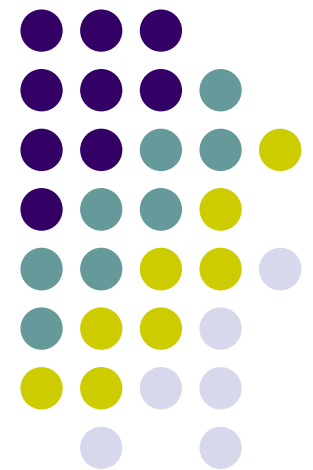


Weight Loss = Healthy Eating and Exercise

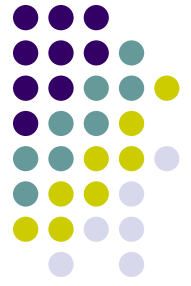
Carolyn Chu

Cecilia Mullen

Granite Medical



Get in on the balancing act



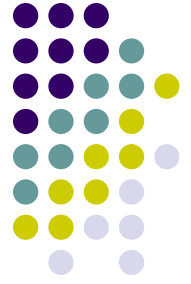
- To lose weight we need to eat fewer calories and/or exercise more
- Most people try to lose weight by cutting back on calories → hunger - hungry people quit their “diet”
- And, eating less often can slow your metabolism
- So, replace high calorie foods with lower calorie foods, eat more often and start to move more



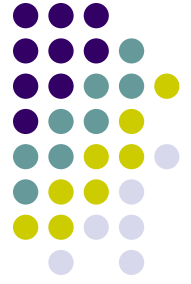
What is Metabolism?

- Standard measurement = Basal Metabolic Rate (BMR)
 - The minimum amount of calories needed to keep your body going-breathing, digestion, heartbeat etc.
- Accounts for approximately 1200-1400 cal/day for women and 1400-1800 cal/day for men
- BMR varies a lot between individuals

Many factors effect metabolism

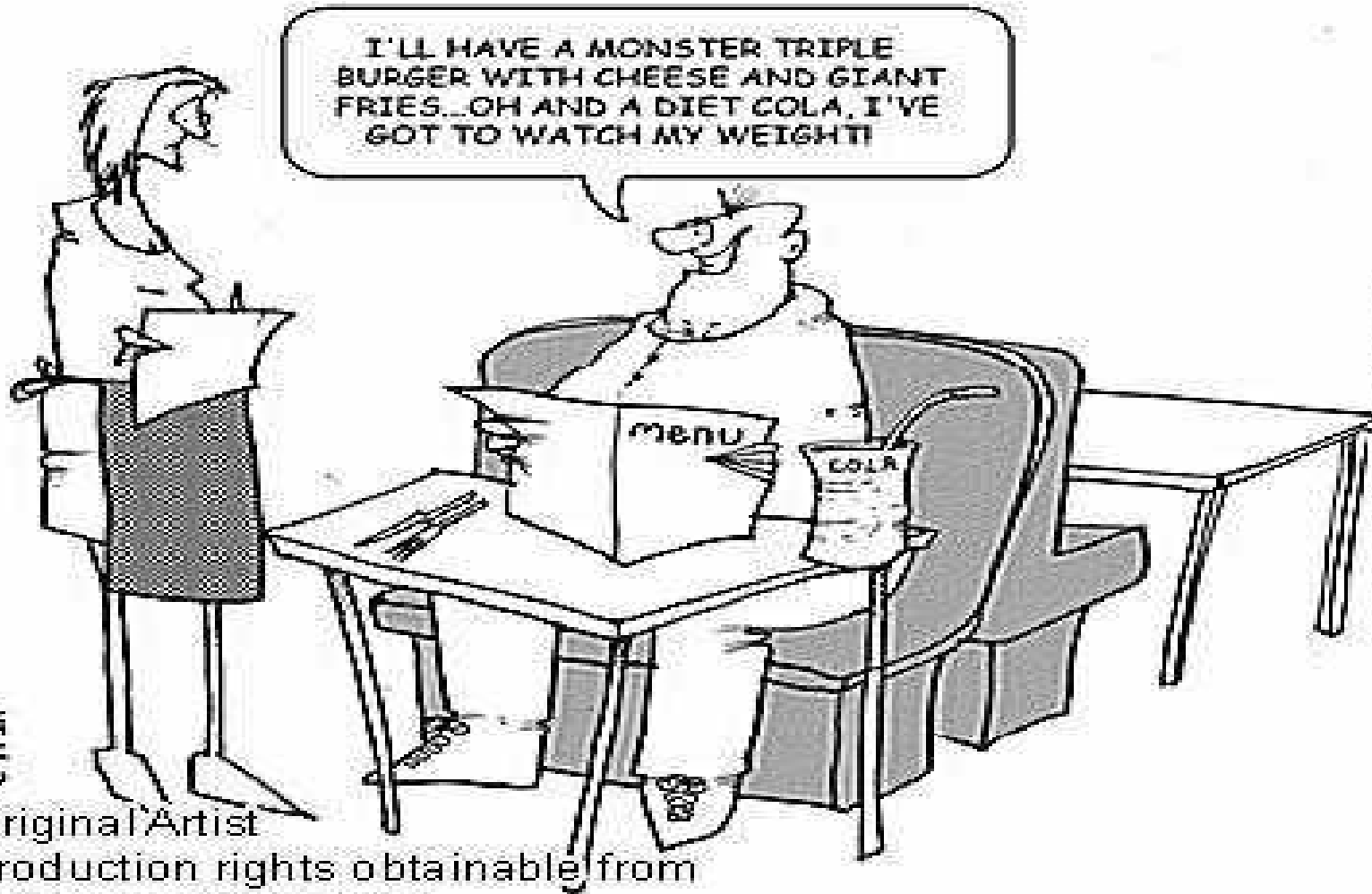
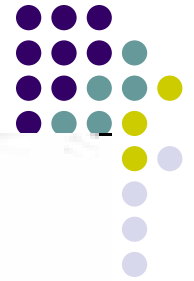


- Gender
- Age
- Weight
- Height
- Environment
- Physical Activity



Your metabolism

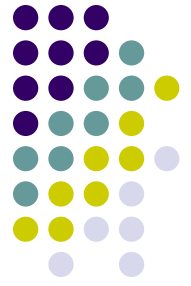
- Eating less often can slow your metabolism
- If your body thinks you're starving, it tries to save energy
- So a starvation diet can decrease the rate at which your body burns calories and can make it even harder to lose weight



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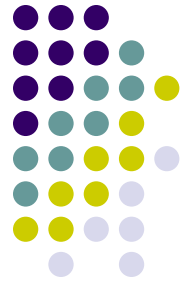
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Starvation Mode

- Occurs when you don't eat for a while (3-5 hours)
- Your body wants to conserve energy so the metabolism slows down and next time you eat your body will store the calories as fat and breakdown your lean tissue and muscle for energy
- Loss of muscle = slower metabolic rate = slow weight loss
 - Perfect solution for times of famine.

How to prevent starvation mode:

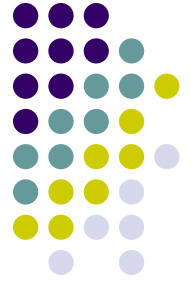


- Start your day with a healthy breakfast
 - Whole grain cereals, breads, oatmeal, yogurt, peanut butter, egg whites, low fat cottage/cream cheese, low sat fat margarine
- Have a mid-morning snack – fruit, yogurt, granola bar, cheese stick
- Whole foods at lunch, low in fat, don't need to get FULL..because
- You'll have an afternoon snack..or 2
- Now your not STARVING for dinner and your metabolism has been cruising all day long



Keys to Healthful Eating

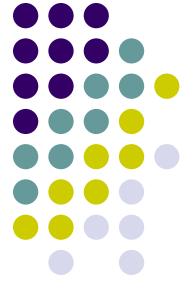
- **Enjoy lean meats (if you eat meat)**
- **Use plenty of fruits, vegetables, and whole grains**
- **Include dried beans and peas in your diet regularly**
- **Rely on “real foods,” not processed foods**
- **Include fish 2 times weekly**



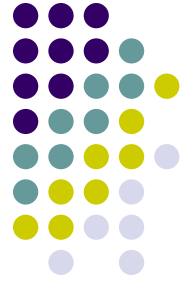
Keys to Healthful Eating

- **Enjoy low-fat dairy foods, 2-3 times daily (if you eat dairy foods)**
- **Drink calorie-free or low-calorie beverages, such as water and unsweetened tea**
- **Practice portion control**
- **Relax and enjoy your meals**

Keys to Healthful Eating



- **Eat fewer foods containing saturated fats and *trans* fats**
- **Eat less sodium**
- **Use fewer refined carbohydrates**
- **If you drink alcohol, do so in moderation**



Tips for Healthy Eating

- **Use whole grains instead of refined carbs, at least 3 times daily**
- **Fill half your plate with vegetables**
- **Snack on vegetables and fruits, low-fat cheeses, low-fat yogurt, and nuts in small amounts**



DENVER HEALTH

Plate Method for meal planning

To help you eat a variety of healthy foods and control portion sizes.

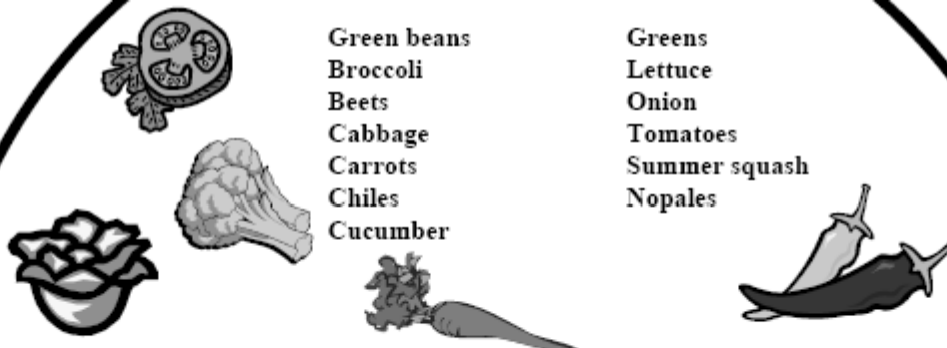


FRUIT

Fresh Fruit
 1 small piece
 ½ grapefruit
 1 cup berries or melon
 ½ cup canned fruit
 ½ cup fruit juice
 ¼ cup dried fruit



VEGETABLES



DAIRY

1 cup (8 oz.) lowfat milk
 (1 % or skim)
 1 cup light yogurt



STARCH

BREAD / GRAIN

sliced bread
 bagel ½
 dinner roll
 tortilla
 crackers



STARCHY VEGGIES

potato
 beans
 corn
 peas
 lentils



PROTEIN

MEAT

beef
 chicken
 turkey
 pork
 fish
 lamb
 veal



OTHER PROTEIN

eggs
 cheese
 cottage cheese
 peanut butter
 tofu

Servings Each Meal

¼ plate starch
 ¼ plate meat/protein (may skip at breakfast)
 1 small piece fruit
 1 cup milk or yogurt
 ½ plate vegetables (may skip at breakfast)

For Diabetics

Carbohydrates (fruit, starch, dairy and sweets) have the most effect on your blood sugar.

Most diabetics eat 3-4 servings of carbohydrates at each meal.

One serving of each of these carbohydrates will raise your blood sugar about the same:



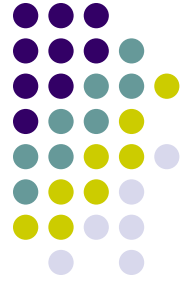
Fruit = Starch = Dairy

Tips for Healthy Eating



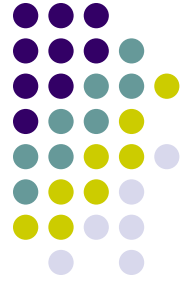
- **Limit added fats (salad dressing, butter, margarine, etc)**
- **Limit intake of carbohydrates, such as sugary foods and drinks, candy, and desserts**
- **When using fats in cooking, rely on liquid oils rather than solid fats**
- **Use less salt in cooking and at the table**

What keeps you from eating healthfully?



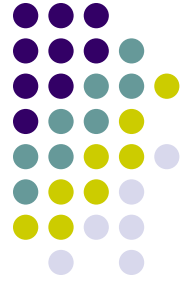
- **Time**
 - Time to shop
 - Time to cook
- **Money**
- **Unsure what foods to choose**
- **Too many food preferences in my family**
- **Other**

Demystifying Healthy Eating

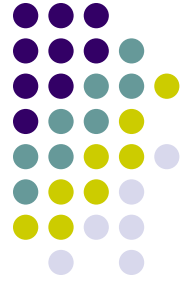


- **Stock your pantry**
- **Stock your freezer**
- **Stock your refrigerator**
- **Rely on prepared foods from your supermarket**
- **Use your kitchen**
- **Expand your recipe horizons**
- **Lower your expectations**

Stock Your Pantry



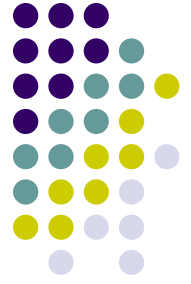
- **Pasta (whole grain)**
- **Pasta sauce**
- **Canned beans**
- **Rice**
- **Olive oil**
- **Nuts**
- **Onions**



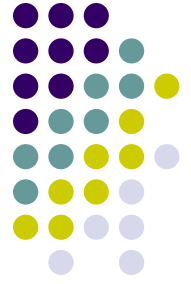
Stock Your Pantry

- **Your favorite spices**
- **Whole-grain bread**
- **Canned fruits and vegetables**
- **Lower-sodium canned soups and broth**
- **Nonfat dried milk**
- **Your favorite cooking sauces and oils**

Stock Your Pantry



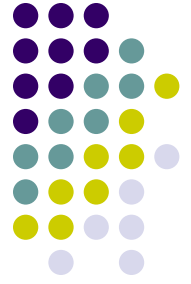
- **Potatoes**
- **Canned spiced tomatoes**
- **Tuna canned in water**
- **Canned salmon, shrimp, and clams**



Stock Your Refrigerator

- **Minced garlic**
- **Eggs**
- **Skim or reduced-fat milk**
- **Low-fat margarine**
- **Lettuce or “bag of salad”**
- **Carrots, spinach, and other fresh veggies**

Stock Your Refrigerator

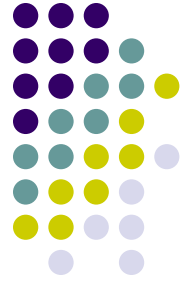


- **Reduced-fat mayonnaise**
- **Mustard**
- **Grated cheese, including reduced-fat mozzarella, Parmesan, and mixed cheeses**
- **Reduced-fat yogurt**



Stock Your Freezer

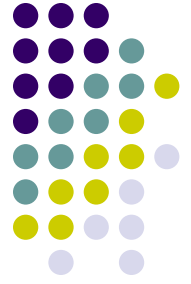
- **Frozen vegetables in bags**
- **Frozen meat, portioned for your family**
 - **Chicken breasts**
 - **Lean ground beef**
 - **Center-cut pork chops**
 - **Fish**



Stock Your Freezer

- **Frozen vegetarian foods (burgers, soy analogs, etc)**
- **Frozen shrimp**
- **Whole-grain bread, rolls, flatbreads, and tortillas**

Rely on Prepared Foods From Your Market

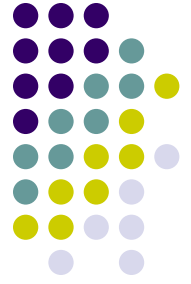


- **Rotisserie chicken**
- **Salad bars**
- **Vegetables and fruits (already prepared)**
- **Fresh tortellini or ravioli**
- **Deli fruit and vegetable salads**

Use Your Kitchen



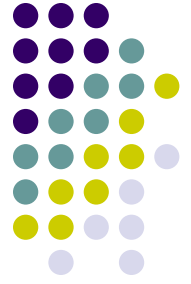
- **Kitchen appliances are made to be used, not admired**
- **Gadgets**
 - **Microwave**
 - **Grill**
 - **Food processor**
 - **Oven**
 - **Crock-Pot®**



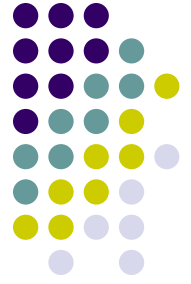
Expand Your Recipe Horizons

- **Buy a good basic cookbook**
 - *Good Housekeeping* or *Better Homes and Gardens*
 - *How to Cook Everything* – Mark Bittman
- **Use the Internet as a great source for recipes**
 - **Search the Internet for low-fat or low-sodium recipes**
 - Sparkpeople.com, calorieking.com

Lower Your Expectations

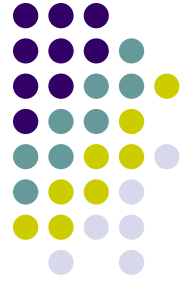


- **Prepare simple dinners, such as canned black beans and rice**
- **Make a meal out of healthy snack foods**
- **Include fruits and/or vegetables at every meal and snack**
- **Enjoy eating out, but choose carefully**
- **Don't worry yourself if you can't make the perfect meal**



Healthful Meals

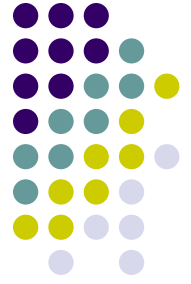
- **Pasta with frozen or canned shrimp, sautéed in olive oil with onion and garlic**
- **Baked chicken breasts with tossed salad and frozen vegetables**
- **Cheese omelet with tossed salad**
- **Tuna salad wrap (made with reduced-fat mayonnaise)**



Healthful Meals

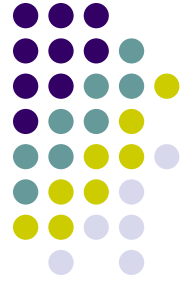
- **Black beans and rice with frozen veggies**
- **Spinach salad with grilled chicken, mandarin oranges, and slivered almonds**
- **Peanut butter and banana sandwich on 100% whole-wheat bread**
- **Hamburgers (made with lean ground beef) on whole-grain buns, with boiled potatoes and frozen vegetables**

Tips to Make Healthful Eating Easier



- **Cook foods ahead of time and freeze in family-size portions**
- **Rely on prewashed and prepared foods**
- **Mix “take out” with “prepared at home” foods, such as pizza and tossed salad**
- **Add fresh fruits and vegetables to convenience foods to improve the nutritional value**

Healthy Eating Made Easy



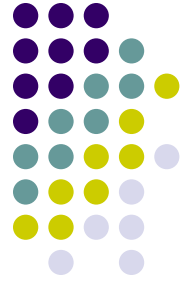
Helpful Web sites:

- www.mypyramid.gov
- www.healthierus.gov
- www.allrecipes.com



Ok – we will continue changing out eating habits

Let's talk **EXERCISE**



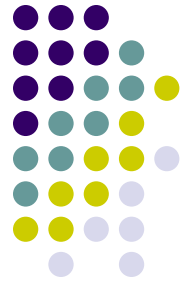
- Add life to your lifestyle
 - Daily physical activity does more than burn calories
 - Recent studies show that physical activity can help you sleep better, feel good about yourself, do a better job at work, handle stress better and worry less





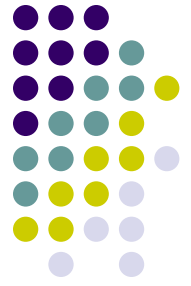
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Exercise and your metabolism

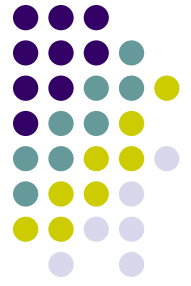


- Aerobic – tone muscles and burn fat, great for your heart!
- Strength and resistance training – increase the amount of muscle mass on your body.
 - With every extra 1lb of muscle tissue, your body burns an extra 50 calories/day...
 - Extra 10 lbs of muscle, you'll burn 500 calories a day

Look at your chart for calories burned from activities



- 3500 calories translates to one pound of body weight
- Cutting out 10 calories each day will save you a pound each year, cutting out 100 calories each day saves you 10 pounds each year
- Add the calories burned from moving and see how much more weight you can lose
 - Walking 30 minutes daily = 100 calories burned a day or 10 pounds a year. Add the 100 calories less of food consumed and it equates to 20 pounds a year.



Look at it this way

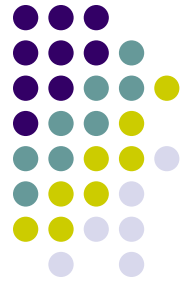
- Gain 5 pounds of muscle – burn extra 250 calories a day, lose .5 lb per week, **26 lbs a year**
- Cut 100 calories/day = **lose 10 lbs a year**
- 30 minutes of aerobic exercise/day = 100 kcals/day, **10 lbs/year**
- **Now your down 46 pounds in a year!**

USDA – *Dietary guidelines for Americans*



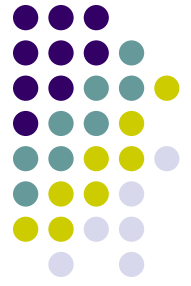
- At least 30 minutes of moderate-intensity activity most days of the week
- Moderate physical activities include brisk walking, riding a bike, light yard work or hiking
- For most people vigorous activities include jogging, swimming, aerobic dancing and playing basketball
- The more energetic the activity, the more calories burned
- Heavier people burn more calories as it takes more energy to move

Here's some ideas to start



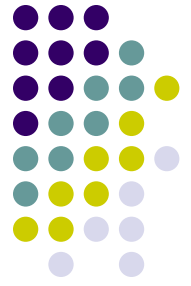
- Look for ways to burn calories in your everyday routine
 - Take the stairs instead of the elevator (at least one way)
 - Park further away
 - Get up from your desk and move several times during the day
 - Use part of your lunch break to take a brisk walk
 - Stand up and move around while watching TV

As part of your lifestyle



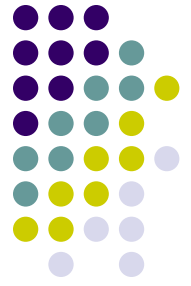
- Start walking
- Join a gym or use facilities available to you
- Invest in equipment for your home – exercise tapes, stationary machine, weights, resistance ball or band
- Refer to resources for ideas – magazines, books, TV, library, internet, friends,
- Take short brisk walks during breaks and lunch periods
- Park further away in the parking lot and take the stairs
- Gardening, yard work, dusting, vacuuming – your movin’ the TV or radio can still be on
- Rely less on your car or couch – walk the neighborhood, the mall, to the store
- Be more outdoorsy – bike, hike, ski, sled
- Try something new – salsa dancing

No matter what exercise you choose:



- Start slowly and build over time
- Walk a few blocks this week, add-another block until you're getting a good workout
 - See walking program
- Good news, six five-minute walks count as 30 minutes of activity.

Small changes daily...weekly



- Will build a lifestyle of healthy habits without adding time and stress
- Gradually cutting back of high calories foods and replacing with lower calories choices is key
- The effects exercise has on our bodies and minds is unequivocal!
- Muscle burns calories around the clock..even when you sleep..fat does not.

98% of life is showing up

Get out there and be involved!

