

## HELPING CLIENTS WADE THROUGH A FAD CRAZED WORLD

Presented by Toby Amidor, MS, RD, CDN  
April 25, 2019  
Nebraska Academy of Nutrition & Dietetics Annual Meeting

### DISCLOSURES



- Sponsored by Nebraska Beef Council
- Member, Beef Checkoff's Expert Bureau
- Ambassador, NDC
- Yogurt Board Member, Dannon
- Nutrition partner, GOED
- Nutrition partner, Truvia
- Spokesperson, Canned Food Alliance
- Spokesperson, Grapes from California


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### LEARNING OBJECTIVES

After the session, participants will be able to:

- (1) understand the most popular fad diets.
- (2) identify and debunk misconceptions of these diets.
- (3) counsel clients to help clear up confusion related to fad diets for weight loss.

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## INTRODUCTION

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## What fads have you been hearing about?



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**GREATIST**

**A Beginner's Guide to the Keto Diet for High-Fat, Low-Carb Newbies**

**Reader's Digest**

**7 Proven Benefits of Intermittent Fasting**

**SHAPE**

**Mediterranean Diet Snacks That You Can Buy or Make at Home**

By Toby Amidor | Feb 12, 2019  
Topic: mediterranean diet, snacking

**In the News**

**US News & World Report**

Best Diets Overall

- #1 Mediterranean Diet
- #2 DASH Diet
- #3 The Flexitarian Diet


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**In the News**

**GREATIST**  
**The Accidental Diet That Made Me Feel Amazing—and Lose 20 Pounds** ← Keto

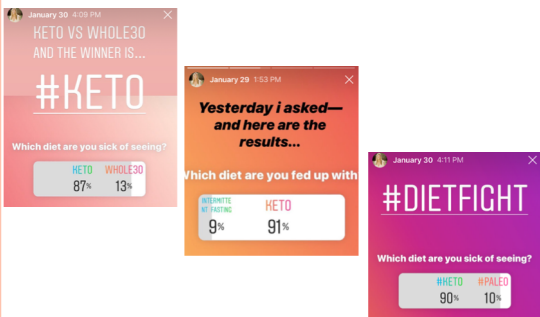
**Women'sHealth**  
**27 Keto Diet Before-And-After Photos That Will Make Your Jaw Drop**

Can you believe?!



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**Which diet are you fed up with?**



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**US NEWS “BEST DIETS FOR WEIGHT LOSS”**

Ranking	Diet	Rating (of 5)
1	Mediterranean Diet	4.2
2	DASH Diet	4.1
3	Flexitarian Diet	4.0
4	MIND Diet	3.9
4	WW Diet	3.9
39	Whole30 Diet	2.1
40	Body Reset Diet	2.0
41	Dukan Diet	1.9

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**WHY DO FOLKS TRY FAD DIETS?**

- o Influenced by celebrities
- o Body image concerns
- o Turn to quick-fixes in the face of traditionally poor diet compliance
- o Concerns about health and prevention of long-term chronic diseases



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**What is the role of dietetic professionals in the sea of fads?**



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- SESSION OUTLINE**
- 1 Diet 1: Ketogenic Diet
  - 2 Diet 2: Whole30
  - 3 Diet 3: Mediterranean
  - 4 Diet 4: Intermittent Fasting
  - 5 Diet 5: Calories In, Calories Out
  - 6 The RDNs Role in Fad Dieting
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## DIET 1: THE KETOGENIC DIET

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### KETOSIS FOR WEIGHT LOSS

- Ketosis is the metabolic adaptation that allowed humans to survive during periods of famine
- When the body's glycogen stores are depleted, the body breaks down fat and produces ketones, which provides energy for the brain
  - Glucose is scarce
- Ketosis can be achieved by strictly limiting carbohydrate intake to less than 20-30g/day
  - Fasting
- **Macros:**
  - **Fat:** 70-75%; **Protein:** 20-25%; **Carbs:** 5-10%
  - **Net Carbs** <35g/day (Total Carbs g – Fiber g)

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### TESTING FOR KETONES


- It takes about ~1 week to be in ketosis

Method	About
(1) Ketone urine strips	<ul style="list-style-type: none"> <li>• Available at local pharmacy</li> <li>• Quick results (15s)</li> <li>• Can vary based on hydration levels; can get false negatives/positives</li> <li>• Inexpensive</li> </ul>
(2) Breath (measures the ketone by-product acetone in the breath)	<ul style="list-style-type: none"> <li>• Crude measurement of ketones</li> <li>• Expensive</li> </ul>
(3) Blood (prick finger and a machine reads the amount of ketones in blood)	<ul style="list-style-type: none"> <li>• Expensive</li> <li>• Learning curve</li> <li>• Invasive</li> </ul>

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### SYMPTOMS


- **“Keto Flu”** - Fatigued, nauseous, headaches, and overall fogginess.
  - Lasts few days to a week
- **Extreme fatigue** – Until body regulates to ketosis
- **Constipation** – low fiber diet



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### DIETARY NEEDS

- **Increased fluid needs** -- Kidneys excrete more sodium and water, which can lead to dehydration
- **Increased need for electrolytes** – sodium, potassium, chloride
  - If exercising, even more!
- **Avoid alcohol** –
  - Alcohol can exacerbate symptoms of “keto flu”
- **Minimize caffeine** –
  - Quit before beginning not during diet




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Prohibited	Allowable
<b>Sugary foods or added sugar:</b> Soda, fruit juice, smoothies, cake, ice cream, candy, etc	<b>Meats, poultry, fish, eggs</b> (not processed)
<b>Grains and starches</b>	<b>Butter and cream</b>
<b>Fruit:</b> Berries, watermelon, apples only fruits allowed	<b>Full fat dairy:</b> Heavy cream, whole milk, full fat Greek yogurt
<b>Beans and legumes</b>	<b>Nuts and seeds:</b> Almonds, walnuts, macadamia, Brazil nuts, flax seeds, pumpkin seeds, sunflower, and chia seeds; Nut and seed pastes/butter in moderation; Nut and seed flours in moderation.
<b>Root vegetables:</b> potatoes, parsnips, turnips; sweet potato allowed	<b>Oils:</b> EVOO, coconut oil and avocado oil.
<b>Low fat and nonfat dairy</b>	<b>Avocados</b>
<b>Fats and oils:</b> Limit your intake of processed vegetable oils like canola, safflower, margarine, non-olive oil mayonnaise, and hydrogenated cooking oils.	<b>Low-carb veggies:</b> Leafy green veggies (like spinach and kale), tomatoes, onions, mushrooms, squash, fennel, garlic, broccoli, cauliflower, lettuce, arugula, and peppers.
Alcohol	<b>Coconut:</b> Coconut milk, coconut cream, and coconut flour.
<b>Nuts:</b> cashews, chestnuts, and pistachios;	<b>Condiments:</b> Small amounts of vinegars.

Prohibited	Allowable
	<p><b>Herbs and spices:</b> You can use salt, pepper and various healthy herbs and spices like basil, cayenne pepper, cinnamon, cilantro, thyme, and turmeric</p> <p><b>Low carb sweeteners:</b> Stevia, monk fruit sweetener, and erythritol</p>

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### THE REALITY



- Many followers are seeking approval to eat hefty amounts of bacon and mayonnaise, while eating less processed and sugary foods
- It is very tough to stay in ketosis
  - No "cheating" allowed
  - Modified Keto Diet**
- Fat:** 55%; **Protein:** 35%; **Carbs:** 15%
- Carbs in food **MUST** be measured regularly and be exact
- Very tough to eat on the road, dine out, and at social events

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Journal of Environmental Research and Public Health

Int. J. Environ. Res. Public Health. 2014 Feb; 11(2): 2062–2107. Published online 2014 Feb 19; doi: 10.3390/ijerh11022062

### SAFETY CONCERNS

2014 review *Ketogenic Diet for Obesity: Friend or Foe?* discusses the science behind safety concerns of following a ketogenic diet

- Lack of research of the long-term effects of a ketogenic diet in humans
- Concern for the effects on renal function as high levels of nitrogen excretion during protein metabolism can cause an increase in glomerular pressure and hyper-filtration

Study in *American Journal of Clinical Nutrition* found that long-term adherence to a ketogenic diet in children with intractable epilepsy may lead to reduction

Progressive bone mineral content loss in children with intractable epilepsy treated with the ketogenic diet

The American Journal of Clinical Nutrition, Volume 88, Issue 6, 1 December 2008, Pages 1678–1684, https://doi.org/10.3945/ajcn.2008.26099

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### DIET 2: WHOLE30

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### ABOUT THE DIET

- This elimination diet promotes fresh foods, while eliminating anything "processed"
- Authors claim the list of foods to be eliminated have been linked to a variety of health issues including hormonal imbalance, systemic inflammation, and gut issues
- Dieters are promised improved digestion, skin health, metabolism, fitness, and an overall sense of well-being

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### THE DIET


- Strict 30 day plan
- Daily eating plan: 3 meals with modest portions of protein, fruits, vegetables, nuts, seeds, and fats from oils, butter, coconut, and olives
- Snacking frowned upon
  - Can be planned before/after workout
- Once 30 days complete, eliminated foods can be slowly added back depending on how the body responds to its reintroduction.

**Foods eliminated:**

- Added sugar** including natural and artificial (i.e. honey, maple syrup, stevia, xylitol)
- Legumes**
- Grains** whole & refined
- Dairy** from cow, goat, and sheep
- Alcohol** in any form
- Additives**, specifically MSG, carrageenan, and sulfites.
- Baked goods or junk foods**, even if they are with Whole30 approved ingredients

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### SAMPLE DAY

Breakfast	Lunch	Dinner
Scrambled eggs (with 3 whole eggs), avocado, and salsa 	Chicken salad with grilled chicken (1/2# per serving), lettuce, cucumbers, dried cranberries, and apple topped with vinaigrette dressing	Steak (1/2# serving) with salad greens and avocado topped with cilantro-mayonnaise, grilled asparagus cooked in clarified butter and topped with lemon zest and juice

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### ISSUES WITH WHOLE30

- The elimination of food groups leads to lack of nutrients for 30 days
- Use of food elimination for underlying ailments
- Extremely difficult to follow long-term
  - Difficult to follow short term- at work, on the road, with children
- Authors lack strong scientific merit
  - Melissa Hartwig, CISSN, a certified sports nutritionist
  - Dallas Hartwig, MS, PT, CISSN, a functional medicine practitioner, certified sports nutritionist, and licensed physical therapist

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### DIET 3: MEDITERRANEAN DIET

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### MEDITERRANEAN-STYLE EATING PATTERN

- Adopted from the Healthy US-Style Pattern
- Groups modified to more closely reflect eating patterns associated with positive health outcomes in the Mediterranean
- More fruits and seafood, less dairy compared with US-Style Pattern
  - Less calcium and vitamin D due to less dairy
- This eating pattern differs dramatically based on the country
  - Turkey
  - Syria
  - Greece
  - Lebanon
  - France



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Food Group	Servings (2000 calories)
<b>Vegetables (c-eq/day)</b> <ul style="list-style-type: none"> <li>• Dark-green vegetables (c-eq/wk)</li> <li>• Red &amp; orange vegetables (c-eq/wk)</li> <li>• Legumes (c-eq/wk)</li> <li>• Starchy Vegetables (c-eq/wk)</li> <li>• Other vegetables (c-eq/wk)</li> </ul>	2½ <ul style="list-style-type: none"> <li>• 1½</li> <li>• 5½</li> <li>• 1½</li> <li>• 5</li> <li>• 4</li> </ul>
<b>Fruits (c-eq/day)</b>	2½ (US=2)
<b>Grains (oz-eq/day)</b> <ul style="list-style-type: none"> <li>• Whole grains (oz-eq/day)</li> <li>• Refined grains (oz-eq/day)</li> </ul>	6 <ul style="list-style-type: none"> <li>• 3</li> <li>• 3</li> </ul>
<b>Dairy (c-eq/day)</b>	2 (US=3)
<b>Protein Foods (oz-eq/day)</b> <ul style="list-style-type: none"> <li>• Seafood (oz-eq/wk)</li> <li>• Meats, poultry, eggs (oz-eq/wk)</li> <li>• Nuts, seeds, soy products (oz-eq/wk)</li> </ul>	6½ (US=5½) <ul style="list-style-type: none"> <li>• 15 (US=8)</li> <li>• 26</li> <li>• 5</li> </ul>
<b>Oils (g/day)</b>	27
<b>Limit on Calories for Other Uses (% of calories)</b>	13 (US=14)

### COUNTRIES SURROUNDING MEDITERRANEAN SEA

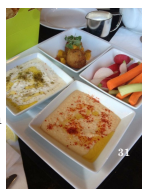
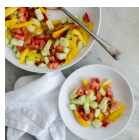


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### 1-DAY MEAL PLAN: MEDITERRANEAN

#### Breakfast

- 1 pita
- 1½ C Israeli salad
  - Cucumber
  - Tomato
  - Bell pepper
  - Parsley
  - Lemon juice and olive oil
- ¼ ounce white cheese
- ¼ cup hummus, tahini, babaganoush



### 1-DAY MEAL PLAN: MEDITERRANEAN

#### Morning Snack

- 1 C cubed watermelon
- 1 C leben



#### Lunch

- 1C vegetable soup
- Array of salads: babaganoush, hummus, tahini, cabbage salad, olives, pickles
- 1 slice 100% crusty whole grain bread
- Lamb Kebobs with yogurt sauce
- ½ C couscous



#### Dessert

- ½ cup lemon sorbet with fresh mint

Hollan Publishing

### 1-DAY MEAL PLAN: MEDITERRANEAN

#### Afternoon Snack

- 1-2 fresh figs
- ½ ounce unsalted almonds



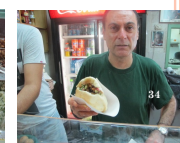
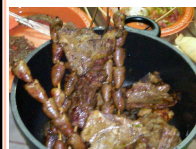
#### Dinner

- Shakshuka
- 1 C Israeli salad



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### MORE MEDITERRANEAN OPTIONS



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### GUIDELINES OF MEDITERRANEAN PLANS

- Use lots of fresh herbs and spices to flavor your meals instead of salt.
- Eat fish at least twice a week.
- Eat minimal red meat.
- Get your omega-3 fats from walnuts, fatty fish and canola oil.
- Exercise is a must!
- Enjoy your meals with family and friends.



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### MEDITERRANEAN DIET AND DISEASE PREVENTION

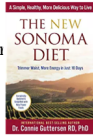
- **PREDIMED:** Prevention with the Mediterranean Diet
- *Participants:* 7,447 persons in multiple research centers in Spain
- Enrolled under 1 of 3 diet conditions:
  1. A Mediterranean Diet supplemented with EVOO
  2. A Mediterranean Diet supplements with mixed nuts
  3. A control diet (advice to reduce dietary fat)
- Among persons at high cardiovascular risk, a Mediterranean diet supplemented with extra-virgin olive oil or nuts reduced the incidence of major cardiovascular events
  - All three diet groups averaged about 2 servings dairy/day

*Estruch et al. NEJM. 2014;368:1279-1290*

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### ISSUES WITH MEDITERRANEAN DIET

- Red meat (beef, pork, lamb) minimized
- Only 2 servings dairy recommended/day
- Diet books may be insufficient to meet dietary needs:
  - Calories
  - Nutrients of concern (Ca+, D)
  - Portions too small
  - May not meet needs of active individual (more intense exercise regimen)



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### RED MEAT AND MEDITERRANEAN DIET

- 2018 study from **Purdue University** and published in the **American Journal of Clinical Nutrition**
- Showed Mediterranean-style eating pattern that incorporates lean, unprocessed meat, along with other animal protein sources, can support heart health. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial 

Lauren E O'Connor, Douglas Paddon-Jones, Amy J Wright, Wayne W Campbell 

*The American Journal of Clinical Nutrition*, Volume 108, Issue 1, 1 July 2018, Pages 33–40, <https://doi.org/10.1093/ajcn/nqy075>

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### RED MEAT AND MEDITERRANEAN DIET

41 overweight/obese adults (16 weeks)

Typical U.S. lean red meat diet  
~18 oz/week

Lean red meat only (unprocessed)  
~7 oz/week + poultry and fish

**\*Decrease in total cholesterol, LDL and blood pressure.**

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### RED MEAT AND MEDITERRANEAN DIET

#### Why Include Lean Beef in a Mediterranean Diet?



You can rest easy knowing that along with being delicious, lean beef contains important nutrients, like **protein, iron, zinc and B-vitamins** that your body needs.<sup>2</sup>



The eating pattern allows a **wide variety of proteins** (including fresh lean beef, pork, poultry, and fish) that support heart health, and can help keep you satisfied throughout the day.<sup>2,4</sup>



Beef is a delicious tasting, high-quality protein that can be enjoyed at any meal throughout the day. It's easier to start and stick to a healthy eating plan when it is **satisfying and enjoyable** – and includes different foods and flavors.<sup>5</sup>

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### LEAN AND EXTRA LEAN GUIDELINES



What Do "Lean" and "Extra Lean" Mean?<sup>2</sup>

<b>Extra Lean</b> Extra lean beef per 3½-ounce portion.	<b>&lt; 5 grams</b> total fat	<b>&lt; 2 grams</b> saturated fat	<b>&lt; 95 milligrams</b> cholesterol
<b>Lean</b> Lean beef per 3½-ounce portion.	<b>&lt; 10 grams</b> total fat	<b>&lt; 4½ grams</b> saturated fat	<b>&lt; 95 milligrams</b> cholesterol

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### 9 CUTS EXTRA-LEAN BEEF

- Certified by the American Heart Association's® Heart-Check program
- Extra Lean Ground Beef (96% lean, 4% fat)
- Bottom Round Steak (USDA Select grade)
- Extra Lean Ground Beef 96% Lean 4% Fat (with Natural Flavors)
- Sirloin Tip Steak (USDA Select grade)
- Top Sirloin Petite Roast, Boneless (USDA Select grade)
- Top Sirloin Strips (USDA Select grade)
- Top Sirloin Filet (USDA Select grade)
- Top Sirloin Kabob (USDA Select grade)
- Top Sirloin Steak, Boneless, Center Cut (USDA Select grade)

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## HELPING CLIENTS NAVIGATE LEAN CUTS OF MEAT

**BEEF**  
IT'S WHAT'S FOR DINNER.™

### EXPLORE OUR CUT COLLECTIONS

Whether you're looking for a lean cut for a weeknight family dinner or a large, tender cut for your holiday roast, our cut collections will provide you with everything you need to choose the perfect cut next time you're at the meat case.

VIEW THE PRIMAL CUTS:

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BEFF

RECIPES COOKING CUTS NUTRITION FACTS BEEF MEATBOOK

CUTS / LOIN PRIMAL

CHEEK RIB LOIN SIRLOIN ROUND SHANK BRISKET PLATE FLANK SHANK

### LOIN PRIMAL

The area below the Diaphragm is home to some of the most tender and popular cuts of beef, such as the Tenderloin, Strip Steak, Flank and Pot Roast/Brisket. Lean cuts are great prepared as the grill or under a broiler.

#### TENDERLOIN | SUBPRIMAL CUT

TENDERLOIN ROAST | LEAN TENDERLOIN STEAK FILET MIGNON | LEAN TENDERLOIN TIPS | LEAN

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Search: Sirloin

### TOP SIRLOIN FILET | LEAN

Also Known As: Boneless Cut, Center Cut Top Sirloin Steak, Top Sirloin Butt Steak, Top Sirloin Butt Steak, Center Cut, Top Sirloin Butt Steak, Center Cut, Boneless, Top Sirloin Filet Boneless, Top Sirloin Steak

Tender, thick and perfectly portioned from larger Top Sirloin Steaks. Season simply with salt and pepper or your favorite rub before grilling.

#### COOKING METHODS:

GRILL PAN BROIL/SKILLET SKILLET TO OVEN BROIL

#### Ask CHUCK -Alexa

#### NUTRITION:

8% CALORIES	8% SAT FAT	51% PROTEIN	15% IRON	40% ZINC
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## CALCIUM AND BONE HEALTH

POSITION PAPER

### The National Osteoporosis Foundation's position statement on peak bone mass development and lifestyle factors: a systematic review and implementation recommendations

C. M. Weaver<sup>1</sup> · C. M. Gordon<sup>2,3</sup> · K. E. Janz<sup>4</sup> · H. J. Kalkwarf<sup>5</sup> · J. M. Lappe<sup>6</sup> · R. Lewis<sup>7</sup> · M. O'Karma<sup>8</sup> · T. C. Wallace<sup>9,10,11</sup> · B. S. Zemel<sup>12,13</sup>

Received: 20 October 2015 / Accepted: 10 November 2015  
© The Author(s) 2016. This article is published with open access at Springerlink.com

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## CALCIUM AND BONE HEALTH

Fig. 1 Bone mass across the lifespan with optimal and suboptimal lifestyle choices

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## CALCIUM AND BONE HEALTH

**Statement concluded:**

- **Calcium and physical activity** are positively associated with bone health
  - Bone calcium used if shortage
- **Vitamin D** has a positive effect on bone mineral accrual in children and adolescents
- **Magnesium, phosphorus, vitamin K, vitamin C, and zinc** play important structural and functional roles for bone

Many of these nutrients were identified in the 2015 Dietary Guideline Advisory Committee as shortfall nutrients

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## DIET OVERVIEW

### Rationale:

- Not a diet of food restriction, but rather a dieting pattern
- Theory is based on the utilization of metabolic differences that take place in the body during times of 'fasting' and 'feasting'
- In contrast to the readily available fuel during normal periods of eating ('feasting'), periods of 'fasting' require the body to rely on its fat stores for energy
- Depletion of fat stores during periods of 'fasting' leads to weight loss

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## THE DIET

'Fasting' takes place between time-restricted feeding 'windows,' or on non-consecutive days of the week with unrestricted consumption during non-fast periods

- **5:2 format:** 2 non-consecutive days are spent fasting, with only 25% of daily calorie needs (~500 calories).
  - Remaining 5 days of the week follow a normal caloric intake
  - i.e. **The Fast Diet:** Dr. Michael Mosley, Dr. Caroline Apovian
- **"Timed Restricted Feeding" (TRF):** Daily required calories consumed w/in an 8-hr window
  - Remaining 16 hours = fasting

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## PROS VS CONS

### Pros:

- All food groups allowed
- Promotes a high fiber diet and hydration
- Simple rules to follow
- Exercise promoted

### Cons:

- Possible lack of energy, concentration, headaches, hunger, feeling cold, and constipation/GI discomfort on fasting days
- Healthy daily habits not encouraged
- Inappropriate for those prone to hypoglycemia, on beta-blockers or diabetic medication
- Dangerous for pregnant, lactating women, and children and those with eating disorders

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## THE SCIENCE

- Much of the research on IF conducted on laboratory animals
- Over the last decade, studies on IF linked to weight loss, fat loss, and reduced risk of disease

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## THE SCIENCE

### Overview

- 6-month randomized controlled trial
- 107 overweight and obese premenopausal women
- Comparison of weight loss between 2 conditions:
  - ① General calorie restriction (25% below estimated needs)
  - ② IF for 2 days (75% reduction in estimated needs, average 492 – 542 kcal daily) + 5 days/week of kcals for weight maintenance

The effects of intermittent or continuous energy restriction on weight loss and metabolic disease risk markers: a randomised trial in young overweight women

[Int J Obes \(Lond\) 2011 May; 35\(5\):714-727](#)

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### THE SCIENCE

**Results:**

- At 6 months, weight loss comparable between two groups
  - 81.5 → 75 kg (intermittent fasting) vs. 84.4 → 78.7 kg (calorie restriction)
- 33% of intermittent fasters (vs. 30% calorie restrictors) lost 5 – 10% of body weight
- 34% of intermittent fasters (vs. 22% calorie restrictors) lost ≥10% of body weight
- Changes in body fat, waist circumference, and fat free mass were comparable between the groups

**Other findings:**

- Dropouts due to diet adherence same for both groups
- IF did not lead to overeating on non-fast days
- Adverse effects: small number of participants reported lack of energy, headache, feeling hunger, cold and constipated

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### THE SCIENCE

- 2016 study found that hormone responses associated with TRF led to improved insulin resistance and increased use of fat for fuel in mice
 

Time-restricted feeding improves insulin resistance and hepatic steatosis in a mouse model of postmenopausal obesity. *Metabolism*, 2016 Dec;85(12):1743-1754. doi: 10.1016/j.metabol.2016.09.006. Epub 2016 Sep 22.
- 2017 rodent study linked IF to successful weight loss and reductions in risk factors for insulin resistance and CVD
 

Impact of intermittent fasting on health and disease processes. *Ageing Research Reviews* Volume 31, October 2017, Pages 46-58

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### THE SCIENCE

- Growing body of research investigating the effect of IF on metabolism and Alzheimer's disease.
- 2018 study linked IF to preventing memory loss and age-related memory decline in Alzheimer's.
  - Findings also included a reduction in body fat.

Intermittent fasting protects against the deterioration of cognitive function, energy metabolism and dyslipidemia in Alzheimer's disease-induced estrogen deficient rats. *Exp Biol Med*. 2018 Feb;243(4):334-343. doi: 10.1177/1535370217751610. Epub 2018 Jan 7.



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## DIET 5: CALORIES IN, CALORIES OUT

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### CALORIES IN, CALORIES OUT DIET

- Based on the concept that calories in = calories out
- Diet believes:** The food you choose to eat does not matter; rather it's the amount of calories
  - Calories in an orange same as a candy bar
  - 1# = 3,500 calories
  - If you consume 500 calories less each day of the week, you should lose 1# of fat /week


=


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### DIET PROS VS CONS

Pros	Cons
<ul style="list-style-type: none"> <li>Tracks calories</li> </ul> 	<ul style="list-style-type: none"> <li>Doesn't take nutrient density into account, including nutrients of concern</li> <li>Does not take dietary patterns or variety and balance into account                             <ul style="list-style-type: none"> <li>Americans lack fruits and vegetables</li> </ul> </li> <li>Does not focus on eating behavior                             <ul style="list-style-type: none"> <li>Likely regain lost weight and resume former eating habits</li> </ul> </li> </ul>

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## THE RESEARCH

*J Am Diet Assoc*, 2011 Jan;111(1):92-102. doi: 10.1016/j.jada.2010.10.008

### Self-monitoring in weight loss: a systematic review of the literature.

Burke LE<sup>1</sup>, Wang J, Sevick MA

- **Purpose:** Looked at the relationship between weight loss and self-monitoring strategies
  - Paper diary being most often used
- **Findings:** Significant association between self-monitoring and weight loss
- **Study Limitations:** Homogenous samplings (mainly white females) and reliance on self-report

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## THE RESEARCH

*Int J Obes (Lond)*, 2010 Nov;34(11):1644-54. doi: 10.1038/ijo.2010.94. Epub 2010 May 18.

### Long-term weight loss maintenance in the United States.

Kraschnewski JL<sup>1</sup>, Boan J, Esposito J, Sherwood NE, Lehman EB, Kephart DK, Sciamanna CN

- **Objective:** Estimate the prevalence and correlates of long-term weight loss (at least 1 year) among US adults
- **Subjects:** 14,306 participants ages 20-84 years from 1999-2006 NHANES
  - We defined LTWLM as weight loss maintained for at least 1 year
- **Results:** 1 of 6 (~17%) US adults who have been overweight or obese have kept the weight off for at least 1 year

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## THE RDNs ROLE IN FAD DIETING

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## 6 STEPS FOR PRACTITIONERS

1. **Recognition**
  - Acknowledge and praise the client's decision to consult a RDN
2. **Safety**
  - Evaluate the proposed diet and caution against recommendations that may lead to nutrition inadequacies or adverse health effects



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## 6 STEPS FOR PRACTITIONERS

### 3. Adequacy

- Examine diet recommendations that may call for food group eliminations (i.e. dairy, fat, carbohydrates, protein)
- Ensure client has necessary tools (i.e. nutrition education, menu planning, recipes) to maintain proper macro- and micronutrient intakes based on their eating pattern, including:
  - Minimum daily kcal intake based on weight
  - Adequate carbohydrate intake
  - Meet protein intake (animal or plant)
  - Healthy, optimal sources of dietary fats (i.e. olive oil, avocado, nuts, seeds)
  - Ensure adequate intake of nutrients of concern (K+, Ca+, vitamin D, fiber)

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## 6 STEPS FOR PRACTITIONERS

### 4. Sustainability

- Key to continued weight loss includes diet maintenance
- Achieve reasonable, appropriate, client-specific small changes incorporating the diet of choice, which can be maintained over time

### 5. Variation

- Provide the guidance and information for client to maintain a varied diet

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## 6 STEPS FOR PRACTITIONERS

### 6. Support

- Be a partner and work to assist clients in making the healthy, positive aspects of their chosen diets part of a sustained lifestyle change
- Teach client to modify recipes appropriately to achieve their desired goals



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## QUESTIONS? COMMENTS?

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