

# Healthy Eating for a Healthy Weight

**Ashley Harris -Fresh Food Fresh Perspective**

Columbus City Flash Series Seminar

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**“Eat food. Not too much. Mostly Plants.”**

-Michael Pollan, *In Defense of Food: an Eater's Manifesto*

## Age-adjusted Percentage of U.S. Adults Who Were Obese or Who Had Diagnosed Diabetes

### Obesity (BMI $\geq 30$ kg/m<sup>2</sup>)

1994



2000



2009



### Diabetes

1994



2000



2009



CDC's Division of Diabetes Translation. National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



# Keys to healthy eating for weight loss

- What you eat
  - 1. Choose less calorie dense foods
  - 2. Pair complex carbohydrates with healthy proteins
- How much you eat
  - 3. DON'T supersize me – know your portions
- When you eat
  - 4. Have breakfast & a meal/snack every 3-4 hours
- How you eat
  - 5. Avoid mindless eating

# What you eat...



**1. Choose less calorie dense foods**

## Less calorie dense foods

- Vegetables
- Fruits
- Whole grains
- Lean proteins



# Limit foods and drinks that promote weight gain

- “Energy Dense” Foods:

- High sugar drinks (soda, juice)
- Fast foods (burgers, fries, etc.)
- Fried foods, high fat foods
- Refined/processed foods



- Candy, sweets, cookies, donuts, etc.



# Feel full with fewer calories!



1575 Kcal  
High Energy Density



1575 Kcal  
Low Energy Density

## A little goes a long way...

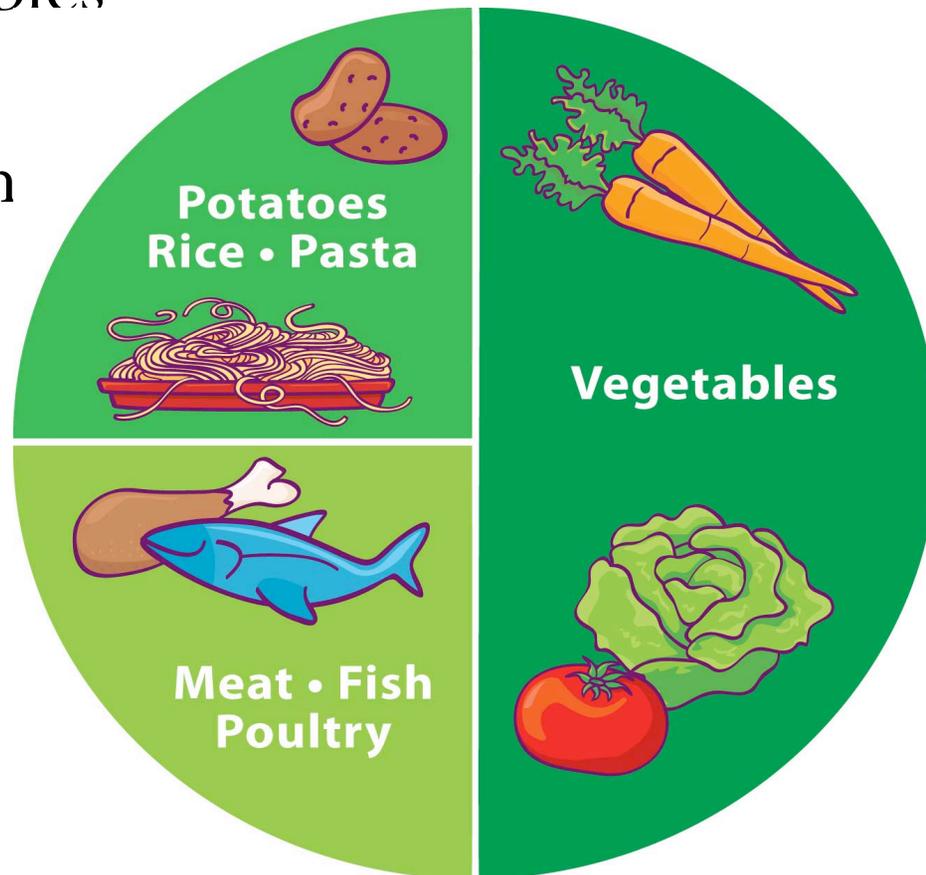
- 100 calories less per day =

10 pounds weight loss per year

100 pound weight loss over 10 years!

# Build a Balanced Plate

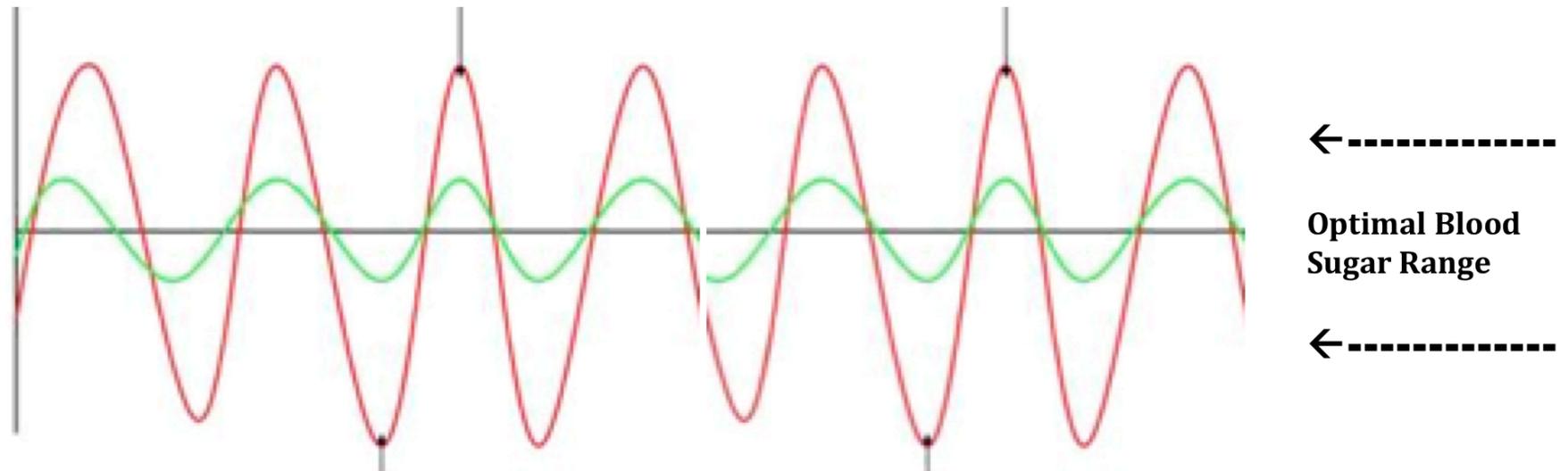
- $\frac{1}{2}$  plate vegetables
- $\frac{1}{4}$  plate starch
- $\frac{1}{4}$  plate protein



- \*vegetables =  $\frac{1}{3}$  calories of starch/proteins!

**2. Pair complex carbohydrates with  
healthy proteins**

## Blood Sugar



Low blood sugar

— = simple carbohydrates and large meals

— = complex carbohydrates in small meals

\*Drops in blood sugar cause us to feel hungry and crave more carbs

# Carbohydrates

## Simple Carbs- choose LESS often

- “Whites” (white bread, white rice, white pasta, regular crackers)
- White potatoes
- Soda, Juice
- Candy, Sweets
- Sugar, Honey, Jelly, Jam



## Complex Carbs– choose MORE often

- Whole wheat/whole grain bread
- Brown rice, Whole wheat pasta
- Whole grain crackers
- Starchy vegetables (sweet potato, winter squash, corn, peas)
- Whole fruits
- Other whole grains (oats, quinoa, bran, bulger, etc)



# Healthy Proteins

\*adding protein further stabilizes blood sugar

- Lean meat/poultry, fish (3 oz)
- Cheese (1 oz/1 slice)
- Cottage cheese (1/2 cup)
- Eggs, egg whites (1 egg, 2 egg whites)
- Greek yogurt (6 oz)
- Beans (black, kidney, lentils, etc) (1/2 cup)
- Hummus (1/4 cup)
- Nut butters (peanut butter, almond butter) (2 Tbs)
- Seeds, Nuts (1/4 cup)



# Balanced Snack Ideas

2 small clementines (C)	+	1 handful mixed nuts (P)
½ cup pineapple (C)	+	1 cup 2% cottage cheese (P)
1 apple (C)	+	2 Tbs peanut butter (P)
¼ cup granola (C)	+	1 cup Greek yogurt (P)
15 whole grain chips (C)	+	¼ cup hummus (P)
2 graham crackers (C)	+	2 Tbs peanut butter (P)
6 whole grain crackers (C)	+	1 slice 2% cheese (P)
½ cup berries (C)	+	1 cup Greek yogurt (P)
1 banana (C)	+	20 almonds (P)
1 slice whole grain toast (C)	+	1 hard boiled egg (P)
1 pear (C)	+	1 string cheese (P)

# How much you eat...



[www.bongonews.com](http://www.bongonews.com)

**3. DON'T supersize me – know  
your portions**

# Then vs. Now

## Movie Popcorn



Twenty Years Ago  
5 cups  
270 calories



Today  
Tub  
630 calories

## Cheeseburgers



Twenty years ago  
333 calories



Today's Burger  
590 calories

## Bagel



Twenty Years Ago  
3-inch diameter  
140 calories



Today—Noah's Plain Bagel  
5-6-inch diameter  
350 calories

# Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.

**1,345 calories**

**53 grams fat**

What's one serving



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.

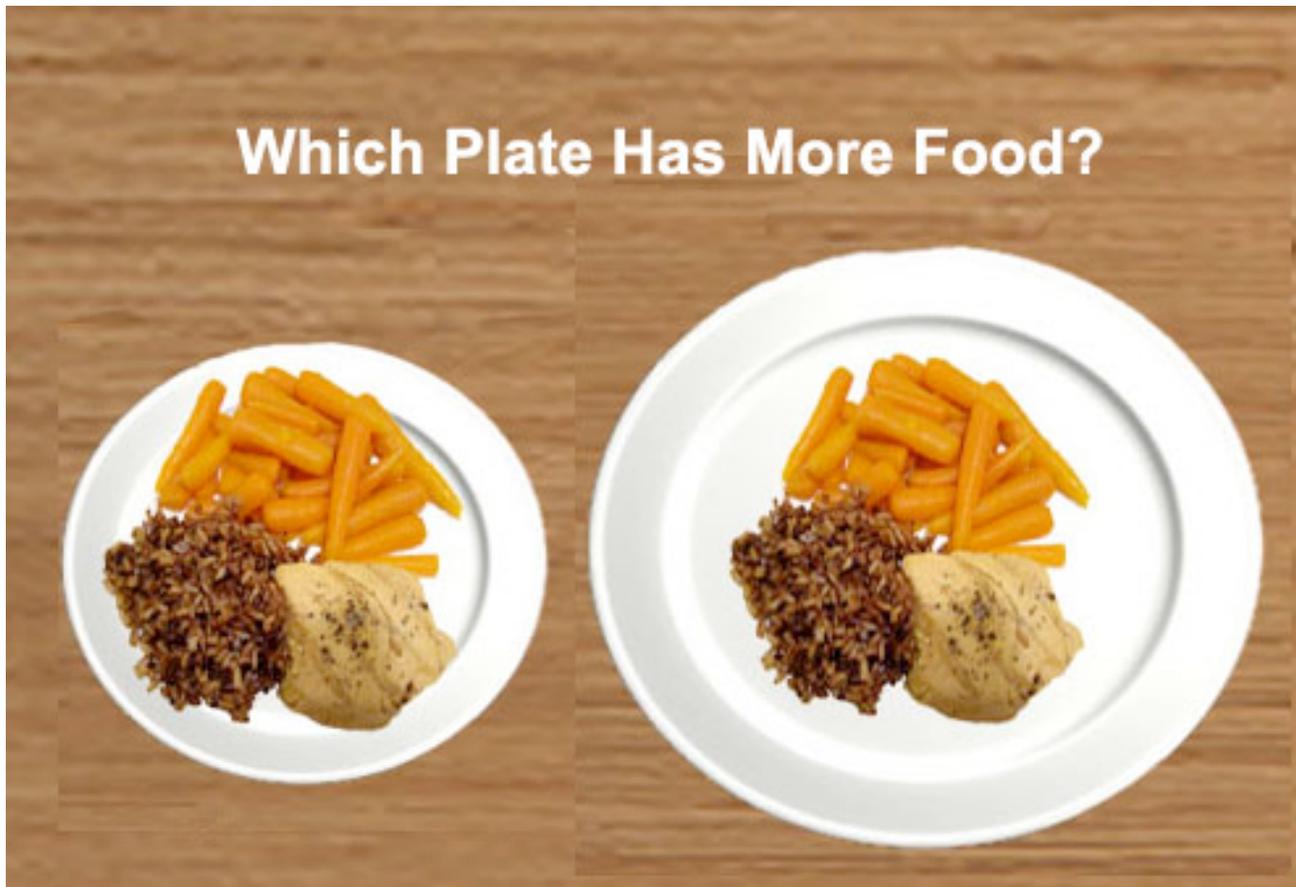


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Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

## Size matters.....



**When you eat...**



4. Have breakfast & a meal/snack  
every 3-4 hours

# Benefits of frequent meals/snacks

- Need to keep throwing logs on metabolism fire to keep it burning!
- Prevents over eating after skipped meals
  - Having breakfast raises metabolism by 15% for the day!



# How you eat...



## 5. Avoid mindless eating

# Mindless/Mindful Eating

- Many subtle clues and unconscious thoughts influence our eating
- Eating while doing another activity = more calories consumed, less satisfaction
- Best predictor of weight loss success is frequency of tracking food intake
  - Results of National Weight Registry studies
  - Looking at people who lost 60+ pounds and kept it off for 5+ years

# Putting it all together...

- Start every day with breakfast
  - Include healthy protein
- Have a meal/snack every 3-4 hours
  - Include healthy protein with each meal/snack
- At meals follow balanced plate
  - $\frac{1}{2}$  plate veggies
  - $\frac{1}{4}$  plate starch
  - $\frac{1}{4}$  plate protein
- Eat meals/snacks on small plates
- Measure out portions
  - Even when eating out!
- Practice mindful eating
  - Keep log of intake to track calories & be accountable

Questions??

THANK YOU!!

