

The Weight Debate

How To Take It Off And Keep It
Off

The Obesity Epidemic

- Sixty percent of American adults are overweight
- Over thirty percent are obese
- CDC reports the nation is spending \$75 billion on weight related diseases
- Health consequences include hypertension, hyperlipidemia, hyperinsulinemia, osteoarthritis, increased risk of some forms of cancer, nonalcoholic fatty liver disease, heart disease
- 80% of obese adults have at least one of these conditions
- Results in decreased quality of life, shorter lifespan

Obesity is controlled by a biological system of hormones proteins, genes, and neurotransmitters that regulate fat storage and body weight.

This system tells the brain what, when, and how much to eat.

Once people gain weight, the system develops which prevents people from losing weight.

Believe It or Not

- 8 out of 10 Americans reported a healthy diet is just knowing what foods are good and bad
- 8 out of 10 confused by so many recommendations about healthy ways to eat
- 41% believe people are born fat or thin, and that there is not much one can do to change that
- 31% women, 18% male ages 40-59 say their caloric intake is appropriate but who are in fact overweight or obese

Food Choices

- Approximately 12% more calories in our diet from 1985 to 2000
- Consumption of sugary drinks and desserts increased 22% in the past 20 years
- Cheese consumption up 61%
- Americans don't eat the minimum recommendation for fruits and vegetables
- Diet void of whole grains

Lifestyle

- Convenience foods, fast foods, increased fat, sugar and sodium in our diets
- Portion sizes we are served have increased-think super size and big gulp, personal pizza or 20-ounce porterhouse
- Decrease in activities of daily life
- Use of computers, TVs and video leads to a sedentary lifestyle



"I'll have the barbecued half-pounder, with all the ramifications."

Carbohydrates Are Not The Enemy

Let's End The Confusion
It is the Simple Versus the
Complex

Carbohydrates

- One of the three macronutrients of which all food is composed
- Are essential for optimal health
- Are a primary source of energy, the only fuel for the brain in a healthy body, full of vitamins and minerals
- Source of fiber necessary for GI maintenance and health
- Differ in the type of natural sugar and fiber content.
- Are present in grains, cereals, pasta, rice, bread, milk/yogurt, fruit, vegetables
- Refined carbohydrates and processed foods have been altered resulting in a decrease in fiber, vitamins and minerals and often an increase in added sugar
- Often are consumed in inappropriate amounts

Simple VS Complex

- Sugar
 - Processed foods; white bread, white flour, sweets, chips
 - Metabolized and enters blood within a half hour of ingestion
 - Energy derived from these foods is short in duration
 - Foods of simple carbohydrates often contain fats as well
- Contain fiber
 - Whole foods; brown and wild rice, whole wheat bread, barley, oats, fruits, beans, vegetables
 - Enter the blood more slowly producing less of an effect on blood sugar
 - More lasting energy, feel fuller longer
 - Naturally fat free

Fat stores

- The body digests carbohydrates into glucose also known as blood sugar
- Insulin is needed to move glucose from blood into cells where it is used
- The glucose that cells don't use up is stored as fat
- Protein and fat that the body does not use for energy are also stored as fat

Simple sugars are digested fast, enter the blood quickly and cause a steep rise in insulin followed by a low in blood glucose.

As a result, eating simple carbohydrates can leave a person feeling fatigued and hungry.

How many carbs a person should have depends on activity level

- Moderately fit: 60% of diet

Example-recreational athlete, 30-45 min workout 4-5 times per week

- Deconditioned person 50% of diet

Example-sedentary, little exercise

- Elite athlete 70% of diet

Example-marathon runner

Healthy weight loss does not mean eliminating carbs from your diet

Decrease consumption of simple carbs, portion control complex carbs

Popular Diets

How Do They Weigh In

Best-Seller Self-Help Diets

- Most diet plans argue that “bad carbs” make us fat by raising blood insulin levels which makes the body store fat
- Overweight is from eating the wrong food, not too much food
- You will lose weight from eating the right food, not less
- The diet will prevent most or all diseases
- Diets based on the glycemic index have simplified a concept to the point of misinformation

Dr. Atkins Revolution

- Low carb diet, advising a high fat, high protein intake, no calorie restriction
- Initial two weeks fat intake typically 60% of calories, half saturated fat
- Initially carbs limited to 20g per day
- Encourages large portions, meat, egg, cheese, butter, cream
- Exercise is valuable but not necessary
- Encourages ketosis
- Without carbs the body breaks down lean body tissue for energy before stored fat
- Difficult to sustain diet that excludes fruits, breads, grains, rice potatoes, pastas, starchy vegetables
- Atkins Nutritionals mislead with “net carbs” on food labels and encourage supplement use without supporting research
- Research shows low carb diets are effective for short-term weight loss

The Zone

- Claims eating the right mix of foods lowers insulin
- Claims that overweight is the body's response to excess carbs in your diet
- Reports high carb foods make it difficult to access stored body fat for energy
- Encourages lean proteins, low fat dairy, fruit, vegetables
- Implies the diet will cure diseases
- Proposes a healthy diet is 40% carb, 30% fat, 30% protein or 3g protein to every 4g carbs
- Incorrectly refers to fiber content of proteins

South Beach Diet

- Supports eating complex carbs and healthy fats
- Supports a diet of lean meats, seafood, poultry, low fat dairy, whole grains, most fruits and veggies, beans, olives and nuts
- Advocates right carbs, right fat not low carb or low fat, no need to portion control
- Relies on glycemic index in choosing foods to include
- Refers to “normal size helpings” of proteins
- First phase is restrictive, claims weight loss not from eating less but eating fewer foods that create urges and cause the body to store excess fat
- Second phase followed until goal includes preferred carbs: fruit, whole grains, cereals, wheat pasta
- Phase three is maintenance “normal foods in normal size portions”

Calorie Counts

Although neither Atkins or South Beach count calories, analysis suggests 1300-1500 per day, a level difficult for most people to maintain, causing 95% of dieters to break the diet and gain back the weight

Low Carbohydrate Diets

Pros

- For some people high protein diets are more satisfying
- May be easier to follow
- 600 new low-carb products introduced in 2003

Cons

- 130 grams per day is the minimum required for brain function
- Health experts concerned about kidney problems and bone loss
- Nutritionally inadequate, limits key nutrients
- Return to old eating pattern results in regain to original weight or more

Additional Concerns

- Lack of fiber can increase risk of heart disease, stroke, cancer, diverticulosis and constipation
- Ketosis is toxic to the brain
- Osteoporosis

**Beware of diets and
products that promise a
quick fix**

If it sounds too good to be
true, it usually is

Weight Watchers

- Point system emphasizing low fat, high fiber foods
- Foods broken down into food groups and servings, assigned a point value
- Given a daily point goal based on current weight
- Designed to lose weight at a healthy rate
- Exercise earns additional points
- Flex points adds discretionary 35 points per week
- Encourages attendance at weekly meetings
- Claims weight loss reduces risk of illness associated with obesity

Benefit of Weight Watchers

- Flexibility in food choices
- Improves decision making
- Lasting changes for a healthy lifestyle
- Use of visual guides to estimate point specific portion sizes
- Encourages exercise
- Sets realistic short-term goals

Individualized Nutrition Counseling

- One size may not fit all
- Weight loss may be challenged by physiological needs or emotions that lead to overeating
- Diet adherence may depend on knowing how to include the foods you like most
- Includes realistic goal setting, nutrition education, meal planning, lifestyle management and support

Weight loss is a simple equation

Calories burned must
exceed calories consumed

Eat less and exercise more
for optimal results

The Way to Improved Health and Weight Control

- Increase intake of fruits and vegetables, minimum two fruits, three vegetables every day
- Choose low fat meat and dairy products
- Limit foods high in fat and sugar
- Daily physical activity
- Plan meals and snacks
- Replace saturated fat with monounsaturated, polyunsaturated and omega-3 fatty acids
- Choose complex carbohydrates
- Heed to the five-pound warning

The Seven Habits of Healthy Eaters

- Eat a variety of foods
- Eat high quality foods
- Begin each day with breakfast
- Feed your body when hungry
- Create a colorful plate
- Fill up on fiber
- Increase intake of healthy fats but limit fat intake to no more than 30% of calories

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