

Managing and Maintaining Weight

Tina Shropshire FNP-C



Managing Your Weight

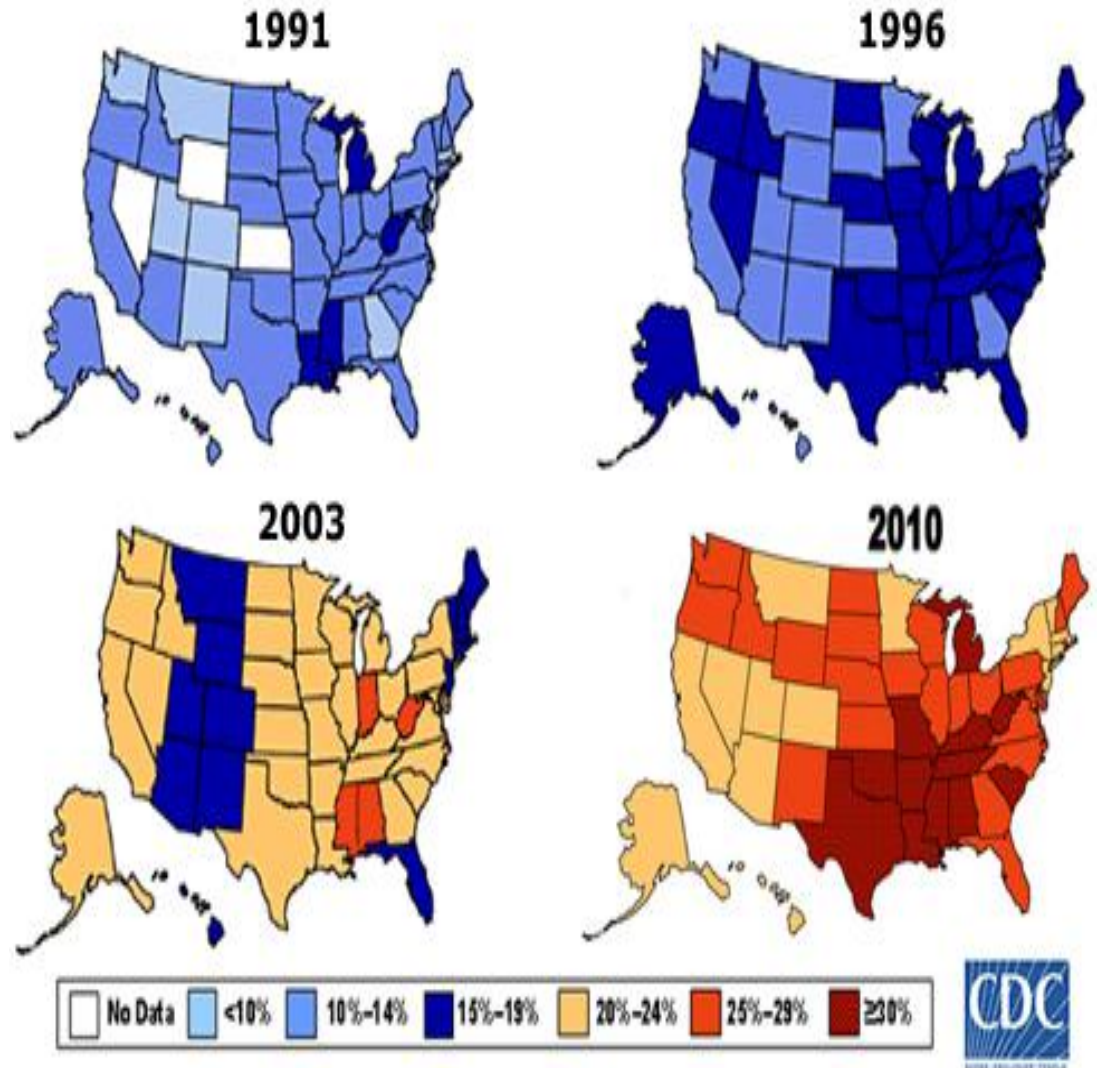
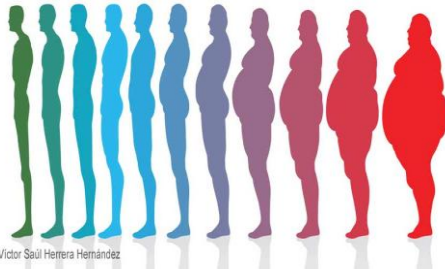


- 66 percent of Americans Are Overweight or Obese
- Associated Health Risks
 - Diabetes
 - Cardiovascular disease
 - Some cancers
 - Strokes
 - Gallstones
 - Sleep apnea
 - Osteoarthritis
- The estimated annual cost of obesity in the United States is \$152 billion in medical expenses and lost productivity.

- Obesity Trends In the USA

Obesity Trends

OBESITY IS NOW A GLOBAL EPIDEMIC!



What BMI's Look Like

Assessing Body Weight and Body Composition

A Healthy Weight Depends On:

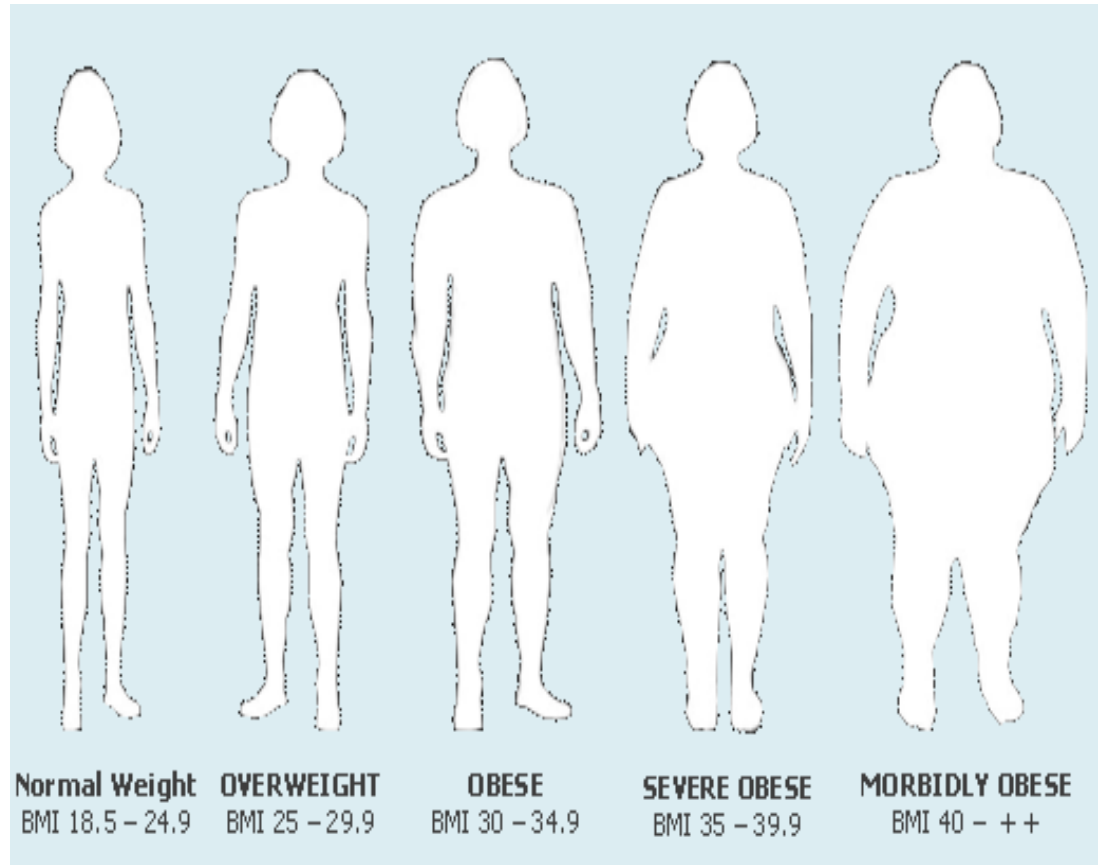
Body structure

Height

Weight distribution

Fat to lean tissue ratio

Muscle weighs more than fat, so muscular individuals might be overweight based on traditional height/weight charts.



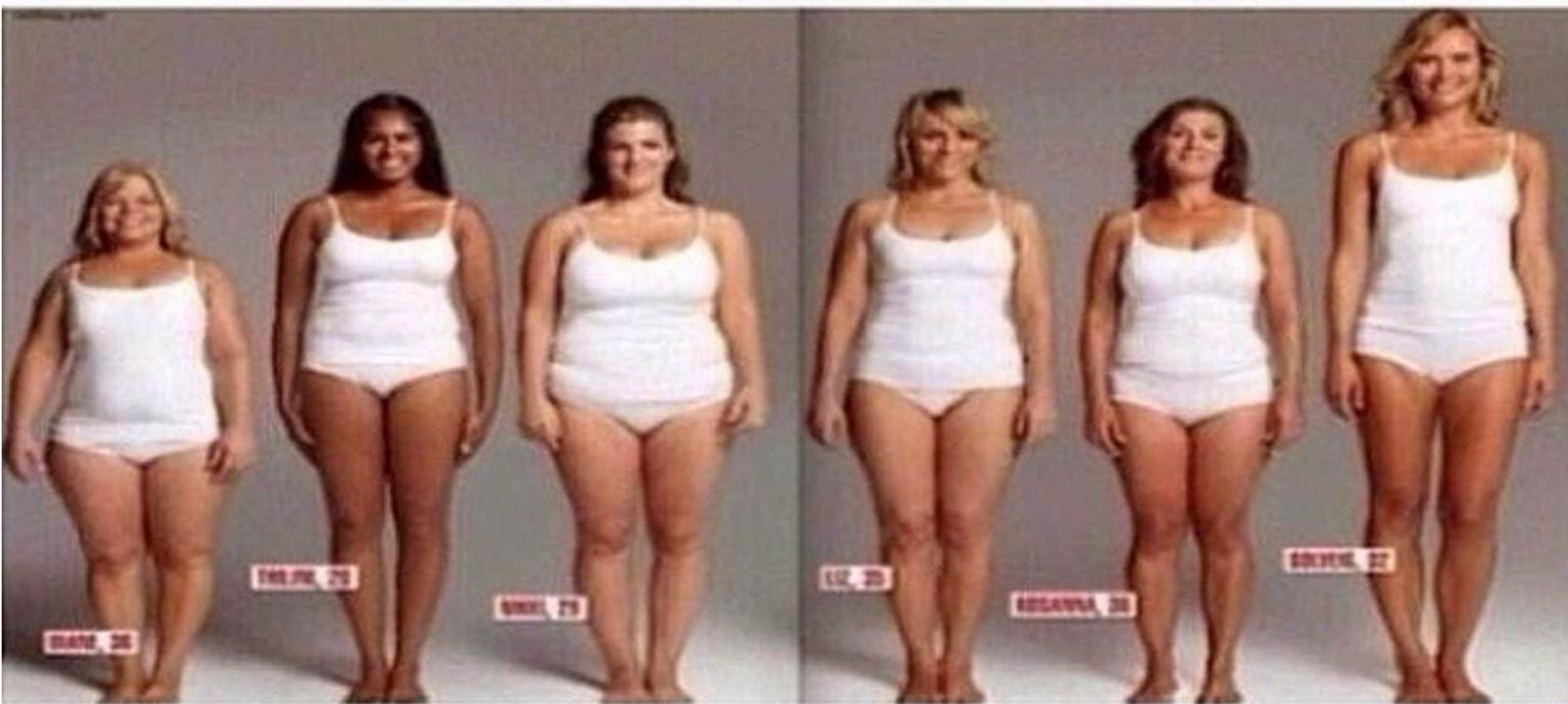
Overweight and Obesity

Overweight—having a body weight more than 10 percent above the healthy recommended levels; in an adult, having a BMI of 25 to 29

Obesity—a body weight more than 20 percent above healthy recommended levels; in an adult, having a BMI of 30 or more

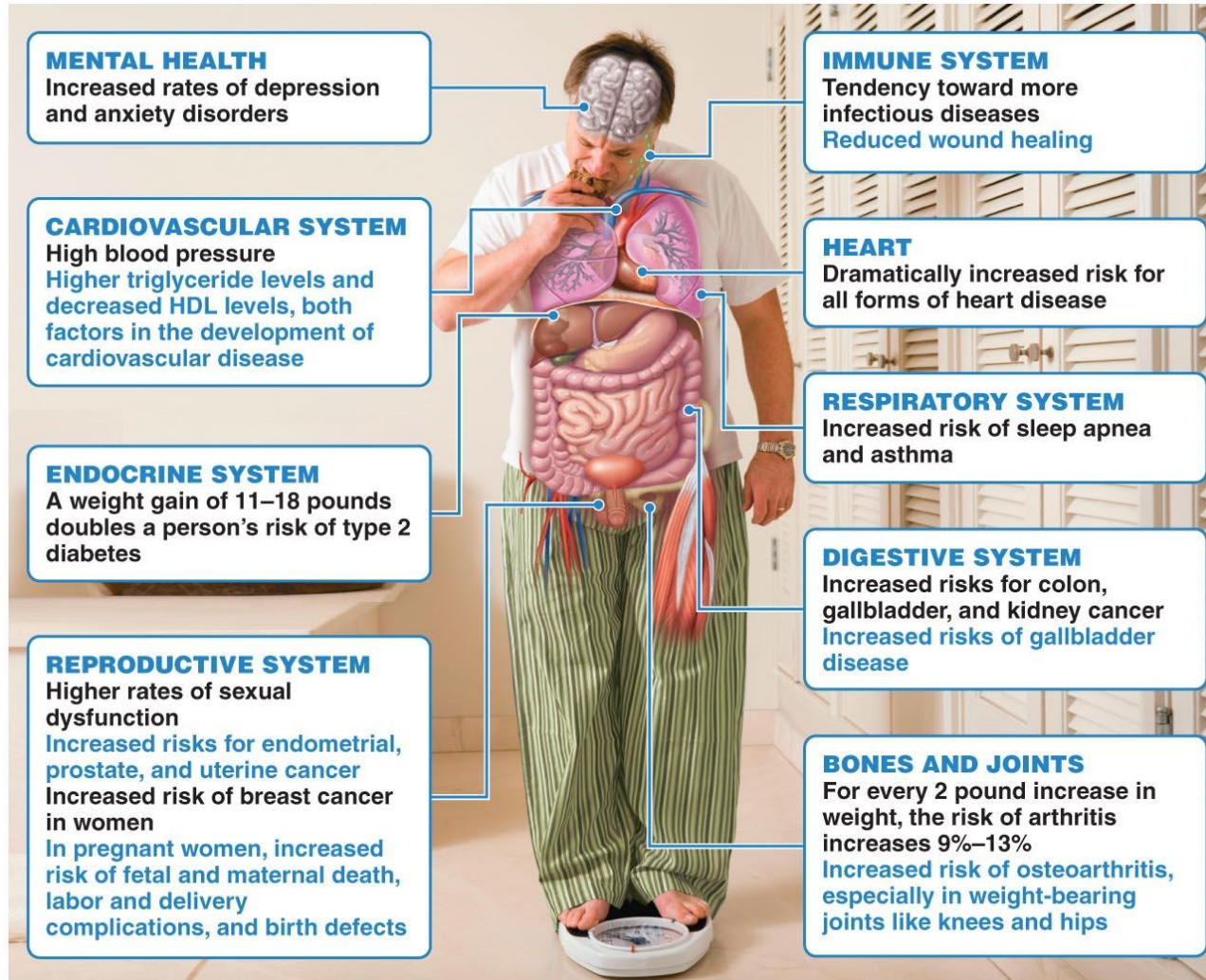
Morbid Obesity—having a body weight 100 percent or more above healthy recommended levels; in an adult, having a BMI of 40 or more

154LBS



ALL OF THESE WOMEN WEIGH THE SAME!

Health Risk Of Obesity



Body Fat Percentage Expectations

T A B L E 10.1

Body Fat Percentage Recommendations for Men and Women*

	Recommended	Overweight	Obese
Men	≤34 years old: 8%–22% 35–55 years old: 10%–25% >55 years old: 10%–25%	≤34 years old: 23%–25% >35 years old: 26%–28%	≤34 years old: >25% >35 years old: >28%
Women	≤34 years old: 20%–35% 35–55 years old: 23%–38% >55 years old: 25%–38%	≤34 years old: 36%–38% >35 years old: 39%–40%	≤34 years old: >38% >35 years old: >40%

*Assumes nonathletes. For athletes, recommended body fat is 5 to 15 percent for men and 12 to 22 percent for women. Please note that there are no agreed-upon national standards for recommended body fat percentage.

Source: American College of Sports Medicine, *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. 5th ed. (Baltimore, MD: Lippincott Williams & Wilkins, 2006). Copyright © 2006 ACSM. Reprinted by permission of Wolters/Kluwer.

Assessing Body Weight and Body Composition



How to Measure Body Fat %

- Body fat is composed of:
 - **Essential fat**—amount necessary for maintenance of life and reproductive functions, including:
 - » Insulation, cushion, nerve conduction, vitamin absorption, energy, and body temperature regulation
 - » Dropping body fat too low can compromise performance and normal bodily function, including amenorrhea for females
 - **Storage fat**—the nonessential fat that many of us try to shed

Weight Circumference and Ratio Measurements

Waist-to-hip ratio

Weight in abdominal region associated with more risk

Waist circumference greater than 40 in. for men and greater than 35 in. for women represents an increased risk of disease

Waist Measurement Chart Men (in feet and inches)			
Height	Ideal	Overweight	Obese
5'-6"	29"	33"-36"	>36"
5'-7"	31"	34"-37"	>37"
5'-8"	31.2"	35"-38"	>38"
5'-9"	31.7"	36"-39"	>39"
5'-10"	32"	37"-40"	>40"
5'-11"	32.6"	38"-41"	>41"
6'-0"	33.1"	39"-42"	>42"
6'-2"	34"	41"-44"	>44"
6'-4"	35"	43"-46"	>46"

Factors Affecting Weight Loss

- **Genetic and Physiological Factors**
 - Body type and genes
 - Metabolic rates
 - **Basal metabolic rate (BMR)**—the rate of energy expenditure by a body at complete rest in a neutral environment
 - A BMR for the average healthy adult is usually between 1,200 and 1,800 calories per day
- **Resting metabolic rate (RMR)** includes the BMR plus any additional energy expended through daily sedentary activities.
- **Exercise metabolic rate (EMR)** is the energy expenditure that occurs during exercise.



Factors that affect weight loss

- **Endocrine Influence: The Hungry Hormones**
 - A small percentage of the obese population has a thyroid problem and most experts agree weight problems can be traced to a metabolic or hormone imbalance.
 - **Hunger**—an inborn physiological response to nutritional needs
 - **Appetite**—a learned response to food that is tied to an emotional or psychological craving
 - **Satiety**—to feel satisfied, or full, when one has satisfied their nutritional needs and the stomach signals “no more”

Appetite Control Strategies

.



MyFitnessPal

If you're craving THIS...	Then Get more of THIS to stop your cravings...	And these healthy foods have THIS in it...
Chocolate	Magnesium	Raw nuts & seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, butts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Oily snacks & Fatty foods	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Sodas	calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Breads (Processed)	Nitrogen	High protein foods: fish, meat, nuts, beans
Pre-menstrual cravings	Zinc	Red meats, seafood, leafy vegetables, root vegetables
General Overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits & vegetables
Alcohol	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Coffee or tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peepers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea Salt, apple cider vinegar (on salad)
	Iron	Meat, fish & poultry, seaweed, greens, black cherries
	Green Tea	Promotes fat burning

Environmental factors on Weight

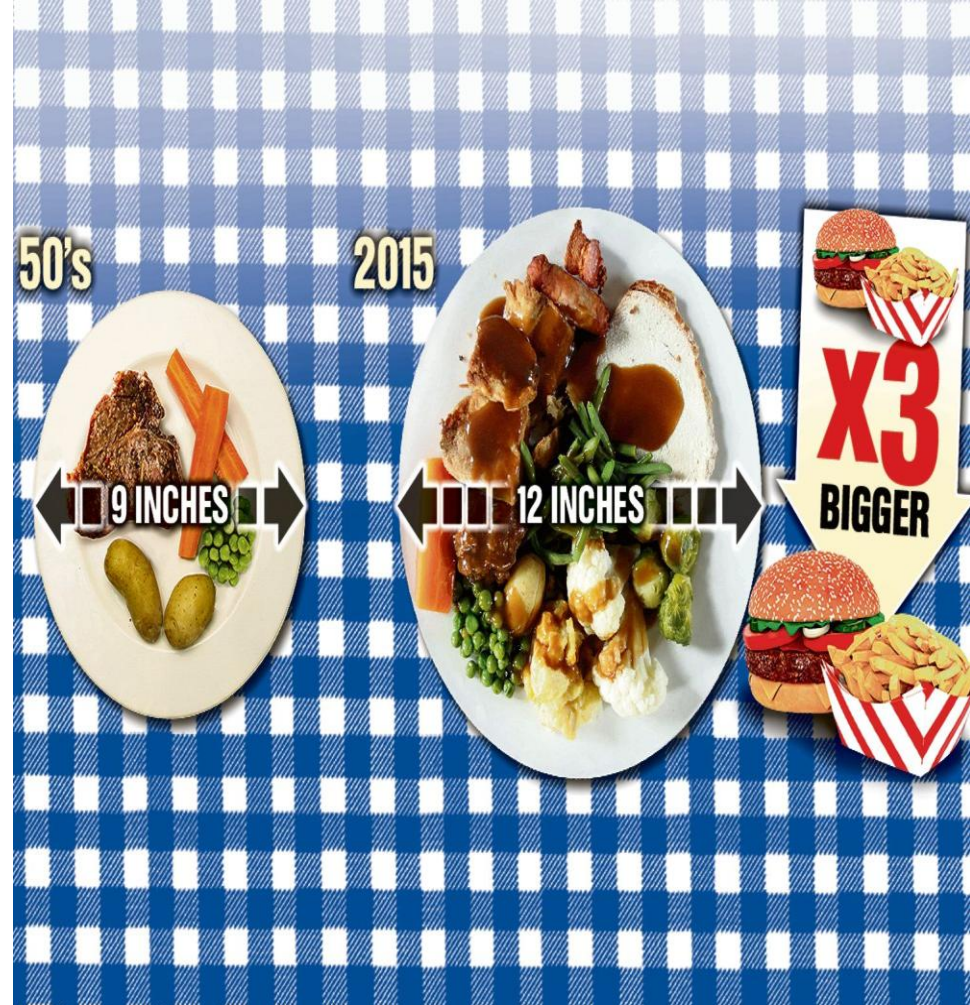
- **Environmental Factors**
 - Bombarded with advertising
 - Changes in working families
 - Bottle feeding in infants
 - Increase in sedentary lifestyle
 - Misleading food labels
 - Increased opportunities for eating

VERSUS TODAY

	20 YEARS AGO	TODAY
Turkey sandwich	320 calories 	820 calories 
Bagel	3-inch diameter 140 calories 	6-inch diameter 350 calories 
Cheeseburger	333 calories 	500 calories 
Soda	6½ ounces 85 calories 	20 ounces 250 calories 

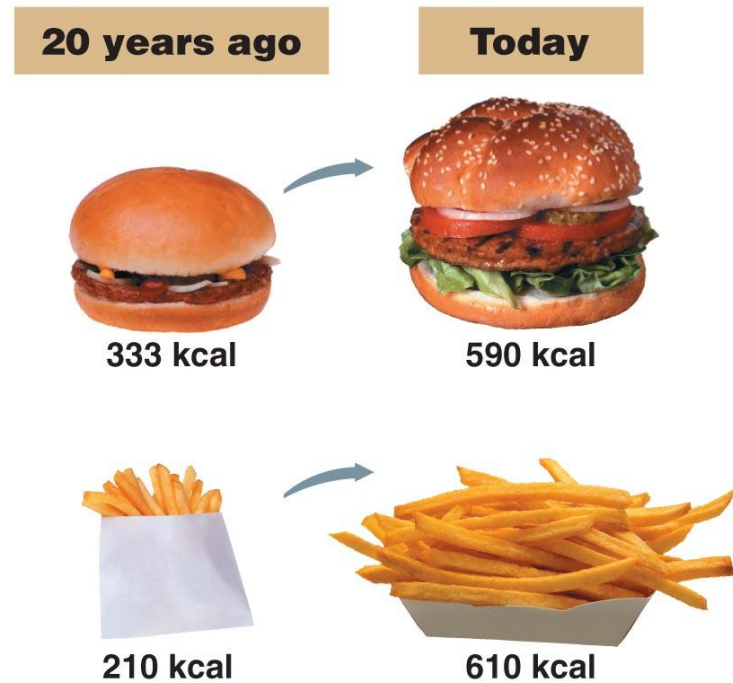
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Table 41-4. Portion Sizes: Yesterday Versus Today.



Factors Contributing to Overweight and Obesity

- **Early Sabotage: A Youthful Start on Obesity**
 - Vulnerable to food ads
 - Larger portions, junk food
 - Social factors
 - Decline of home cooking
 - Increased production of calorie laden fast foods
 - Internet
 - Video games
 - Over 17 percent of youth in United States are now overweight or obese.
 - Heavy adolescents generally become heavy adults.



Factors Contributing to Overweight and Obesity

- **Lifestyle Factors**

- Lack of physical activity

- Any form of activity that burns additional calories helps maintain weight
- Data from the National Health Interview Survey show that 4 out of 10 adults in the United States never engage in any exercise, sports, or physically active hobbies in their leisure time.



Managing Your Weight

- **Keeping Weight Control in Perspective**
 - Each person is different.
 - Weight loss is not simple.
 - Depression, stress, culture, and available foods can affect a person's ability to lose weight.
 - Set realistic goals.
 - Work out a maintainable lifestyle change.

Managing Your Weight

- **Understanding Calories**
 - Unit of measure of energy obtained from food
 - 1 pound of fat = 3,500 calories
- **Including Exercise**
 - Basal metabolic rate (BMR)
 - Resting metabolic rate (RMR)
 - Exercising metabolic rate (EMR)
- **The number of calories spent depends on:**
 - The amount of muscle mass moved
 - The amount of weight moved
 - The amount of time the activity takes

Managing Your Weight

- **Improving Your Eating Habits**
 - Evaluate what triggers your eating.
 - Seek assistance from the Myfitness Pal app.
 - Set goals.
 - Keep a detailed daily log of eating triggers.
 - Reward yourself when you lose pounds.
 - Avoid weight loss programs that promise quick, “miracle” results.

Avoid Trigger-Happy Eating

If your trigger is . . . then try this strategy . . .

A stressful situation

Acknowledge and address feelings of anxiety or stress, and develop stress management techniques to practice daily.

Feeling angry or upset

Analyze your emotions and look for a noneating activity to deal with them, such as taking a quick walk or calling a friend.

A certain time of day

Change your eating schedule to avoid skipping or delaying meals and overeating later; make a plan of what you'll eat ahead of time to avoid impulse or emotional eating.

Pressure from friends and family

Have a response ready to help you refuse food you do not want, or look for healthy alternatives you can eat instead when in social settings.

Being in an environment where food is available

Avoid the environment that causes you to want to eat: Sit far away from the food at meetings, take a different route to class to avoid passing the vending machines, shop from a list and only when you aren't hungry, arrange nonfood outings with your friends.

Feeling bored and tired

Identify the times when you feel low energy and fill them with activities other than eating, such as exercise breaks; cultivate a new interest or hobby that keeps your mind and hands busy.

The sight and smell of food

Stop buying high-calorie foods that tempt you to snack, or store them in an inconvenient place, out of sight; avoid walking past or sitting or standing near the table of tempting treats at a meeting, party, or other gathering.

Eating mindlessly or inattentively

Turn off all distractions, including phones, computers, television, and radio, and eat more slowly, savoring your food and putting your fork down between bites so you can become aware of when your hunger is satisfied.



Feeling deprived

Allow yourself to eat "indulgences" in moderation, so you won't crave them; focus on balancing your calorie input to calorie output.

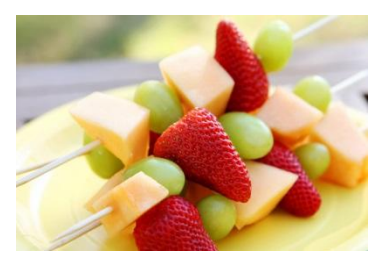
Eating out of habit

Establish a new routine to circumvent the old, such as taking a new route to class so you don't feel compelled to stop at your favorite fast-food restaurant on the way.

Watching television

Look for something else to occupy your hands and body while your mind is engaged with the screen: Ride an exercise bike, do stretching exercises, doodle on a pad of paper, or learn to knit.





Sensible Snacking Ideas

- Carrots
- Celery
- Apples
- Pears
- Oranges
- Green pepper sticks
- Avocado slices
- Grape tomatoes
- Cucumber slices
- Nuts and seeds
- Hot unsweet tea
- Black coffee
- **Water**
- Hard boiled eggs

Snacks to Avoid

- Candy bars
- Pretzels
- Chips
- Popcorn
- Donuts
- Bagels
- Cookies
- Cupcakes
- Muffins



- Crackers
- Pop (Even Diet pop)
- French fries
- Cereal
- Ice cream
- Most yogurt
- Fast food
- Pizza
- Other highly processed food

Snacks that are on the Fence

- Protein bars
- Fiber Bars
- Granola/Bars
- Yogurt
- Pita chips
- Veggie chips
- Fruit juice
- Peanut butter
- Parfaits
- Multigrain bread
- Pre-prepared salads
- Gluten free foods
- Sandwich wraps
- Fat free food
- Sports drinks

Healthy Eating Habits Vs Bad Eating Habits

Bad Habits

- Eating while distracted
- Strict all or nothing diets
- Expecting to lose weight yesterday
- Going to sleep on a full stomach
- **Drinking calories**
- Drinking diet pops and eating diet food
- Using food as a BFF/Crutch
- Not having a support system
- Eating out more than once a week
- Grocery shopping on an empty stomach
- Late night snacking
- Eating One big meal a day

Good Habits

- **Limit grains and processed sugar**
- Be very mindful of portion sizes
- Eat plenty of produce
- Grocery shop every 3 to 4 days for fresh products
- Drinking 64 ounces of water a day
- Eat smaller/more frequent meals
- No food 3 hours before going to bed
- **Eat whole food 1st! Make this the rule and not the exception**
- Get to know your food
- Eat your favorite bad food as the exception and not the rule

What is Gluten anyway?

- Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye.
- Gluten helps foods maintain their shape, acting as a *glue* that holds food together. Gluten can be found in many types of foods, even ones that would **not** be expected.



Gluten Containing products

Wheat & Barley

Wheat is commonly found in:

- breads
- baked goods
- soups
- pasta
- cereals
- sauces
- salad dressings

Barley is commonly found in:

- malt (malted barley flour, malted milk and milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar)
- food coloring
- soups
- beer
- Brewer's Yeast

Rye & Oats

Rye is commonly found in:
pumpernickel

- rye beer
- cereals

Oats – Must be gluten free to be considered truly gluten free

HIDDEN SOURCES OF GLUTEN

- Canned Soups
- Potato Chips
- Soy Sauce
- Meats (broth)
- Cosmetics
- Salad Dressing
- Cous Cous
- Candy
- Sauces
- Spices

CROSS-CONTAMINATION

- Double-dipping
- Cutting boards
- Deep Fryers
- Counter Tops
- Toasters
- Pots & Pans
- Colanders



Gluten Continued



How to read a label

1. Look Here First
2. Balance with Exercise
3. Limit These
4. Choose Carbs with Fiber
5. Look for These

Nutrition Facts	
Serving Size 1 cup Servings per container 4	
Amount Per Serving	
Calories 70	
% Daily Value*	
Total Fat 0.5g	
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	
Sodium 140mg	
Total Carbohydrate 13g	
Dietary Fiber 2g	
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories	2,000 2,500

Getting to know your Food

Nutrition Facts	
Serving Size 3 pieces (90g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	12%
Sugars 2g	
Protein 6g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 10%

Serving Size for this product is 3 pieces.

The number in parenthesis shows the **weight**. One serving weighs 90 grams when using a food scale.

There are 3 servings in the whole package.

One serving, which is 3 pieces of this product, provides 30 g of carbohydrate.

Dietary fiber is part of the total carbohydrates. Fiber does not digest so you can subtract the grams of fiber from the total carbohydrate grams.

The grams of sugar are already included in the total carbohydrate count. The natural sugars in milk and fruit, along with added sugars are all grouped together.

Eat Carbs WITH fiber

Common Carb Rich Food

- Popcorn=**21 grams** of carbs **per 1 ounce** and 3.6 grams of fiber
- Medium Potato= 37 grams of carbs per 1 and 4.6 grams of fiber
- Sweet Potato= 27 grams of carbs per 1 and 4 grams of fiber
- Donut=22 grams of carbs per 1 and 0.8 grams of fiber
- Bagel= ***48 grams of carbs per 1 and 4 grams of fiber***
- Yogurt= 6grams to 21 grams, read the label please!!
- Slice of bread= Usually 17 grams per slice and 3 grams of fiber, purchase whole grain high fiber!

Higher Fiber choices

- Pear=17 to 27 grams of carbs and 5 to 6 grams of fiber
- Split Peas=17 grams of fiber per 1 cup and 42 grams of carbs
- Raspberries=8.8 grams of fiber per 1 cup and 15 grams of carbs
- Black Beans=13 grams of carbs in ½ cup and 8 grams of fiber

Caloric Intake of Common Beverages

Pop & Energy Drinks (20 ounces)

Pepsi=250 Calories/69 carbs

Coke=240 Calories/65 carbs

**Mountain Dew=290 Calories/77
carbs**

Sprite=240 Calories/64 carbs

7 Up=250 Calories/65 carbs

Dr. Pepper=250 Calories/66 carbs

Red Bull=275 Calories/68 Carbs

Monster=265 Calories/ 81 Carbs



Milk/ Juice / Tea

- 8 ounces of whole milk=144 calories, 13 grams of carbs & 8 grams of total fat
- 8 ounces of 2% milk=122 calories, 11 grams of carbs & 4.8 grams of fat
- 8 ounces of low fat milk=108 calories, 11 grams of carbs & 3.14 grams of fat
- **20 ounces of 100% OJ=250 and 66 grams of carbs**
- 20 ounces of Sweet Tea=176 calories and 43 grams of carbs

What about Artificial Sweeteners?

- Here's how five FDA-approved artificial sweeteners measure up on the "sweetness scale," according to the Sugar Association:
- Acesulfame K, or ace K, is 200 times sweeter than sugar.
- Aspartame (marketed as **Equal** and **NutraSweet**) is 200 times sweeter than sugar.
- Neotame is about 40 times sweeter than aspartame, or 8,000 times sweeter than sugar.
- Saccharine (commonly sold as Sweet 'N Low) can be between 200 and 700 times sweeter than sugar.
- Sucralose (sold as Splenda) is 600 times sweeter than sugar.

What's worse Sugar or sugar substitutes

Sugar free **does NOT equal healthy**

Believe it or not, studies show that dieters using artificial sweeteners may in fact gain weight.

Using these facts, sugars confuses our bodies and leads to increased cravings for the real thing because certain hormones that signal satiety may not be triggered as they would if you had eaten real sugar.

While the negative effects of regular sugar will have a worse effect on your health (i.e. increasing blood sugar and risk for diabetes) than the risk of craving an extra piece of chocolate, the overall consensus is that any “sugars” have pros and cons.



Low-Calorie Sweeteners At a Glance

Sweetener	Date Approved	Sweeter Than Sugar	Brand Name(s)
Ace-K	1988	200x	Sunett ®, Sweet One ®
Advantame	2014	20,000x	n/a
Aspartame	1981	180x	NutraSweet ®, Equal ®, others
Neotame	2002	7,000x	n/a
Saccharin	Years prior to 1958	300x	Sweet 'N Low ®, Sweet Twin, Sugar Twin ®, others
Stevia Sweeteners	2008	200x	Truvia TM, PureVia TM, Sun Crystals ®
Sucralose	1998	600x	Splenda ®

Sources: Comprehensive Reviews in Food Science and Food Safety, 2006; Food and Chemical Toxicology, 2008, 2011

What is Saccharin



- Saccharin (Sweet & Low) is the oldest of the artificial sweeteners. It is not broken down by the body and is eliminated without providing any calories. Saccharin is heat stable, therefore making it suitable for cooking and baking.
- Bladder cancer warning label removed. Studies showed bladder cancer in rats and not in humans.



Splenda (Sucralose)

- SLENDA® Brand Sweetener, also known as sucralose, is a no-calorie sweetener that can be used as part of a healthy diet to reduce the calories and carbohydrate from sugar that you consume.
- It is made through a patented process that starts with sugar and converts it to a no-calorie, non-carbohydrate sweetener. The result is a very stable sweetener that tastes like sugar, but without its calories. After you eat SLENDA® Brand Sweetener, it passes through the body without being broken down for energy, so the body does not recognize it as a carbohydrate.

Splenda Products are NOT natural. It is a no calorie sweetener that is made from a process that starts with sugar. Although sucralose has a structure like sugar's and a sugar-like taste, it is not natural.

The FDA concludes that this is safe

What is Aspartame



- Aspartame consists of two amino acids (the building blocks of protein) – phenylalanine and aspartic acid
- **Is aspartame safe to consume?**
- Yes. The FDA has confirmed that aspartame is safe for the general population, including certain sub-populations like children, people with diabetes and women who are pregnant or nursing. The single exception is individuals with a rare hereditary condition called phenylketonuria (PKU).

Stevia



- Is a sweetener and sugar substitute extracted from the leaves of the plant species
- The legal status of stevia extracts as food additives and supplements varies from country to country. In the United States, stevia was banned in 1991 after early studies found that it might be carcinogenic; after additional studies, the FDA approved some specific glycoside extracts for use as food additives in 2008

Potential consequences of Artificial Sugars

- Weight gain
- Food cravings
- Gas, burping, belching
- Migraines
- Diarrhea
- Sugar craving
- High cholesterol
- Depression
- Memory Loss
- Seizures
- Insomnia
- Nausea
- Vomiting
- Visual changes
- Joint pain
- ?? Cancer
- There are also around 10,000 documented reports of aspartame side effects and over 900 published studies on the health hazards. And there's more you'd be thankful to know!



Thought we had a great sugar substitute, Now what?

- I say, when in doubt, throw it out!
- Try to stay as close to the earth as possible.
- Remember our natural beverage is **water!!!!!!!!!!!!!!!!!!!!**
- Zero calories/zero carbs



Apps that can help you stay on track

- My fitness Pal
- Fitbit
- Calorie Counter
- Go Clock
- Google fit
- Pedometer & weight loss coach



Free!



Free!



Free!



Speaking of a Fitbit

- How many steps should the average person take a day? **10,000 each and every day!**
- A reasonable goal is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Example: If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your goal week two is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Ways to improve your step count

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Better yet, walk to the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor
- Get outside to walk around the garden or do a little weeding
- Walking around the perimeter of the building on your lunch breaks.



Moral of the Story!

- EAT AS CLOSE TO THE EARTH AS POSSIBLE!!!
- Be active
- Drink water
- Get adequate sleep
- Set limits
- Train your appetite
- Get an accountability partner
- Follow the Fiber 😊



You've tried everything already?

- Please make an appointment so we can talk in detail and check your labs and vitals!
- You can schedule yourself online at www.mnpservices.com after all its free and **confidential!!**
- I will do everything in my power to help you maintain your weight loss goals :)

Questions, comments and concerns



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