

Week 4

CARBS, FATS, FIBER & FADS



Carbohydrates

The national recommendation for carbohydrate intake is 40% to 65% of our daily intake. Our requirements change depending on how active we are, our current weight, and our health goals. For example, if you exercise every day you will need more carbohydrates than someone who is more sedentary.

There are over 20 types of carbohydrates, including the following:

- Fiber (including soluble and insoluble fiber)
- Sugar
- Sugar alcohol, a type of sugar substitute such as xylitol or mannitol
- Flour, including corn, rice, potato, bread flours

Moodiness and irritability are common side effects of low-carb eating plans.

Did you know? These foods are carbohydrates, too.

- Fruits - fresh, frozen, or canned
- Milk and yogurt
- Vegetables, such as broccoli, cauliflower, greens, onions, and tomatoes
- Starches, including whole grains, popcorn, crackers, and starchy vegetables (potatoes, peas, and others)

Low-carb eating plans tend to be very difficult to maintain.

Before adopting a low-carb diet, consider if you think you could maintain it for life.

Carbohydrates have a bad reputation in many fad diets. But carbohydrates are the brain's primary source of fuel. **Carbohydrates MUST be part of a healthy diet.** Many people feel that low-carb diets are the best, but there are many reasons why they are not.

Many people try to avoid carbohydrates and eventually end up eating too much fat because they substitute meat. It is not a good idea to avoid GOOD carbohydrates!

Carbohydrates provide fuel for muscle functioning. The best forms of carbohydrates are low-fat milk and yogurt, whole grains, whole fruit, and vegetables. Less healthy carbohydrates are refined grains, fruit juices, fruit "ades" (like lemonade, etc.), and whole milk. Refined grains include white rice, white bread, most white pastas, and many crackers. These foods can be sources of excess calories. While these foods will not themselves cause high blood pressure or high cholesterol, they do play a part in leading to obesity or overweight, which can cause high blood pressure, diabetes, and high cholesterol.

Sample One-day Healthy Menu of 1400 Calorie Diet with 60% Carbohydrate		
Breakfast	Lunch	Dinner
1 cup high fiber dry cereal 1 cup fat free milk 1 piece of fruit	1 cup black beans ½ cup brown rice 1 cup broccoli 1 cup fat free yogurt	4 oz fish 6 oz baked potato 1 cup cooked carrots 1 cup milk

Fats

There are 4 types of fats. Polyunsaturated (including omega 3 fatty acids), monounsaturated, saturated, and trans fat.

National dietary guidelines recommend 20-35% of calories from fat daily. You can still lose weight! Good fat is necessary to metabolize fat-soluble vitamins we need. It also helps keep you from feeling hungry.

Polyunsaturated fat and omega 3's

Some types of polyunsaturated fats, such as omega 3 fats, are healthy. Omega 3 fats have shown particular benefit for those with cholesterol problems, diabetes, arthritis, and many other health conditions.

Omega 3 fats are found in the following:

- Seafood
- Walnuts
- Dark leafy greens
- Wheat germ

The American Heart Association guideline recommends eating seafood at least 2 times a week, based on a serving size of 4 ounces. The best sources of omega 3's are salmon, mackerel, herring and sardines, but all seafood, including shellfish like shrimp, crab, scallops, and lobster are other good sources too.

Monounsaturated fat

While a healthy fat, this category, as well as others, should be well-portioned. Consuming too much of even healthy fat can cause weight gain and prevent weight loss.

Examples of monounsaturated fats and their portion size:

- Olive or Canola oil - 1 teaspoon
- Nuts - 6 to 10 nuts
- Avocado - 1/8 of whole avocado
- Peanut Butter - 1 teaspoon

Saturated fat

Too much saturated fat can lead to health problems like heart disease. Saturated fat is contained in animal based foods. Choose lean meats, such as skinless chicken or turkey, seafood, and low-fat or fat-free dairy to keep your saturated fat intake low.

Trans-fats

These are a "NO-NO" and should be avoided as much as possible. They are also called **hydrogenated**. Nutrition facts labels list these when they are contained in the food. Trans fats can raise cholesterol and heart disease risk. They are sometimes found in processed foods, fried foods, and some restaurant foods. If you eat out, ask before you order to know what you are getting.

Many restaurants no longer use trans-fat, but it never hurts to ask!

Fiber

Fiber is a type of carbohydrate that is non-digestible. Fiber makes you feel full. Benefits of fiber include lowered cholesterol, weight, blood pressure, and it helps with bowel regularity. There are two types:

Insoluble Fiber: (examples)

- Whole wheat products
- corn
- bran
- Many vegetables like cauliflower, green beans

Soluble Fibers: (examples)

- Dried beans and peas
- oatmeal
- barley
- Many fruits like apples, pears, or oranges



Soluble fiber is the type that can lower cholesterol.

You should eat both types of fiber every day - about half soluble and half insoluble. Increase your fiber intake very slowly and be sure to drink enough water or fluids as you increase your fiber intake. INCREASE FIBER SLOWLY. INCREASE FLUID INTAKE AT THE SAME TIME.

Fruit and vegetables along with whole grains are the best sources of fiber. Aim for at least 1 cup of fruit, 2 1/2 cups of vegetables, and 3 whole grains a day (20-35 grams) to get enough fiber. Supplements or tablets do not provide the best source of fiber.

When reading labels, look for the word “**whole**” as the 1st ingredient on all the breads, cereals, rice, pasta/noodles or crackers. If the first word is “enriched” or “bleached”, it is not a whole grain or a good source of fiber. WHOLE GRAINS ARE NOT ALWAYS MORE FIBER, BUT ARE MORE NUTRITIOUS.

Here is a sample meal plan for a day with a proper amount of fiber- fiber amounts are in

<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Snack</u>
1 cup high fiber bran cereal (7) 1 cup fat free milk (0) 1 small banana (2)	2 slices whole wheat bread (4) Mustard (0) 2 slices lean meat (0) Tomato, Lettuce, Onion (2) 1 sweet potato (4) Splenda for sweet potato (0)	1 large apple or other fruit (3)	1 cup black beans (12) ½ cup brown rice (1) 1 cup broccoli (5)	3 cups light popcorn (3)

Total fiber for this 1 day meal plan = 43

Aim for 20-35 grams per day

- Label Reading: High Fiber - 5 grams or more/serving, good source - 2.5 to 4.9 grams/serving, more or added fiber - 2.5 grams more fiber /serving
- Focus on servings: Eat legumes 2 to 3 times/week. Eat 4 cups of fruits and vegetables/day, at least 3 of the recommended 6 servings of grains should be whole grain

Benefits of Whole Grains: Provide complex carbohydrates, antioxidant vitamins, and minerals; low in fat; reduces risk for ovarian, colon and prostate cancers

* **Fiber vs. Whole Grains:** Fiber is not a good indicator of whole grains.

Why Fad Diets Don't Work

Many of us have tried fad diets. You know the ones - the rice diet, the grapefruit diet. Some fads have become generally accepted ways of eating. Some examples of this are the low-carb diets such as *Atkins*, *Sugar Busters*, *South Beach*, or *The Zone*. Others, such as *Eat Right 4 Your Type*, *French Women Don't Get Fat*, and *Sonoma Diet*, don't have much staying power because they do not work and aren't healthy.

Most fad diets fade away because the average person cannot safely stick to the diet for a lifetime. This is because the brain MUST have carbohydrates. When carbs are severely restricted or eliminated, cravings kick in and health suffers.

For weight loss that lasts, some key elements have to be included. Getting and staying healthy are the number one objectives. Weight loss that is based on portion control, healthy food choices and physical activity will satisfy a body's needs, and at the same time allow excess weight to slowly disappear. Maintaining muscle mass while losing body fat is important. The weight loss is slower but the likelihood of being able to maintain the lifestyle changes is much greater.

Many "low carb" foods are often higher in calories than the regular products. Many fad diets are advertised as "infomercials" and often have books to buy which may not be written by anyone from the medical field or a registered dietitian.

Some "diets" that are healthy but unfortunately have not experienced a large following are:

- Dean Ornish, MD, *Diet to Reverse Heart Disease*
- *Volumetrics* by Barbara Rolls, PhD
- American Heart Association, *No Fad Diet Book*

A good rule of thumb is usually to look for a diet or nutrition book by an author with the RD credential. This shows the person is a Registered Dietitian, meaning they completed coursework and over 1,000 hours of a supervised internship, passed a qualifying exam, and must continue to obtain 75 hours of continuing education every 5 years approved by their national credentialing agency, the Academy of Nutrition and Dietetics.

While GIFT does not purport to be a diet or a specially developed nutrition program, it gives you all the tools and information to successfully lose weight.

The 10 Red Flags of Junk Science:

With several other health professional organizations, the Academy of Nutrition and Dietetics is a member of the Food and Nutrition Science Alliance (FANSA), which has compiled a checklist to help consumers evaluate nutrition science and product claims. Be wary of:

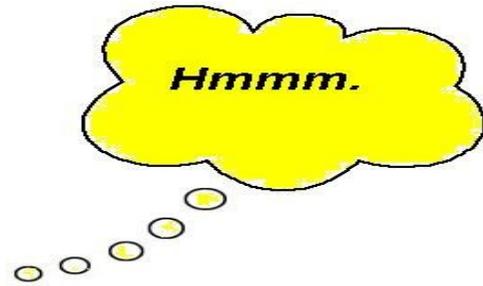
- Recommendations that promise a quick fix
- Dire warnings of danger from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Statements refuted by reputable scientific organizations
- Lists of "good" and "bad" foods
- Recommendations made to help sell a product
- Recommendations based on studies not peer reviewed
- Recommendations from studies that ignore differences among individuals or groups

Many people can and do lose weight on fad diets, BUT most of them cannot maintain the loss and put back on all of the weight PLUS more.

Remember, healthier eating to support long-term weight loss and a healthier you means finding a way to eat and exercise that you can continue for years to come.

Optional:

Reflection and Test your Knowledge questions.



Reflection: After reviewing this week's session, think about the topic discussed and how it relates to you

1. Have you ever attempted any fad diets to lose weight quickly?
If yes, did they work or did you regain the weight you lost?
2. Have you ever stopped eating or reduced any food item/product (bread, pasta, meat) for medical reasons or just to be healthy?

Test your knowledge

1. Carbohydrates provide fuel for what part of the body?
2. What are the 4 types of fats? Which one is highly recommended and what foods contain it?
3. What are the 2 types of fiber and the differences between them?

**Do you have any specific questions or need advice?
Click the button below to "Ask the Dietitian"**

