

Empowering Yourself with Diet

Changes Weight Loss for Health - Nutrition

Session Eight

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Check In

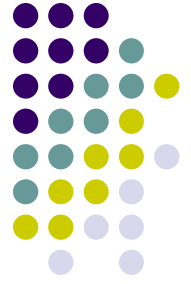


- Journal Question:
 - What SMART goals worked or didn't work for you? Why?
- Weekly Food Checklist update

Keeping the Balance



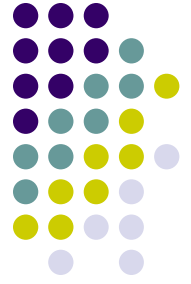
- Positive Attitude
- Preparation
- Focus on choice rather than restrictions
- Let go and start again
- Employ your skills
 - Portion sizes, recipe modification, etc.



Before the Party

- **DO:**
 - Eat a light & nutritious snack/meal before going to a holiday party.
 - Include a high fiber breakfast or pre-party meal as fiber is satiating.
- **Avoid:** “saving up” calories by eating very little during the day. This is likely to lead to feeling ravenous and over indulging.

At the Party

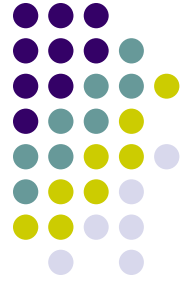


- Be sure to include some fruits & vegetables; balance your 'favorites' with healthy options.
- Don't feel obligated to try every sweet that is offered.
- Limit/avoid alcohol → Drink a glass of water or sparkling water between alcoholic drinks.
- Eat slowly and savor each bite! Eating too quickly often leads to over-eating.

At the Party



- Don't graze.
- Shift your attention to socializing with others rather than eating.
- If food is served buffet-style, survey the offerings ahead of time. Make only *one* trip to the buffet table.



Healthful Tips

- Keep healthy easy to fix foods at home.
- Drink plenty of fluids, preferably water.
- Bring a healthy veg and/or hearty dish to potluck functions and challenge others to do the same.
- Fill your plate up with fruits and veggies the '1st round'.
- If you're drinking alcohol, start with a glass of water/sparkling water before and then prior to any 'drink', have another cup of water
- Watch your portion size. Take smaller portions at holiday meals and avoid second servings.
- Maintain your exercise regimen throughout vacations/holidays. It will make you feel better about yourself, reduce stress, and motivate you to eat healthier.
- Be sure to get at least 7-8 hours of sleep each night. When you are tired, you tend to exercise less and eat more.



Sneaky Cooking Tips

- When considering a recipe for adaptation, follow these steps:
 - Reduce, eliminate, &/or substitute.
 - Adjust flavor (by adding more herbs, spices, or other seasonings to compensate for the fat removed).
- If you haven't already, buy a Misto spritzer.
- Pureed vegetables and/or silken tofu are great as thickeners and getting that creamy effect.

Daily Calorie Needs



Harris Benedict Formula

BMR calculation for men:

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$$

BMR calculation for women:

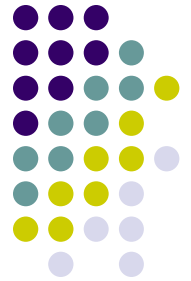
$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

- Or link to: <http://www.bmi-calculator.net/bmr-calculator/>

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

- sedentary (little or no exercise) : BMR x 1.2
- lightly active (light exercise/sports 1-3 days/week) : BMR x 1.375
- moderately active (moderate exercise/sports 3-5 days/week) : BMR x 1.55
- very active (hard exercise/sports 6-7 days a week) : BMR x 1.725
- extra active (very hard exercise/sports & physical job or 2x/day training) : BMR x 1.9

Daily Fat Gram Goal (20-30%)



Calories	Fat (gm)	Saturated Fat (gm)
1400	31-47	15 or less
1600	35-53	18 or less
1800	40-60	20 or less
2000	44-66	22 or less
2200	49-73	24 or less
2500	55-83	25 or less

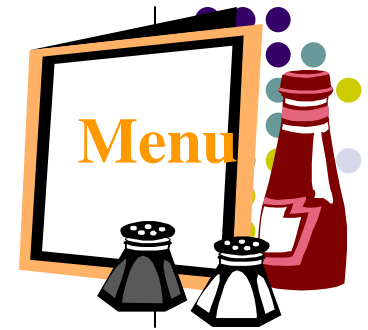


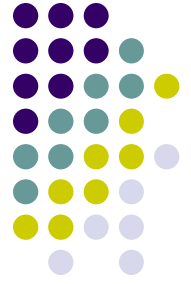
Daily Protein Needs

- Institute of Medicine recommends a minimum of 0.8 grams protein per kg body weight; may need 1.2 g/kg body weight.
- Endurance athletes require 1.1-1.4 g protein/kg body weight/day & strength-trained athletes may require 1.5-1.7 g/kg body weight.
- More research is needed to determine optimal protein intakes.

Healthy Diet Goals

- 8-10 colorful fruit & vegetable servings daily
- 30-45 grams of fiber daily
- Limit processed & refined grains/flours/sugars
- Limit fatty meats & full-fat dairy
- Lean protein with every meal; plant protein daily
- Include healthy fats daily → cold-water fish (i.e., salmon, trout, herring, sardines, black cod), flaxseed, walnuts, soybeans, olive oil, avocados, almonds
- Ground flax seed → 2 Tbsp daily
- Green tea → 1-4 cups daily
- Avoid sodas, sugar containing drinks; limit fruit juices
- Limit alcohol consumption
- Daily physical activity to help achieve & maintain a healthy body weight





Mindful Eating Summary

- Habit
- Multi-sensory practice
- Reconnecting with physical hunger
- What to do besides eating when not hungry?
- Handling food triggers and cravings
- Mindful eating mantra
- SMART goal setting

What you've gained...

- Increased energy
- Increased desire for nourishing foods
- Decreased desire for less nourishing foods
- Improved lab values
- More stable glucose control
- Increased muscle mass/strength/flexibility
- Heightened metabolism
- Enhanced immune function
- Improved health and sense of well-being



Next Steps

- Think Wellness:
 - Think positive thoughts:
 - The benefits of eating well for me are...
 - Mindful eating mantra
 - Challenge yourself with small goals & plan a non-food reward when you reach a goal
 - Consider continued food logs/checklist
 - Cultivate new interests
 - Find support
 - Be patient with yourself – you are making ***lifestyle*** changes.

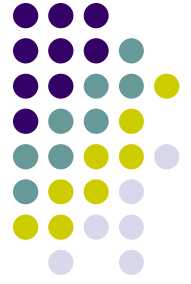




But I want to LOSE weight

- Goal: 1-2 pound loss per week
 - Need 3500 fewer calories to lose a pound of body fat
 - Reduce your caloric intake by 500-1000 calories per day, respectively and/or increase energy expenditure.
- Continue food tracking/food goals
- Continue with your exercise plan; increase frequency, duration, intensity if possible
- Be patient
- Consider personalized nutrition consultation and/or exercise training

A Short History of Medicine



I have an earache:

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen. Here, say this prayer.

1850 A.D. - That prayer is superstition. Here, drink this potion.

1920 A.D. - That potion is snake oil. Here, swallow this pill.

1965 A.D. - That pill is ineffective. Here, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.