Eat Wise, Drop a Size!
Healthy Weight Management

Stacey Winter, MS, RD, LD
Get Healthy!

- Make the Choice to be well

- Wellness
  - Weight Management
  - Stress Management
  - Nutritional Management
  - Physical Activity
  - Disease Prevention
Incidence of Obesity

- 68% of all Americans are considered overweight or obese
  - 1950: 9% obese
  - 2010: 33% obese
- Overweight children increasing
- <20% using the recommended combination of diet and exercise
## Weight in Pounds

<table>
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<th>Height in Feet and Inches</th>
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http://www.freebmiCalculator.net

- **Underweight**
- **Normal**
- **Overweight**
- **Obesity**
Measurements

- **Waist Circumference:**
  - Women: less than 35”
  - Men: less than 40”

- **Body Fat:**
  - Men: 16-24% body fat
  - Women: 20-27% body fat
Distribution of Weight

- Apple-Shape
- Pear-Shape
Causes of Obesity:

- Genetics vs Behavior?
- Inactivity
- Technology
- Lifestyle
  - Time
  - Convenience
  - Schedules
Expected Weight Loss:

- 5-10% body weight
- Effects on Fat Cells
- Slow, gradual loss – 1-2# per week
Nutritional Management

- Caloric Guidelines:
  - 50-55% carbohydrate
  - 20-25% protein
  - 25-30% fat
- Variety of foods
- Moderation
- MyPlate.gov
Actual American Intake
What is a Calorie?

- Calorie = energy
- Calories provided from:
  - Carbohydrates (4 calories/gram)
  - Protein (4 calories/gram)
  - Fat (9 calories/gram)
- 3500 calories = 1 pound body weight
Calorie Needs Influenced By:

- Age
- Gender
- Body Composition
- Exercise
- Diet
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<th>Age (years)</th>
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<th>Moderately Active²</th>
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<td>2,000</td>
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<td>Gardening</td>
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<td>50 kg - 110 lbs</td>
<td>Minus 480</td>
<td>+ 240</td>
<td>+ 480</td>
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<tr>
<td>60 - 132 lbs</td>
<td>Minus 570</td>
<td>+ 290</td>
<td>+ 570</td>
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<td>70 - 154 lbs</td>
<td>Minus 670</td>
<td>+ 340</td>
<td>+ 670</td>
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<td>80 - 176 lbs</td>
<td>Minus 760</td>
<td>+ 380</td>
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<td>Minus 960</td>
<td>+ 430</td>
<td>+ 860</td>
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<td>(and above)</td>
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Calories in versus Calories out
Metabolism!

- Metabolism is the process of breaking down proteins, carbohydrates, and fats to create energy.
- Metabolic rate depends on calories consumed versus calories burned.
- Metabolism declines with age.
- How to increase: increase your body’s need for energy.
Rev up your Metabolism!

What can be done?

- Sleep
- Eat every 3 hrs during the day (not mindless snacking)
- Vigorous exercise every day
- Regulate your own temperature
- Increase activities to daily life (never sit when you can stand!)
- Eat breakfast every day
- Eat larger meals earlier in the day
Carbohydrates

- Carbohydrates yield energy
  - 4 calories per gram
- Sources:
  - Complex Carbohydrates:
    - Breads, pasta, beans, potatoes, rice, cereals
  - Simple Carbohydrates:
    - Table sugar, honey, maple syrup, brown sugar
- Goal to consume:
  - 45-60% of calories from carbohydrates
Fats:

- **Goal intake of:**
  - Total fat: 25-35%
    - Saturated fat: 7-10% of calories
    - Unsaturated fat:
      - Monounsaturated fats: 10-15%
      - Polyunsaturated fats: 10%
  - Total daily fat
    - 1200 calories = 40 gm
    - 1500 calories = 50 gm
    - 1800 calories = 60 gm
    - 2000 calories = 66 gm
# Compare the Dietary Fats

A small step to big FAT savings in your diet

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<th>Cholesterol mg/Tbsp</th>
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<th>Polyunsaturated Fat</th>
<th>Other Fats</th>
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<td>31%</td>
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<td>(Canola oil)</td>
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The values shown for saturated and polyunsaturated fats are based on Federal Regulations, Title 21, Sections 101.23(c)127(r)(a)(5). The asterisk (*) indicates that (a) saturated fat is the sum of lauric, myristic, palmitic, and stearic acids, and (b) polyunsaturated fat is cis, c20:2, delta-12 of polyunsaturated fatty acids. “Other Fats” include saturated and polyunsaturated fatty acids that are outside of these definitions.

**References:**
Protein

- Goal: 15-20% of calories from protein
- Quality of Protein
- Protein:
  - Animal sources
  - Non-meat sources
Fiber

- Essential, but often overlooked
- Sources of fiber: whole grains and fruits and vegetables (with skin on)
- Recommendation: 25-35 grams per day
- Fiber supplements
  - Powders
  - Bars/wafers
  - Pills
Reading Food Labels

• Pay Attention to serving sizes and servings per container
• Monitor:
  • Calories
  • Fat
  • Fiber
Other items:

- Empty Calories
  - Calories with no nutritional value
- Free Foods
- Concentrated Sweets
- “Splurge” meals/days
- Beverages
Drink up!

- Water is essential to a functioning body
- Water should be clean and clear for maximum benefit
- Basic rule of thumb: 64 oz daily (8 - 8 oz glasses of water)

- To figure your own fluid needs:
  - Divide your weight by 2 for ounces
  - Divide your weight by 16 to determine number of 8 oz glasses needed daily
## Visual Guides to Estimating Serving Sizes

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<tr>
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<th>Visual Guide</th>
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<td>Tennis ball</td>
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<tr>
<td>1 cup</td>
<td>Baseball or fist-size</td>
</tr>
<tr>
<td>1 small fruit</td>
<td>Tennis ball</td>
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</table>
| 1 or 2 oz snack food | 1 hand-full = 1 oz nuts or small candies  
|                    | 2 hand-fulls = 2 oz pretzels or chips                                       |
| 1 Tsp              | Tip of thumb (to first joint line), or size of matchbook                    |
| 1 Tbsp             | 3 thumb tips                                                                |
| 3 oz meat          | Deck of cards or palm of a woman’s hand                                     |
| 1 oz cheese        | 1 thumb, 3 dominoes or 1 small hotel soap                                   |
My doctor said I could have ONE serving of sweets a day!
### Bagel
- 3-inch diameter: 140 calories
- 6-inch diameter: 350 calories

Calorie difference: 210 calories

### Cheeseburger
- 333 calories
- 590 calories

Calorie difference: 275 calories

### Soda
- 6.5 ounces: 85 calories
- 20 ounces: 250 calories

Calorie difference: 165 calories

### French Fries
- 2.4 ounces: 210 calories
- 6.9 ounces: 610 calories

Calorie difference: 400 calories
Media Myths

- Television and Big Screen
- What “should” we eat?
- What “should” we look like?
Benefits of Exercise

- Boosts energy
- Aids sleep
- Improves circulation
- Helps control weight
- Helps control diabetes
- Reduces depression and anxiety
- Helps prevent bone loss

- Reduces colon cancer risk
- Helps manage stress and relieves tension
- Reduces risk of heart disease and stroke
- Promotes sense of well-being and optimism
- Helps smokers cut down or stop.
General Guidelines

- Check with physician before beginning an exercise program
- Include cardio-respiratory, flexibility, and strength training
- Wear supportive, comfortable shoes and loose fitting clothing.
- Be hydrated prior to and during exercise
- Start slow and steady
Basic Activity Plan

- Reduce periods of inactivity
- Increase activity

Activity: 3 components:
  - Stretching
  - Resistance training
  - Aerobic exercise

Goal: to include all components into exercise routine
Exercise Prescription:

- FITT Principle for Healthy Population:
  - F = Frequency
  - I = Intensity
  - T = Time
  - T=Type
The diagram outlines a pyramid with various levels indicating different types of physical activities recommended for health. Here’s a breakdown:

**Cut Down On**
- Sitting
- Computer and TV time

**2 Times a Week**
- **Strength Activities**
  - Lifting Weights
  - Curl-ups
  - Push-ups
- **Flexibility Activities**
  - Stretching
  - Yoga

**3-5 Times a Week** (at least 150 minutes)
- **Cardio Activities**
  - Running
  - Swimming
  - Brisk Walking
  - Biking
- **Recreational Activities**
  - Tennis
  - Hiking
  - Basketball
  - Skating

**Everyday** (as much as possible)
- Take the Stairs
- Walk Instead of Drive / Ride
- Do Work Around the House
- Walk the Dog
- Park Your Car Farther Away

Adapted from Park Nicollet HealthSource
Stress Management

- Stress is contagious! You can not avoid it!

- 2 types:
  - Positive Stress/Beneficial stress
  - Negative Stress/Harmful stress
Effects of long-term stress

- Panic attacks
- Obsessive behavior
- Phobias
- Other psychological disorders
- Mood swings
- Fits of anger
- Alcohol and drug abuse
- Depression
- Irritability
What can I do?

- Create your personal affirmation

- Relaxation techniques:
  - Deep breathing
  - Meditation
  - Guided Imagery

- Needs to be done in quiet, comfortable place without interruptions

- Keep your sense of HUMOR
  - laughter releases endorphins which decrease stress
Lifetime Health

- Prevention easier than treatment
  - Weight Management
  - Stress Management
  - Nutritional Management
  - Physical Activity
  - Disease Prevention

- Tips for Health
  - Develop a support system!
  - Keep a positive attitude!
  - Expect success!