



Diet Trends

March 2016
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Learning objectives

Diet trends

- **Learn** about different styles of eating
 - Low-Fat and Low-Carbohydrate
 - Gluten-Free
 - Vegetarian and Vegan
 - Mediterranean and DASH
- **Review** the recommended My Plate guidelines
- **Discuss** how to eat right to maintain a healthy weight



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Your "diet"

- Many people follow specific diets to lose weight
 - To lose weight, you need to use more calories than you eat
 - Portion control is key
- A healthy diet may include:
 - Fruits, vegetables, whole grains, fat free or low fat milk and milk products
 - Lean meats, poultry, fish, beans, eggs, nuts



Low-fat diets

- Our bodies need healthy fats to **feel full, absorb nutrients, make hormones, and potentially protect against heart disease and other chronic conditions.**
- Low-fat does not always mean lower calorie (e.g.: peanut butter)

Natural PB	Reduced Fat PB
180kcal, 17g fat, 3.5 sat fat	190kcal, 12g fat, 2g sat fat
Peanuts, Salt.	Corn syrup solids, sugar, soy protein, salt, fully hydrogenated oils...

Types of fat

	Trans fat	Saturated fat	Mono- and polyunsaturated fat
Healthy?	Really Unhealthy	Unhealthy	Healthy
What is it found in?	Fried foods, savory snacks, frozen pizza, cake mixes, cookies, pie crust, margarine sticks, shortening, ready made frosting, coffee creamers, biscuits, frozen dinners...	High fat cheese, milk, cream, butter, ice cream, meat, palm oil, coconut oil	Nuts and seeds, plant oils (sunflower, safflower, corn, canola, soybean), avocados, olives and olive oil, fatty fish, and peanut butter
How much is ok?	None	10% of your daily calories	Women: 5-6 T/day Men: 6-7 T/day

Low-carbohydrate diets

- **Carbohydrates** - bread products, grains, vegetables, fruit, sugar, milk and milk products
- **Pros:**
 - Limits simple carbohydrates found in unhealthy foods like candy, snack foods, regular soda
 - May increase HDL (good) cholesterol
- **Cons:**
 - Often difficult to sustain
 - May experience low energy
- **Replace refined options with fiber-rich sources**
 - Vegetables
 - Beans
 - Whole grains



Gluten-free diet

- **What is the purpose of a gluten-free diet?**
 - Traditionally a gluten-free diet was used to treat celiac disease
 - People with celiac disease cannot digest gluten and must adhere to a diet without gluten
- **Why has it become so popular?**
 - Eliminating gluten may also eliminate many processed foods, which can be higher in calories and cause overeating/weight gain.

If you think you have a gluten allergy or sensitivity, talk to your doctor.



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Vegetarian diet

- **Eliminates most animal products**
 - Some vegetarians eat fish, eggs and dairy
- **Pros:**
 - Includes fruits, vegetables, legumes, nuts, seeds and grains
 - High in fiber and vitamins, lower in saturated fat and calories
- **Cons:**
 - Risk of nutrient deficiencies if the right balance of plant foods are not present
 - Protein, iron, calcium, zinc, omega-3s, vitamin B12, vitamin D



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Vegan diet

- Eliminates all animal proteins and by-products, including eggs, dairy, and honey
- Pros:
 - High in fruits, vegetables, nuts, grains
- Cons:
 - Vegan can be difficult to sustain
 - Risk of nutrient deficiencies if not executed properly

What is your experience with eating in a vegan style?

Mediterranean diet

- May promote more stable blood sugar and lower risk of heart disease by lowering cholesterol and triglycerides
- Limits red meat and sweets while increasing plant-based foods and monounsaturated fats



- More fish and plant based foods
- More vegetables, nuts, legumes and whole grains which are naturally high in fiber
- Main source of fat is olive oil, a healthy monounsaturated fat

Dietary Approaches to Stop Hypertension: DASH

- **Emphasis on increasing:** whole grains, poultry, fish, and nuts
- **Emphasis on reducing/avoiding:** fats, red meats, sweets, sugary drinks, and sodium

Daily Nutrient Goals Used in the DASH Studies (for a 2,100 Calorie Eating Plan)

Total fat	27% of calories	Sodium	2,300 mg*
Saturated fat	6% of calories	Potassium	4,700 mg
Protein	18% of calories	Calcium	1,250 mg
Carbohydrate	55% of calories	Magnesium	500 mg
Cholesterol	150 mg	Fiber	30 g

* 1,500 mg sodium was a lower goal tested and found to be even better for lowering blood pressure. It was particularly effective for middle-aged and older individuals, African Americans, and those who already had high blood pressure.
g = grams; mg = milligrams

www.nhlbi.nih.gov

Recommended guidelines: MyPlate

- Use to **guide healthy eating**
- Plate image shows which **portion sizes** of food groups to eat



Goals of MyPlate

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat items

Foods to Reduce

- Compare sodium in foods - and choose foods with lower numbers
- Reduce sugary beverages – and drink more water



Grains

Benefits

- Reduce risk of heart disease, constipation, help with weight management

Types

- Whole grains
- Refined grains

Daily recommendation

- Eat 4-6 ounces
 - 1 oz = 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal



Half our grains
we consume
should be
whole grains

Vegetables and fruits

Health benefits

- Provides vital nutrients for your health
- Reduce risk for chronic condition and protect against certain cancers
- Lower in calories per cup – useful to lower calorie intake

Can be consumed in following ways

- 100% vegetable or fruit juice
- Raw or cooked fresh, frozen, canned
- Dried/dehydrated

Daily recommendation

- **Fruit: 1.5 – 2 cups**
- **Vegetables: 2½ to 3 cups**



Fill half your plate with fruits and vegetables



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Dairy

Health benefits

- Important for bone health
- Reduced risk of chronic conditions
- Nutrients include calcium, potassium, Vitamin D

Select fat-free or low-fat dairy foods

Daily recommendation:

- **3 cups**



Switch to free-fat or low-fat dairy



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Proteins

Proteins are part of every cell, tissue, and organ in our bodies and found in the following foods:

- Meats, poultry, and fish
- Legumes (dry beans and peas)
- Tofu
- Eggs
- Nuts and seeds
- Dairy

Choose **lean cuts** of meat and poultry

- Plant sources of protein are often the healthiest option: peanuts butter, beans, and tofu

Daily Recommendation:

- **5-6 ounces**

Contains B vitamins,
vitamin E, iron, zinc,
and magnesium

Healthy eating for a healthy weight

- **Healthy eating** includes “*What*” we eat and “*How*” we eat
- Make **smart choices** - eat foods from a variety of different food groups
- Stay within your **daily calorie** needs
- Eat a **variety** of foods
- Focus on the **new foods** you can eat



What's right for you?

1. Improve your eating habits slowly
2. Choose one thing to change at a time
3. Work with a coach on adherence
4. Stick with 80/20

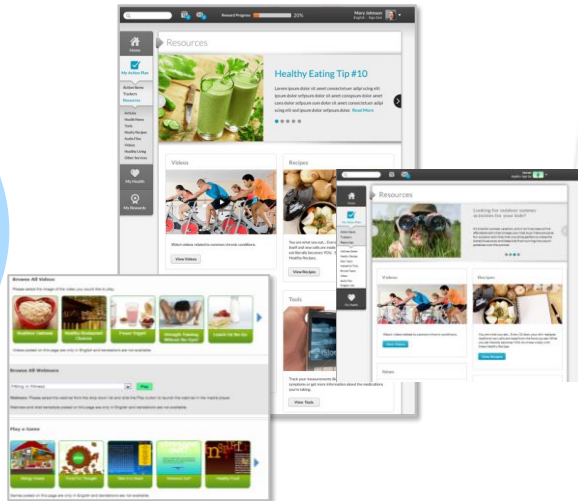
What type of changes are you considering in your own eating style?

Summary

- **Low-Fat/Low-Carbohydrate Diet** - choose healthy fats and limit refined carbohydrates to balance out your diet
- **Gluten-Free** - used for treatment of celiac disease; excludes food and food products containing gluten
- **Vegetarian and Vegan** - varying degrees of plant-based diets
- **Mediterranean and DASH** - include all the food groups but limit sodium, red meat, and sweets

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