A HEALTHY WEIGHT FOR LIFE

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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
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
What foods are included in a healthy diet?
NUTRITION
BUILDING BLOCKS OF A HEALTHY DIET

Make ½ of your plate fruits and vegetables.

Make at least ½ of your grains whole grains.
Go lean with protein.

Get your calcium-rich (low-fat) foods.
Avoid empty calories, solid fats, and added sugars.
Another way to look at it...

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.

Eat plenty of fruits of all colors.

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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 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.

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
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

- 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 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.
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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 cup (228g)</td>
</tr>
<tr>
<td>Servings Per Container 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 250</td>
<td>Calories from Fat 110</td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat 3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

Quick Guide to % DV

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

*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 55g | 60g
Saturated Fat | Less than 20g | 25g
Trans Fat | | |
Cholesterol | Less than 300mg | 300mg
Sodium | Less than 2,400mg | 2,400mg
Total Carbohydrate | 300g | 375g
Dietary Fiber | 25g | 30g

Footnote:

1. Start Here
2. Check Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
5. Footnote
## PUT IDEAS INTO ACTION IN THE KITCHEN

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>baseball</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>light bulb</td>
</tr>
<tr>
<td>1 oz. cheese</td>
<td>2 dice</td>
</tr>
<tr>
<td>1 oz. lunch meat</td>
<td>CD</td>
</tr>
<tr>
<td>3 oz. muffin</td>
<td>hockey puck</td>
</tr>
<tr>
<td>1 oz. or 2 T</td>
<td>golf ball</td>
</tr>
<tr>
<td>3 oz. meat</td>
<td>deck of cards</td>
</tr>
<tr>
<td>1 T</td>
<td>poker chip</td>
</tr>
</tbody>
</table>

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.
Have you tried a new diet in the past year?
## TODAY’S POPULAR DIETS

<table>
<thead>
<tr>
<th>Diet</th>
<th>Major Principle(s)</th>
<th>Compared to MyPlate…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atkins</td>
<td>• High fat&lt;br&gt;• High protein&lt;br&gt;• Low carbohydrate</td>
<td></td>
</tr>
<tr>
<td>Dukan</td>
<td>• Four low-calorie phases&lt;br&gt;• All high in protein</td>
<td></td>
</tr>
<tr>
<td>Mediterranean</td>
<td>• Plant-based foods&lt;br&gt;• Healthy fats&lt;br&gt;• Low sodium</td>
<td></td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Diet</th>
<th>Major Principle(s)</th>
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</thead>
<tbody>
<tr>
<td>Paleolithic</td>
<td>• Includes fish, eggs, vegetables, fruit, nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Excludes modern and processed foods</td>
<td></td>
</tr>
<tr>
<td>Raw</td>
<td>• 75% fruits and vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Includes seaweed, sprouts, whole grains, beans, nuts</td>
<td></td>
</tr>
<tr>
<td>South Beach</td>
<td>• Induction phase</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Healthy fats</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Low GI carbohydrates</td>
<td></td>
</tr>
</tbody>
</table>
“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.
“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.”
- 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

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