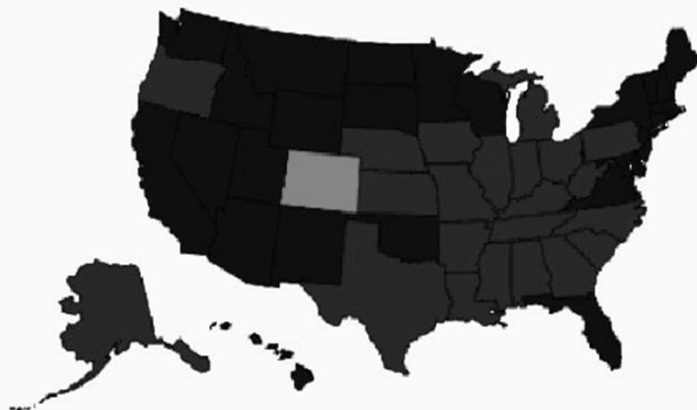
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Obesity Trends* Among U.S. Adults

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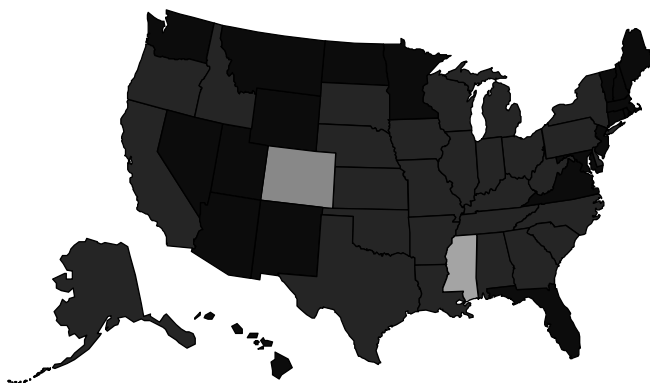
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Source: Mokdad A.H, et al. *J Am Med Assoc* 2001;286:10

Obesity Trends* Among U.S. Adults 2001

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



No Data <10% 10-14% 15-19% 20%-24% \geq 25%

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

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



Typical Dieting Syndrome:

- **Suzie Q:**
 - Weight: 160 pounds
 - Body fat: 32%
 - Activity level: low (sporadic exercise)
 - RMR: 1520 calories (add another 30% for activity of daily living—456 calories)
 - Total daily calorie needs: 1976
 - Goal weight: 125 pounds (hasn't been at this weight since 1972 when she was 12)

Suzie Q

- 3,500 calorie deficit = 1 pound weight loss
- For Suzy: 1,200 calorie diet implemented—typical “diet” program
- Her RMR: 1520 calories
- Daily calorie needs to maintain current weight: 1976 calories

Suzie Q

- Body’s basic energy needs are not being met
- Body’s main focus is survival
- Muscle—body’s most metabolically active tissue
- Body burns muscle for energy
- Metabolism lowers to sustain 1,200 cal/day intake

Suzie Q

- With less muscle to feed, body hits plateau
- Calories must be further reduced
- Body will burn more muscle for energy
- Eventually the body will become unable to sustain this “starvation mode”
- Appetite will become voracious



Suzie Q

- **At end of 12 weeks:**
 - Weight: 140 pounds
 - Body fat: 30% (started at 32%)
 - Gross weight loss: 20 pounds
 - *Muscle* loss: 10 pounds
 - Fat loss: 10 pounds
 - Insatiable hunger, food obsessed



Susie Q

- 1 year later: 168 pounds, 38% body fat
- Suzie now shopping for a new quick-fix “diet”
 - Feelings of shame, guilt, self-reproach

Definition of Insanity??????

Dieting...

**“I’ve been dieting for a month
and all I’ve lost is 31 days!”**



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

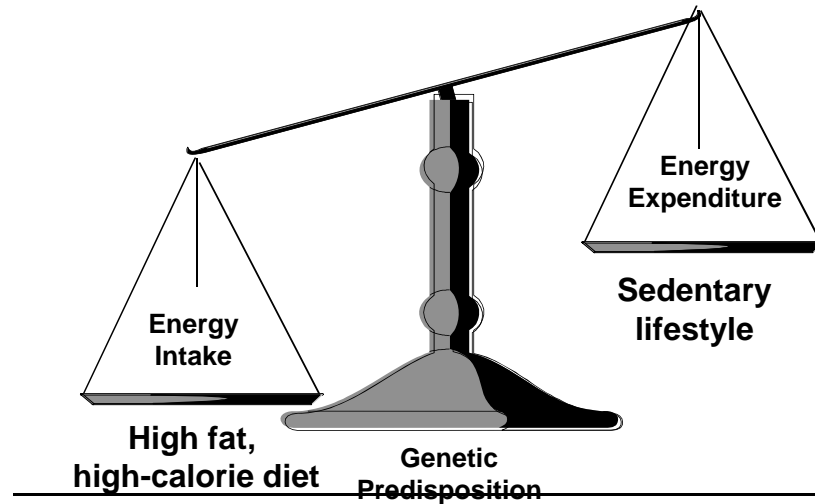


Weighing

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



Etiology of Obesity



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
- <http://www.bcm.edu/cnrc/caloriesneed.htm>

Estimate Calories to Maintain

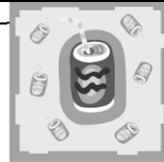
- Sedentary: Rarely get any physical activity. Sit most of the day. Body weight x 13
- Light: Walk 20-30 minutes/day 3-5 times a week or equivalent. Body weight x 15
- Moderate: Exercise 4-5 times a week for 50-60 minutes each. Body weight x 17
- Very active: Athletes; Exercise 4-5 times a week for 90+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

Small Changes

- Replace 1 regular soda with iced tea or water
- 150 calories per day
- 1 soda per day = 15 lb weight loss/year
(14,965 grams sugar)
- 1 soda per week = 2.2 lb weight loss/year
(2,132 grams sugar)



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

100 Measly Calories

- **Consume 100 fewer calories per day – lose 10 pounds in one year**

- Put mustard vs mayo on sandwich
- Try a “light” or fat-free salad dressing vs regular
- Substitute Canadian bacon for regular bacon
- Order thin pizza crust instead of pan pizza
- Use skim milk vs. cream in coffee
- Use a smaller bowl for your morning cereal
- Drink a low/no calorie drink instead of regular soda

100 Measly Calories

- **Burn 100 more calories per day to lose 10 pounds in one year**

- Set alarm 15 minutes early and go walk
- Stand up and walk around while on phone
- Take your kids out for a bike ride after dinner
- Go for a 15-minute walk on your lunch break
- Get off the subway or bus stop earlier and walk
- Walk on a treadmill while watching the news

What It Takes . . .

Self-Monitor:



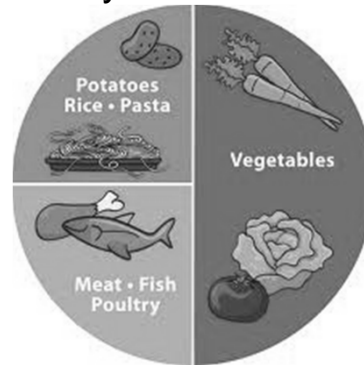
- Keep a food diary. Know how many calories you need. If you bite it – write it!!!!
- Recent study in American Journal of Preventative Medicine showed that keeping a food diary doubled success at weight loss!
- Keep an exercise diary. You will never FIND time to exercise – MAKE TIME to exercise

What It Takes . . .

- ✓ Watch portion sizes!
- ✓ Eat Breakfast! Breakfast eaters are weight losers
- ✓ Choose foods less concentrated with calories – larger portion/fewer calories
- ✓ Make small changes you can live with
- ✓ What foods are you willing to replace or give up?

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 ½ 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

A small, stylized illustration of a cat curled up into a ball, positioned to the right of the text "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



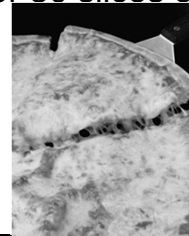
Eat Mindfully

- 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!



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!

- We eat more when we are served larger portions of food
- Level of satisfaction does NOT equal amount of food eaten
- We eat in response to EXTERNAL stimuli
- Whether from fruit or fudge – excess calories get stored as FAT

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

Rolls et al. *Appetite* 2004.

Optimal Nutrient Composition

Element	Recommendation
Water	9 cups/day for women 12 cups/day for men
Fat	20-30% of total calories
Carbohydrates	40-50% 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

Summary

- Eat a low-fat, high-fiber diet
- Eat breakfast every day
- Monitor progress
- Get high levels of physical activity
- Be as active as you can!
- Eat 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
- 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.nutritiondata.com
- www.caloriesperhour.com
- www.calorieking.com
- www.nutridiary.com
- www.sparkpeople.com

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!

