

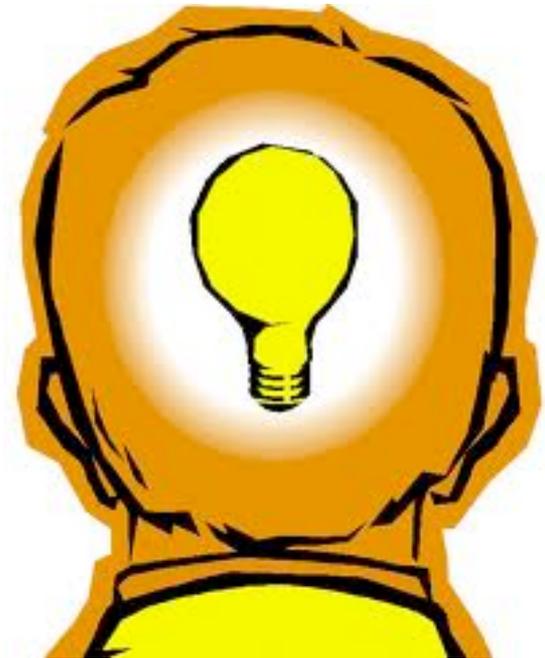
# NUTRITION

## The Healthy Plate

Goal: Teach you how to eat....

Today's Discussion -

- How did we get here
- Healthy Plate
- Portion control
- Hunger versus appetite
- Nutrition Keys

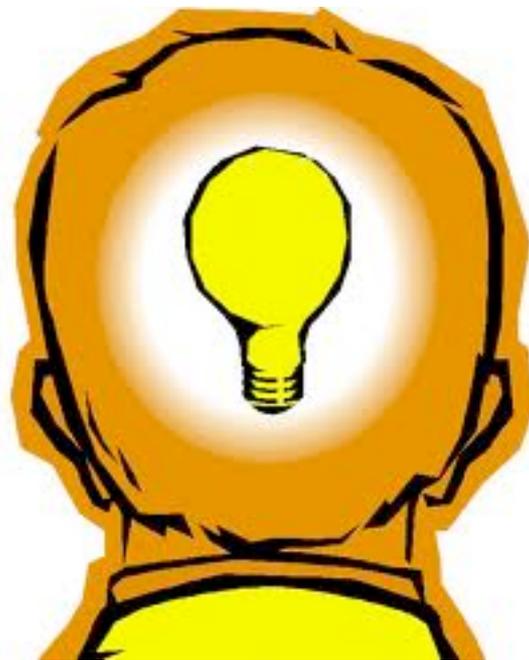


# Then and Now

From 1962 to 2018, the average weight of a 20- to 74-year-old man increased from **166 to 191** lbs., and the average weight of a 20- to 74-year-old woman increased from **140 to 164** lbs.

Some researchers suggest caloric expenditure from 1980 to now has not changed much. This suggests our diet is having the greatest impact on our bodyweight.

Diet is impacting our body weight more than lack of exercise and physical activity.

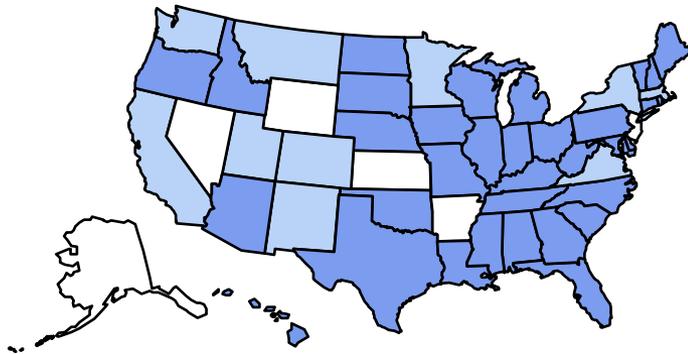


# Obesity Trends\* Among U.S. Adults

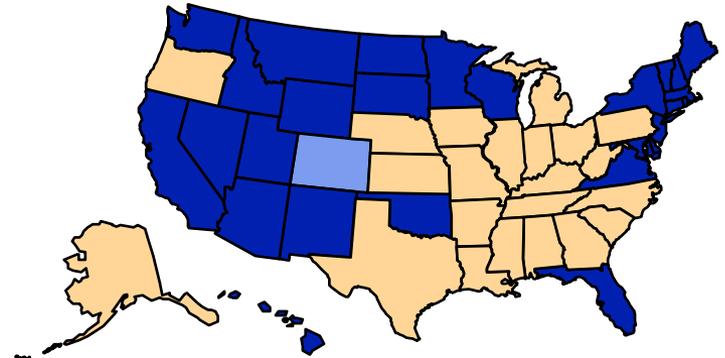
## BRFSS, 1990, 2000, 2010

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)

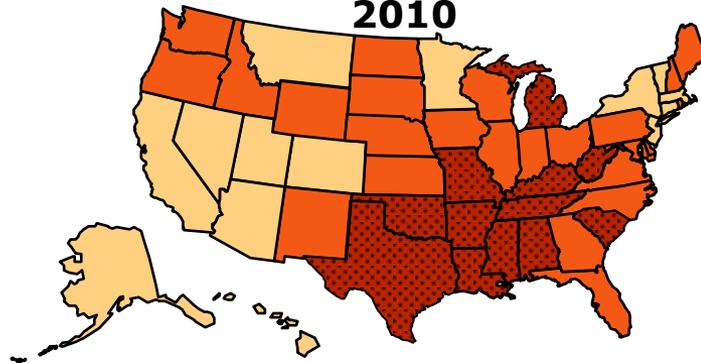
1990



2000



2010



No Data

<10%

10%–14%

15%–19%

20%–24%

25%–29%

$\geq 30\%$



**More than one-third of U.S. adults (42.4%) are obese.  
2017-2018**

### **Prevalence of diabetes**

**Total: 10.5%** of the population have diabetes( 2018)

**There was no state in 1990 that had an  
obesity rate above 20 %.**

**Cases of diabetes doubled from 1990 to  
2015.**

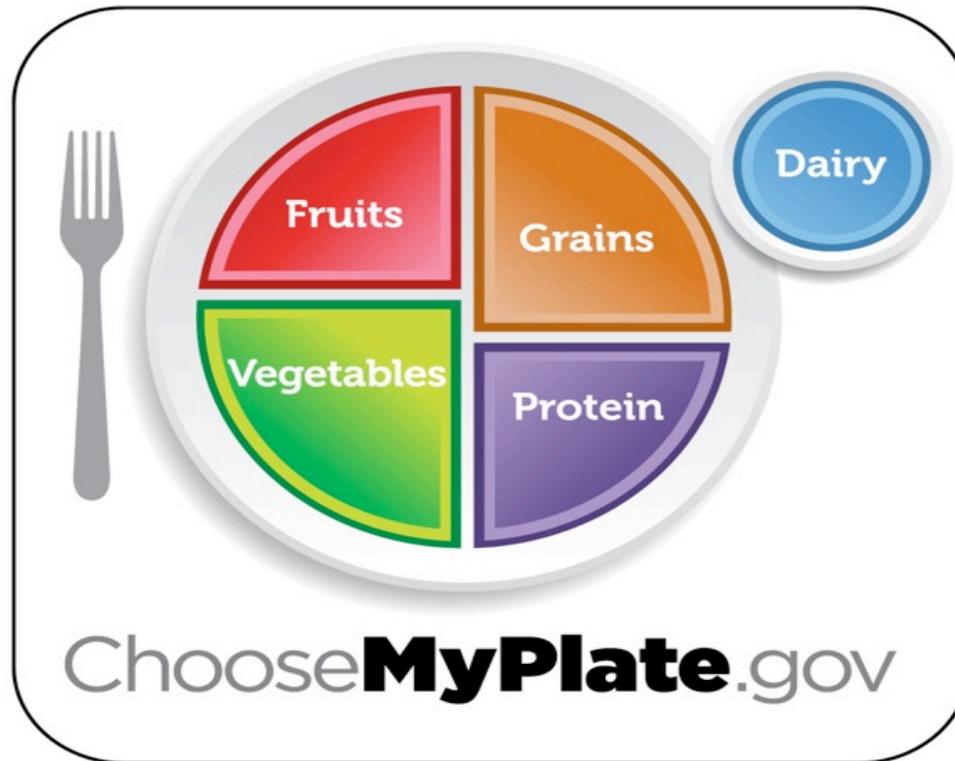
**More nutrition and exercise information now than ever before.**

**Weight Loss is a \$60 billion Industry with a 95% failure rate.**

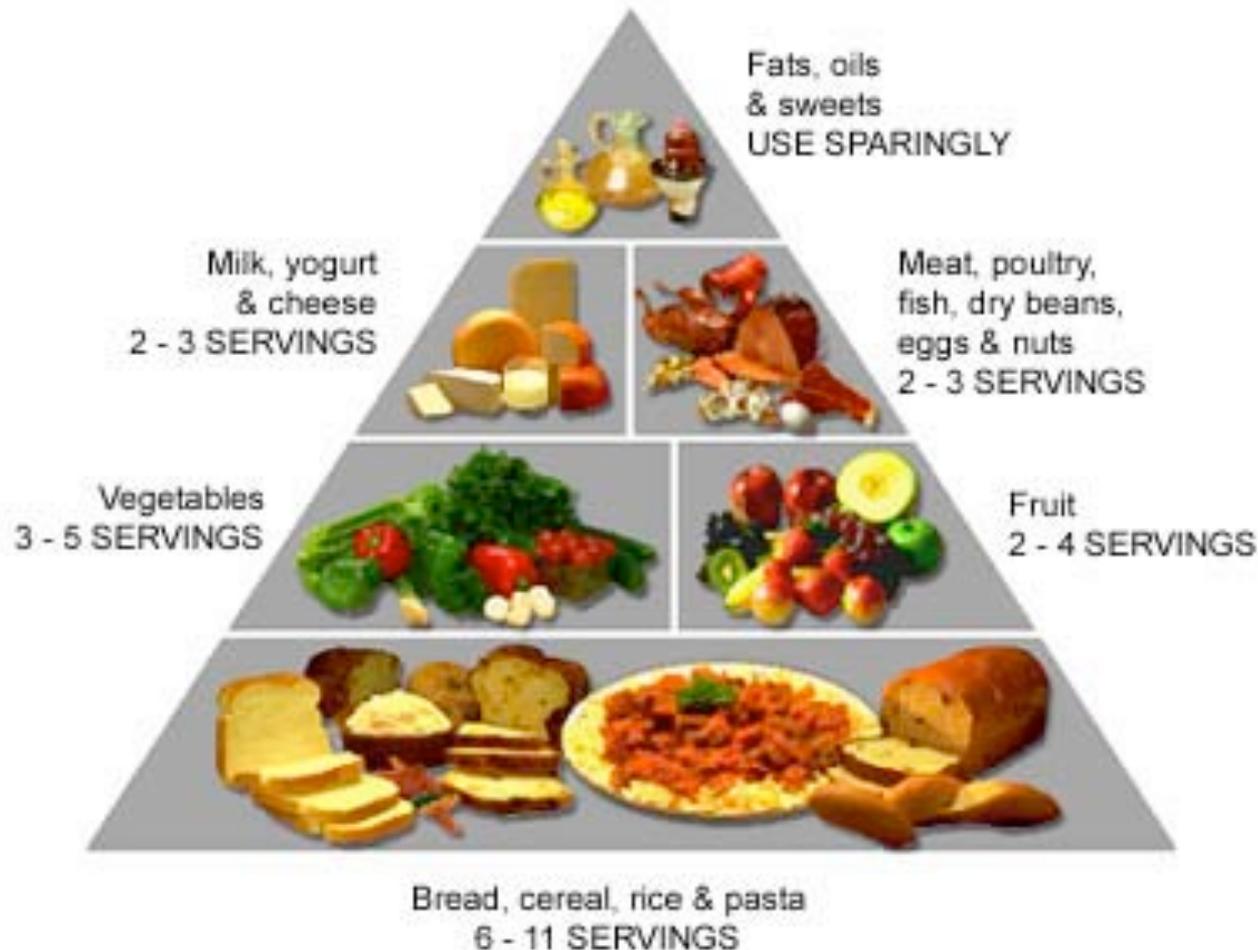
**Exercise Industry \$20 billion with a very high drop out rate.**

Now.....What brought us here? Food considering we get the same amount of activity that we did 20 years ago.

Today's Talk will focus on how to eat by understanding what to put on your plate (**MyPlate**), but first lets take a trip down memory lane to find out what brought us to our current health crisis.



Possibly one of the reasons we have such a high number of people with diabetes and obesity today was the Food Pyramid of the 1990s **(the Nonfat/Low-fat Craze)**.



# **United States Department of Agriculture** in 1992 developed the Food Pyramid.

**What people don't realize is that food and agricultural associations exert undue political power on the USDA.**

National Dairy Council, the Soft Drink Association, the American Meat Institute, the National Cattlemen's Beef Association, the Salt Institute, the United Fresh Fruit and Vegetable Association, and the Wheat Foods Council.

The pyramid advised daily consumption of six to **11** servings of bread, cereal, rice, and pasta; **two to three servings** of meat, poultry, fish, dry beans, eggs, and nuts; and sparing consumption of fats, oils, and sweets.

### Looking at the Pyramid

**Heavy on carbs**

**Moderate protein - too much emphasis on red meat**

**No fat -Fat was villainized**

### Not based on Facts

1. All fats are bad. **NOT TRUE!**
2. All complex carbohydrates are good. **NOT TRUE!**
3. Protein is protein. **NOT TRUE!**

**In the 1990s people were gorging on Carbs and people thought Fat was evil. People thought they could eat as much carbs as they wanted. People were Carbo-Loading like athletes.**

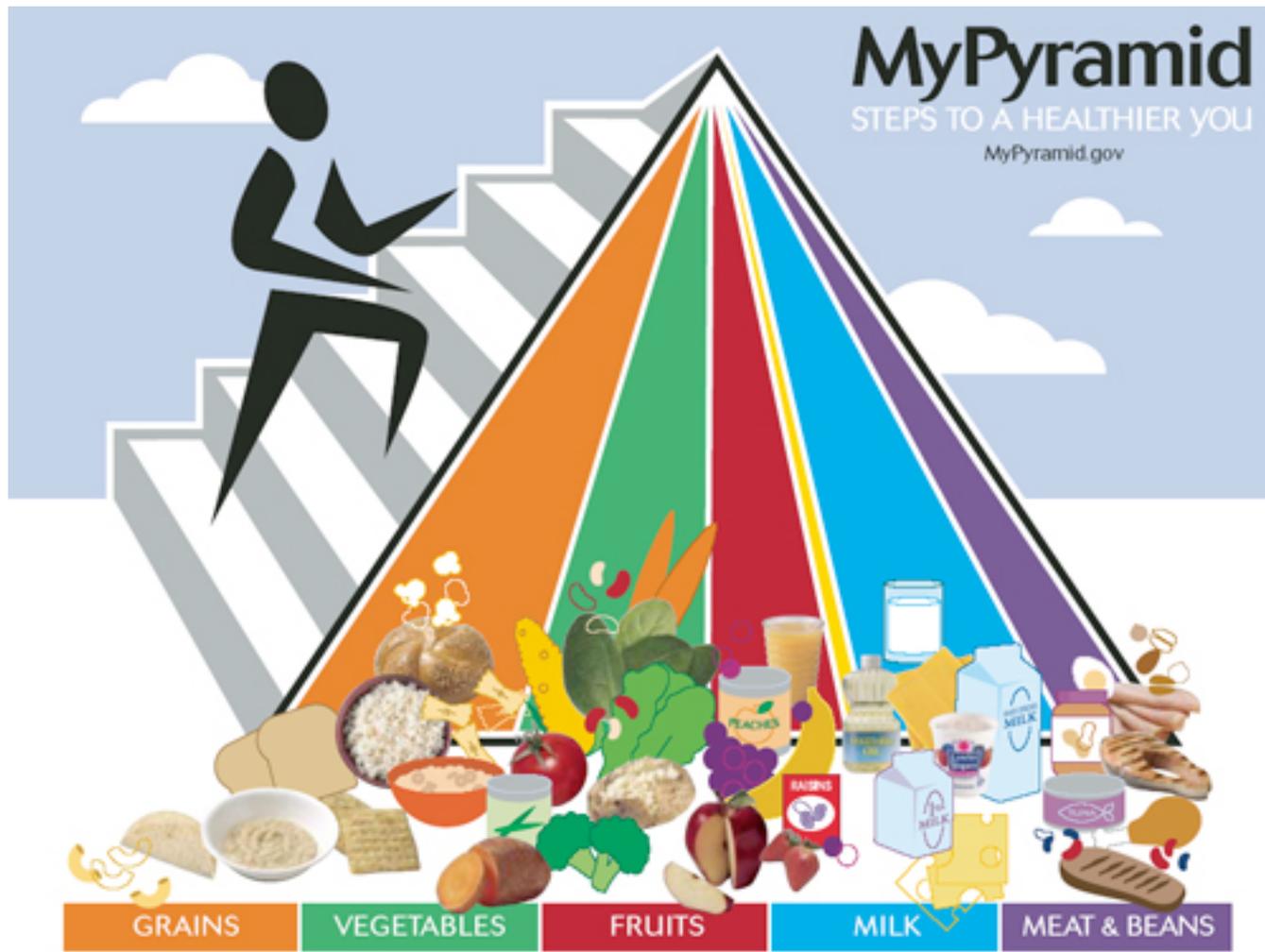
# Suggestions were Flawed-possibly leading to the problems we have today.

**Linked to heart disease**-Pointed Americans to the type of low-fat diet that can worsen blood cholesterol profiles and make it harder to keep weight in check.

**Lacked clarity**-especially when it came to servings-protein was maximum while veggie and fruit were minimum.

**No fat or less fat**-very problematic because fat is essential in a person's general health. We need fat for many vital functions as well as vitamin absorption. **Unsaturated fats from a natural source can actually aid in weight loss, reduce heart disease risk, lower blood sugar, and even lower cholesterol.** These fats can be found in olive and canola oil, nuts, seafood (including fish, shrimp, squid, and krill among many more) and avocados.

Pyramid contributed to the **High carb and low-fat diets of the 1990s.**



**Food Guide Pyramid, released in 1992, conveyed the wrong dietary advice and the MyPyramid, its 2005 replacement, was vague and confusing.**

**The guidelines say that it's okay to eat up to half of our bread, cereal, rice, pasta, and other grain foods in their fiber and nutrient depleted, refined forms.**

**Some researchers like those at Harvard suggest refined grains (white bread, rice, and pastas) act like simple sugars.**

**Calories from fructose (which is found only in added sugars and fruit) may be more likely than other calories to aim for your waist.**

**The fructose in most added sugars appears to boost liver, muscle, and visceral fat. Excess fat anywhere in the body increases the risk of insulin resistance and diabetes. But a fatty liver and visceral fat may increase your risk the most.**

Remember it is all  
sugar

cane sugar

honey

brown rice syrup

agave nectar

barley malt syrup

juice concentrate

Also, remember too  
much fruit can  
change lipid  
profiles.

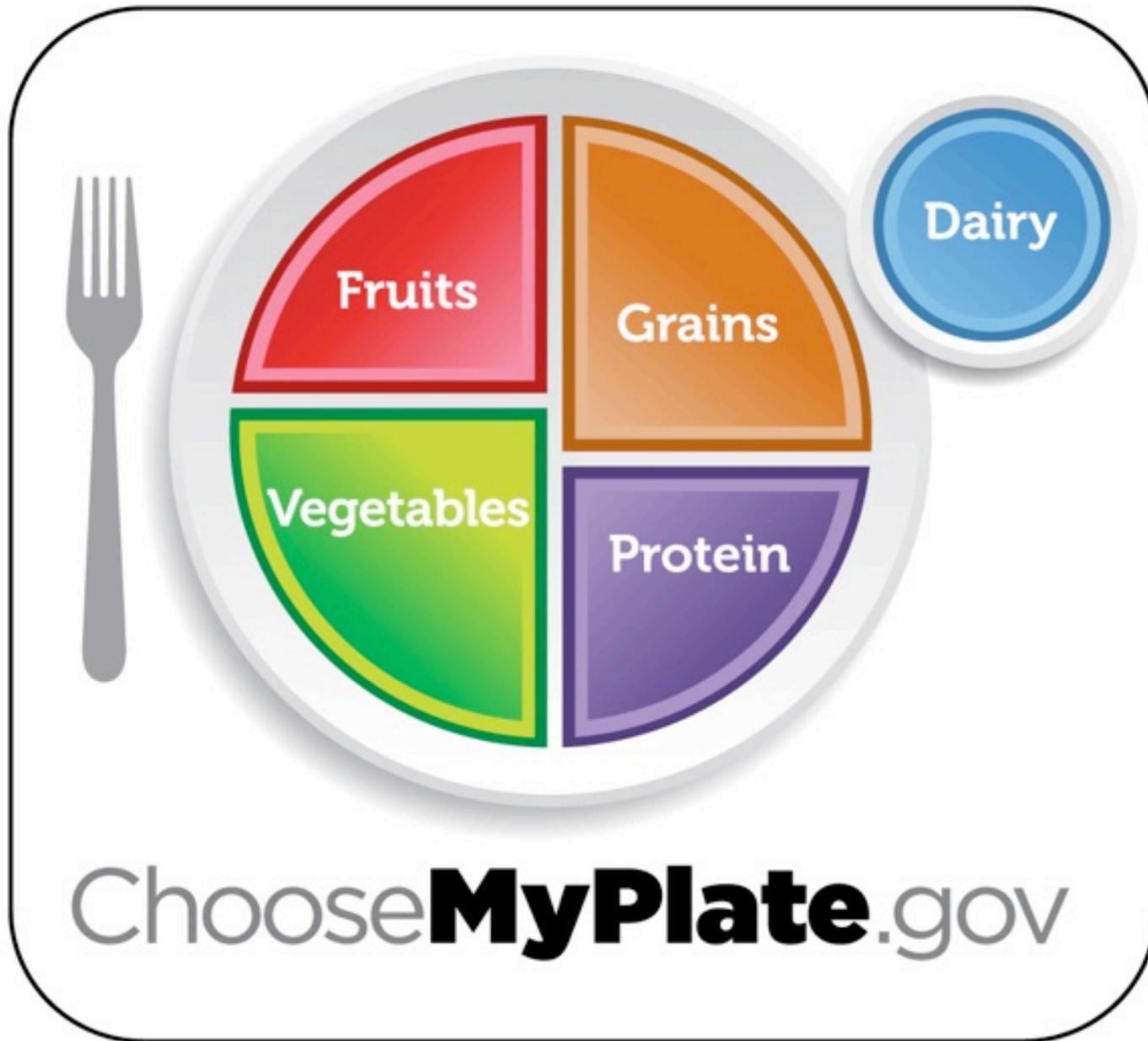
**Calories from fructose  
(which is found only in  
added sugars and fruit) may  
be more likely than other  
calories to aim for your  
waist.**



Sugars and Refined Carbs  
raise the risk of heart disease  
and diabetes.

Food Pyramid may of done more harm than  
good. High carb, Low Fat Diets are Bad.





**Introduced in 2011 - Better**

## **The MYPLATE 2011- A move in the right direction.....**

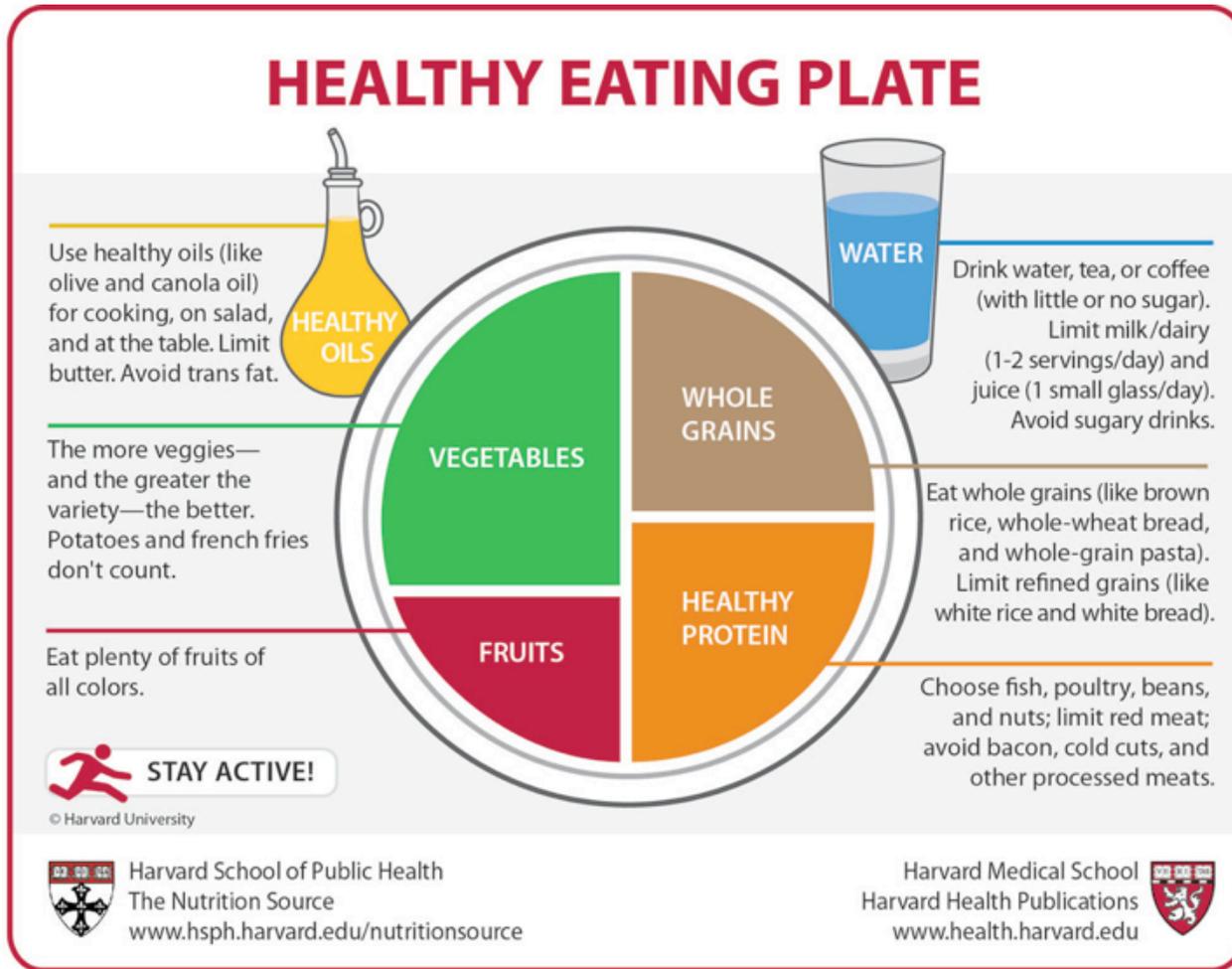
Several of the recommendations in the MyPlate represent important steps in the right direction:

- Move to a plant-based diet.**
- Choose fish twice a week.**
- Not all proteins are equally healthy.**

**But**

- Too lax on refined grains.**
- Too lenient on red meat and processed meat.**
- Too much dairy.**
- The MyPlate icon nudges Americans to put more produce on their plates, but it still falls short on giving people all the nutrition advice they need to choose the healthiest diets.

# Harvard Plate Even Better 2011



Good oils - YES  
Trans/Sats fats - NO

All whole grains

Water instead of milk, but ok 1-2 servings a day of low fat dairy.

Severely limit red and processed meat

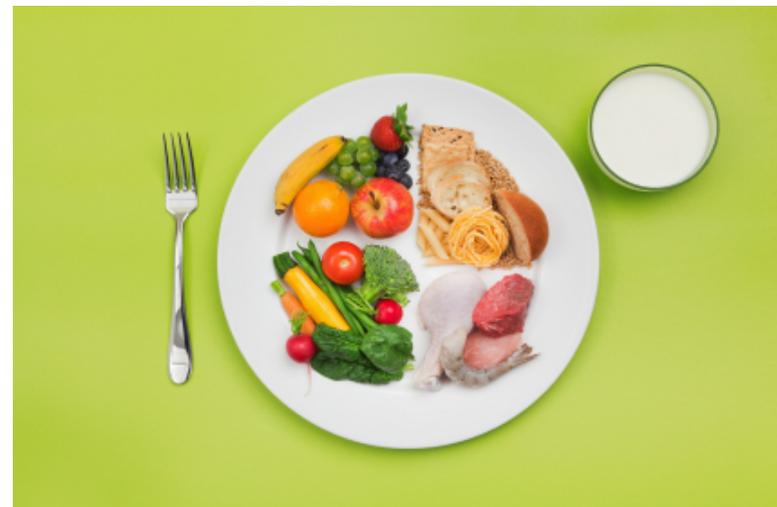
Move your body

## **Both Plates are Good.**

Combining foods does a few important things:

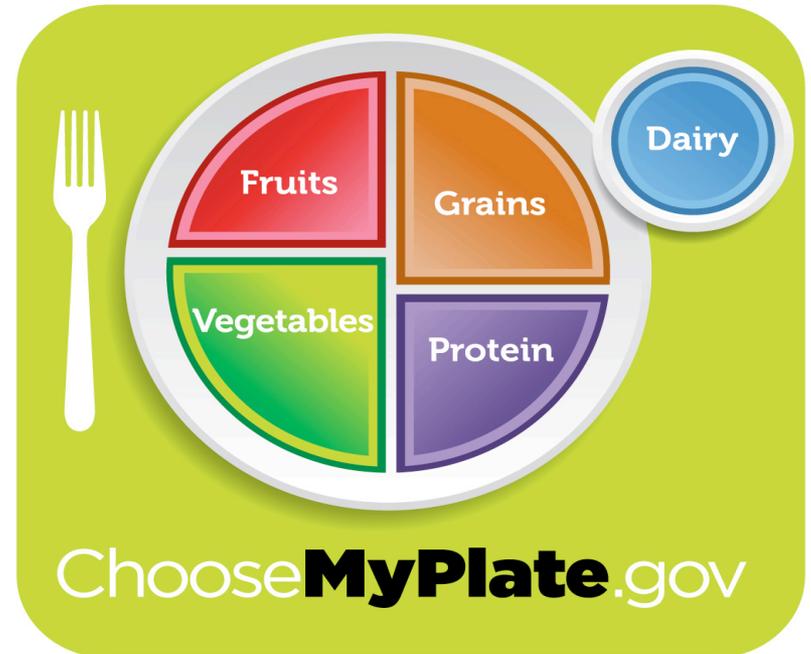
- Lowers glycemic index
- Better vitamin absorption
- Feel fuller
- Stay satisfied longer
- Variety offers more nutrients

# Why the plates?



# HEALTHY MEAL PLATE

- Healthy meal plate
  - Fruits and vegetables
    - 50% of the plate
  - Lean protein
    - 25% of the plate
  - Whole grains
    - 25% of the plate
  - Dairy
    - 8 oz low fat dairy



# *Fruits and vegetables-50% of the plate*

## *Why fruits and vegetables?*

- There are thousands upon thousands of compounds and chemicals that are found in fruits and vegetables. Just learning about their health benefits.
- Added vitamins to some products can't match the power of those found naturally.
- Fruits and vegetable are a great source of fiber.
- Digestion is slowed down and you stay satisfied longer when combined with other foods like protein and fat.
- Loaded with potassium, which counters the effect of sodium.
- Need 3-5 grams of monounsaturated fat to absorb fat soluble vitamins.

***American's daily intake of dietary  
fiber is only  
10–15 grams.***

**Eat more dietary fiber**

Men < 50 years **38** grams, > 50  
years 30 grams

Women < 50 years **25** grams, > 50  
years 21 grams

**I feel we are *Fiber Deficient***

## **A high-fiber diet has many benefits, which include:**

- **Normalizes bowel movements.**
- **Helps maintain bowel integrity and health.** Lower your risk of developing hemorrhoids, and small pouches in your colon (diverticular disease).
- **Lowers blood cholesterol levels.** Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels.
- **Epidemiological studies have shown that increased fiber in the diet can reduce blood pressure and inflammation,** which is also protective to heart health.
- **Helps control blood sugar levels.**
- **Aids in weight loss.**
- **Uncertain effect on colorectal cancer**

## **Fiber Facts-Kinds**

•**Insoluble fiber.** This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources of insoluble fiber.

•**Soluble fiber.** This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

# *Protein-25% of the plate* Why Protein?

Protein provides the amino acids that makes up our cells. We require the 9 essential amino acids every few hours, therefore have protein at every meal.

All animal proteins have all the essential amino acids while vegetables and fruit do not.

Health shift from high fat animal proteins to leaner animal proteins.

Protein also slows down the digestion of food and can make us feel more satisfied (SATIED) at a meal.

Protein lowers the glycemic index (SUGAR RESPONSE) of a meal.

Eat the RDA should be enough, which is .36 grams per lb. of body weight or more if you are a Vegan or .5-.6 grams if you are an athlete.

Most Americans get more than enough protein.

Key is to have some quality protein source at each meal (3 x a day).

Quality (complete protein)= low-fat milk products, chicken, turkey, fish, leans meats or combining vegetable proteins like peanut butter and whole grain bread, soy with rice, corn, and beans, but you have to know what you are doing when a vegan.

Amino Acid Leucine is the key, which found much more in animal proteins than vegetables.

**Protein Powders and extra protein can be helpful for some, but the only way to build muscle or to prevent muscle mass loss as we age is strength training.**

**For young people extra protein not helpful at building muscle mass.**

**New Research-**To maintain or gain muscle mass as we age you may need 25 to 50% more of the RDV. That is about .50-.6 grams per pound of body weight or 1/2 your body weight, which is the same as athletes.

**Shortcut: An ounce of meat or fish has approximately 7 grams of protein.**

### **Beef**

- Most cuts of beef – 7 grams of protein per ounce

### **Chicken**

- Chicken breast, 3.5 oz - **30 grams protein**
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams

### **Fish**

- Most fish fillets or steaks are about
- 22 grams of protein for 3 ½ oz (100 grams)
- Tuna, 6 oz can - 40 grams of protein

### **Pork**

- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams

### **Eggs and Dairy**

- Egg, large - 6 grams protein
- Milk, 1 cup - **8 grams**
- Cottage cheese, ½ cup - **15 grams**
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

### **Beans (including soy)**

- Tofu, 1 oz, 2.3 grams
- Soy milk, 1 cup - 6 -10 grams
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans

### **Nuts and Seeds**

- Peanut butter, 2 Tablespoons - 8 grams protein
- Almonds, ¼ cup – 8 grams
- Peanuts, ¼ cup – 9 grams
- Cashews, ¼ cup – 5 grams

**Average Size Person 150 lbs.  
Needs 54 grams Protein a day.**

### My Favorites

- Low fat Yogurt, 1 cup – usually 8-12 grams
- Low fat Milk, 1 cup - 8 grams
- Chicken breast, 3.5 oz - 30 grams protein
- Tuna, 3 oz can - 20 grams of protein
- Peanut butter, 2 Tablespoons - 8 grams protein

# Why is Protein Important for Weight Loss?

**THERMOGENESIS &  
SATIETY**

# It takes energy to digest and absorb food (esp. protein)=Thermic effect of food

## TABLE OF THERMIC EFFECTS

Fat: 0.4-2%

Carbohydrate: 5-12%

Protein: 23-30%

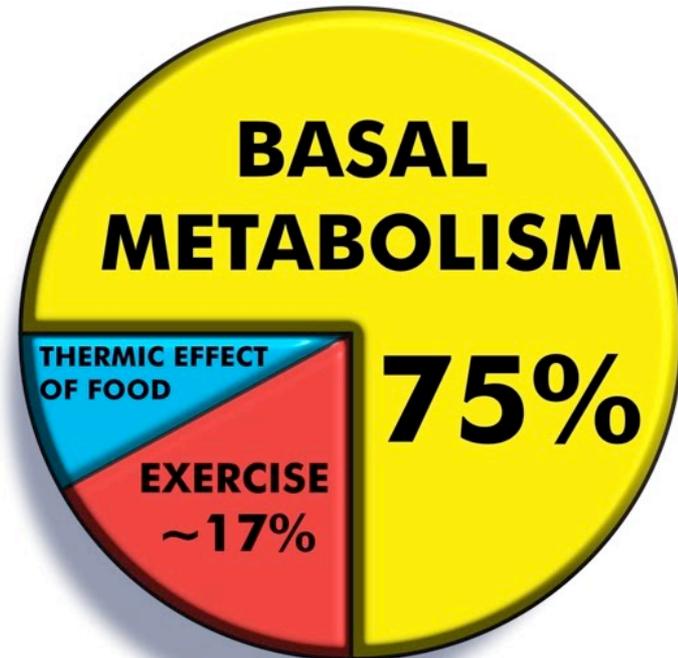
Diet induced energy  
expenditure of 5 to 15 %  
from the thermic effect of  
food

Protein plays a key role in body weight regulation through satiety related to diet-induced thermogenesis.

**23-30%** of calories from protein you eat goes to digesting and absorbing the protein.

While only **0.4 to 2 %** from Fat

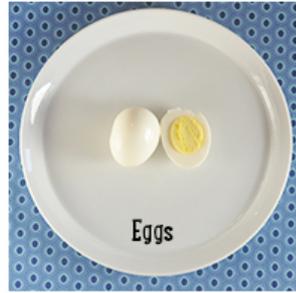
**Dietary fat is easily converted to body fat.**



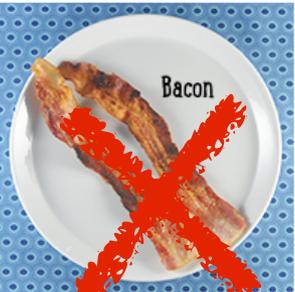
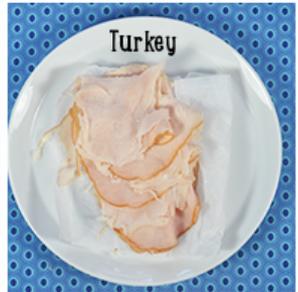
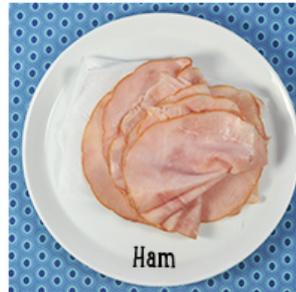
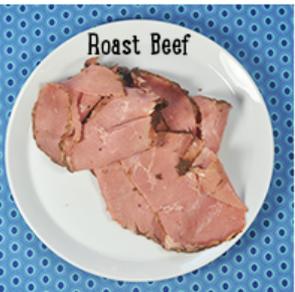
# Does High Fiber Protein Rich Veggies Foods have a Thermic Effect?

Yes, consuming a legume-rich diet which is high in protein and fiber for eight weeks experienced beneficial changes in metabolism and lost 1.5 times more weight than the control group

**GREAT WAY TO GET PROTEIN IN YOUR DIET IS THROUGH LEGUMES**



What Does 100 Calories of Protein Look Like?



**SPARKPEOPLE**  
Read article for detailed portion sizes and more.

## Protein Foods

**.8 grams to 1.2 grams of protein per pound of body weight**

**55-81 grams for a 150 lbs person**

**or**

- 20-30% of calories**  
**1200 calorie diet = 60-90 grams**

**Try to have 20-30 grams per meal**

**Try to stay away from Red and Processed Meats as protein source**

## *Milk-1 serving* **Why Milk?** Dairy-8 oz low fat

1. It's a good source of high-quality protein. Inexpensive source of animal protein.
2. Dairy products are rich in calcium. Although you can get calcium from other foods, like broccoli and leafy greens, it's often not as **bio-available** as the calcium you get in milk. (Plus, most of us don't eat nearly enough vegetables to meet our calcium requirements!)
3. Dairy products are also a major source of **vitamin D** in the American diet. In addition to delivering calcium, **fortified milk is among the best ways to get vitamin D, which your body needs in tandem with calcium to build bone strength to prevent osteoporosis.**

# Cons

1. Dairy foods can be high in fat and, therefore, calories. **Go Low-fat.**

2. In higher fat dairy products, most of the fat is saturated fat. **Go Low-fat.**

3. Dairy products may contain **hormones** from the cows.-Possible linked to Cancer. **Go Hormone Free.**

4. Dairy products contain lactose, many are intolerant to it. **Go Lactose Free.**

# Trending: High Protein Diets

## Moderate to High Protein Diets for Fat and Weight Loss

- Research suggest that replacing some of the carbs in your diet is beneficial to weight and fat loss ( you still need carbs though).
- Helps in fat burning
- Helps maintaining muscle mass and metabolic rate

**Very High Protein Diets 50%  
calories (i.e. Atkins, Paleo)**

**NO!**

**I can not recommend High  
protein Diets**

**Moderate to High Protein  
Diets 15-30 % calories**

**Yes!**

# Very Low Carb Diets < 20% Calories

Weight gain very rapid after introducing carbs back into diet. It is not a lifestyle change.

## **Risks of a low-carb diet**

Headache

Bad breath

Weakness

Fatigue

Constipation or diarrhea

Vitamin or mineral deficiencies

Bone loss

Gastrointestinal disturbances and may increase risks for various chronic diseases.

Severely restricting carbohydrates to less than 20 grams a day can result in a process called ketosis.

**In 13 low carb diet studies only one reached goal after one year**

As a Health Coach I can  
not  
recommend a plan that  
has less than 400  
calories from carbs.  
That would be a no to  
very low carb diet.

**Key:** Say no to very low carb diets. Make sure the carbs you eat are healthy (ie fruits, vegetables, and whole grains).

**Carbs are not EVIL. MUST HAVE 400 calories worth.**

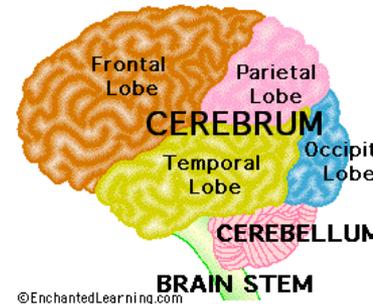
# *Whole grains-25% of the plate in the Healthy Plate: Why whole grains? Complex carbohydrates*

**Energy**-Our body runs off of protein, fats, and carbs, but it is the carbs that gives us the energy to do exercise and heavy physical work. Carbs are also the number one fuel of your brain and the rest of your nervous system.

**Whole grains contain fiber. Absorbed slower.**

**Whole grains have more minerals than their processed counterparts. Brown rice has almost **10 times as much phosphorus and potassium** as white rice.**

**Caution:** Complex carbohydrates do not suppress your appetite.....

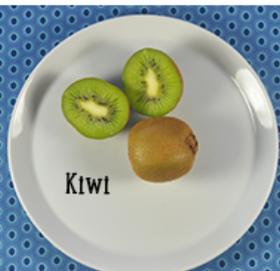
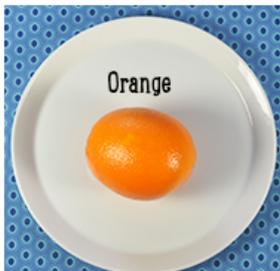
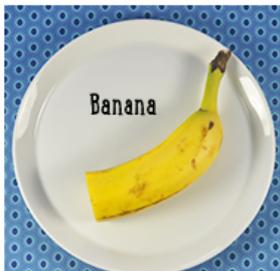


**Key:** Say no to very low carb diets. Make sure the carbs you eat are healthy (ie fruits, vegetables, and whole grains).

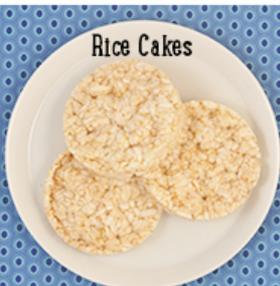
**Carbs are not EVIL. MUST HAVE 400 calories worth.**

**What does 100  
calories of carbs  
look like?**

**You need 400 calories of  
carbs a day or 100 grams**

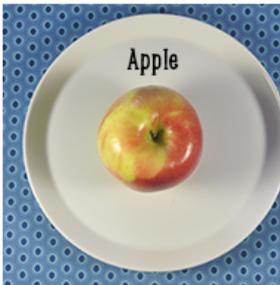


## What Does 100 Calories of Grains Look Like?



**SPARKPEOPLE**  
Read article for detailed portion sizes and more.

## What Does 100 Calories of Fruit Look Like?



**SPARKPEOPLE**  
Read article for detailed portion sizes and more.

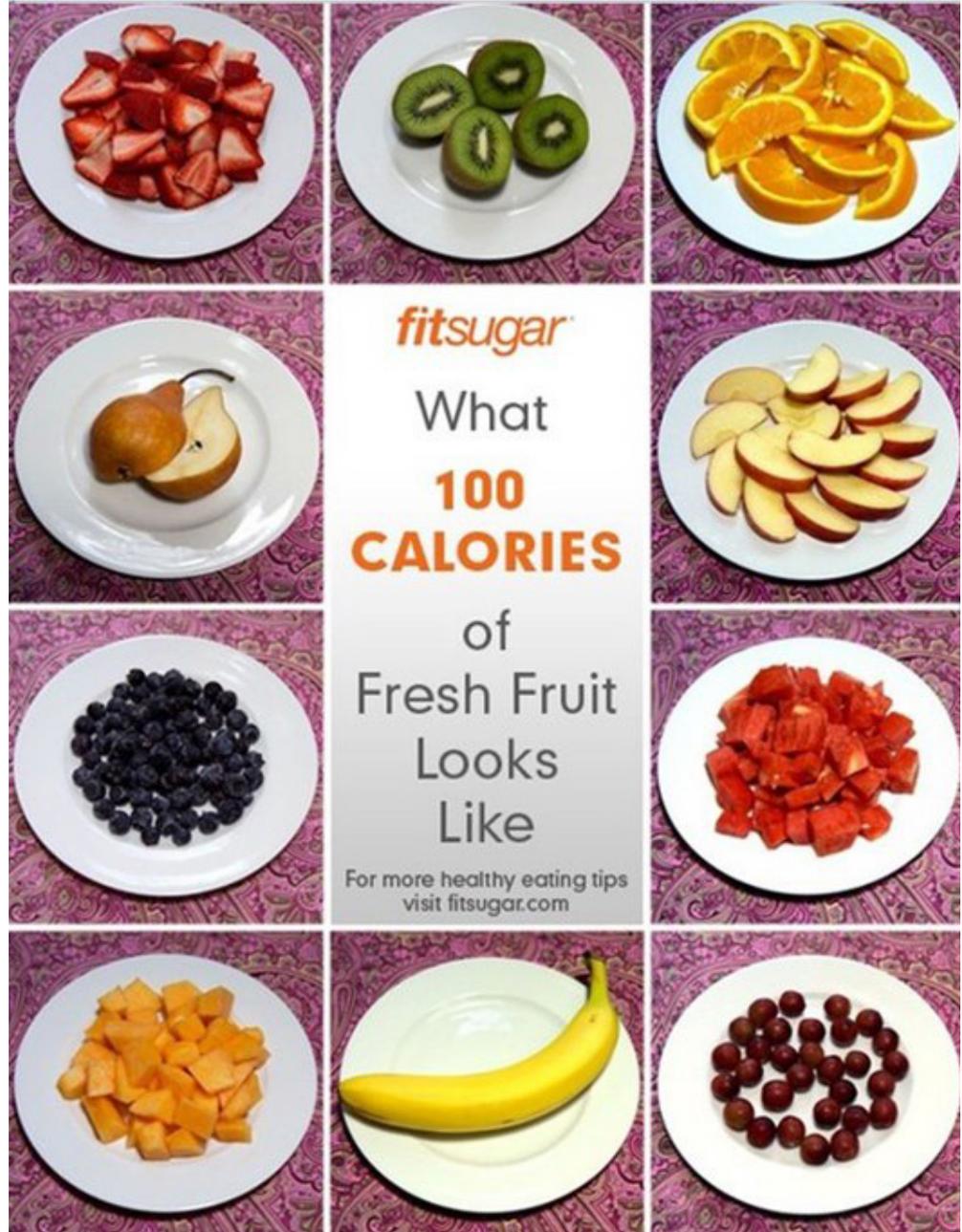
# 100 Calories Carbs of Veggies



this what  
100 calories  
of  
vegetables  
look alike



# 100 Calories of Fruit



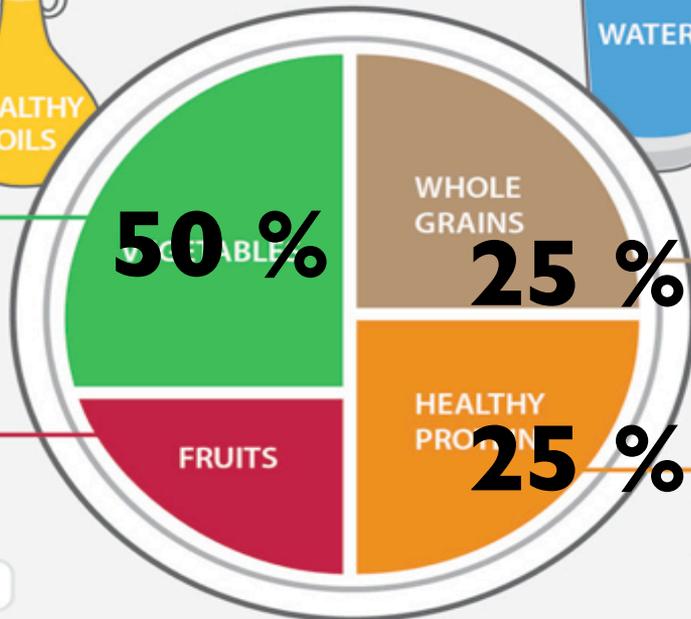
# You also need Healthy Fat 5-10 grams oil (50-100 calories ) or nuts and avocados

## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat plenty of fruits of all colors.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



© Harvard University

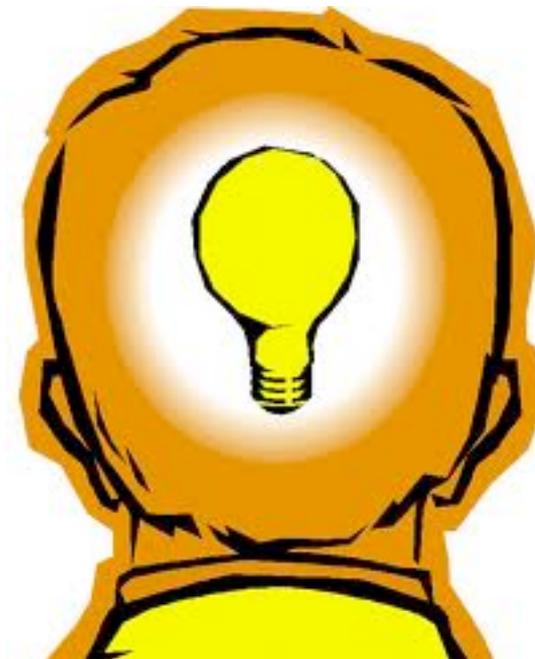
Studies have shown that monounsaturated oils, like canola and olive oil, are best at liberating fat-soluble nutrients in veggies. Salads with dressings that have **3 grams** of monounsaturated fats promoted as much carotenoid absorption as those with **20 grams** of other types of fat. These studies also raised concerns that if you use very low-fat salad dressings you may be losing out on nutrients.



30-100 calories worth per meal.

1/2-1 Ping Pong Ball.

Foods do not work as well in isolation. Combine foods as with the Healthy Plate.



# What your plates should look like.



# What your plates should not look like.



Studies have shown that food intake is related to plate size.



**Eat  
off  
small  
plates.**



# Is it Ok to Intermittent Fast?

**Yes** and here are 4 ways to incorporate intermittent fasting for better health that I would recommend from Harvard Health. If you are doing a lot of exercise intermittent fasting may not be for you.

- 1. Avoid sugars and refined grains.** Instead, eat fruits, vegetables, beans, lentils, whole grains, lean proteins, and healthy fats (a sensible, plant-based, Mediterranean-style diet).
- 2. Let your body burn fat between meals.** Don't snack. Be active throughout your day. Build muscle tone.
- 3. Consider a simple form of intermittent fasting.** Limit the hours of the day when you eat, and for best effect, make it earlier in the day (between 7 am to 3 pm, or even 10 am to 6 pm, but definitely not in the evening before bed).
- 4. Avoid snacking or eating at nighttime, all the time.**

**Another possible reason we have such a high number of people with diabetes and obesity today beside the Food Pyramid of the 1990s (the Nonfat/Low-fat Craze) is the increase in portion sizes since the 1990s.**

**As a country we eat fewer fruits and vegetables and whole grains, and more sugar and fat, while the average American eats 140 pounds more food per year than a decade ago. We consume 20% more sugar as well.**

# PORTION DISTORTION

20 years ago

3 inch diameter bagel

140 calories



NOW

6 inch diameter bagel

350 calories



## ***20 Years Ago***

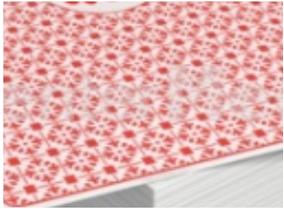
## ***Today***

	<b>Portion</b>	<b>Calories</b>	<b>Portion</b>	<b>Calories</b>
<b>Bagel</b>	3" diameter	140	6" diameter	<b>350</b>
<b>Cheeseburger</b>	1	333	1	<b>590</b>
<b>Spaghetti w/meatballs</b>	1 cup sauce 3 small meatballs	500	2 cups sauce 3 large meatballs	<b>1,020</b>
<b>Soda</b>	6.5 ounces	82	20 ounces	<b>250</b>
<b>Blueberry muffin</b>	1.5 ounces	210	5 ounces	<b>500</b>

# PORTION CONTROL



- Light bulb=one serving of fruits and vegetables



- Deck of cards=one serving of protein

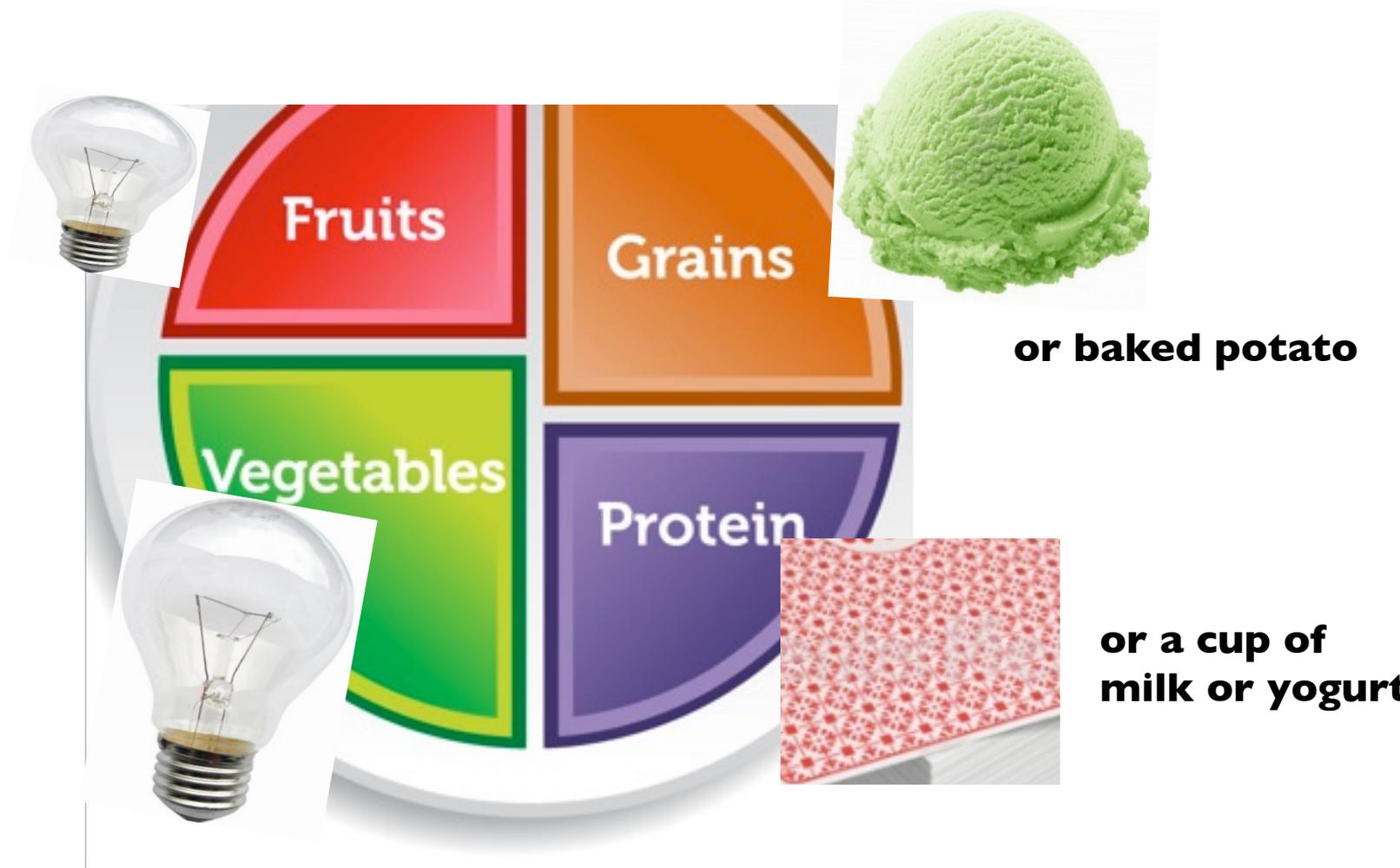


- Ice cream scoop=one serving of rice, cereal, potato, pasta



- Ping Pong Ball= 2 Tbs. = salad dressing, olive oil, peanut butter.

# PORTION DISTORTION SOLUTION



**or baked potato**

**or a cup of  
milk or yogurt**

**Ping  
Pong**

**1/2 ping pong ball of Oil or Peanut  
Butter**

# Portion Distortion

What you're served

What's one serving



1/2 lb. cheeseburger, French fries,  
3/4 cup ketchup, tomato slice and lettuce.  
**1,345 calories**  
**53 grams fat**



1/4 lb. cheeseburger, half the French fries,  
2 tablespoons ketchup, tomato slice and lettuce.  
**685 calories**  
**33 grams fat**

## DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.

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## Results of the Portion Distortion

Americans eat roughly **570** calories more per day than they did in the 1970s.

We're a generation of **constant eaters**.

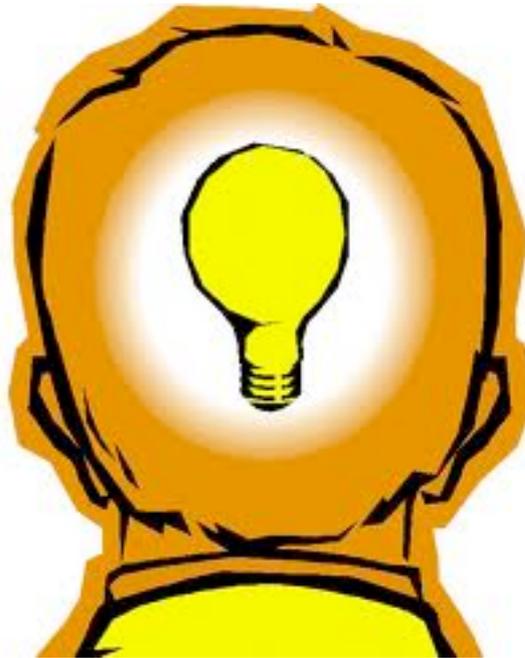
We're **no longer eating at a table with a knife and fork**.

Americans choose foods that are loaded with flavor and calories for **immediate gratification**, only to feel hungry again an hour or two later.

We have **increased the capacity** of our stomachs, which allows us to consume more food than we require.

The stomach is part muscle. We worked it out ( conditioned it ) to hold more.

It is one muscle that I want to see deconditioned.



# Staggering Stats

1. Americans eat 5 meals a week from restaurants.
2. 20% of meals are eaten in a car.
3. In 2000, Americans consumed an average of 57 more pounds of meat than in the 1950s.
4. 70 percent of Americans over 18 years old admit that they ate, "pretty much whatever they want."
5. Less than 1/3 of Americans eat more than 1 fruit per day.
6. 1 in 4 Americans consume fast food every day.
7. In 2000, Americans ate 52 teaspoonfuls of added sugar per day.
8. There are almost 50,000 fast food chain restaurants in the United States.
9. About 1/4 of Americans eat more than 2 vegetables per day.
10. Americans spend \$100 billion on fast food every year.
11. America's consumption of corn sweeteners (i.e. high fructose corn syrup) has increased 8x since the 1950s.

# NUTRITION KEYS FROM MY TALKs

- EAT MORE VEGGIES
- EAT LESS TRANS FATS
- EAT LESS SALT
- EAT LESS SUGAR
- EAT LESS CALORIES
- LIMIT ALCOHOL

# Eat Less Trans fats.

## **Eat Less Bad Fats Saturated Fats and Especially Trans Fats**

Consume less than **10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol**, and keep trans fatty acid consumption as low as possible.

**Saturated fats**, like those in meat, full-fat dairy products and some oils, raise your total cholesterol.

**Trans fats (hydrogenated fats)**, which are sometimes found in margarines and store bought cookies, crackers and cakes, are particularly bad for your cholesterol levels. Trans fats raise low-density lipoprotein (LDL), the "bad" cholesterol, and lower high-density lipoprotein (HDL), the "good" cholesterol.

# Eat Less Sodium.

## Why limit salt???

- **High Blood Pressure in 2005 caused one out of Six deaths.**
- **High Blood pressure boosts your risk of dying of a heart attack or stroke more than smoking, high cholesterol, obesity or any other risk factor.**
- **Excess salt is a major risk factor for high blood pressure.**
- Salt may damage your heart, kidneys, and other organs above the effect of blood pressure.
- **Cutting salt is the number one key to reducing blood pressure.**
- Nearly everyone gets high blood pressure at some point **(90 % of people do).**

# Eat Less Sugar.

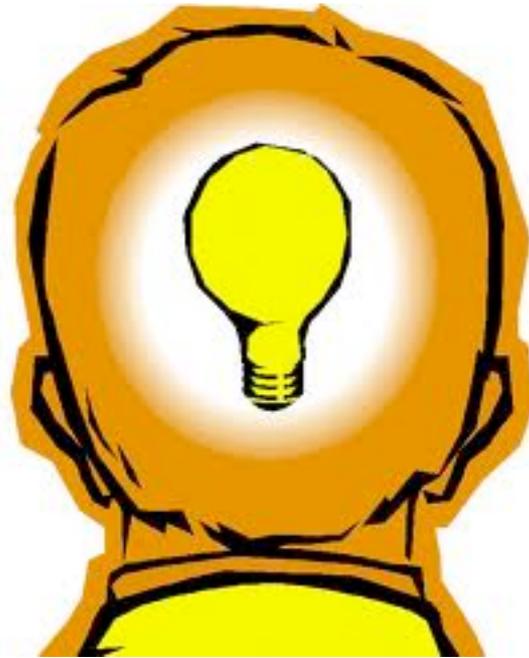
The American diet now has roughly **20 percent more** sugar than in 1970.

**The American Heart Association recommends**  
men limit added sugar to 36 g, or 9 tsp. or **150** calories, per day  
women limit added sugar to 24 g, or 6 tsp. or **100** calories, per day.

**The average American consumes 21 tsp., or 84 g, or 360 calories of sugar daily, far more than recommended.**

Three main problems

- 1) it adds calories to your diet
- 2) displaces other nutritious foods
- 3) association between added sugar intake and what we call dyslipidemia -- higher triglycerides and lower HDL ("good") cholesterol as well as visceral fat.



It is not all your fault

# SUMMARY

## My Plate

-Food Pyramid of the 1990s

High Carb/Lowfat Diet

People Gorged on Carbs/Reduced fat

## Portion Distortion

-Serving Sizes doubled from the 90s, people eat on average 140 pounds more food than in the 1970s and less veggies and fruit.

## Sugar

Introduction of additional Sugar and High Fructose Corn Syrup in the 80s and 90s; almost 20% more sugar than in the 1970s.

# HUNGER VERSUS APPETITE

- Hunger
  - Physical response to lack of food
    - Stomach growling, headache
    - Sluggishness, irritable
- Appetite
  - Psychological and emotional drive to eat
    - Boredom and stress eating
    - Social eating

# Nutrition When Out

Healthy choices when dining out

- Remember the healthy plate, use your hand as reference; if portion is bigger than your hand it may be too much.
- Typical restaurant meal is over 1000 calories; does not include salad or sides.
- Avoid fried foods
- Avoid Buffet eating
- Vegetables first (salad), then protein and grains
- Why do you need to have a roll or bread?

# GOOD NUTRITION & SUMMARY

- Avoid sugary drinks and juices
- Water 8 glasses/day
- Eat less processed foods to avoid high trans fats, sugar, and sodium
- Use a smaller plate and follow the *MyPlate* or *Healthy Plate*
- 1/2 Plate veggies/fruit with a little oil
- Maintain a food diary for 2 weeks
- Make a shopping list and stay to it
- Savor your food, eat slowly, be mindful
  - 4 bites of a food is satisfying

*A Chris Morin Adage.*

**Eat to Live.**

**Don't Live to Eat.**

*A Chris Morin Adage.*

Every Meal  
should not be a  
Party.

*A Chris Morin Adage.*

**Eat to Live.**

**Don't Live to Eat.**

*A Chris Morin Adage.*

**Food is not  
Amusement.**

**Food is  
Nourishment.**

*A Chris Morin Adage.*

**Health First.**

**Taste Second.**

*Not a Chris Morin Adage, but I like it.*

**Don't eat every  
meal like it is your  
last.**