

# Eating for Success

Achieving And Maintaining A Healthy Body Weight

Adrienne Robinson, MA

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# Preview of Lecture 1

- Breakfast
  - Importance
  - Kick starts your metabolism
  - Avoids mid-afternoon slump
  - Avoids the mid-morning snacking
  - Coffee – does not provide nutrients; is addictive

# What's For Breakfast?

- What to eat
  - PROTEIN!
    - At least 10 grams, up to 20 grams.
  - High fiber
  - Low sugar, less than 10 grams
  - Eggs; turkey sausage/bacon, yogurt; nuts; protein powder

# What is Obesity?

- According to the National Institutes of Health (NIH), the term “overweight” refers to an individual who weighs at least 10% more than what is recommended for an adult based on height and age. Obesity, on the other hand, is defined as an excess amount of body fat in relation to lean body mass. This means, a person is classified as ‘obese’ if they weigh about 30% more than what is recommended or a person with a body mass index (BMI) over 30. Obesity is also determined as body fat greater than 30%.

# What Is Realistic?

- BMI
  - Charts – tells an accurate story for most individuals
  - Ideal: 19-24.9
- Waist size just above hip bone:
  - <35” women
  - <40” men
  - One of factors determining metabolic syndrome
- Waist size at belly button:
  - Optimal is less than  $\frac{1}{2}$  of your height in inches

# Things To Know

- Count calories only if that's your thing
- All calories are not created equal
- Few, if any, have success at maintaining an ideal and appropriate weight without exercise/activity
- Aging makes things more challenging
- Men have it easier – it's as simple as that!
  - Higher muscle mass than women, therefore metabolism
  - Men however, must still do the work

# 10 Tips To Achieve & Sustain An Ideal Weight

- 1. Eat breakfast
- 2. Don't skip meals
  - Never feel hungry
  - Leads to body fat storage
  - Liver switches to storing fat
- 3. Eat small meals throughout day.
  - Be a grazer
  - 6 smalls meals/day *or* 3 meals and 2 snacks

# 10 Tips To Achieve & Sustain An Ideal Weight

- 4. Stay away from inflammatory foods
  - Sugar – the great violator
    - Raises cholesterol
    - Recommended intake is about 25 grams/day (1 tsp=4 grams)
  - Dairy – highly inflammatory
    - Must use organic
    - Humans lack lactase, enzyme necessary to digest lactose
    - Some symptoms include phlegm in lungs



# 10 Tips To Achieve & Sustain An Ideal Weight

- Inflammatory foods, cont.
  - Alcohol – drink responsibly
    - 1 drink/day women; 2 drinks/day men
    - Red wine – anti-oxidant resveratol
  - Refined grains
    - Lacking fiber
    - Usually have high-fructose corn syrup
    - Lacking nutrients

# 10 Tips To Achieve & Sustain An Ideal Weight

- Inflammatory foods, cont.
  - Cooking oil
    - High amounts of Omega 6, out of balance with Omega 3. Olive oil has one of the lowest percentage of omega 6. Coconut oil has the lowest omega 6, however a much higher content of saturated fat.
  - Artificial sweeteners
    - Tricks your body into thinking you've had sugar but body does not recognize chemical structure so continues to crave it
    - Avoid splenda (sucralose), aspartame. [www.splendaexposed.com](http://www.splendaexposed.com)
  - Processed food
    - Empty calories
    - Severely lacking in nutrients

# 10 Tips To Achieve & Sustain An Ideal Weight

- Inflammatory foods, cont.
  - Transfat
    - Hydrogenated oils and fats
    - Raises cholesterol
  - Processed meats and feedlot raised animals
  - High fructose corn syrup
    - “All natural”
    - Another substance manufactured to add sweetness
    - Tricks body to thinking it has sugar but continues to crave

# 10 Tips To Achieve & Sustain An Ideal Weight

- 5. Eat fiber
  - Keeps colon moving
  - Helps reduce cholesterol
  - Soluble fiber is filling
  - The Institute of Medicine (IOM) recommends 14 g of fiber per 1,000 kilocalories (kcal) as an Adequate Intake (AI) for adults. This amount was derived from data on the relationship between fiber consumption and coronary heart disease risk. The U.S. Department of Agriculture recommends 25 g/day for women and 38 g/day for men (USDA 2010).
- 6. Exercise
  - HIIT – high intensity interval training
  - After burn – continue to burn calories after workout up to 2 hrs, depending on intensity
  - Ultimately, some movement daily. Optimum 3-5 30+min/wk
  - Weight training and muscle fiber – increases BMR (base metabolic rate).

# 10 Tips To Achieve & Sustain An Ideal Weight

- 7. Sleep
  - Recovery; Growth hormone (GH); rebuild & repair cells & tissue
  - The other part is physiological. The hormone leptin plays a key role in making you feel full. When you don't get enough sleep, leptin levels drop. Result: people who are tired are hungrier -- and they seem to crave high-fat and high-calorie foods specifically
  - Sleep deprivation, decreases glucose tolerance, leads to abdominal obesity
  - Stress – raises cortisol levels
    - Cortisol stimulates glucose release; glucose release stimulates insulin release; insulin release stimulates fat storage
    - Sleep over 10hr, 11% less likely to be obese;
    - Sleep 6 hrs, 23% more likely to be obese
  - Sleep support
    - Magnesium glycinate; calcium; protein @ breakfast & lunch, carbs @ dinner; leafy greens & nuts for magnesium; walnuts; B-vitamins early in day; calcium foods: sesame, bok choy, collards; sardines

# 10 Tips To Achieve & Sustain An Ideal Weight

- More on leptin
  - Is released from fat
  - Purpose: to keep body fat levels constant
  - Signals hypothalamus to decrease appetite & increase calorie burning
  - When leptin levels drop, triggers hunger
  - Most obese people have high levels – too much causes receptors to shut down
  - Ghrelin
    - Hormone that signals hunger. Considered counterpart to leptin

# 10 Tips To Achieve & Sustain An Ideal Weight

- 8. Keep liver healthy
  - Detoxifying organ of body
  - Decides to store fat in adipose tissue or convert glycogen to glucose for energy
- 9. Keep a healthy gut
  - Digestion
    - Avoid sensitive foods
      - Can cause cellular fluid retention or “false fat”- inflammatory response
      - Also creates cravings for these foods
      - Leads to poor nutrient absorption
    - Digestive enzymes

# 10 Tips To Achieve & Sustain An Ideal Weight

- Absorption
  - Healthy flora
    - Probiotics; fermented foods; kefir & yogurt
    - Garlic; oil of oregano; aloe
- Elimination – Most diseases start in the colon
  - Poop regularly. Optimal: 1 in morning and smaller later in day
  - Digestive enzymes
  - Exercise; fiber; water



# 10 Tips To Achieve & Sustain An Ideal Weight

- 10. Take the right supplements (see “[Links slide](#)”)
  - Fish oils/omega 3 complex
    - Anti-inflammatory; linked to decreased hunger
  - Multi-vitamins and minerals
  - Meta-boost spray - metabolism booster
  - Good night spray – natural sleep aid
  - Vitamin D<sub>3</sub>
    - Linked to all causes of mortality and disease
  - Probiotics (bacteria) – helps keep healthy gut flora
    - Opposite of antibiotics which kill weeds and garden
    - Probiotics builds back the flowers in the garden

# Basic Rules

- Drink half body weight in ounces daily
  - Does not have to be all water – can be tea & soups
- Consume 5 servings fruits/vegetables daily
  - 3 servings veggies/2 servings fruit
- Eat slowly
- Pack snacks - avoids fast food temptations & sugary foods
- Allow yourself a healthy treat
- Cut portions in half
  - Put half of food away that you put on plate. Drink a glass of water and wait 20 minutes to decide if you are still hungry

# More...

- Weigh yourself once a week in beginning of weight loss
  - Too many fluctuations to weigh daily, later, weigh often
- Drink water before your meal – helps fill you up
- Eat slowly. Put fork down between bites
- Wait 15-20 minutes before going for seconds: takes that long for signal to get to brain that you are full
- Remove saturated fats
- Eat as many vegetables as you like – minus the fatty toppings
- Eat fatty foods you love in moderation

# Do's & Don't

- Popcorn at movies
  - Leave off the butter and extra salt
- Pizza
  - Ok in small quantities, with healthy toppings and made at home
- Pasta
  - Aim for brown rice pasta. Remember it is a starchy carb and should not be eating frequently
- Late night snacking
  - Adds extra calories to your day, especially prior to bedtime
- Potato chips – try rice chips instead
- Ice cream – is it your birthday?
- Chocolate
  - Dark chocolate is good. 65-70% or more is best. Read labels for added dairy. Many dark chocolate bars add milk fat.

# Helpful Tips

- Use your salad plate as your dinner plate and your dinner plate as your salad plate
  - Eat sitting down at the table
  - Serve up food in the kitchen instead of on the table
- Try online fitness programs
  - Fitness pal
- Enlist a buddy
- Schedule your workout into your day planner
- Keep a journal
  - Works every time

# Foods To Help With Weight Loss

- High quality protein
- Greek yogurt
- Beans
- Nuts
- Berries
- Grapefruit – a low glycemic citrus alternative that is high in soluble fiber. Pink also has beta-carotene.
- Quinoa – complete protein; seed that acts like grain
- Green tea – helps boost metabolism; anti-oxidant

# Things To Consider

- There is no magic pill
- Keys to successful weight loss and keeping it off
  - Good nutrition
  - Regular exercise
  - Behavior change
- Low carb/higher fat diets seem to be more effective than high carb/low fat. Low carb means no processed foods!
- Toxicity
  - How much are you getting in food, environment
  - Body fights toxins, liver taxed, cannot fight fat
  - Eliminate as many external toxins as possible

# Call to Action

- Identify lifestyle habits that could be harmful
- Look closely at macronutrients percentage in diet
  - Suggestion: 15% protein, 25% fat, 60% carbs
- Honestly review exercise level
- Think: keep hormones stable
- Think: keep blood sugar levels stable
- Think: rest/sleep



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# Links

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- <http://www.bodyzenbalance.com/HarmonyHealthServices/products/>
- <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/body-mass-index.htm>
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