

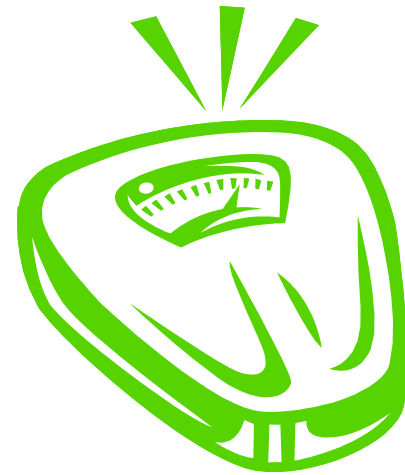
Tools for Helping Control Obesity:

Nutrition

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Discussion Points

- Facts about obesity
- A few nutrition points of interest
- Food logs



Facts about Obesity

Facts that help establish a framework for intervention and prevention:

- Heritability is not destiny; moderate environmental changes can promote as much weight loss as the most efficacious pharmaceutical agents available
- Reduced energy intake very effectively reduces weight, but trying to go on a diet or recommending that someone go on a diet generally does not work well in the long-term

NEJM. 2013 January 31:368 (5), 446-454. K Casazza. LR Fontaine, et al.

Facts about Obesity

Facts that are prescriptive, offering tools for the public:

- Increased exercise has health benefits regardless of weight
- Physical activity in a sufficient dose aids in long-term weight maintenance
- Continuation of conditions that promote weight loss promotes maintenance of lower weight
- For OW children, programs that involve parents and the home environment promote greater weight loss

NEJM. 2013 January 31:368 (5), 446-454. K Casazza. LR Fontaine, et al.

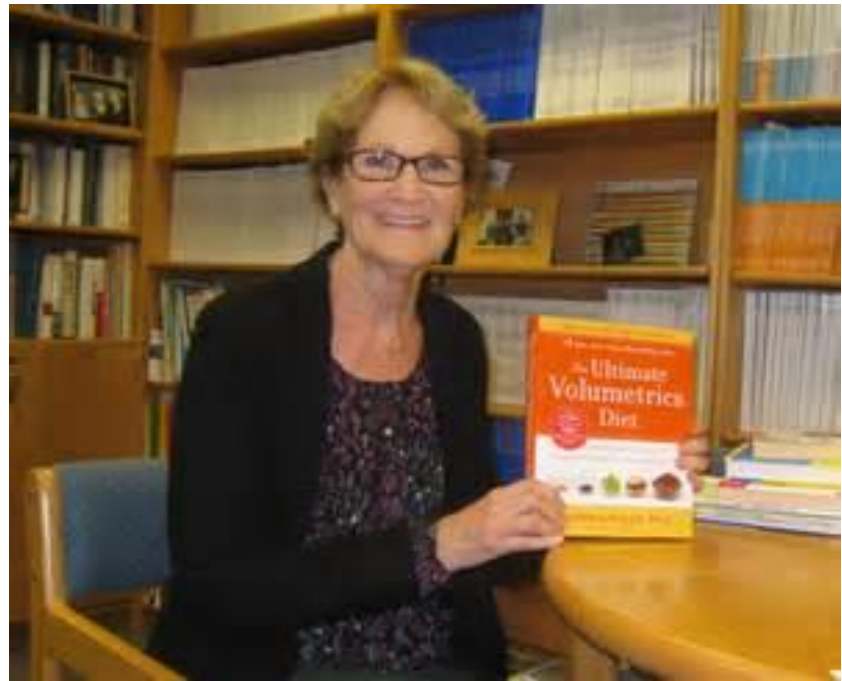
Facts about Obesity

Facts that are suited to clinical settings:

- Provision of meals and use of meal-replacement products promote greater weight loss
- Some drugs can help patients maintain weight loss as long as the agents continue to be used
- In appropriate patients, bariatric surgery results in long-term weight loss

Barbara Rolls, PhD

- *Volumetrics*
- Energy Density
- Satiety



Energy Density



- Over the course of a day or two a person will eat about the same weight of food.
- To lose weight, eat the usual amount of food but lower the amount of calories in each portion.
- $\text{Calories/Weight (g)} = \text{Energy density (E.D.)}$
- The lower the number, the better.

Energy Density of Some Combination Foods

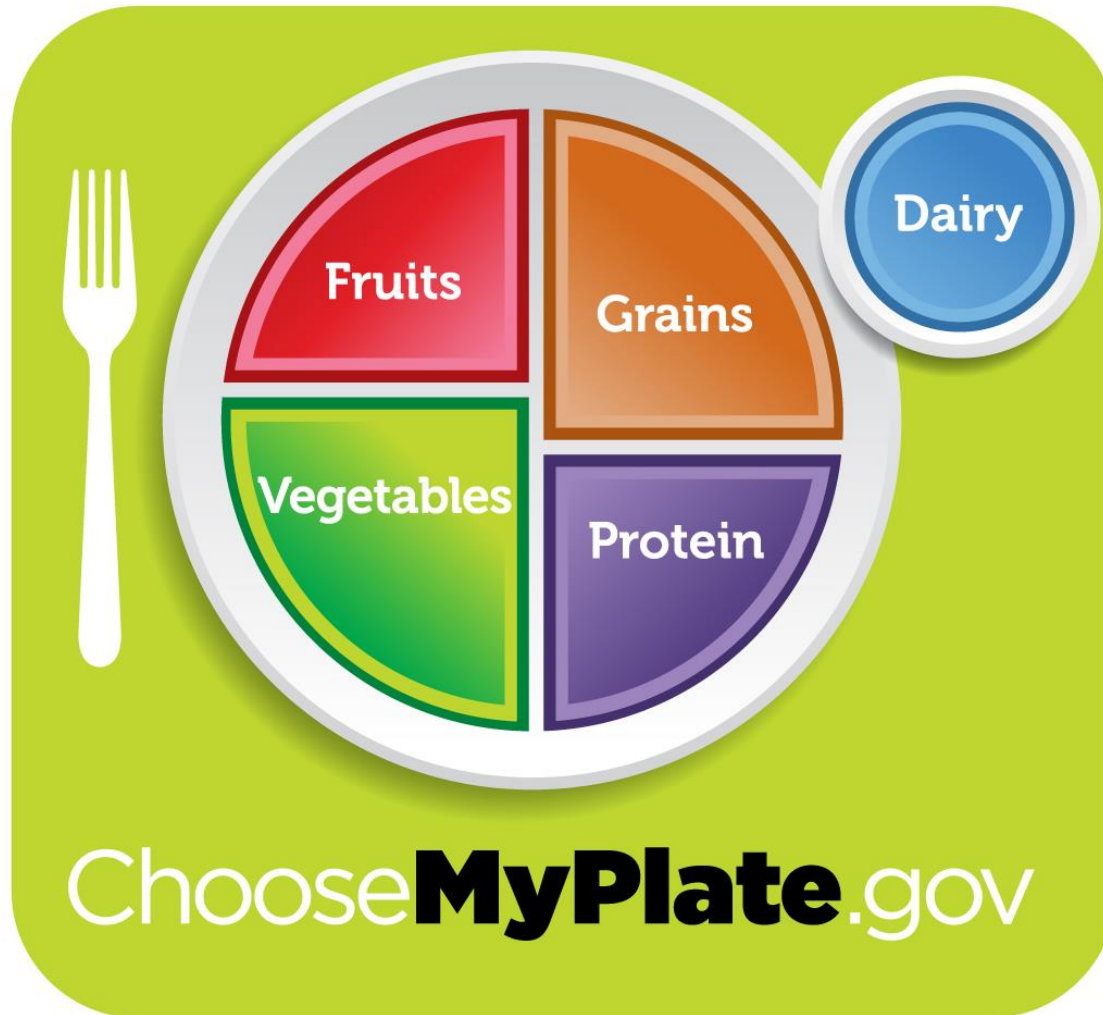
Food	Serving Size	Energy Density
Beef stew with vegetables	1 cup	0.9
Chicken chow mein	1 cup	1.0
Chili con carne with beans, canned	1 cup	1.3
Spaghetti with meat sauce	$\frac{3}{4}$ cup	1.5
Bean and cheese burrito	1 item	2.0
Hot dog with bun, plain	1 item	2.5
Cheese pizza, thick crust	1 slice	2.9



Energy Density of Some Protein Foods

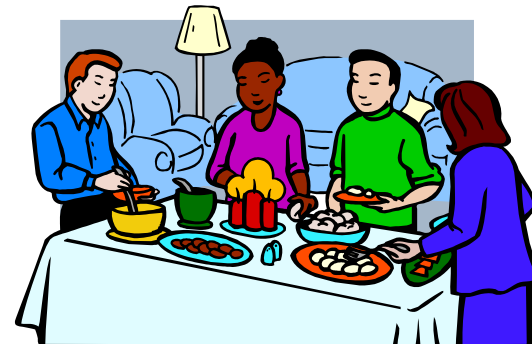
Food	Serving Size	Energy Density
Skim Milk	1 cup	0.35
Black beans	½ cup	0.9
Low-fat yogurt, fruit	1 cup	1.0
Chicken breast, no skin	3 ounces	1.3
Boiled egg	1	1.5
Lean ground beef	3 ounces	2.7
Cheddar cheese	1 ounce	4.0

Consider MyPlate



Satiety

- The feeling of fullness at the end of the meal
- The more satiety you feel at the end of a meal, the less you'll eat at the next.



Sensory Specific Satiety

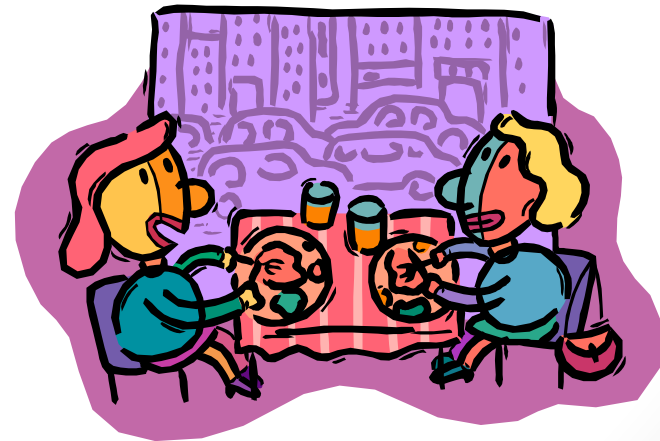
- As we eat, the pleasure we get from a specific food slowly declines
- The changes in pleasantness of tastes and smells occur quite rapidly as we eat a meal
- Variety encourages us to eat

Managing Variety

- Fully enjoy food- savor its flavor, texture and aroma
- Look for ways to add flavor with fewer calories
- Start with a low E.D. food, such as salad or broth-based soup
- Balance high-calorie with low-calorie foods

Lower E.D. foods are more satisfying to your body

- Mind
- Eyes
- Nose, Mouth
- Stomach



Food Logs: tools for self-monitoring

- Provide useful information for weight management planning
 - Increase awareness
 - Reinforce behaviors that assist in meeting goals
 - Illustrate circumstances to manage stimulus control
 - Develop analytical and problem-solving skills
 - Provide evidence that setbacks are controllable
- Can be used to track
 - Specific food or beverage
 - Quantity
 - Preparation method
 - Time of day
 - Place of eating
 - Mood, hunger level



Options for tracking food

- Hand written- notebook, diary, notecards
- Computer, tablet- spreadsheet, software
- Phone- apps for dietary software, pictures of meals

- Software ideas
 - Choosemyplate.gov
 - Myfitnesspal
 - Gomeals



Conclusions

- Diet is a very important aspect of weight management
- Eating a variety of foods is important for nutrition and meal satisfaction
- Choosing a combination of foods that, overall, lower the energy density of a meal can be successful in reducing calories for weight management
- Self-monitoring with food logs helps in weight management planning

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THANK YOU!