Outline

• Lifestyle Change
• What is a Calorie?
  – Carbs, Protein and Fat
  – F-AD Diets
• Exercise- The other half of the equation
• Healthy Habits
Health & Aging

The body changes as we age:

1. Body Composition
   - Lower Lean Mass (Muscle)
   - Higher Body Fat
2. Lower Metabolic Rate
3. Lower Water Content

It becomes harder to lose and maintain a healthy weight
Things you can do...

- Increase your knowledge
- Eat well
- Exercise regularly
- Practice healthy habits
Lifestyle Change for Lifelong Health

Eat Well

Be Active          Healthy Habits
“Nearly 40% of all deaths in America result from heart disease and stroke, and can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse”

- U.S. Center for Disease Control
Are you a healthy weight?

<table>
<thead>
<tr>
<th>Height (feet and inches)</th>
<th>Weight in Kilograms</th>
<th>Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'6&quot;</td>
<td>45  50  55  60  65</td>
<td>43  49  55  61  67</td>
</tr>
<tr>
<td>4'8&quot;</td>
<td>21  25  30  34  39</td>
<td>19  24  29  35  40</td>
</tr>
<tr>
<td>4'10&quot;</td>
<td>18  20  22  24  26</td>
<td>17  19  22  25  28</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>14  16  18  20  22</td>
<td>13  15  17  19  21</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>10  12  14  16  18</td>
<td>9  11  13  15  17</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>6   8  10  12  14</td>
<td>5   7   9  11  13</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>2   4   6   8  10</td>
<td>1   3   5   7   9</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>0  -2   0  -2  0</td>
<td>-1  -3 -1  -3 -1</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>-4 - 6 - 8 -10 -12</td>
<td>-3 - 5 - 7 - 9 -11</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>-10 -12 -14 -16 -18</td>
<td>-9 -11 -13 -15 -17</td>
</tr>
<tr>
<td>6'6&quot;</td>
<td>-22 -24 -26 -28 -30</td>
<td>-21 -23 -25 -27 -29</td>
</tr>
<tr>
<td>6'8&quot;</td>
<td>-28 -30 -32 -34 -36</td>
<td>-27 -29 -31 -33 -35</td>
</tr>
</tbody>
</table>

- **Underweight**
- **Normal Range**
- **Overweight**
- **Obese**
Weight Management

• Maintaining a healthy weight can also help:
  – Control diabetes
  – Prevent heart disease
  – Decrease your risk of developing cancer
  – Promote bone and joint health

• How can you achieve a healthier weight?
F-AD Diets

• F-AD = False Advertising
  – There is not a silver bullet for sustained change

"I'm de-toxing my bookshelves."
Eat Well for Life

WEIGHT = ENERGY IN \textit{minus} ENERGY OUT
What is a Calorie?

a) Something to be “burned”
b) Unit of food energy
c) 4.18400 Joules

• All of these definitions are true
What is a Calorie?

- Unit of food energy
- Calories vary by nutrient
  - Carbohydrate: 4 Calories per gram
  - Protein: 4 Calories per gram
  - Fat: 9 Calories per gram
  - Alcohol: 7 Calories per gram
Carbohydrates

• **What is a Carbohydrate?**
  – The main form of energy for the body that is broken down into glucose (blood sugar)

• **Types:**
  – Simple (Quick Carbs)
  – Complex or Starches (Slow Carbs)
  – Fiber
• Atkin’s Diet
  – **Rationale:** Rapid weight loss via water loss by restricting carbohydrates.
  – **Why it doesn’t work:** The body needs at least 150g carb everyday for brain activity, heartbeat, breathing and digestion.
• Glycemic Index (G.I.)
  – **Rationale:** Limits carbohydrates with a high G.I. because these foods are absorbed and stored more quickly.
  – **Why it doesn’t work:** Simple carbohydrates can be nutrient-rich and great sources of natural energy.
    • Fresh and dried fruit
    • Non-Fat Milk and Yogurt
Carbohydrates

• Carbohydrates can be HALF of what you eat
  – Choose quality carbs such as:
    • Whole grains: 100% whole wheat bread, oatmeal, brown rice, whole wheat pasta
    • Whole Fruit and Vegetables
    • Low-Fat Dairy
• Consume at least 25 to 35 grams of fiber per day
Protein

• **What is protein?**
  – Animal and Plant structures that assist the body maintain structure, growth and lean tissue, such as muscle.

• **What does it do?**
  – Protein supports the immune system
  – Essential hormones and enzymes
F-AD Alert

• Atkin’s Diet
  – **Rationale:** High protein meals induce satiety, regulate hormones and reduce the intake of carbohydrates.
  – **Why it doesn’t work:** The high protein can be high fat, which increases your risk of heart disease. Also, high protein can cause the body to produce too much uric acid, which can lead to:
    • Dizziness, dehydration, constipation, weakness, kidney stones and gout
• Human Growth Hormone (HgH) Diet
  – **Rationale:** HgH is made by the pituitary gland and supports growth and maintenance of tissues, muscle, brain and metabolism. This hormone peaks during the teenage years and then slowly declines. Obese individuals have lower levels of HgH than normal weight individuals.

  – **Why it doesn’t work:** When adults with an HgH deficiency take supplement HgH it can improve body composition, but in those without the pituitary disease, changes are absent.
• Strive for at least 10 grams of protein at every meal.

• Choose *LEAN* sources such as:
  – Lean beef, Skinless poultry and Fish
  – Vegetarian sources: Fat-Free or Soy milk, Low-fat cheese, Kidney beans and Nuts
• What is fat?
  – Fat is the most dense form of energy with a bad reputation

• What does it do?
  – Fat helps the body grow and develop, absorb fat-soluble vitamins (A, D, E & K), provides cushioning for organs and cells.
Types of Fat: The Good, Bad & Ugly

The Good Guys-

- **Polyunsaturated Fats (PUFA):** The MOST flexible fats found in plant oils
  - Corn oil, Safflower oil, Soybeans, and Sesame seeds, walnuts, almonds, flaxseed and fish oils.

- **Monounsaturated Fats (MUFA):** Flexible fats that are HIGH in the American diet
  - Dairy, beef and partially hydrogenated vegetable oils.
  - These fats are also high in peanuts, seeds, canola oil and olive oil.
## The Good Guys - What is the best oil?

<table>
<thead>
<tr>
<th>Extra Virgin Olive Oil</th>
<th>Olive Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>EVOO is unrefined and the highest quality</td>
<td>Refined oil resulting in a “lighter” product</td>
</tr>
<tr>
<td>It retains olive flavor</td>
<td>Neutral in flavor</td>
</tr>
<tr>
<td>Low smoke-point and best for dressings and dips</td>
<td>Higher smoke-point and can be used in higher temperatures</td>
</tr>
</tbody>
</table>
Fat

The Bad Guy-

- **Saturated Fats**: Fixed fats with a rigid structure that makes them SOLID at room temperature
  - Animal fats (Lard, Butter, Meat, Dairy) and plant sources (Palm & Coconut Oil)

The Ugly Guy-

- **Trans Fats**: Unsaturated fats that have been TRANSformed into saturated fats
  - Processed foods, Pies, Vegetable shortening, Stick margarine
Which food is a good source of healthy fat?

a) Packaged Pie Crust
b) Filet Mignon (Beef)
c) Walnuts
d) Soybean Oil
Which food is a good source of healthy fat?

a) Packaged Pie Crust
b) Filet Mignon (Beef)
c) Walnuts → Great source of Omega 3 Fat
d) Soybean Oil
• Liver Detox Diet
  – **Rationale:** The liver’s role is to remove toxins from the body. By increasing liver metabolism and reducing toxin ingestion the detoxification process can be increased.
  – **Why it doesn’t work:** The liver’s metabolism is relatively stable and while it can be supported it does not provide significant changes in weight.
Fat

• Choose heart healthy fats
  – The “Good” guys
• Keep saturated fats low
  – Less than 20 grams per day
• Keep trans fats minimal
  – Less than 1 gram per day
What does a Healthy Meal look like?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>1,200 Calories</th>
<th>1,400 Calories</th>
<th>1,600 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>4</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.5 Cups</td>
<td>1.5 Cups</td>
<td>2 Cups</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 Cup</td>
<td>1.5 Cups</td>
<td>1.5 Cups</td>
</tr>
<tr>
<td>Milk</td>
<td>2 Cups</td>
<td>2 Cups</td>
<td>2 Cups</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
What does a Healthy Meal look like?

- Grains
  - 1 Serving per meal
- Vegetables
  - .5-1 Servings per meal
- Fruits
  - 0-1 Serving per meal
- Meats and Beans
  - 0-1 Servings per meal
- Dairy
  - 0-1 Servings per meal
Alcohol

- Excessive intake increases the risks for cancer:
  - Breast
  - Mouth, pharynx, esophagus, stomach
  - Liver
  - Colon
- When combined with smoking, these risks skyrocket.
- Alcohol triggers appetite and can cause us to overeat.
Alcohol

• Consume in moderation
  – Women 1 drink per day
  – Men 1-2 drinks per day
  – 1 drink = 12oz Beer, 6oz Wine, 1.5oz Liquor

• Drink plenty of water to replenish your dehydrated body
Be Active for Life

WEIGHT = ENERGY IN \textit{minus} ENERGY OUT
Benefits of Physical Activity

Research says so…

• Men who walked more than 2 miles a day were at less risk of dementia than those who walked a quarter mile per day or less (Abbott, 2004).

• Regular physical activity decreased anxiety and depressive symptoms and increased quality of life in older adults (Attunes, 2005).
Benefits of Physical Activity

Aerobic Exercise

• Physical activity that increases your heart rate and promotes cardiovascular health

• Recommend 30 minutes per day, which can be done in 10 minute intervals

• Aerobic physical activities:
  – Walking
  – Stair-climbing
  – Swimming
  – Dancing
Resistance Exercise

• Anaerobic physical activity that promotes strength and decreases loss of lean body mass (muscle)
• Recommend 8 to 12 repetitions of at least 4 exercises 2 days per week

• Anaerobic physical activities:
  - Upper body lifting
  - Lower body press
  - Abdominal or Core exercises
  - Pilates or Yoga
Be Active

Get Moving!
- Try to be physically active for 30 minutes everyday
- Find a buddy
- Make it fun!

Just Starting?
- Be intentional about everyday activities:
  - Take the stairs
  - Park further away
  - Wear a pedometer and measure your steps
- Check with your doctor
Lifestyle Change

• It is never too late to make lifestyle behavior changes
  – Consistent, Small steps can lead to Big Changes

• Make S.M.A.R.T. Goals
  – S.pecific
  – M.easurable
  – A.ttainable
  – R.ealistic
  – T.imely
Come See Us!

- UW Health Nutrition Clinics
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    - East, West and Research Park Clinics
  - Call (608) 287 – 2770
    - All Other UW Health Clinics
QUESTIONS?