

# Weight Management

## Through Nutrition and Behavior Change

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# Objectives

- Review Healthy Eating Patterns
- Challenges In Weight Loss
- Evaluating What You Eat
- Discuss the Difference Between Dieting and Behavior Change
- Recognize Benefits of Weight Loss
- Analyze “Top Ranked Diets”
- Implement Behavior Change

# Healthy Eating Patterns

- Eat Five a Day
- Choose Low Fat and Low Sugar Dairy
- Eat Beans, Pulses, Fish, Eggs, and Lean Meats
- Take an Honest Look at What You Are Eating
- Eat Healthy Fats
- Drink Plenty of Water
- Watch Portion Sizes



**Tomatoes**

1 medium tomato



**Oranges**

1 orange



**Bananas**

1 medium banana



**Strawberries**

7 strawberries



**Asparagus**

5 spears



**Avocado**

Half an avocado



**Peppers**

Half a pepper



**Kiwis**

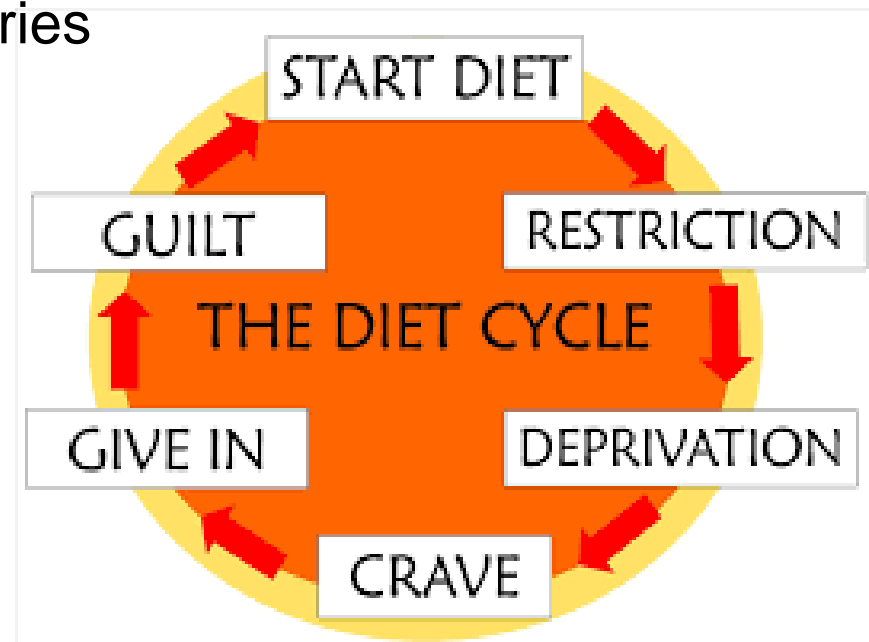
2 Kiwis

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# Challenges in Weight Loss

- Focusing too much on exercise
- Over- and Underestimating calories
- Food quality
- Binge eating
- Not drinking enough water
- Not eating mindfully
- Unrealistic expectations
- “Starving” yourself for too long
- Too focused on dieting
- Not knowing where to start



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# Evaluating What You Eat

**A****B**

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# Evaluating What You Eat



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# Evaluating What You Eat



1,030 cals



380 cals

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# Mindful Eating

- One of the world's most powerful weight loss tools
- It involves slowing down, eating without distraction, savoring and enjoying each bite, while listening for the natural signals that tell your brain when it has had enough
- Numerous studies have shown that mindful eating can cause significant weight loss and reduce the frequency of binge eating

## **Here are some tips to eat more mindfully:**

- Eat with zero distractions, just you and your food — sitting down at a table
- Eat slowly and chew your food thoroughly. Try to be aware of the colors, smells, flavors and textures
- When you feel the satiety signals kick in, drink some water and stop eating



# DIETING

vs.

# Mindful Eating



## DIETING

- Willpower
- Cultural Conformity
- External Cues
- Weight Loss
- Avoidance
- Rigid
- Counting Calories
- Restrictive
- Deprivation
- Quick Fix
- Fight Food

THE COOK & THE COACH

## MINDFUL EATING

- Trust
- Individual Empowerment
- Internal Cues
- Health Enhancement
- Acceptance
- Integration
- Quality Calories
- Flexible
- Fulfillment
- Lifestyle
- Celebrate Food

# Difference Between Dieting and Behavior Change

- **Diet:** A special course of food to which one restricts oneself, either to lose weight or for medical reasons.
- **Behavior Change:** Any modification in behavior. The change may happen spontaneously and involuntarily without any intervention, or it may be systematic and motivated as prompted by conditioning. Whatever the transformation, it affects how you function as a whole.



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# Benefits of Weight Management

- Lower blood pressure
  - 5-9% of weight
- Decrease systemic inflammation by 44%
  - Increases risk of developing T2DM and CHD
- Improved vascular function
- Increased HDL (20%)
  - Sustained weight loss of 10kg (22 lbs)
- Improved insulin sensitivity



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# Top 5 Ranked Diets Overall

- DASH Diet
- Mediterranean Diet
- Flexitarian Diet
- Weight Watcher's Diet
- MIND Diet



KETO



PALEO



VEGETARIAN



VEGAN



MEDITERRANEAN



RAW



LOW CARB



NO SUGAR

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# “Top Ranked Diets”-DASH Diet

- AIM: Prevent and lower hypertension
- CLAIM: Eating healthy will lower blood pressure and potential for weight loss
- INS and OUTS: 6-8 servings of whole grains, 4-5 each of veggies and fruit, 2-3 of fat free dairy, 6 or fewer of lean meat, fish, poultry, 4-5 of nuts, seeds, legumes, 2-3 fats and oils, and 5 or fewer of sweets (per week)
- KEY TAKE AWAY: Limit saturated fat, full fat dairy, tropical oils, sugar sweetened foods and beverages and salt. Emphasize foods that fight against high blood pressure
  - Fruits, vegetables, whole grains, lean protein, low fat dairy
  - Contain potassium, calcium, protein, and fiber

# DASH Diet-Do's and Don'ts

- **DO:**
  - Eat lean fish and poultry in moderation (low-fat, heart-healthy)
  - Load up on whole grains and vegetables (rich in fiber, protein, and potassium, helping to fight against high blood pressure)
  - Satisfy your sweet tooth with fruit (skip sugary, high fat desserts)
  - Drink low-fat or fat-free dairy (lowering saturated fat intake is important for a heart-healthy diet)
- **DON'T**
  - Salt food (season with herbs, spices, and citrus)
  - Overdo it on the red meat (fattier than lean chicken and fish)
  - Drink too much alcohol (raise blood pressure, damage liver, heart and brain- one drink a day for women, two for men)



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# DASH Eating Plan

*based on a 2,000 calorie diet*

<b><u>Food Group</u></b>	<b><u>Daily Servings</u></b>
Grains	6-8
Vegetables	4-5
Fruits	4-5
Low-fat or fat-free dairy products	2-3
Meats, poultry, fish	6 or less
Nuts, seeds, dry beans and peas	4-5/week
Fats and oils	2-3
Sweets	5 or less/week

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# “Top Ranked Diets”-Mediterranean Diet

- **AIM:** Weight loss, heart and brain health, cancer prevention, and diabetes prevention and control.
- **CLAIM:** Lose weight and avoid chronic disease
- **INS AND OUTS:**
  - Emphasizes eating fruits, vegetables, whole grains, beans, nuts, legumes, olive oil, herbs and spices daily
  - Fish and seafood twice a week, poultry, eggs, cheese, and yogurt in moderation, sweets and red meat on special occasions
- **KEY TAKE AWAY:** Not structured, just eating the right foods in the right amount.



# Mediterranean Diet-Do's and Don'ts

- DO:
  - Eat a lot of whole grains and vegetables (base of diet)
  - Have a glass of red wine with dinner (if appropriate)
  - Enjoy flavor (basil, cucumbers, dill, fennel, feta cheese, garlic, lemon, mint)
- DON'T:
  - Eat much red meat (linked to cancer and heart disease, limit to a few times per month)



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# MEDITERRANEAN DIET =

Healthy Fats + Protein + Unrefined Carbs + Unlimited Non-starchy Veggies  
Every Time You Eat... Every Meal & Every Snack!

*Use this diagram to know which foods fall into more than one macronutrient group*



# “Top Ranked Diets”- Flexitarian Diet

- AIM: Weight loss and optimal health
- CLAIM: Weigh 15% less than carnivorous counterparts, lower rate of heart disease, diabetes and cancer, live an average of 3.6 years longer
- INS AND OUTS:
  - Food groups: **Protein** (tofu, beans, lentils, peas, nuts, seeds, eggs), **Fruits, Veggies, Whole Grains, Dairy**
  - Breakfast: around 300 calories, lunch 400-500 calories, Snacks 150 calories
- KEY TAKE AWAY: Flexitarian meals revolve around plant based proteins, but diet allows for flexibility. Not about eliminating foods, but increasing plant based foods in diet.

# Flexitarian Diet-DO'S and DON'TS

- DO:
  - Go plant heavy (beans, lentils, peas, nuts, seeds, and eggs this provides the bulk of your protein)
  - Exercise (30 minutes a day, five days a week, two days of strength training)
- DON'T:
  - Drink to excess (one drink a day for women and two for men)

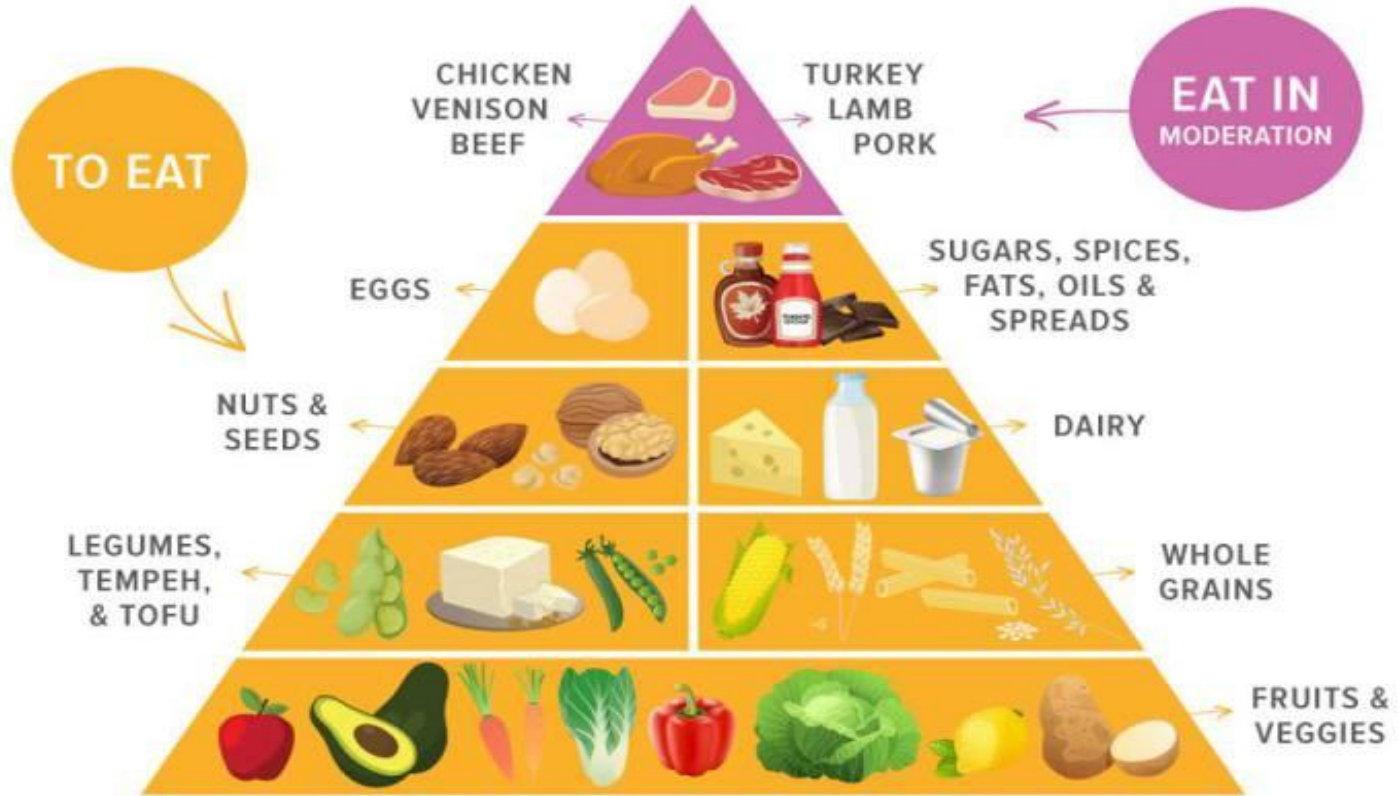


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# FLEXITARIAN DIET

sharecare  
30 SECRETS  
to a  
*Slimmer • Summer*



#SCslimsummer

<p><b>BEGINNER</b> 2 meatless days a week</p>	<p><b>ADVANCED</b> 3 to 4 meatless days a week</p>	<p><b>EXPERT</b> 5 meatless days a week</p>
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# “Top Ranked Diets”- Weight Watchers Diet

- AIM: Losing weight while living healthier
- CLAIM: Lose up to 2 pounds a week
- INS AND OUTS: It's not just about counting calories. Program helps make better food choices, move more, and shift mindset. SmartPoints are assigned to every food and beverage based on fat, sugar, fiber, and protein content. Meeting in-person, online chat or phone.
- KEY TAKE AWAY: Eating healthier, fitness that fits your life, and learning skills and techniques that help you shift your mindset; behavior change model.

# Weight Watchers Diet-DO'S and DON'TS

- DO:
  - Load up on fruits and veggies (these foods are zero points)
  - Stick to daily PointsPlus target (every food has points attached to it)
  - Exercise regularly (can earn FitPoints)
- DON'T:
  - Overdo alcohol (alcohol is a lot of points, do to lack of nutritional value)
  - Use all your points on high-fat, sugary foods (you can eat whatever you want, but it will cost points and limit you for the rest of the day)



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# “Top Ranked Diets”-MIND Diet

- AIM: Prevent Alzheimer’s Disease with brain-healthy foods
- CLAIM: May lower risk of mental decline by combining two heart-healthy diets
- INS and OUTS: Hybrid of DASH and Mediterranean diet’s. Emphasizes eating 10 brain-healthy food groups (green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine. Avoid eating from unhealthy food groups (red meat, butter and stick margarine, cheeses, pastries and sweets, and fried or fast food).
- KEY TAKE AWAY: Stands for “Mediterranean-DASH Intervention for Neurodegenerative Delay”. The MIND diet lower risk of Alzheimer’s by 35% in those followed it moderately well and up to 53% for those who adhered to it rigorously.



# MIND Diet-Do's and Don'ts

- DO

- Choose berries (protect against mental decline)
- Eat leafy greens (brain-friendly)
- Swap Olive oil for butter (contents healthy fats for the brain)




- Don't

- Butter up (stick to less than 1 Tbsp a day)
- Eat cheese, fried foods or fast food (bad for waistline and brain, avoid if possible)
- Eat too much red meat (less than 4 servings a week)



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# WHAT'S ON THE MIND DIET

 **AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY**

**AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY**



**BERRIES AT LEAST TWICE A WEEK**

 **AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY** 

  
**BEANS OR LEGUMES AT LEAST EVERY OTHER DAY**

**POULTRY AT LEAST TWICE A WEEK**



  
**FISH AT LEAST ONCE A WEEK**

*If you don't drink alcohol, purple grape juice provides many of the same benefits.*

**A FIVE-OUNCE GLASS OF RED WINE EACH DAY**



**NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD**



**CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK**

**PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK**



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## What a difference a day makes.

### HERE IS WHY...

The percentage of human-caused global greenhouse gas emissions caused by animal agriculture.



How much less "Flexitarians" (people who often replace meat with vegetarian foods) may weigh than the average American.

**31%**

How much lower the odds "Flexitarians" are to have diabetes than the average American.



**500 MILLION TONS:** How much manure factory farmed animals in the U.S. produce annually.

**285:** The number of animals killed for food in the U.S., every second of every minute of every day.



It can take about 50 times more water to produce meat than plant-based foods.

## MEAT-FREE MOMENTUM

**12%:** How much America's meat demand dropped between 2007 and 2012.



**57%**



The percentage of Americans who have cut back on meat.



**3,500**

The number of schools, hospitals, and restaurants participating in *Meatless Monday!*

**Top public figures** like Bill Clinton, Oprah Winfrey, Al Sharpton and Ellen DeGeneres now tout the benefits of eating more plant-based foods.

## SKYROCKETING SALES

**40%**

The increase in new food products labeled as "vegetarian" over a five-year period.



From veggie burgers at Denny's to Taco Bell's bean burritos, virtually every major restaurant chain now offers an array of animal-free fare.

**Denny's**



# MEATLESS MONDAY

JOIN THE MILLIONS

# Implement Behavior Change

- Be honest with yourself
- There is no one-size fits all
- Ease into behavior change
- Eat Mindfully
- Choose a plan that is right for you
- Don't be afraid to eat outside of your comfort zone
- Continually set small goals to achieve larger ones



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