Lecture 3: Fad Diets, Practical Strategies and the Mediterranean Diet
Course Objectives

1. Understand the key concepts of many fad diets.
2. Be able to clearly state how to recognize a fad diet.
3. Be able to state weight management principles and practical tips to use with clients or in your own life to maximize wellness.
4. Be able to translate the key concepts of the Mediterranean diet into meal planning.
5. Be able to provide effective meal ideas for weight management.
6. Understand the many strategies involved in weight management.
Outline

- The History of Fad Diets
- Recent Fad Diets
- Mediterranean Diet
- Successful Strategies to Weight Management
- Food Ideas
- Food Sources of Omega 3 fatty acids
The History of Fad Diets
Diane Quagliani, RD, a past spokesperson for The Academy of Nutrition & Dietetics states: "Fad diets are a short-term, quick-fix approach to weight loss that don’t work over the long haul."
Fad Diets

These diets tend to over-promise results but don’t deliver.

Food choices are often monotonous and may be “hypocaloric”, which makes them difficult to sustain (discussed in Session 1).

The U.S. Department of Agriculture (USDA) recognizes the huge popularity of fad diets and indicates that it might be time for government officials to evaluate various diets to help sort fact from fiction.
**Fad Diets**

- There is a lack of scientific research to support the theories explained in the majority of diet books currently on the market.

- Authors try to simplify or expand upon biochemistry and physiology in an effort to help support their theories and provide scientific jargon that people do not understand but that seem to make sense.
Fad Diets

- Doctors are often used to promote fad diets, to make them seem more credible, but the average time that a doctor spends in medical school covering nutrition is only 23.9 hours. For more information see: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2430660/

- Few, if any, offer solid scientific support for their claims in the form of published research studies.

- This site provides excellent resources on non-fad approaches based on solid science: http://www.foodinsight.org/Resources/Detail.aspx?topic=Evaluating_Scientific_Evidence
Why to Avoid Fad Diets

The Latest Eating Fads

One in 3 Americans has tired an eating trend in the past 2 years according to a Consumer Reports National Survey. Among people who followed a plan for >1 week, the most popular diets included low-carb, gluten free, and juicing.

per Consumer Reports June 2015 issue
The Latest Eating Fads

- **Low-Carb:** 55% have tried it. CR’s Advice: It’s fine to cut out refined flour and sugar, but don’t try to minimize healthy carbohydrates such as healthy whole grains. If your body gets less than 50 grams of carbs per day (the amount in 2 apples) for 3-4 days in a row, it will start tapping its own fat and muscle for fuel instead of its usual source: glucose derived from carbs.

- **Gluten-Free:** 34% have tried it. Wheat-Free 23% have tried it. CR’s Advice. Unless you have celiac disease, a true wheat or gluten sensitivity, or an allergy there’s no clear medical reason to rid your diet of wheat or gluten – which is also found in some other grains. If you do go gluten or wheat-free, stick with naturally whole foods.

per Consumer Reports June 2015 issue
The Latest Eating Fads

- 1 in 4 has detoxed, 1 in 5 has juiced. CR’s Advice. The promise is that those trends will purify or reboot your system. But if they're followed for several days, they can lead to nutritional deficiencies blood sugar problems, fatigue and other health conditions.

- #1 Gripe: ‘Expert’ Advice: 30% of Americans are highly annoyed by food-related claims from celebs or so-called “medical professionals.”

- We don’t like Peer Pressure. 18% of Americans are highly annoyed when others urge them to try eating trends.

per Consumer Reports June 2015 issue
The Latest Eating Fads

- Clueless Restaurants and Supermarkets: 36% of people who have followed an eating trend recently say they get irritated when staff or servers don’t know the ingredients in food or how it was prepared.

- Other Bummers, by the numbers: Restaurants that won’t accommodate certain eating habits: 20%, Judgment from others: 16%, People’s skepticism about an eating trend: 12%

- For a Few, Remorse: 9% of Americans hate the guilt associated with eating “forbidden food” in front of someone who’s following a diet trend

- For Many, Resolve: 26% of Americans were able to stick with an eating fad for more than a week.

per Consumer Reports June 2015 issue
They claim or imply a large or quick weight loss of more than 1 to 2 pounds per week.

- Remember that slow, gradual weight loss increases the chance of weight loss success and of keeping weight off long term, fad diets only offer quick weight loss.

- They promote magical or miracle foods.
  - No foods can undo the long-term effects of overeating and not exercising.
  - Fad diets can’t melt away fat!

- They restrict or eliminate certain foods, recommend certain foods in large quantities, insist on eating specific food combinations, or offer rigid, inflexible menus.

- They imply that weight can be lost and maintained without exercise or other lifestyle changes i.e. lose weight sitting at your desk!
Fad Diets

- Rely heavily on undocumented case histories, testimonials, and anecdotes but have little or no scientific research to back claims.

- Provide bits of science along with own unsubstantiated claims or testimonials.

- Contradict what most trusted health professional groups say, or make promises that sound too good to be true, like a hidden secret.
Reasons for Diet Fads

◆ Nutrition is a popular topic considering everybody eats.

◆ We are bombarded with articles, magazines, columns, catalogs and junk mail with contradictory claims.

◆ Google search “nutrition” and see all the sites that come up!

◆ The press uses sound bites about journal reports and even talk shows can be overwhelming!
“The Zone is a real metabolic state for everyone, maintained indefinitely on a lifelong basis, just eat these percentages of macronutrients and you’ll be in the zone 30/30/40.”

“Imagine losing weight with a diet that lets you have bacon and eggs for breakfast, heavy cream in your coffee, plenty of meat and even salad dressing for lunch and dinner.”

“This is the difference - other low carb diets allow enough carbs to prevent ketosis. Once ketosis is obtained carbs are gradually added back so the body is kept as a fat burning engine.”
Fad Diets

- Vitamin pills as fruit/vegetable replacements so you don’t have to eat your 5 to 9 servings a day (discussed in Functional Foods Course)
- Fast, effortless weight loss i.e. lose weight while sleeping.
- Claim protection from all diseases i.e. this is a cure all and will solve all your health ailments!
  - A cure or protection for maladies ranging from the common cold to arthritis.
The Pseudo experts

- Take scientific words and use them out of context
- Avow “scientific breakthroughs”
- Stray too far from accepted wisdom
- Author may believe it to be true
- Desire to promote a personal theory
- Searching for fame and fortune
- Credentials don’t always count – “I’ve studied and read on the subject for years”
- The less mainstream, the better the success

Fad Diets - Recap
Fad Diets

- Promises a quick fix and often states one or more food group or a specific list of foods can cause dire consequences
- Simplistic conclusions drawn from complex studies
- Recommendations based on one study with small sample size or a study published in a non-scientific review journal
- Sells or endorses a product as the key to weight loss (example – green coffee beans)
- Dramatic statements that go against major medical organizations
Fad Diets

- If someone on Oprah told you baby blue eye shadow does not look good with any complexion you’d chalk it of as opinion. But if they were to say selenium deficiency in our nation is turning us into a nation of poor learners with higher skin cancer you may not dismiss it.

- Many people jump to conclusions, without clearly sifting through all the evidence.
Fad Diets

- Authors give subjective, anecdotal, and case study information.
  - For example, they use quotes from case studies or studies using a small sample size of only 10 people but with no control group.

- They “feel” they have proved their diets to be statistically significant enough based on their personal experience.
  - Not peer reviewed or published in scientific journals, common with multi-level marketing or supplement products.
1830s—Minister. Sylvester Graham, creator of the graham cracker, advocates a diet of yeast-free brown bread (graham cracker), veggies & water, no alcohol, coffee or tea.

1860s—London undertaker William Banting was unable to lose weight until he eliminated sugar, starch, root vegetables, and pork from his diet. He lost weight and began promoting a low-carb, high-protein style of consumption. His became a weight-loss strategist across the Atlantic in America, and his best-selling book *Letter on Corpulence* opened the floodgates to diet mass-marketing.
1898—The slow-chewing movement

- Horace Fletcher, the “Great Masticator,” called for lower meat consumption and higher carbohydrate and vegetable intake.
- He advocated chewing until it was essentially liquefied, around 50 chews, which would eliminate unnecessary eating.

- Cereal innovator and health promoter John Harvey Kellogg promoted vegetarianism and his cereals to obtain health.
- He had a sanitarium (a type of health resort) in Battle Creek, Michigan where people would go for treatment.
- Sugar was not added to his cereals until years later.
Fad Diets - History Repeats Itself

1918 - Dr. Lulu Hunt Peters introduces calorie counting in “Diet & Health with a Key to the Calories”
- Use kitchen scales & think of food in calories not slices or pieces such as thinking of a slice of bread as 100 calories vs. “just one slice of bread.”
- Pushed for low calorie diets.

1920s - Introduce very-low-calorie diets and food-combining along with food-limiting diets.
- Promote separating your food, arguing that the human body couldn't adequately cope with combinations of proteins and starches at the same time, which could lead to digestive explosion.

Fad Diets: History Repeats Itself

- 1938—Liquid diet with milk and bananas, later leading to meal replacements like Carnation breakfast

- 1948—Take Off Pounds Sensibly (TOPS) is formed, the first national group-dieting organization and a non-profit group, provides both group support and a sensible approach to weight management.
  - When they lose weight successfully and keep it off they become KOPS (keep off pounds sensibly).

- 1961—“Calories Don’t Count” by Herman Taller, publishes a best seller on high-fat, high-protein, low-carb diet (you can still order this on-line)
  - Taller was later found guilty of mail fraud for selling worthless safflower capsules.
Fad Diet: History Repeats Itself

- 1960s sees more alcohol-happy, low-carb regimens
  - “The Drinking Man’s Diet” by Gardner Jameson and Elliot Williams – again still available for purchase on-line. It originally sold for $1 and he sold more than 2 million copies.
  - “Martinis and Whipped Cream” by Sidney Petrie

- 1961-63— Weight Watchers is founded
  - An effective way to manage weight especially for those who stay active and weigh in once a month as lifetime members.
Fad Diets: History Repeats Itself


- 1979—Very-low-fat diets steal the spotlight
  - Nathan Pritikin publishes “Pritikin Program for Diet & Exercise.”
  - Low fat diets are still referred to as a Pritikin diet in many hospitals.
Fad Diets: History Repeats Itself


- 1983—Jenny Craig weight-loss program is founded, utilizes prepackaged and frozen foods for meals.

- 1992—“Dr. Atkins’ New Diet Revolution” hits the market.
1998—Lord Byron’s “Lose Weight With Apple Vinegar”
- Claims vinegar is nature’s miracle fat burner.
- I have had plenty of people ask me about this, from the 90’s to as recently as 2015.

1999—Atkins publishes an updated version of his popular book, though sales have plummeted in recent years.
Fad Diets: History Repeats Itself

◆ 2003—“The South Beach Diet” by Dr. Arthur Agatston (cardiologist)
   ◆ A combination of low-fat, low-carb & high-protein diet concepts.
   ◆ Does promote some healthy foods

◆ 2004—Explosion of low-carb products everywhere!
What to Watch Out For

- Web sites where quotes are taken out of context, are out of date, or are from studies that haven’t been published or preliminary data.

- “Cures”

- Atkins web site has had many examples of the above in the past “in a study to be published” and the date is from 5 or more years prior but the study was still not published.

- DID YOU SEE THE RIDICULOUS CLAIMS ON green coffee beans –this is a must read: [http://www.cspinet.org/clicker-beware.pdf](http://www.cspinet.org/clicker-beware.pdf)

- Purchases of specific products are necessary for the diet, little bottles can contain a lot of harm.
Diet Books

- Same concepts recycled with new titles.
- No government funded studies to test these re-occurring diets.
- People who are trying to lose weight need and deserve scientifically supported guidance to lose weight safely and keep it off.
High Protein Diets

- Can promote weight loss at first by fluid loss and then through caloric restriction.
- Can provide too much saturated fat.
- Can provide too few protective components with their ability to lower risk of ischemic stroke, which are found in fruits and vegetables.
- Excess protein may impair kidney function.
- May increase calcium loss.
- High protein often means high fat – Factor VII (a protein involved in the coagulation cascade which can lead to abnormal blood clotting).
- When/if higher protein diets are used, promote lean sources and only add additional fat through healthy fats like nuts.
Enter The Zone by Barry Sears, Ph.D., with Bill Lawren “Burn more fat watching TV than exercising”

- Appeals to the advanced reader: Discusses hormonal balance, insulin-glucagon axis, action of good and bad eicosanoids.

- Theme: Many carbohydrates are bad because they raise blood glucose levels & cause insulin release resulting in obesity.

- The correct ratio of Carb:Pro:Fat is 40:30:30 - promotes weight loss because it keeps insulin levels down; however, this is a generalization that is not completely accurate.

- Sells very expensive supplements.
A person in the "zone" will allegedly experience permanent body fat loss, optimal health, greater athletic performance, and improved mental productivity.

“Because food has a potent, drug-like effect on the hormonal systems that regulate the body's physiological processes, eating the right combination of foods leads to a metabolic state”

- Lower insulin levels and lower eicosanoid levels which the body works at peak performance and which result in decreased hunger, weight loss, and increased energy.
- Entire line of products –very brand-oriented.
- Does recommend healthy foods but also labels some foods as bad such as carrots and bananas (which are very good for you!).
The Zone

- Reasonably healthy if it wasn’t a “starvation” diet.
- Low in whole grains and calcium.
- Average Nutrition Meal Plan estimated contains:
  - Calories: 1000 to 1200
  - Protein: 70g
  - Fat: 30 g
  - Carbs: 115g
  - Sat Fat: 8g
The Zone

**Good Points**

- You will lose weight because it’s low in calories
- Does encourage more unrefined foods
- Excess starchy foods may trigger overeating: [www.pediatric.org/cgi/content/full/103/3/e26](http://www.pediatric.org/cgi/content/full/103/3/e26)

**Bad Points**

- Poor interpretation of Biochemistry
- Uses complex scientific half-truths for basis of argument
- Thinly disguised calorie-restricted diet as low as 1200 calories
- States high carb intake causes heart disease and obesity
- Lots of contradictory claims
- Complicated rules

*No diet can completely control insulin and glucagon secretion. Relies on unproven claims based on case histories, testimonials, and uncontrolled studies, none of which are published in peer-reviewed medical or nutrition journals*
Obesity exists primarily because of metabolic imbalances, not overeating.

Metabolic defects can be circumvented by restricting carbohydrate intake.

Goals: achieve weight loss without substantially lowering caloric intake.

Claims: overweight is not a psychological condition. Atkins states that overeating is a metabolic abnormality from excessive hunger.
  - Research has shown people eat for many reasons other than hunger.

Per Atkins, “No one has been able to get HDL to increase on any of the low-fat diets, on the AHA Diet, or Food Guide Pyramid.” (Atkins Web site).
  - Research has shown cholesterol lowering through low-fat diets.
Advantages

- Nuts: possible associated reduction in CHD risk, fatty acid profile, high arginine content, vitamin E, and folic acid content.

- Lose weight: with strict adherence, ketosis will promote weight loss, though with health risks.

- Quick but temporary fix.

- Note: Could likely get similar weight loss for many people by just eliminating refined flours, bread and snack foods (snack foods make up a significant amount of Americans’ calories.)

- Keep in mind populations that eat vegetarian diets tend to be leaner not fatter and have lower rates of heart disease, cancer, and stroke.
Most people claim they are on the “Atkins Diet” but really have eliminated snack foods like pretzels and bread, thereby cutting calories and losing weight.

I often hear: “I cut out carbs” – then when I ask they say, “I cut white flour, snack foods, sweets.”

However, when asked they are still eating carbs: low fat milk, yogurt, beans, fruits, vegetables, & some whole grains.

“Pseudo Atkins Diet”
Disadvantages

◆ Lack adequate fuel for fitness and phytochemicals/phytonutrients/micronutrients (vitamins and minerals)

◆ Once you go off the diet you gain weight—it’s a hard diet to sustain for life because of food boredom

◆ Ketosis: initially may make dieting easier due to rapid water loss with ketones in the urine and breath: 100 kcal/day
  
  ◆ But Ketosis exacerbates gout and kidney disease

◆ No pregnant woman should follow
Atkins Diet

- Carbohydrates limited to 20 grams/day for the induction phase. (8oz of milk = 12 grams of carb, ½ apple is about 8 grams of carbs)
- 0 to 60 grams/day of carbs in the ongoing weight loss phase.
- Carbohydrate intake ranges from 25 to 90 grams/day in the maintenance diet.
- Calories: 1,800 or less, Protein: 135 g (30%)
- Fat: 110g (55%), Sat Fat: 36g (18%)
- Carbs: 60g (15%), Fiber: 10g
- Side effects: constipation and bad breath?
Claim: Limiting carbs lowers insulin and insulin causes obesity. Many of these diets claim insulin resistance as high as 75% of the population – this is not so.

What you eat: Similar to Atkins but with more fruits and vegetables.

Restricts: Whole grains, beans and other healthy foods.

High in: Saturated fat.

Low in: Calcium.
Protein Power

- Difficult to maintain long term.
- May need supplemental vitamin/minerals.
- May help with calorie awareness.
- Can be too low in calories, affecting metabolism and sustained weight loss over time.
Prospective study of 80,082 women aged 34 to 59 yrs enrolled in the Nurses’ Health Study:

- Dietary fat modification was beneficial in preventing coronary artery disease (CAD).
- Replacing saturated fats with unhydrogenated monounsaturated & polyunsaturated fats was more effective than reducing overall fat intake.

- 14 years of follow up suggests that intake of B6 & Folate in quantities above current recommendations through food may be important in preventing CAD.

- Diets high in fruits and vegetables are associated with lower disease risk.
Paleo Diet

- The ‘hunter-gatherer diet’
  - There are a variety of implementations; generally grain, legume, dairy free.
    - However, many ‘paleo’ eaters consume butter (grass-fed), as well as white rice.
  - It is macronutrient agnostic.
    - Can be low-carb, moderate-carb, or high-carb, vegetarian, high-fat, low-fat, etc.
  - It is not about re-enactment, it’s about food quality, removing processed foods and sugars.
  - Like any other diet (including vegan or vegetarian), people can make smart or poor choices.
Very limited research in small sample sizes for short amounts of time
In a very small study, a Paleolithic diet is more satiating per calorie than a diabetes diet in patients with type 2 diabetes. The Paleolithic diet was seen as instrumental in weight loss, albeit it was difficult to adhere to. [http://www.ncbi.nlm.nih.gov/pubmed/23890471](http://www.ncbi.nlm.nih.gov/pubmed/23890471)

More research with larger sample size is needed.
Paleo

- No dairy
- No cereal grains
- No salt shaker
- No sugar other than honey
- No legumes
- Only wild, lean animal foods
- Carbohydrates from non-starchy fruits and vegetables
- Only fats allowed are olive oil, flax seed, walnut oil and avocado oils
Paleo Diet – Pros and cons

Pros:
- May be satiating per calorie
- Generally nutrient dense but missing some key nutrients
- Restricts processed and refined foods

Cons:
- Sustainability is challenging
- Can be limiting in food choices
- Leaves out healthy choices like legumes, whole grains and dairy
- Can be energy dense
- Can lead to micronutrient deficiencies
- Can be difficult in social situations, eating out
Paleo Diet and Ornish diet?

What do these diets have in common?
They both remove excess sugars, processed foods, white flours, emphasize stress reduction, and promote the consumption of fresh fruits and vegetables.
Gluten Free

- Celiac Disease or Gluten Intolerance - Symptoms are variable and can often be mistaken for other diseases that are more common, like IBS.

- Celiac Disease affects 1 in 133 Americans

- Gluten Intolerance - Symptoms range from bloating to rashes

- Diagnosis is difficult

- Body generates an allergy-causing antibody to the protein (gluten) in wheat and wheat-containing products
The Gluten Free diet is medically necessary for many people, however, many others go gluten free because they think it is an inherently healthier way to eat.

In a 2010 survey by Packaged Facts, people were asked why they ate a gluten free diet.

- 46% of people surveyed choosing gluten free diets said they decided on this diet because they thought it was generally healthier
- 30% said they though it would aid in weight loss
- 22% thought it gave them higher quality food product choices
- Only 8-12% of those surveyed had Celiac Disease or a Gluten Intolerance
Gluten Free

- Cutting out wheat, barley and rye is the basic diet change when going gluten free, but cutting out these foods can be very difficult because wheat is found in many processed foods.

- Gluten Free products have been flooding the shelves at grocery stores, attempting to replace bread products made with wheat.
  - Many of these are made with refined flours and lack vitamins and minerals that would be found in whole grain wheat products.
  - These products tend to have more fat, sugar, and salt to mimic the textures and flavors of wheat products.

- Just by omitting gluten from the diet does not make it healthy, ice cream, fatty meats, butter, French fries, and corn chips are all gluten free.
Gluten Free

- Cutting out cookies, cakes, and other sugary desserts is an important and sensible part of weight loss.

- However, replacing these and other bread or pasta products with gluten-free products may not help weight loss.

- See these gluten free grains: [http://rheumatoidarthritis.net/nutrition/top-9-gluten-free-whole-grains-youve-got-to-try/](http://rheumatoidarthritis.net/nutrition/top-9-gluten-free-whole-grains-youve-got-to-try/)

- If you must buy gluten free alternatives, make sure they have a reasonable sugar, fat, and sodium content.
If you have to go gluten free for health reasons, there are many whole grains that you can use.

- Quinoa, brown rice, oats, buckwheat, and amaranth to name a few.
- Adding gluten free whole grains, fruits, vegetables, and lean meats to the diet instead of replacing gluten free bread products is the best way to go about it for weight loss.

Diet Fasts: 5/2 Diet

- Fasts and cleansing diets are always recirculating
- 5:2 diet
- Eat normally 5 days/week
- Pick 2 non-consecutive days to limit calories to 500 (Female) – 600 (Male) calories/day
- This diet does not teach anything about maintenance, or about which lifestyle changes to make.
The VB6 Diet (A Healthy Fad)

- **Before 6 pm:** Vegan diet

- After 6 pm you can still eat what you want, what you crave, and enjoy your food and drink. As long as you don’t over eat after 6pm this is a pretty healthy diet.

- Incorporates vegan lifestyle throughout day, which means no animal products, only fruits, vegetables, whole grains, nuts, and legumes.

- May be a good balance of rules and flexibility that people need.

- Most of my clients would have a hard time with this.
Interruption fasting

- A general term to describe the idea of occasional meal skipping.
  - Can be healthy or unhealthy depending on the individual, their state of health, and the type of fasting they’re doing.

- Food for thought: prior to the last 100 years, do you think people consumed 5 meals per day, every day? or even 3 meals?
  - Was obesity or CVD a problem?
Every major religion includes fasting days (or some form of dietary restriction)

Islam – 30 days of Ramadan, food and drink only consumed while the sun is set.
- Often results in improved body weight, lipids, glucose, inflammation(1).

Greek-Orthodox
- Have some form of fasting for 180-200 days/year.
- It has been suggested that this is an important, but often excluded facet of the Mediterranean diet (2).

Religious fasting

Daniel Fast

- Prohibits the consumption of animal products, refined carbohydrates, food additives, preservatives, sweeteners, flavorings, caffeine, and alcohol.
- Typically 21 days; may be between 10-40 days.
- Improvements in blood pressure, blood lipids, insulin sensitivity, and biomarkers of oxidative stress.

Intermittent fasting

- Popular protocols:
  - 24 h fast (dinner until dinner the next day).
  - 16:8 (All food is consumed in a daily 8 hour window) also called time-restricted feeding.
  - Alternate-day fasting (ADF) – Eat anything one day, fast the next day.
  - Alternate-day modified fasting (ADMF) - Eat anything one day, one small 500 kcal meal the next day.
  - Random meal skipping.
Other types of fasting?

- **24 h fast**
  - ‘Eat Stop Eat’ by Brad Pilon.
  - 1-2x/week skip breakfast and lunch.
  - Appears safe in healthy subjects, but it is not for everyone.
    - It puts a large stress on the body and many weight-loss patients have inflammation and may have thyroid issues.
  - Can lead to binge eating
  - Creates the diet mentality
Starvation mode?

Many people believe that not eating for more than a few hours will put the body into ‘starvation mode’ and lower the metabolic rate.

However evidence shows fasting for 60-72h before a lowered metabolic rate is seen (1,2).

In fact, metabolic rate is actually increased in short-term fasting due to increased stress hormones and studies have shown increases of 3.6% - 10% after 36-48h of fasting (3,4).
High Fat Diets/Obesity

Observational, cross-sectional and longitudinal studies suggest that a high-fat diet and physical inactivity are independent risk factors for weight gain and obesity.
Overeating

- PORTION SIZE and excess CALORIES are still the bottom line when it comes to weight gain.
- A “Value Meal” Big Mac, medium fries, and medium Coke is > 1200 calories.
- Movie popcorn = 7 cups, and a large soft drink is 32 oz.
- Increased portion size leads to increased energy intake.
- RE-Learning normal portion sizes is key.
It’s over a decade old – but still one of my favorites: “Dr. Shapiro's Picture Perfect Weight Loss 30 Day Plan”

This is a great book and resource I often use with clients and when lecturing.

People are often shocked by how certain foods can really pack in the calories more than high volume lower calorie alternatives.
Excess calories leads to excess weight – finding balance is not just important for weight loss but for nourishing your body and preventing disease risk.

It comes down to nutrient composition of the foods you choose and how your diet interacts with your genes.

Research has randomly assigned people to eat either a test diet or a control diet with the same calories but different composition – no statistically significant difference in weight loss.
Claim: Refined sugar and certain carbs cause obesity. These foods are toxic to the body causing blood sugar levels to rise and increase the levels of insulin production, which leads to fat storage and weight gain.

- Decreasing sugar intake can help people lose weight and decrease body fat, no matter what other foods are eaten.
- Keep in mind – eating less sugar is a good thing, so this is one good point of this diet.

- What you can’t eat: Sugars, white flour, carrots, corn, or beets.
- Carb and fiber intake is too low.
- Lower in calories so this diet will promote weight loss.
- Authors claim that washing food down with liquid does not allow for proper chewing.
- Claims excess fluid with meals also dilutes digestive juices and can result in partially digested food. (sound somewhat familiar?)
Sugar Busters

- Recommends limiting saturated fat but includes cream, cheese, butter, milk, lamb and pork.
- Restricts some healthy food.
- Low in calcium.
- Claims bananas and beets cause a spike in blood sugar and insulin requirements (Note: need to look at glycemic index in the context of a meal).
**Very Low Fat (Ornish & Pritikin)**

- **Claim:** If you eat fat-free healthy foods you can feel full and still lose weight.

- **What you can eat:** Vegetables, fruits, whole grains, beans, limited nonfat dairy, egg whites.

- **Comments:** If your Triglycerides (TG) are high you may want to add more unsaturated fats as too many carbs can raise TG.

- **Difficult to follow and lacks the beneficial omega-3 fatty acids.**

- **I rarely recommend very low-fat diets.** Fat is a large part of satiety and there are many healthy fats available eaten in the right portion that can help stave off heart disease. However, the Ornish diet has helped reverse plaque in patients with heart disease –so it’s an effective diet.
Research has shown a benefit for people with heart disease for fatty plaque; regression.

Reversing heart disease.

High in fiber, which can help prevent many diseases.

Digestive downside: on this diet you’ll never run out of gas.

Dean Ornish’s Diet has been effective in atherosclerotic regression, so in some cases this would be advised.
Believes a very-low-fat, vegetarian diet can aid in reversing heart disease.

Restricting fat intake is the key to weight loss.

If you eat fat free healthy foods you can feel full and still lose weight.

Does teach lifestyle approaches – diet, meditation, exercise, emotional support.

Health centers include a spa-like approach to wellness tailoring to both emotional and medical needs.
Concerns:

- CHO content supports physical activity, yet protein level may be insufficient for athletes.
- Can be counter-productive in those with high triglyceride levels.
- Large volumes of food would be needed for those with high caloric needs.
- Lacks beneficial omega-3 fatty acids.
- Low in vitamins E, B12 and zinc.
- Other diets may be better to prevent heart disease, but this diet can help for those who already have it, with some minor modifications.
- However, it is difficult to follow.
Positive Points:

- Promotes the consumption of whole grains, beans, fruits & vegetables.
- Restricts consumption of refined and processed CHO.
- Promotes consumption of egg whites & limited non-fat dairy.
- Also promotes exercise, stress management, love and intimacy.

Most Challenging Statement:

- “Eating a very-low-fat vegetarian diet is easy.”
The Cabbage Soup Diet

Claim: The Cabbage Soup Diet is a low-fat and high-fiber diet that will help burn fat fast.

Concerns:
- Suggests up to 10 lbs can be lost in 7 days.
- It’s a very low calorie diet that can lead to fatigue.
- Includes a list of specific food combinations you need to eat.
- This has been around for decades.

Good Points:
- Cabbage is a cancer fighting vegetable.
- But you don’t need to go on this diet to enjoy it!
Claim:

- "Eat Right for Your Type" states your blood type determines which foods you should be eating and that by eating foods that "agree" with your blood type, you reduce the risk of cancer, heart disease, diabetes, infections, and liver disease.

- It claims that your blood type defines your ancestral history of foods: for example if you are type A you should be a vegetarian.

- This diet has no scientific basis.
**Concerns:**

- Claims that negative reactions between food lectins and our blood are responsible for many ailments we have.
- Note that lectins that are not destroyed by cooking, but they are denatured and made harmless by digestion.
- May convince some people to use these diets to treat cancer, asthma, infections, DM, HTN, arthritis, and infertility.
- Read more on [www.quackwatch.com](http://www.quackwatch.com).
The Omega Diet
Dr. Simopoulos and Jo Robinson

Claim: Based on the diet of Crete island.
- “It will help every cell and every system in your body function as nature intended.”

What you can eat: Whole grains, low fat and nonfat dairy, fruit, vegetables, eggs, fatty fish, lean meats, nuts, beans.

Comments: Overall healthy diet. The discussion about omega-6’s relationship to disease needs to be further researched, however the benefits of omega 3’s have been shown to be very beneficial and American’s ratio of omega6:omega3 is too high and not healthy.

This Mediterranean type diet has been discussed in many books which have similar messages.

This is a pretty healthy diet approach and not too difficult to adapt to for a lifestyle.
In a study of 34,492 postmenopausal women aged 55 to 69 yrs, whole grain intake was associated with a reduced risk of death from ischemic heart disease


There are many studies which have analyzed the same diets and have shown decreased risk of cancers.
## Weight Loss Programs

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encourage portion control</td>
<td>Some programs require you to purchase foods which may contain additives</td>
</tr>
<tr>
<td>Provide support</td>
<td>Membership fees required</td>
</tr>
<tr>
<td>Encourage physical activity</td>
<td>Promotes a diet mentality</td>
</tr>
<tr>
<td>Some offer free lifetime meetings &amp; weigh-ins if you remain within goal weight</td>
<td></td>
</tr>
</tbody>
</table>
Calories Consumed $\geq$ Calories Burned

$\Rightarrow$ **Weight Gain**

Calories Consumed $\equiv$ Calories Burned

$\Rightarrow$ **Weight Maintenance**

Calories Consumed $\geq$ Calories Burned

$\Rightarrow$ **Weight Loss**

For longevity, health and wellness the types of food you eat make an impact on your health.
It’s so individual what motivates or inspires someone to live healthier.

I had a friend tell me they read a book called, *Lessons from Madame Chic, 20 Stylish Secrets I learned While Living in Paris*. The book advocated no snacking and eating on real china, along with other tips. She said she finally was eating with more awareness and appreciation.
Mediterranean Diet
The Mediterranean Diet

- Includes many different plant-based foods.
- The Mediterranean Diet is considered the “almost vegetarian diet.”
- Lower incidences of chronic disease and higher life expectancy rates.
Mediterranean Diet

- Typical of people in the region of the world near and around the Mediterranean Sea.
- Includes countries such as France, Italy, Spain, and Greece.
Mediterranean Diet: It’s Not Just Olive Oil

Advantages

- Great variety & taste
- Lots of whole grains
- Rich in omega-3 fatty acids & monounsaturated fats
- Familiar ingredients
- Fresh foods
- Nuts

Disadvantages

- May not provide enough calcium
Mediterranean Diet and Heart Disease

Heart Disease Contributing Factors:
- Low level inflammatory process
- Poor food choices
- Tobacco smoke
- Genetics
- High cholesterol (half of people with heart attacks do not have high cholesterol)
- Sedentary lifestyle
- Diabetes
**Mediterranean Diet**

- Easy to maintain and adopt on a long-term basis.
- Does not require an extreme restriction of total fat or carbohydrate consumption.
  - Pasta is consumed al dente or a little under cooked.
- Calorie restriction is the only thing required to maintain normal body weight.
- Try including more plant based meals with olive oil in your diet.
- Familiarize yourself with the Northern or Cannellini bean – yum!
Mediterranean Lifestyle: More Activity

- Lead an active lifestyle.
- Walk to destinations instead of driving.
- Physical activity maintains weight, helps you to lose weight, which in turn decreases the risk of heart disease and high blood pressure.
  - This activity also helps offset the declining muscle mass as people age.
- Being physically active on a daily basis, like walking to the grocery store, is community influenced.
- For example: NYC compared to LA.
Ways to Encourage Clients to be more Physically Active

- Go window shopping at the mall
- Clean the house
- Use the stairs instead of the elevator
  - Next time you’re shopping observe who takes the stairs vs. who takes the elevator
- Park your car far from your destination
- Do some work in the garden – rake, dig, mow
- Join a walking, hiking, or biking club
- Participate in team sports
- Walk your dog, or somebody else’s
- Join a dance class
- Go for a walk or ride a bike before or after dinner
Mediterranean Diet

- Breads, pasta, beans and rice are to be consumed with a specific emphasis on eating whole grain products (they provide more fiber).
- Olive oil is closer to the base of the pyramid.
  - It is the most used oil in the Mediterranean countries and research has shown its many health benefits.
Mediterranean Diet

- More plant based food options.
- Foods such as fish, chicken, eggs and sweets that are commonly consumed daily in the US are consumed on a weekly basis in Mediterranean countries.
  - Meat is consumed even less frequently.
- Less processed food.
Ways to Incorporate More Mediterranean Choices

- Use olive oil in cooking and in salad dressings—it’s a good source of monounsaturated fat, which has heart healthy benefits.

- Eat nuts, legumes and beans daily. High in fiber and protein. Nuts are high in vitamin E as well.
Mediterranean Diet

- Choose more fish instead of meat. Fish is high in omega-3 fatty acids, which also provide heart healthy benefits. There’s more on omega 3’s later in this session, and it’s discussed in Public Nutrition and Wellness Education. You can also visit SuperKidsNutrition.com and search omega 3.

- The Mediterranean region usually consumes red wine, which is rich in antioxidants.
  - Wine may be healthy for the heart but does have other risks.
  - 1 drink for women and 2 for men
    - 1 drink is a 12 oz can of beer, 5 oz of wine, or 1 1/2 oz of hard liquor.
  - The same benefits of drinking red wine can be attained by eating grapes.
Current Research Supports…

◆ Substituting saturated fats (like those found in butter) with monounsaturated fat from olive oil.

◆ Following a Mediterranean Diet rich in unsaturated fats, fruits, vegetables, beans, nuts and fish.

◆ These foods should be consumed as part of well balanced low calorie diet.

- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- The more veggies — and the greater the variety — the better. Potatoes and French fries don’t count.
- Eat plenty of fruits of all colors.
- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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Successful Strategies to Weight Management
Successful Strategies for Clients

- Become food label savvy – check out www.supermarketsavvy.com
- Plan balanced meals by looking at your diet as a whole rather than at individual foods.
  - Recommend Elisa Zied’s book on www.elisazied.com
- Control portion sizes by plating food.
- Eat slowly. It takes 20 minutes for the brain to register fullness from a meal.
- Some clients do best no eating in between meals. While others eat mini meals every 3-5 hours (4-5 times per day) to avoid rebound hunger & increase variety in diet.
  - But typically for weight loss I suggest fasting after dinner until breakfast
Breakfast

- Heart healthy eating starts with a balanced breakfast.

- Breakfast energizes the mind & body to perform activities at peak level without fading out and it helps speed up metabolism.

- A heart healthy balanced breakfast will prevent overindulging later.
  - I usually recommend 30-35% of calories from fat (healthy fats at breakfast) or a low fat (<30% fat) breakfast with higher protein content.

- Mix it up by alternating between a protein-based breakfast, a higher fat (more nuts), and a high fiber/carb breakfast like whole grain and fruit with low fat yogurt and nuts.
Breakfast Ideas

- Microwave some mixed berries until they are sweet & syrupy, add cinnamon and walnuts, place in 1 cup of plain non-fat yogurt.

- Oatmeal or high fiber cereal with pecans, cinnamon, and nectarines.

- Smoked salmon or eggs with an extra egg white on whole grain toast or with baked blue corn chips or a spelt tortilla.
Lunch Ideas

- Lunch can be bean soup, ½ sandwich & salad mix
- Marinated artichoke hearts with beans, tomatoes and basil leaves
- Vegetable, bean, and lentil based soups
- Whole grain bread for sandwiches
- Lean protein, tuna packed in water, tofu or grilled chicken in salads
- Fish tacos
Lunch Ideas

- Try Boca burgers or a salmon burger with veggies, slice of regular or low fat cheese, lettuce, tomato, coleslaw or ketchup, mustard, and pickle on open face whole grain bread, or try millet bread.

- Albacore tuna salad with low-fat cheese squares, celery, and carrots.

- Turkey or turkey burger open face sandwich with avocado, tomato, lettuce, and fruit salad.
Snack and Dinner Ideas

- Fill in nutritional gaps of the day with healthy snacks and a balanced dinner. Veggies! Low-fat cottage cheese and fruit.

- If breakfast & lunch lacked fiber, try a dinner of stir-fry fresh or frozen vegetables over whole wheat couscous with a lean protein source.

- A snack of 100% whole wheat crackers (Kavli, Ryvita, Wasa) with 1-2 tablespoons of hummus.

There’s no difference in the macronutrient content between table sugar, raw sugar, honey, sucrose, and fructose.

Diets that contain too much sugar contribute to consuming less nutrient dense foods.

We’re eating 30% more cane, beet, corn, and other added sugars than in 1983.

Be choosy about your carbs – pick the most nutrient dense because choosing poorly may lead to overeating.

Avoid the glycemic index as a decision factor for fruits and vegetables, but do include high volume low calorie foods.

However, if you are eating a healthy diet, have insulin resistance, prediabetes or diabetes, the glycemic index or glycemic load may help with weight management.
BUFFETS: first, take an overview of everything instead of just taking the first thing – then make informed choices.

- Carefully look at the choices.
- Ask yourself what you really want.
- Put some distance between you and the food after you make your choices so you’re not just taking more because of visual cues.

Avoid eating because of nervousness & excitement.

Be careful of traps such as:

- I’ll eat lots now and take a walk later.
- Put on pounds now and shape up with the new year.
- I’ll eat better after vacation, after the holidays, after the celebrations, etc.
Avoid the “No fat, low-carb or sugar free snack syndrome”

- Packaged foods are filled with refined carbs even if labeled as a “diet food”
- This is what gives carbs a bad name
- If you do have some, limit yourself to the serving size listed on package
- Try to avoid refined carbs as much as possible

Load up on vegetables and fresh fruit

- Put off the sweet cravings with 3 fruits per day
- Snack on vegetables
Tips as you Get Older

◆ Most people need fewer calories as they reach middle age and begin to gain weight.

◆ Watch out for liquid calories.
  ◆ Often when you add liquid calories you still eat as many solid calories, so you end up taking in more calories.

◆ Try half a sandwich with an apple and a side salad.

◆ Don’t deny yourself foods, but use portion control for your favorites.

◆ Be proud of every step no matter how small.
  ◆ Small steps lead to big changes.
Steps to a Healthy Weight

- Identify Your Feeling
  - When you reach for food and you’re not hungry ask yourself, “What am I really feeling right now?”
  - When it is a good feeling take the time to savor it instead of eating!
  - When a distressing emotion surfaces, ask, “What do I need?” More than often, it’s not food.
  - People eat outside of hunger for many reasons: happiness (celebration), boredom, sadness, tiredness…. 
Steps to a Healthy Weight

◆ Ask for Support
  ◆ Instead of always trying to meet your needs yourself, learn to ask for help from others.
  ◆ Brainstorm on how to solve a problem.
  ◆ Strengthen your connections to other people and you may turn to food less.
  ◆ Make exercise a social outing.
Steps to a Healthy Weight

- Give your body a break 😊
  - *This is a great take-home goal in between visits with clients or for yourself.*

- Befriend your body and take a moment to accept it as is.
  - List five things about your body that you like.
  - Remind yourself of those items next time you’re feeling self-critical.
  - Next, note features that you don’t like but can’t change (perhaps – teeny hips or broad shoulders).
  - Take a minute to let go of the unchangeable.
  - Now focus on what you can do.
Techniques for Weight Management

- Eat in a settled atmosphere- enjoy food through all the senses without TV, reading, or music.
- Avoid eating when upset.
- Always sit down to eat.
- If you are really hungry munch on veggies.
- Try to eat only when you’re hungry, but not starving.
  - Plan ahead.
- Eat in the kitchen without multi-tasking.
  - There are always exceptions but aim for this goal.
Steps to a Healthy Weight

- Take charge of your health
- Scan your body once a day, note areas of tension or pain and release them by taking the time to stretch/change your pace or position.
  - Use your breath as a healing tool, breathing into tight spaces and releasing them.
  - Maintain high energy and head off bigger problems.
  - Be aware of tension so you can stretch or walk it off instead of letting it build up.
Don’t Deprive Yourself

If you’re craving a chocolate, ask yourself “Do I really want it?”

If yes, sit down with no distractions, eat it slowly, enjoying every bite with awareness.

Be one with the chocolate!

Try the individually wrapped pieces.

Don’t worry – have confidence that if you practice these steps you won’t want sweets at every meal.
Steps to a Healthy Weight

- Discover movements you love.
- To keep off weight and calm the emotional stores that cause you to eat...
  - Begin by taking a 30 minute walk
  - Experiment with a variety of activities
    - Swimming, skating, dancing, cardio-funk, windsurfing or whatever suits your fancy
  - Dance around the house any way you like in between house duties
Steps to a Healthy Weight

- Take time for restoration.
- Everybody gets overstressed at times.
- Body & soul depleted? Take a rest.
- Catch up on sleep- have a romantic evening, spend some time gardening or do something just for yourself.
- Discover what works and make it a habit.
- Find movement you love, even if you only squeeze in five minutes –get MOVING!
Steps to a Healthy Weight

- Find meaning every day.
- Make sure your life is filled with things that mean more than food.
- Quench your spiritual thirst and hunger.
- Call a long lost relative, campaign for a cause.
- Connect yourself to the rest of the world.
Plateaus

- Plateaus are common!
  - After a relatively long period of stability our bodies level off.
  - Most people that achieve weight loss hit a plateau and can get frustrated trying to lose the last few pounds.
  - After adapting to our new bodies we need to make a few more changes.
  - Small changes can help you start breaking through a plateau, here are some new ideas that can help you get through your plateau.
Plateaus

I often tell clients to evaluate what they’re currently doing the most.
- You really need to have a clear picture.
- Write out your daily routine now look at it objectively by asking yourself the following:

- Are you sitting most of the day, being inactive?
  - Try to move around as much as possible, stand up and stretch every half an hour, instead of e-mailing get up and walk over to talk to the person, and split your lunch break in two, half the time to eat and half the time to take a walk.
Plateaus

Are you surfing the net at night instead of cooking for the next day or catching up on your housework?

We often fall into the trap of the couch after long days, before you take a seat make sure you have your healthy meals planned and prepped for the next day and all of your chores are done. This will give you more activity and less couch potato time.
Plateaus

- Do you always take the escalator or elevator instead of taking the stairs?
  
  - If available, always take the stairs, park further away, and find excuses to get these little bursts of activity throughout the day.

- Are you snacking after dinner?
  
  - Many people snack at night, this is a weight loss buster. We often snack mindlessly in front of the TV, are you actually hungry, or is it just a habit? Make sure your dinner is filling enough so you don't reach for the chips.
Plateaus

- Are you doing 2 minutes of exercise for every hour you sit?
  - Moving just this little bit amount of time will keep your blood moving and reduce your risk of diabetes, start now, get up and do 2 minutes of stretching.

- Are you monitoring the intensity of your workouts?
  - Many people don’t check heart rate. You need to have times where you boost the intensity of your cardio. If your weight has plateaued, so has your workout, kick it up a notch!
Plateaus

- Are you including weight resistance training?
  - Weight resistance training increases muscle mass, people with more muscle mass burn more energy. Add this type of workout in twice a week.

- Are you doing the same workout routine daily?
  - Typically you’re body will find a way to cheat, and you will be getting less of a workout. Change it up with a class like Zumba or hip hop dance.
Plateaus

Count your fiber – are you getting enough?

- Fiber really helps with satiety and I have clients set a goal, start with a goal of 25 grams per day and work up to it slowly. Fiber fills you up so will eat less, furthering your weight loss goals.

- Reduce your daily caloric intake by 200 calories, provided this doesn't put you below 1,200 calories.

- Fewer than 1,200 calories a day may not be enough to keep you from feeling hungry all of the time, which increases your risk of overeating. Additionally, this reduced calorie intake should be sustainable. If not, you'll regain the weight you've lost and more.
Plateaus

◆ Employ “volumetrics” – eating foods that are high volume but low calorie density.
  ◆ Volumetrics also allows you to eat a higher fiber diet rich in healthy foods like whole grains, fruits and vegetables, not only helping you manage weight but improving overall quality of your diet.
  ◆ Slurp on broth based soups before meals or eat a small salad.
  ◆ Include fruit and veggies at every meal.
  ◆ Choose lean proteins to increase satiety at meals.
Food Ideas
Add more veggies and less meat to stir-fry, casseroles, soups and other recipes

Time constraints? Opt for pre-packaged salads/cabbage. Choose dark green veggies, broccoli, cauliflower

Experiment with the unfamiliar: try collards, broccoflower, jicama, star fruit, mango, dandelion greens, kale

Try plain low-fat yogurt with pear butter, raisins, or a chopped microwaved apple

Tips For Eating More Fruits & Veggies
Add more veggies to sandwiches: cucumber rounds, diced carrots, sprouts, green or red pepper strips.

Make fruit-sicles with fruit juice and chunks of fruit.

Make a refreshing beverage of fruit juice with seltzer water and crushed ice.

Supplement store-bought pasta or meatloaf with onion, peppers, spinach, celery, mushrooms.

More Fruit & Veggie Ideas
Grains & Beans

- Add more beans to soups, stews, salads, or burritos instead of beef.
- Take a break from rice: try kasha, couscous, bulgur, barley, wild rice, millet, or quinoa.
- Add chopped apricots and toasted almonds or roasted cashews to your grains.
- Lentils and split peas do not need to be soaked and only take 45 minutes to cook.
Delicious lentil soup (green, red, or yellow), Cuban black beans and rice, Middle Eastern hummus, Mexican bean burritos, black bean dip.

Also try adding beans to baked chicken slices with onions & red and green peppers.

Turn baked regular or sweet potatoes into a main meal: Top with reduced fat cheese & broccoli or black beans, ground turkey breast, corn, and salsa.
Choose cereal < 5 grams of sugar per serving

<table>
<thead>
<tr>
<th>Whole Grain</th>
<th>Mostly Refined</th>
</tr>
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<tbody>
<tr>
<td>O’s</td>
<td>Basic 4</td>
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<tr>
<td>Granola or Muesli</td>
<td>Corn Flakes</td>
</tr>
<tr>
<td>Barbara’s Shredded Oats</td>
<td>Just Right</td>
</tr>
<tr>
<td>Nutri-Grain</td>
<td>Kix, Corn Pops</td>
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<tr>
<td>Raisin Bran</td>
<td>Product 19</td>
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<tr>
<td>Shredded Wheat</td>
<td>Puffed Wheat, Special K</td>
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<tr>
<td>Total, Wheaties</td>
<td>Rice Krispies</td>
</tr>
<tr>
<td>Wheat Germ</td>
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</table>

Add fresh or frozen berries (put frozen berries in fridge the night before and cover in small bowl)
## Hot Cereals

<table>
<thead>
<tr>
<th>Whole Grain</th>
<th>Mostly Refined</th>
</tr>
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<tbody>
<tr>
<td>Oat Bran</td>
<td>Cream of Rice</td>
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<tr>
<td>Oatmeal</td>
<td>Cream of Wheat</td>
</tr>
<tr>
<td>Quaker Multigrain</td>
<td>Farina</td>
</tr>
<tr>
<td>Ralston High Fiber</td>
<td>Grits</td>
</tr>
<tr>
<td>Roman Meal</td>
<td></td>
</tr>
<tr>
<td>Wheatena</td>
<td></td>
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</tbody>
</table>
Choose Whole Grain Breads with at least 2 grams of fiber per slice—more is better!

Try spelt tortillas or a high fiber oat bran tortilla in place of bread.
Chocolate and Sweets Cravings

- Try Chocolate Underground yogurt by Stonyfield.
  - Stir it up and then freeze it; put it in a blender with frozen raspberries.
    - Sit down and eat it slowly with full awareness of all the textures and taste.

- Keep sugar free or regular hot chocolate in the back of the cupboard.

- Learn more about which chocolate to choose: http://melissashealthyliving.com/how-to-choose-the-best-chocolate/

- Keep orange flavored prunes in the fridge.

- Remember – if you eat 2 to 4 pieces of fruit spread out during the day you may have less cravings for sweets.
Snacking

- Mix flavored yogurt and fruit juice then freeze in a plastic cup or popsicle container.

- Make air popped popcorn and add parmesan cheese. See this popcorn recipes: [http://melissashealthyliving.com/top-10-ways-to-enjoy-popcorn-a-healthy-whole-grain/](http://melissashealthyliving.com/top-10-ways-to-enjoy-popcorn-a-healthy-whole-grain/)

- Low fat fruit milkshake- skim milk, frozen fruit, honey, and ice.

- Peel and freeze over-ripe banana for later.

- Chocolate soy milk blended with a frozen banana.

- Use salsa as a dip – it is rich in lycopene, the anti-oxidant. This heart healthy carotenoid has lots of taste and is low in calories.

Too Busy to Cook?

◆ Set aside some time during the weekend

◆ Prepare low fat vegetable lasagna, vegetable bean stew, mashed sweet potatoes, shredded cooked chicken and freeze.
  ◆ Try this sweet potato recipe: http://www.thekidscookmonday.org/2011/12/26/cinnamon-sweet-potato-mash/

◆ Prepare a pot of turkey chili or “Fantastic” brand Vegetarian Chili or soup and store in the freezer in individual containers

◆ Taco or fajita night is quick and easy, self serve style!
  ◆ Buy chicken breast already cooked, re-heat with premixed fajita spices. Cook julienne style sliced zucchini and frozen chopped peppers, add pre-washed chopped lettuce and shredded low fat cheese to whole wheat tortilla. Top with chopped tomatoes and avocado slices.
Freeze individual turkey or chicken breast slices – 3oz or buy pre-cut poultry.

Buy frozen meal starters and add fish, beans or chicken.

Make omelets with mostly egg whites and chopped frozen veggies and low fat ricotta on whole grain bread – quick, easy and well balanced.

Plan ahead! Consider a weekly meal rotation menu to keep it simplified.

Soups help supplement any meal. Make and freeze in bulk.
To Assess Your Diet

◆ For an assessment of your diet, visit the USDA’s new online Interactive Healthy Eating Index, at www.usda.gov/cnpp
Food Sources of Omega 3’s
Include Foods High in Omega-3 to Follow the Mediterranean Type Diet

- Omega-3s are a type of polyunsaturated fat
  - Salmon, albacore tuna, trout, sardines, herring, walnuts, canola oil, flaxseeds and flaxseed oil, tofu, soybeans and soybean oil, DHA eggs.

Health Canada, the Canadian counterpart of the FDA, recommends 1 to 1.5 grams a day.
Omega-3 Fatty Acids

- Type of polyunsaturated fat found in oily fish such as herring, mackerel and salmon.
- Fish is also a source of lean, high quality protein.
- Grill, bake, poach or lightly sauté in olive oil.
- Alpha-linolenic acid is a precursor to Omega-3 found in ground flax seed and soybeans.
The American Heart Association

- Recommends:
  - 1 gram of Omega-3 fatty acid per day
  - 2 servings of fatty fish per week

- In light of warnings over mercury in fish, the FDA states that eating 12 oz of fish a week is safe.
- For sustainable seafood options check out SeaFoodWatch.org. This is a great resource-page mark it!

- Fish serving sizes should be 3 - 4 oz (possibly more depending on body size and calorie level).

- 1 Tablespoon of ground flax = 1.8 grams Omega-3 fats as alpha linolenic acid.
## Sources of Omega-3 in Fish

<table>
<thead>
<tr>
<th>SEAFOOD</th>
<th>3.5 Oz.</th>
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<tbody>
<tr>
<td>Atlantic mackerel</td>
<td>2.6 grams</td>
</tr>
<tr>
<td>Lake Trout</td>
<td>2.0 grams</td>
</tr>
<tr>
<td>Atlantic salmon</td>
<td>1.9 grams</td>
</tr>
<tr>
<td>Herring</td>
<td>1.8 grams</td>
</tr>
<tr>
<td>Bluefish tuna</td>
<td>1.6 grams</td>
</tr>
<tr>
<td>Albacore tuna, Whitefish (lake), Sturgeon, Chinook salmon</td>
<td>1.5 grams</td>
</tr>
<tr>
<td>Sardines, canned</td>
<td>1.4 grams</td>
</tr>
<tr>
<td>Bluefish, Atlantic/Atlantic/Salmon, pink</td>
<td>1.2/1.0</td>
</tr>
</tbody>
</table>
Other Sources of Omega-3’s

- **Good Sources (0.4-0.9 grams)**
  - Halibut, striped bass, mullet, pollock, catfish, rainbow trout, shrimp, crab, lobster

- **Fair Sources (less than 0.3 grams)**
  - Sole, flounder, perch, cod, grouper, haddock, swordfish, red snapper, clams
Potential Benefits of Including Foods High in Omega-3

- Prevent blood clots (stroke or heart attack)
- Lower triglycerides and cholesterol
- Prevent abnormal heart rhythms (sudden cardiac death)
- Reduce CVD risk
- Promote eye health
- Improve immune system (International Food Information Council)
Tips On How To Include Omega-3s In Your Diet

- Use grilled salmon or other fish in tacos (eat fish 2x a week)
- Use special sauces or herbs to enhance the fishes’ flavor
- Add walnuts or soybeans to fruit or salad
- Cook with olive or canola oil
- Add flaxseed meal in salads, brown rice, cereal, or yogurt
  - 3 TBSP per week
Thank You!