

# Eating For Health

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# Disclaimer

- The content of this lecture is not designed to replace or refute that information that may have been provided by your physician or Registered Dietitian.
- The focus of this material is on helping attendees understand the biochemistry and physiology behind the foods that you eat and their effect on the body not to prescribe a diet.



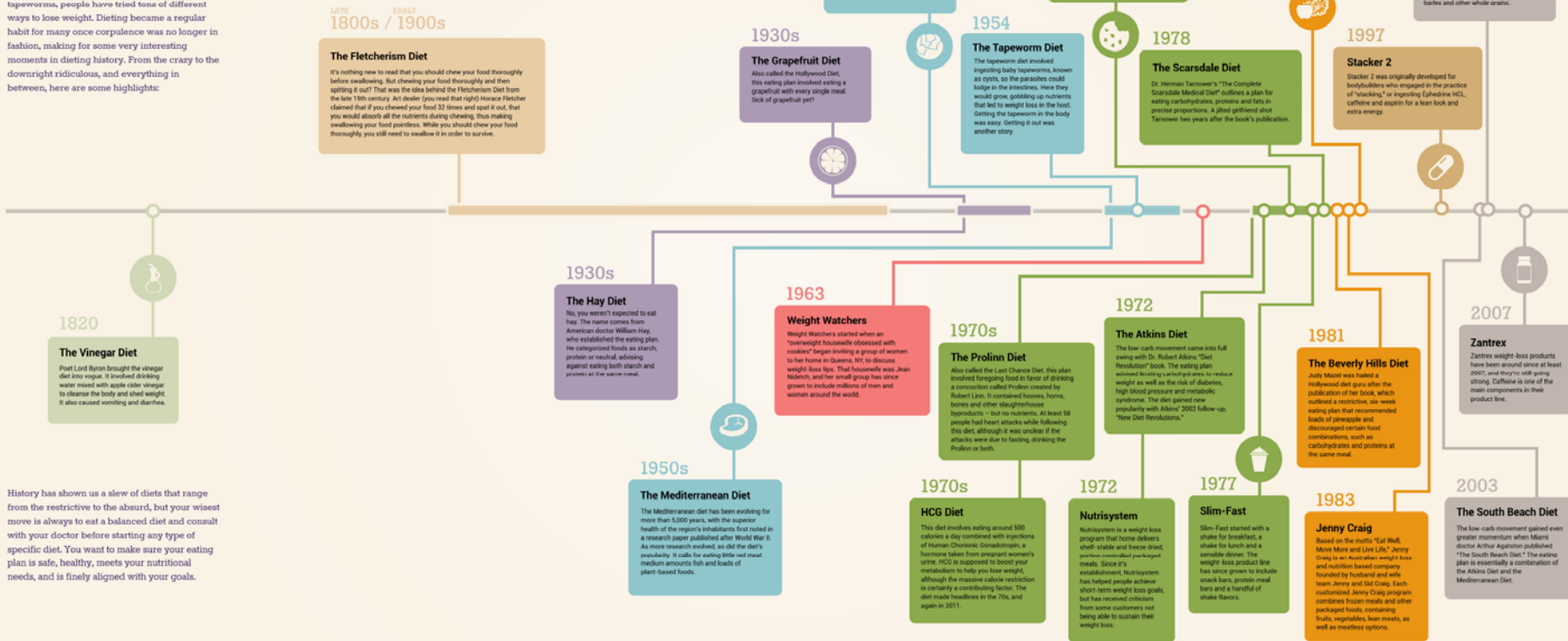
# Objectives

- Review the concept of macronutrients and the role they play in nutritional balance
- Discuss the concept of a calorie and the role that hormones can play in effecting appetite, hunger and satiety
- Review the importance of avoiding processed foods particularly simple carbohydrates and sugar, including sugar free foods and beverages
- Review the importance of fiber and different types of fiber on overall health



# THE HISTORY OF DIETS

Whether it's with vinegar, cabbage or tapeworms, people have tried tons of different ways to lose weight. Dieting became a regular habit for many once corpulence was no longer in fashion, making for some very interesting moments in dieting history. From the crazy to the downright ridiculous, and everything in between, here are some highlights:



History has shown us a slew of diets that range from the restrictive to the absurd, but your wisest move is always to eat a balanced diet and consult with your doctor before starting any type of specific diet. You want to make sure your eating plan is safe, healthy, meets your nutritional needs, and is finely aligned with your goals.



Your Life. Your Health. Take Control.®  
SEATTLESTUTTON.COM

Source: Seattle Sutton's Healthy Eating



# What goes down...usually comes up

## THE VICIOUS DIET CYCLE



Nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real, whole foods so that you are consistently satisfied and energised to live life to the fullest.

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# The Harsh Reality

- One third of US adults are obese and one third of children and adolescents are overweight or obese.
- Childhood obesity doubled in children and quadrupled in adolescents in past 30 years.
- Conditions commonly associated with obesity:
  - Type 2 diabetes
  - Hypertension
  - Lipid disorder
  - Cardiovascular disease
  - Cancers
  - Bone/joint problems
- In 2008, the estimated annual medical cost of obesity in the U.S. was \$147 billion, costing individuals who are obese \$1,429 higher than those of normal weight.

From CDC.gov



# Hunger

- Hunger is a feeling of discomfort or weakness caused by lack of food.
- Physiological
  - Need for more energy
  - Hormone regulated
  - Protective mechanism to adequately fuel body

# Appetite

- The desire to satisfy hunger.
- Appetite takes cues from hormones, but also a conditioned response and sensory reaction.
  - Cravings
  - Taste preferences
  - Current health
  - Emotional state
  - Sleep levels
  - Stress
- Satiety: the quality or state of being fed or gratified to or beyond capacity....feeling “full”.





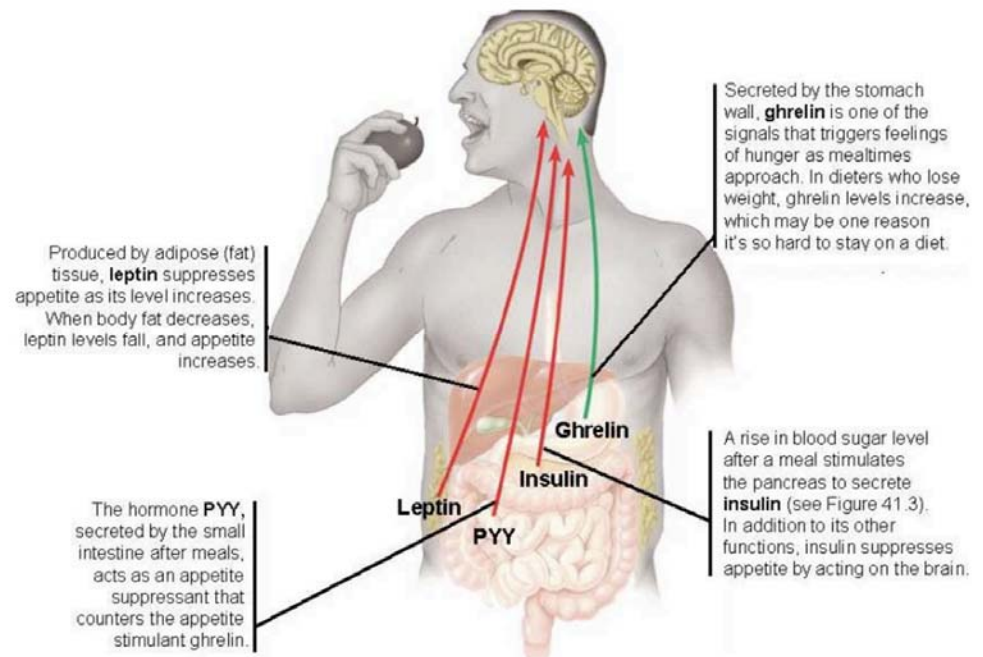
# 6 Simple Steps to Achieve Eating for Health

- 1) Don't go hungry.
- 2) Get adequate sleep.
- 3) Increase intake of fiber and good fat.
- 4) Eliminate sugary drinks.
- 5) The rule of 20 – eat slow and wait at least 20 minutes before seconds.
- 6) Drink water first.



# 1) Don't go hungry.

## The Skinny On Obesity – The Viscous Cycle



## 2) Get adequate sleep.

- **Cortisol** is a hormone which regulates a wide range of processes throughout the body including metabolism and the immune response. It also has a very important role in helping the body respond to stress.



### 3) Increase intake of fiber and good fat.

- Fiber
  - Soluble fiber
    - Dissolves in water
    - Slows digestion and absorption
    - Lowers LDL (bad) cholesterol
    - Found in oats, beans, apples, bananas
  - Insoluble fiber
    - Non-digestible
    - Move waste through intestines
    - Found in whole grains, seeds, skins
- Both are important in diet
  - 25 grams for women
  - 38 grams for men



### 3) Increase intake of fiber and good fat.

- Fat
  - Saturated
    - Raises cholesterol
    - Found in animal foods and tropical oils
    - Solid at room temperature
    - Recommended less than 10% calories from saturated fat
  - Unsaturated
    - Improves cholesterol
    - Found in plant fats
    - Liquid at room temperature
      - Monounsaturated: avocado, nuts, olive oil, canola oil
      - Polyunsaturated: safflower oil, sesame oil, soybean oil, seafood
      - \*\*Trans fat: 'partially hydrogenated oils' in processed foods, try to avoid



## 4) Eliminate sugary drinks.

[Sugar Increases the Reward Center](#)



## 5) The Rule of 20

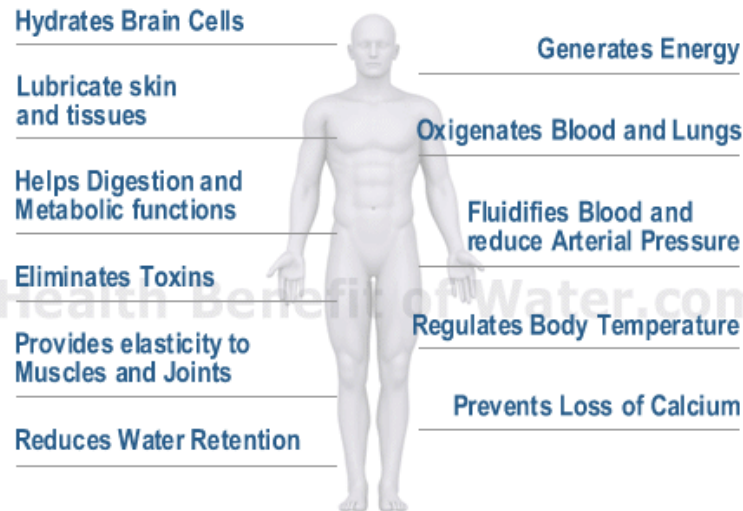
- Do not eat a meal in less than 20 minutes.
- Do not go back for seconds until waiting 20 minutes.
- Gives body time to recognize you are full
- Forces you to focus on intentional decisions regarding food
- Helps you listen to your body



## 6) Drink water first.

- Gut expansion helps with the feeling of full
- Thirst can be mistaken for hunger

### Functions of Water in Human Body





## Conclusion

The goal is to shift from a highly processed, high fat, low-fiber diet to a low processed, low fat, high-fiber diet.

Any small steps will help promote good health.



Questions?

