


Weight Management

By: Iwona Rudkowska, M.Sc. (Candidate), B.Sc, P.Dt.


Any Questions??? Contact me at iwonka@videotron.ca

Basic Principles of Nutrition

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- Carbohydrates ("sugars") are our main source of energy.
 - Proteins are essential for the development and restoration of tissues. It is a source of energy when carbohydrates are low.
 - Lipids ("fats") are energy reserves. They contain fat-soluble vitamins (A, D, E, and K) and essential fatty acids.
 - Energy balance is when intake (what we eat) equals output (what we expend); therefore, we do not gain or lose weight. To lose weight we need an increase in expenditure or a decrease in intake.

Types of Popular weight loss diets

Nutritionally unbalanced:

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- Low carbohydrate (high fat or protein)
Examples: Dr Atkins, The Zone, Carbohydrate Addicts Diet
(See page 2 for more details)
 - High protein or carbohydrates (low fat)
Examples: Dean Ornish (See page 2 for more details)

Nutritionally balanced (>1200 kcal):

Examples: Jenny Craig, Weight Watchers (See page 2 for more details)

Calorically dilute:

- High fibre, low fat.
- Slowed digestion rate (more chewing) and less hungry.
- Low absorption of vitamins and minerals because of fibre.

Fasting:


- Includes : VLCD (<600-800 kcal) and Fasting (<500 kcal)
- Not realistic as a long-term change.
- Slows down your metabolism.
- **Very dangerous!!! Gallbladder disease, liver disease, heart complications. Must be followed by a medical doctor!!**

Others:

- Food Combinations: Montignac diet (See page 3 for more details)
- Supplements: Xenadrine, Hydroxycut, Chromium picolate.


	Dr. Atkins	Protein Power	The Zone	Carbohydrates Addicts Diet
Classification	High Fat/ Low carbohydrates	High Fat/ Low carbohydrates	High Fat/ Low carbohydrates	Low carbohydrates
Diet philosophy	Eating too many carbohydrates causes obesity and other health problems; ketosis leads to decreased hunger.	Eating carbohydrates releases insulin in large quantities, which contributes to obesity and other problems.	Eating the right combination of foods leads to metabolic state at which body functions at peak performance, leading to decrease in hunger, weight loss, and increased energy.	Many carbohydrate addicts produce too much insulin. This excess insulin creates hunger and causes the body to store fat. Controlling insulin is accomplished by controlling the amount, type and timing of carbohydrates that are consumed during the course of the day.
Foods to eat	Meat, fish, poultry, eggs, cheese, low-carbohydrate vegetables, butter, oil, no alcohol	Meat, fish, poultry, eggs, cheese, low-carbohydrate vegetables, butter, oil, salad dressings, alcohol in moderation	Protein, fat carbohydrates must be eaten in exact proportions (40/30/30). Low glycemic-index foods, alcohol in moderation.	Two meals during the course of the day are of specifically listed low carbohydrate foods. The third meal of the day - the "reward" meal - includes carbohydrates. Also, the reward meal must be consumed in its entirety within one hour. Low fat choices are available.
Foods to avoid	Carbohydrates, specifically bread, pasta, most fruits and vegetables, milk.	Carbohydrates	Carbohydrates, specifically bread, pasta, fruit (some types), saturated fats.	Varies
Total Protein	27%	26%	34%	<30%
Carbohydrates	5%	16%	36%	Varies
Total Fat	68% (saturated 26%)	54% (saturated 18%)	29% (saturated 9%)	0-4%
Alcohol	0%	4%	1%	No, limited food choices and food must be eaten in required proportions of protein, fat, carbohydrates.
Safely implemented?	No, limited food choices. Low in fiber, vitamin D, thiamine, pantothenic acid, copper, magnesium, manganese, potassium, calcium. High in total fat and saturated fat.	No, food must be eaten in required proportions of protein, fat, carbohydrates. Menus not appealing, vegetable portions very large. Low in copper. High in total fat and saturated fat.	No, food must be eaten in required proportions of protein, fat, carbohydrates. Menus not appealing, vegetable portions very large. Low in copper.	Yes, but the results that you get from this diet will be short. Most of the time when dieters quit this diet their weight goes right back.
Loss and maintain weight?	Yes, but initial weight loss is mostly water. Does not promote a positive attitude towards food groups. Difficult to maintain long-term because diet restricts food choices.	Yes, via caloric restriction. Limited food choices are not practical for long term.	Yes, via caloric restriction. Could result in weight maintenance if carefully followed. Diet rigid and difficult to maintain.	

	Jenny Craig	Weight Watchers	Dean Ornish	Montignac
Classification	Moderate Fat	Moderate Fat	Very- Low Fat	Food Combining
Diet philosophy	<ol style="list-style-type: none"> 1. Healthy relationship with food 2. An active lifestyle 3. A balanced approach to living. 	<p>WW Points system is the basis of its weight loss plan. The fat, calorie and fiber content are taken into account in the WW Point rating system.</p>	<p>Stay away from fat and eat natural, whole foods like fruits and veggies to lose weight and healthier, longer life.</p>	<ol style="list-style-type: none"> 1. The calorie theory is false because low-calorie diets always fail. 2. Poor eating habits and the excessive refining of certain foods are the source of the metabolic imbalance. 3. Choose "good fats". 4. Add fibre to our diets
Foods to eat	Jenny Craig brand packaged meals, snacks and supplements. Fruits, vegetables and non-fat dairy foods are limited per Jenny Craig's 28-day menu planner.	Theoretically, all foods are allowed assuming participant is able to keep within daily points allowed. In the WW 7 day way menu planner, fruits, vegetables and other high-fibre, low-fat foods are staples of this reducing diet.	Unlimited quantities of beans, legumes, grains, fruits and vegetables. In moderate quantities of non-fat dairy, non-fat or very low fat commercial products (<2g fat/servings)	A meal should combine either proteins and fats or proteins and carbohydrates and should include a significant amount of fibre. The combining of fats and carbohydrates should be avoided, except when the carbohydrate-containing food contains a great deal of fibre.
Foods to avoid	"Homemade" meals, commercial items (except those carrying the Jenny Craig label), sweets and other foods that are not listed on the Jenny Craig's 28-day menu planner.	Although there are no "forbidden" foods, intake of fried foods, rich desserts and other high fat, high calorie foods is discouraged. Participants can use the POINTS to determine how high fat foods fit into the day.	All meat, oils, avocado, nuts, seeds, olives, egg yolks, simple sugars, alcohol, other dairy products.	Fats are classified as "good" and "bad". The consumption of vegetable oils and fatty fish is encouraged, while the use of sugar is prohibited. Alcoholic beverages, coffee and colas are discouraged.
Total Protein	23%	23%	16%	26%
Carbohydrates	53%	53%	78% (40.8g fiber)	32%
Total Fat	24%	24%	6% (saturated fat 1%)	45%
Safety implemented?	No, Jenny Craig menus are low in fiber possibly due to limited choices of whole grain foods. Some daily menu plans may be low in iron, zinc and vitamin E.	No, low in calcium and iron. POINT system must be followed if client chooses "forbidden" foods, many other deficiencies may arise.	No, no attempt to individualize (except maximum fat intake) and no quantities specified. Deficiency in fat soluble vitamins (ADEK), vitamin B12, calcium, vitamin E.	No, low in Vitamin E, vitamin D and iron for pre-menopausal women.
 Lose and maintain weight?	Yes, but packaged meals are not conducive for teaching clients how to shop, cook and eat their own healthy, calorie-controlled meals. Hence, clients who resume their usual eating habit are likely to regain weight loss	Yes, via calorie restriction. The expected rate of weight loss is 0-2 pounds per week.	Yes, via calorie restriction due to the low fat content and high fibre.	Yes, due decreased energy intake, because of feeling of fullness produced by of fibre and proteins consumed, and to the numerous restrictions. The diet loses its palatability because of the combinations



Overall...

- High protein diets are **not recommended** because individuals who follow these diets are at risk for compromised vitamin and mineral intake, as well as potential cardiac, renal, bone and liver abnormalities.
- Very low fat diets are **not recommended** because potential essential fatty acid and fat-soluble vitamin deficiency due to the very low dietary fat restriction. In addition, possible gastrointestinal distress such as diarrhea due to the high fibre.
- Nutritionally balanced diets are **adequate in most nutrients** (except a few - iron-deficiency anemia for females, and increased risk of osteoporosis due to inadequate calcium and vitamin D intake); therefore, they must be followed by a health professional.
- Calorically dilute and fasting diets are not safe; therefore, **not recommended**.



So what should I do???... The optimal Diet

- Calories should be appropriate to person weight, height, age, sex and activity.
 - Total protein intake should not be excessive average 50-100g/day and proportional to 15-20% of calories.
 - Carbohydrates should be 55% of calories with a minimum of 100 g/day.
 - Fat should be 30% of calories or less including less than 10% from saturated fats.
- And...
- Eat 3 meals per day and space meals 4-6 hours apart.
 - Drink 2L/water per day.
 - Have protein at each meal to make you feel not hungry.
 - Choose higher fibre food items at each meal.
 - Choose lean meats, poultry and fish, as well as legumes more often.
 - Choose, low fat milk, lower fat yoghurts and light cheese (<20% M.F.).
 - Eat lots of vegetables, fruits and soups if you feel hungry.
 - Limit alcohol intake, desserts and sweet.
 - Eat slowly and do not do anything else while eating. e.g. watching T.V.
 - Read labels at grocery stores and plan restaurant eating well.

Remember... the best diets are the ones that can be safely implemented over the long term-- that provide adequate nutrients and support dietary compliance with healthful eating plan to prevent increases in disease risk.