

Dietary Basics

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Today Goal's

- Understand some Dietary Basics
 - Absolutes in Weight Loss
 - Ways weight gain/loss occur
- Understanding Key Points in Weight Loss
 - Explain why it is so difficult
 - How to overcome that difficulty
- Provide a means for long term dietary adherence!
 - References available on request

Absolutes in Weight Loss

- Adequate Sleep
- Daily Movement
- Protein
- Stress Control





Childhood obesity.
Don't take it lightly.

Food Stamps can help. Call 1-888-328-3483 to see if you qualify.



my kinda
shoppin'
spree

Dollar Menu

BREAK.COM

Food Groups

- Protein
- Carbohydrates
- Fat
- Alcohol



Weight Gain/Weight Loss:

- Energy (calories)
 - Intake vs. Output
- Fat
 - Storage vs. Burning
- Nutrient Intake
 - Utilizing what is available (oxidation)

All diets work

- No matter what the diet:
 - Macronutrient composition
 - Style
 - Eating Pattern Based
 - Etc.



All diets work

- ***THE Secret?***

Adherence

Bariatric Principles

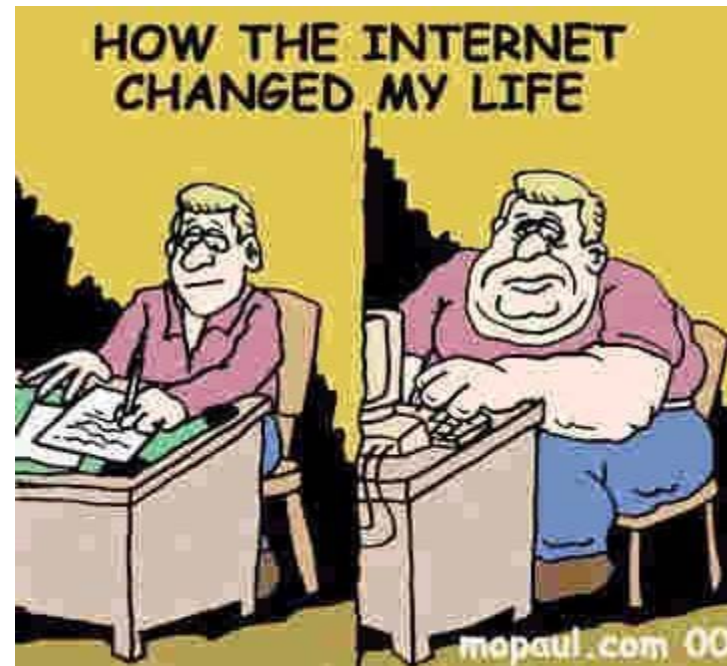
- Lean body mass loss must be minimized
 - Lean body mass contains only 363 kcal/lb, i.e. muscle is 20% protein, 80% water
 - For example: Weight loss of greater than 0.3 lb. per day on a 1,000 kcal/day deficit includes loss of lean body mass
 - If a 1,000 kcal deficit targets lean body mass, one can lose 2 $\frac{3}{4}$ lb. per day
 - Quality weight loss must be paced!

Bariatric Principles

- Three primary factors determining the quality of weight loss:
 - **Energy content of the diet**
 - **Macronutrient composition of the diet**
 - **The dieter's body composition**
 - Greater fat loss occurs as the degree of obesity increases for a given caloric restriction

Energy

- Four primary components of total daily energy expenditure:
 - REE (60-70%)
 - TEA
 - TEF
 - NEAT/SPA



Energy content of the diet

- Caloric restriction must be tailored to the individual
 - Morbidly obese can tolerate lower calories than can moderately obese, with greater retention of fat free mass
 - Willey Principle
 - P-ratio

Energy content of the diet

- Total fasting: 0 calories per day
- Very Low Energy Diets: 400 – 800 calories per day (VLED)
- Low Energy Diets: 800 - 1200 calories per day (LED)
- Macronutrient Exchange Diets
- Fad diets

Weight loss of 10% will beneficially improve the following conditions affected by obesity:

- Osteoarthritis
- Rheumatoid Arthritis
- Cancer
 - Esophagus
 - Stomach
 - Colon
 - Kidney
 - Endometrium
- Coronary Arterial Disease
- Carpal Tunnel Syndrome
- Chronic Venous Insufficiency
- Excessive Day Time Sleepiness
- Gall Bladder Disease
- Gout
- Heat disorders
- High Blood Pressure (HTN)
- Impaired Immunity
- Impaired respiratory Function
- Infections of wounds
- Infertility
- Low back pain
- Obstructive Sleep Apnea (OSA)
- Urinary stress incontinence
- Lipid Disorders
 - Dyslipidemia
 - Hypertriglyceridemia
 - Hyperlipidemia
- Elevated Liver Enzymes (NASH)
- Asthma

DiETING

- What happens when you diet?
 - Negative:
 - Testosterone binds to SHBG easier
 - Less free testosterone
 - Cortisol increases (because insulin is down) causing the breakdown of muscles
 - Also prevents L-leucine from stimulating protein synthesis
 - Fatty acid levels impair uptake of T4 in the liver

Dieting

- What happens when you diet?
 - Negative:
 - Decrease in active T3
 - Tissue resistant to T3
 - Decrease in leptin
 - Decrease in hGH and IGF-1
 - Ghrelin goes up
 - Reproduction goes down (testosterone)
 - Immune response goes down



Dieting

- Why?
 - To slow the rate of fat loss
 - To shut down calorically costly activities
 - This includes protein synthesis
 - Reproduction
 - Immune function
 - To ensure your survival as long as possible
 - Note to self: your starving to *death*...

Dieting

- How do we overcome those barriers?
 - **12 steps**
 - Cyclic eating
 - Scheduled breaks
 - **Close Follow Up**
 - **Monitoring of Results**
 - **Subjective and Objective**



The following slide could be titled:

- How to gain muscle.
- How to lose fat.
- How to lower your blood pressure.
- How to lower your cholesterol.
- How to get healthy!

- Biggest Meal in the AM, Smallest in the evening (last meal)
- Eat according to your schedule
- Eat Majority of Carbohydrates in the AM (moderate carbs post workout)
- Continually drink *WATER* through out waking hours (a sip every 15 min)
- Eat an adequate amount of protein at every meal(dairy, meats, beans, etc.)
- Move as often as possible! Even while sitting!
- Eat “Naked Foods” like fruit, dairy, vegetables, etc.
 - Avoid processed foods (canned foods, breads, etc.)
- Avoid high glycemic carbohydrates (sugar, cornflakes, instant potatoes, etc.)
- Bring your own food to dinner (i.e. KNOW what you are eating. KNOW how many calories are in your food.)
- Do not eat with in two to three hours of going to bed
- When Scheduled – Schedule!
- If you fail to Plan – Plan to fail!

Close Follow Up

- The “accountabilabuddy”
- Schedule tracking
 - Objective data
 - Subjective data



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Monitoring of Results

- Define Success
- Subjective Data
 - Energy? Sleep? Sex life? Moods?
- Objective Data
 - Labs:
 - CRP-HS, Myeloperoxidase, Insulin level, HDL, APO-B, Etc.
 - Measurements:
 - Body Composition (lean mass, fat mass), Scale weight, circumferential measurements, etc.





Questions

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