

# A HEALTHY WEIGHT FOR LIFE



Brittany Jarrett  
*with* Lara Parrilla Kaltman, MPH, RD

---

Cornell Cooperative Extension Tompkins County

# LEARNING OBJECTIVES

- Get to know the hosts and a local nutrition resource.
- Understand the basic principles of a *healthy lifestyle*.
- Learn realistic strategies for putting ideas into action.
- Recognize the weaknesses of popular diet plans.
- Identify the resources that can inform your decisions.
- **CHOOSE THE BEST DIET FOR YOUR BODY & LIFE.**

# INTRODUCTIONS

**Brittany Jarrett**  
**Dietetic Intern**



**Lara Parrilla Kaltman**  
**MPH, RD**



# QUESTION

What does a **healthy lifestyle** mean to you?



# THE BASICS OF A HEALTHY LIFESTYLE

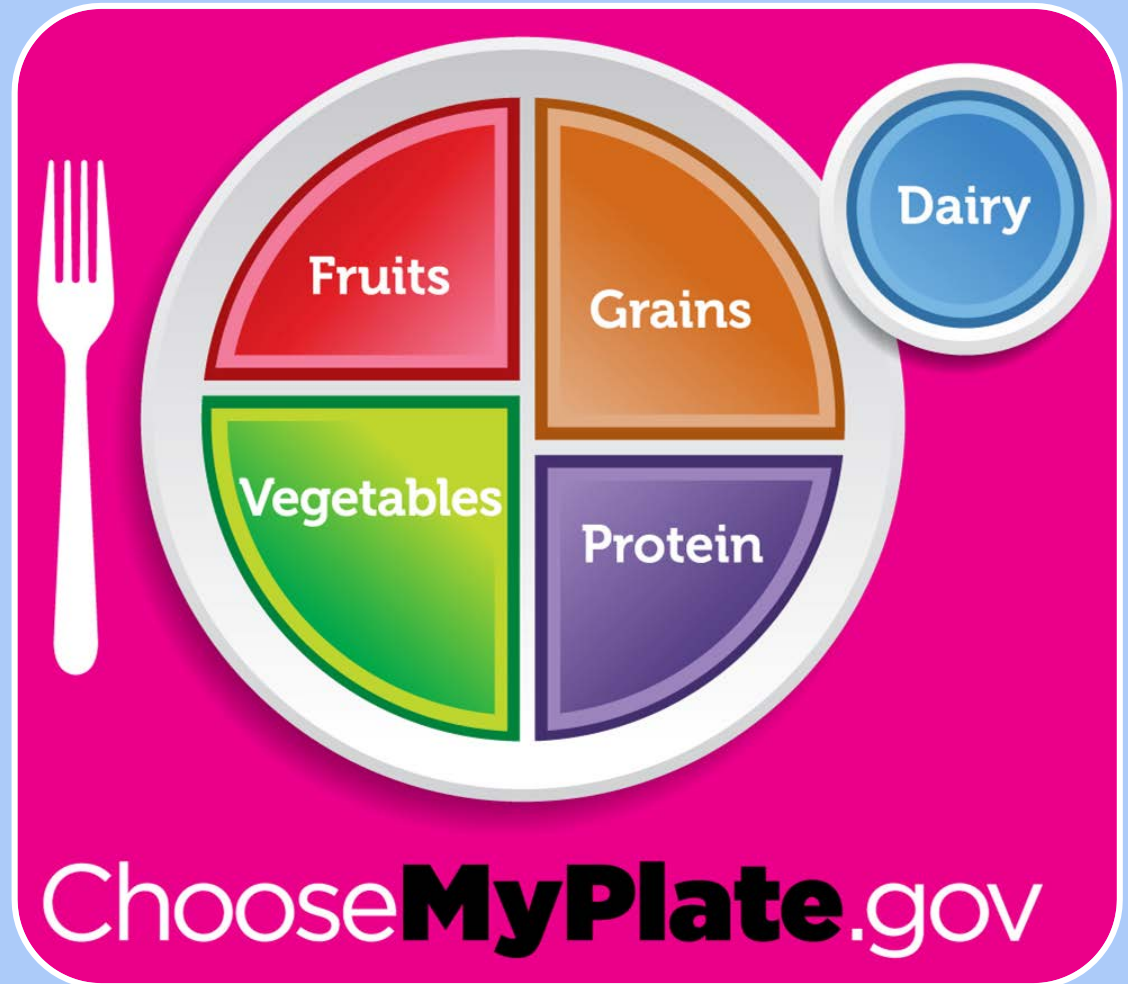
- Nutrition
  - Physical Activity
  - Weight Loss and/or Maintenance
- 
- Smoking Cessation
  - Stress Management



# NUTRITION

## THE BIG PICTURE

What foods are included in a healthy diet?



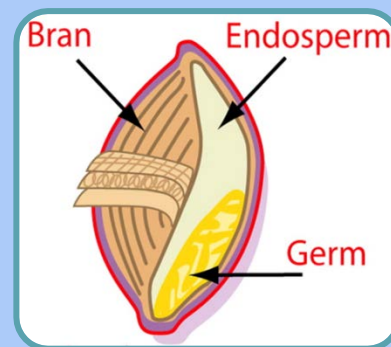
# NUTRITION

## BUILDING BLOCKS OF A HEALTHY DIET

Make  $\frac{1}{2}$  of your plate fruits and vegetables.



Make at least  $\frac{1}{2}$  of your grains whole grains.



# NUTRITION

## BUILDING BLOCKS OF A HEALTHY DIET

Go lean with protein.



Get your calcium-rich (low-fat) foods.





# NUTRITION

## BUILDING BLOCKS OF A HEALTHY DIET

Avoid empty calories, solid fats, and added sugars.

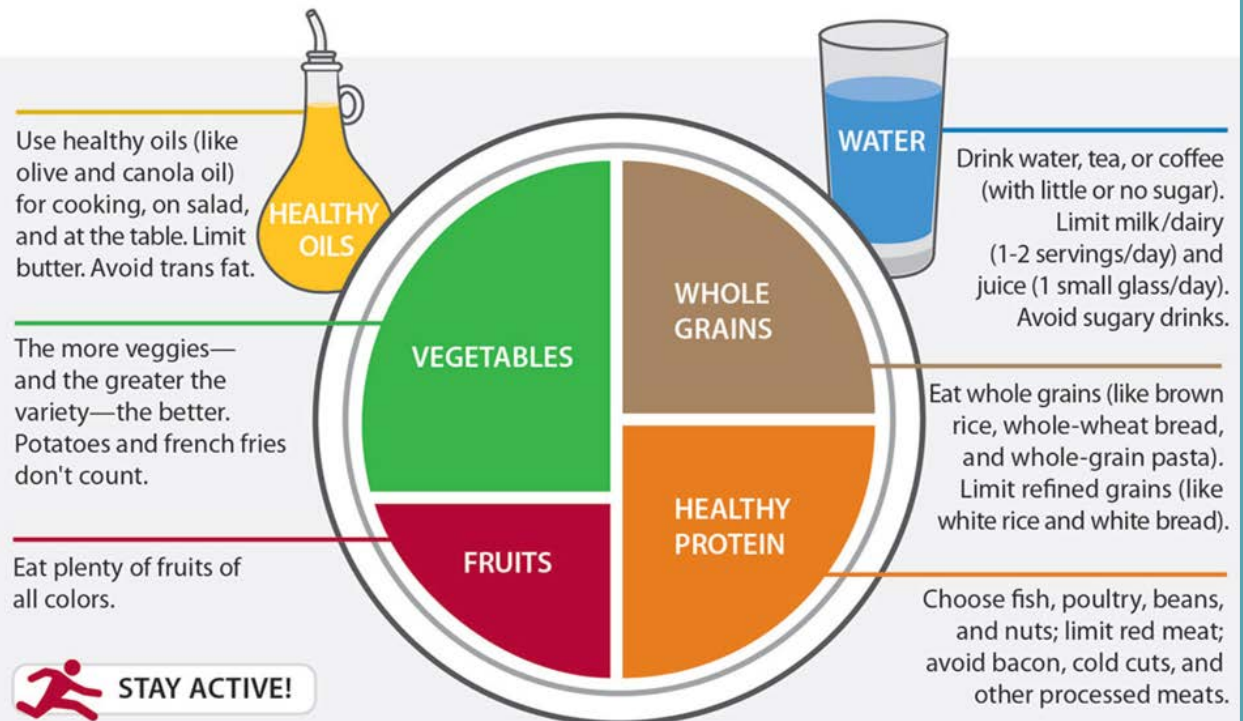


# NUTRITION

## THE BIG PICTURE

Another way  
to look at it...

### HEALTHY EATING PLATE



© Harvard University



Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



# NUTRITION

## THE BIG PICTURE

How much of these foods are included in a healthy diet?

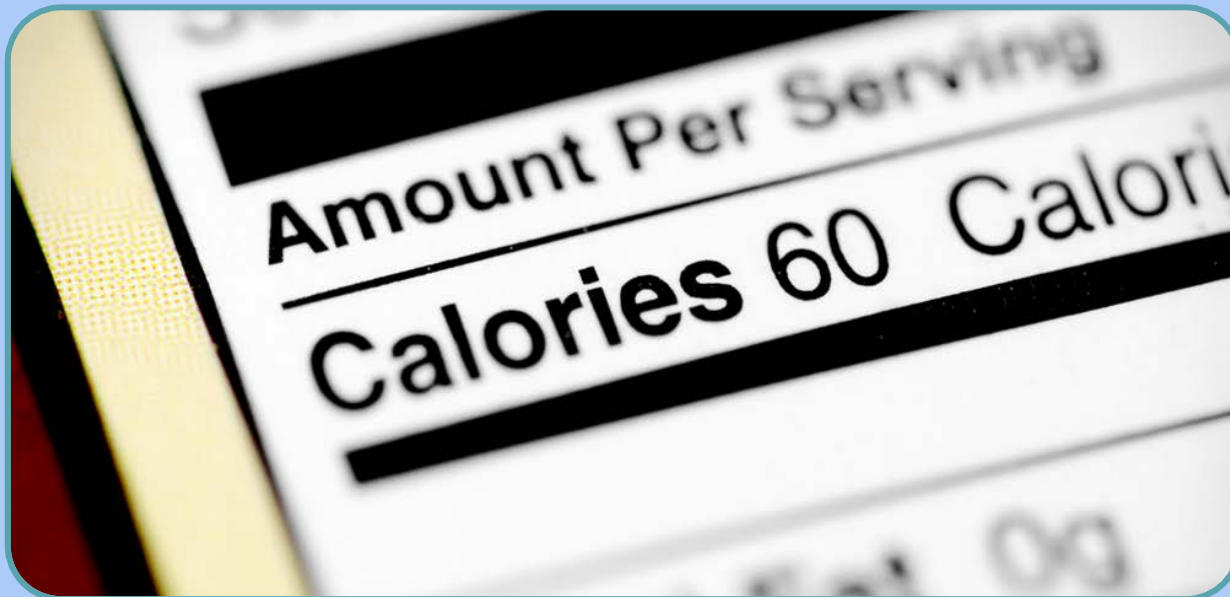
It's simple:

**Aim for balance.**



# WHAT IS A CALORIE?

- A calorie is a **unit of measure**.
  - Carbohydrates, fat, protein, and alcohol contain **energy (E)**.
  - Calories describe the amount of E provided by a food or drink.



# HOW MANY CALORIES SHOULD WE EAT TO MANAGE OUR WEIGHT?

- Depends on age, sex, height, weight, activity level
  - Daily Food Plan: <http://www.choosemyplate.gov/myplate/index.aspx>
- Requires **awareness**, rather than calculation
  - Food Labels
  - Food-a-Pedia: <https://www.supertracker.usda.gov/foodapedia.aspx>
- Considers MyPlate principles and key messages

# PHYSICAL ACTIVITY ITS IMPORTANCE

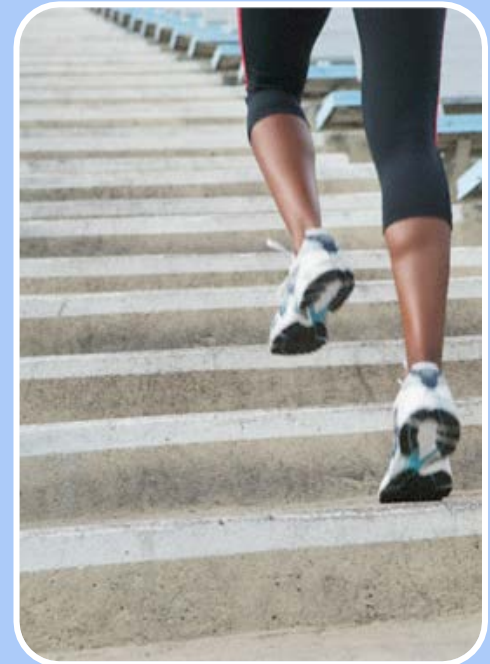
- Physical activity can help you:
  - Feel better about yourself.
  - Sleep well at night.
  - Move around more easily.
  - Have stronger muscles and bones.
  - Stay at or get to a healthy weight.
  - **Decrease your risk of obesity, heart disease, diabetes, cancer, and high blood pressure and cholesterol.**





# PHYSICAL ACTIVITY THE RECOMMENDATIONS

- Adults (18–64 years):
  - Be active >3 days per week for >10 minutes at a time.
  - Participate in aerobic activities for:
    - 2 hours and 30 minutes (moderate), or
    - 1 hour and 15 minutes (vigorous)
  - Participate in strength-training activities:
    - At least 2 days per week.



# PUT IDEAS INTO ACTION AT THE GROCERY STORE

Sample label for  
Macaroni & Cheese

**Nutrition Facts**

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**  
**Calories** 250      Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**1 Start Here** →

**2 Check Calories**

**3 Limit these Nutrients**

**4 Get Enough of these Nutrients**

**5 Footnote**

**6 Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High



# PUT IDEAS INTO ACTION IN THE KITCHEN

1 cup =  
baseball



1/2 cup =  
light bulb



1 oz. cheese =  
2 dice



1 oz. lunch meat =  
CD



3 oz. muffin =  
hockey puck



3 oz. meat =  
deck of cards



1 oz. or 2 T =  
golf ball



1 T =  
poker chip



Information courtesy of:

**WebMD**

# PUT IDEAS INTO ACTION AT HOME AND AT WORK

- Walk the dog.
- Clean the house, wash the car, or mow the lawn.
- Pace the sidelines while watching the kids play sports.
- Do stretches or exercises while watching TV.
- Park farther from work and walk the rest of the way.
- Replace a coffee break with a brisk 10-minute walk.
- Take the stairs instead of the elevator.




# QUESTION


Have you tried a new diet in the past year?



# TODAY'S POPULAR DIETS

Diet	Major Principle(s)	Compared to MyPlate...
<b>Atkins</b>	<ul style="list-style-type: none"><li>• High fat</li><li>• High protein</li><li>• Low carbohydrate</li></ul>	
<b>Dukan</b>	<ul style="list-style-type: none"><li>• Four low-calorie phases</li><li>• All high in protein</li></ul>	
<b>Mediterranean</b>	<ul style="list-style-type: none"><li>• Plant-based foods</li><li>• Healthy fats</li><li>• Low sodium</li></ul>	

# TODAY'S POPULAR DIETS

Diet	Major Principle(s)	Compared to MyPlate...
<b>Paleolithic</b>	<ul style="list-style-type: none"><li>• Includes fish, eggs, vegetables, fruit, nuts</li><li>• Excludes modern and processed foods</li></ul>	
<b>Raw</b>	<ul style="list-style-type: none"><li>• 75% fruits and vegetables</li><li>• Includes seaweed, sprouts, whole grains, beans, nuts</li></ul>	
<b>South Beach</b>	<ul style="list-style-type: none"><li>• Induction phase</li><li>• Healthy fats</li><li>• Low GI carbohydrates</li></ul>	

# THE PITFALLS OF EXTREME DIETS

“Lose weight without diet or exercise!”

Achieving a healthy weight takes hard work.



“Lose weight and always eat your favorite food!”

Losing weight requires careful food choices.

# THE PITFALLS OF EXTREME DIETS

“Lose weight permanently! Never diet again!”

Permanent weight loss requires permanent lifestyle changes.



“Just take a pill or use a patch or cream!”

There's no magic way to lose weight.

# THE PITFALLS OF EXTREME DIETS

“Lose 30 pounds in 1 week!”

Losing 1-2 pounds per week is safe and effective.

**“Drop 25 lbs  
in 2 Weeks!”**

“Everybody will lose weight!”

There is no one-size-fits-all diet or product.



# OUR MESSAGE

***“The total diet is the overall focus of healthy eating.”***

***All foods can fit within this pattern if consumed in moderation with appropriate portion size and combined with physical activity.”***

# CHOOSE THE BEST DIET FOR YOU

- Talk to your healthcare provider.



- Recognize that safe and effective programs will:
  - Focus on your overall health.
  - Encourage slow and steady goals.
  - Promote healthy behaviors for long-term weight control.
  - Include on-going feedback and support.

# CHOOSE THE BEST DIET FOR YOU

- Ask questions!
  - What does the weight loss program include?
  - What are the staff credentials?
  - Does the product or program carry any risks?
  - How much does the program cost?
  - What results do people in the program typically have?

?

?

?

?

# EXPLORE THE RESOURCES

## United States Department of Agriculture

<http://www.ChooseMyPlate.gov/>

<http://www.nutrition.gov/weight-management>



## Weight-Control Information Network

<http://win.niddk.nih.gov/publications/choosing.htm>



# ON A PIECE OF PAPER...

Jot down one new strategy you have to reach or maintain a healthy weight for you for life.



# THANK YOU!

## Questions??

Can't think of any now?

Ask Brittany after this webinar at:

<http://ccetompkins.org/nutrition/ask-dietetic-intern>

