

A Plan for Healthy Eating

Presented by
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Questions from last week?

Omega Fatty Acids

- > There are three kinds – omega-3, omega-6, omega-9
- > Desirable ration of 6s to 32 is no more than 4:1
- > Your body can make 9s, so no need to worry

Potassium

Best sources of potassium are not bananas, as is commonly thought, but avocados, beans, sweet potatoes, watermelon, spinach, kale, & other leafy green veg

A great source for information on micronutrient values is the web site of the Center for Science in the Public Interest

Why am I fatter than I want to be?

- Insulin resistance
- Leptin resistance

These conditions are largely created by prolonged overweight and an excessive processed food intake. Remember the difference between “portion” and “serving.”

Good News

A 3-5% weight loss brings huge benefits:
a 10% loss cuts health risks in half. Insulin and leptin resistance are reduced by weight loss.

- Small changes are effective in reaching this goal
- Taste buds can be retrained
- Exercise can offset the lowered BMR

Small Changes Are Effective

- What's a small change?
 - A single change (one at a time)
 - Something not painful or depriving; something your metabolism won't notice
 - Something that can be default / automatic
- How long to make a small change permanent?
 - 21-90 days
 - Relapse strategy must be in place

Examples of Small Changes

- Espresso instead of latte; taking coffee black
- Eating a piece of fruit instead of drinking juice
- Switching to a smaller wineglass
- Substituting Laughing Cow light Swiss cheese wedges for butter
- Parking further away from your destination
- Walking around the block after dinner

Role of Affirmations

- A positive statement about yourself
- Strengthens self-efficacy
- Helps prevent/control ANTS (automatic negative thoughts)
- Example: I don't eat frozen french fries.

Taste Buds Can Be Retrained

- Retraining requires effort and time (>30 days)
- Flavor management* can control appetite via sensory satiety (e.g., an all spinach day)
- Goals:
 - Our skill at identifying calorie density is changed into skill in identifying nutritional value
 - We satisfy our desire for genuine flavor, not chemically produced flavor (IFF)

* See David Katz, *The Flavor Point Diet*; Mark Schatzker, *The Dorito Effect*

Digression: Why European Food Tastes Better

- Concept of “gout de terroir”
- “Quality schemes” offer legal protection – AOC, DOC, PDO, GI, PDI, TSG



Scotch whiskey



Kalamata olive oil

Key Ideas for Palate Retraining

- Taper off added sugar, salt, etc.
- Even persisting with one bite will eventually overcome distaste for something
- Mix new foods with old, liked foods
- Kill the sulfur smell of cruciferous veg – cook “au blanc”
- Play mellow music during meals, and plate up attractively

Specific Examples

- Flavor your water
- Use spice blends instead of salt
- Try a finishing salt instead of salting during cooking
- Drink “shrubs” instead of cocktails
- Try lemon juice and zest on salad instead of ranch or other sugar-filled dressings

Exercise Can Offset Lowered BMR

- 10,000 steps
- Complementary forms of exercise: strength, cardio, flexibility
- 30 daily minutes – non-consecutive – is enough
- Evidence for post-prandial effectiveness

Find What Motivates YOU

- Weight loss challenges – Healthy Wager
- New clothes – hang 'em where you can see 'em
- Health indices – cholesterol figures, blood pressure, blood sugar.....
- Social support

Having said all this, what's the accepted view of "healthy eating"?

[T]here is no one-size-fits-all...one can combine foods in a variety of flexible ways to achieve healthy dietary patterns, which can be adapted to meet individual health needs, food preferences, and cultural traditions...

a healthy diet typically includes:

Higher amounts of fruits, vegetables, whole grains, legumes, and nuts;

Lower amounts of refined grains and red/processed meats;

Low consumption of added sugar, especially sugar-sweetened beverages;

Reduced intake of sodium; and

Portion control and balancing caloric intake with physical activity to manage weight.

Dr. Frank Hu, Ancel Keys Memorial Lecture,
AHA Meeting 2018

Govt Responsibility for Making Weight Management Easier

There is also increasing consensus that unhealthy food environments can play a large role in shaping individuals' food choices. Therefore, *population-based strategies*, such as public policies, are needed to improve the food environment by *making healthy and sustainable choices the easy, affordable, and default options.*

Dr. Frank Hu

Criteria for Healthy Eating Plan

1. Sustainable (personally & environmentally)
2. Palatable/satisfying
3. Culturally/socially acceptable
4. Affordable
5. Automatic – minimal decisions
6. Convenient

1. *Environmentally sustainable?*

- Much of the world's population is inadequately nourished: more than 820M people have insufficient food or consume low-quality diets that cause micronutrient deficiencies, obesity, and “lifestyle” diseases (CHD, stroke, diabetes)
- Many environmental systems and processes are pushed beyond safe boundaries by current food production systems: global transformation of the food system is urgently needed

*Does this mean I have to be a locavore?
Eat only things in season? Live on
rutabagas?*

- No; most of the energy in food is used during production, not transport (cf. comparative advantage)
- Minimal processing – e.g., freezing – means you can eat out of season (both taste and \$\$)
- Going plant-based doesn't mean you can't have meat/fish – cf. flexitarian diet

2. Palatable

How can I satisfy a palate used to
“hyperpalatability” ?

- Monotony is your friend; sensory satiety
- Tastebuds need to be retrained
- Grow your own
- Raw and crisp-tender preparation

3. Socially/culturally acceptable

- Social eating critically important in weight management – cf. Keys “Seven Country” study
- Retrain your tastebuds within your cultural norms – different cuisines feature different characteristic flavours
- Deal with friendly saboteurs

Friendly Saboteurs

- Who are they? *Family*, friends, event hosts....
- “Just a taste,” “one won't hurt,” “You must try”
- Their cooperation is important
 - Keeping **trigger** food out of the house
 - Avoiding the need to cook two different meals
 - Providing psychological support
- If all else fails, control their access to you

4. *Affordable*

- Shelf life and sell-by dates
- Cheap – expensive equivalents
- Seasonality
- Substitutions
- Avoiding food waste

5. *Automatic – Minimal Decisions*

- Heuristic vs. systematic thinking (e.g., meatless Monday, fish Friday)
- Brian Wansink and the Cornell Brand Lab (mindless eating – environmental control)
- “Seafood diet” - see food, eat it

6. *Convenient*

- Make intelligent use of prepared foods
- Keep pantry staples on hand
- Keep nutritious, low calorie foods visible – hide the offenders

The Plan

1. acquire the necessary knowledge of added sugars, dangerous additives
2. retrain your taste buds to prefer minimally processed foods
3. control your environment
4. make a friend of “sensory satiety”
5. fast intermittently
6. gradually add strength, cardio, and flexibility training

How do you implement the plan?

Three complementary approaches:

1. Wansink – control your environment
2. Rolls – take volume, flavour, & satiety into account
3. Seligman – center your life around satisfying, non-food activity – Be Happy

Examples

1. Environmental control: opaque containers for “problem” foods
2. Volumetrics: ants on a log, not peanut butter by the spoonful
3. Happiness: fill the times of maximum temptation with errands or fun stuff so you don't miss snacking

The Two-rule Version: Simplest Plan of All

- No white stuff – no white flour, no white sugar, no white rice, no white potatoes (replace with sweet)
- Follow the 6/18 intermittent fasting regime

Intermittent Fasting

- The theory: Insulin resistance and obesity
- The practice:
 - 6/18
 - Two days on 400 calories (women), 500 calories (men)
 - Two days water fast
 - The two fast days may be non-consecutive
- Does it work?

How to sum it all up?

“Eat food. Mostly plants. Not too much.”
- Michael Pollan

Appendices

Ideal Weight, BMI, and BMR

Ideal weight:

* women: 100# for first 5', 5# per inch thereafter

* men: 106# for first 5', 6# per inch thereafter

BMI: <https://tinyurl.com/#>

BMR:

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

THE CRACKER TEST

To find out if you fall into the Full, Moderate, or Restricted carb category, you will need an unsalted cracker and a way of timing yourself.

1. Take a good bite of the cracker, start chewing, but *don't swallow*. Pay close attention to the taste: We are looking for the first sign of sweetness. It may start immediately, and may be subtle.
2. As soon as you notice any hint of sweetness, note the time. If you reach 30 seconds without experiencing a change, stop chewing.
3. Rinse your mouth thoroughly, repeat the test, and average your times.

0-14 seconds - Full carb type: You're genetically predisposed to break down carbs. You can have up to 50 per cent of your calories from carbs, while 20 per cent should come from protein and 30 per cent from fat.

15-20 seconds - Moderate carb type: Ideally you should have no more than 35 per cent of your calories from carbs while an equal amount should come from fats and 30 per cent from protein.

30 seconds or more - Restricted carb type: No more than 25 per cent of your calories should come from carbs as your body finds them hard to break down. You should opt for a higher fat diet for 40 per cent of your calorie intake, while 35 per cent should come from protein.

Best Health Newsletter

**Center for Science in the Public Interest: cspi.net.
Nutrition Action Healthletter, \$45 per year**

What does CSPI aim to do?

Ensure accurate and honest labeling of food

Oppose junk food marketing to children

Reduce consumption of soda, sugary drinks, and sodium in
processed and restaurant foods

Reform the food ingredient approval process

Improve food safety; reduce foodborne illness

Provide responsible information about the benefits and risks of
agricultural biotechnology

Eliminate dyes that affect children's behavior

Keep junk food out of schools