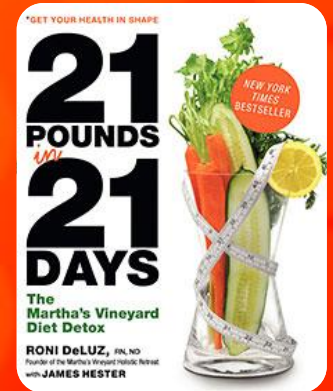
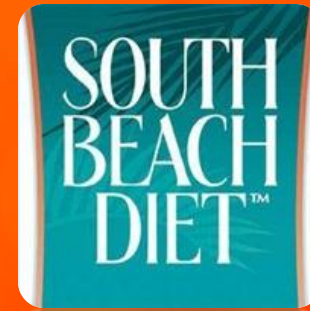


New Year, New You:
**Nutrition
Habits that
Work**

Glenda E. Blaskey, MS, RD, LD

Forget diets!



It is time to develop nutrition habits that work!

Habit 1:

Weigh yourself regularly



Research Shows:

- Systematic review of literature
- Eleven of the 12 studies reviewed indicated that more frequent self-weighing was associated with greater weight loss or weight gain prevention
- Individuals who reported self-weighing weekly or daily, typically over a period of several months, held a 1 to 3 kg/m² (current) advantage over individuals who did not self-weigh frequently
- Frequent self-weighing, at the very least, seems to be a good predictor of moderate weight loss, less weight regain, or the avoidance of initial weight gain in adults

VanWormer JJ, et al. "The Impact of Regular Self-weighing on Weight Management: A Systematic Literature Review." International Journal of Behavioral Nutrition and Physical Activity 2008; 5(54).

Further Evidence:

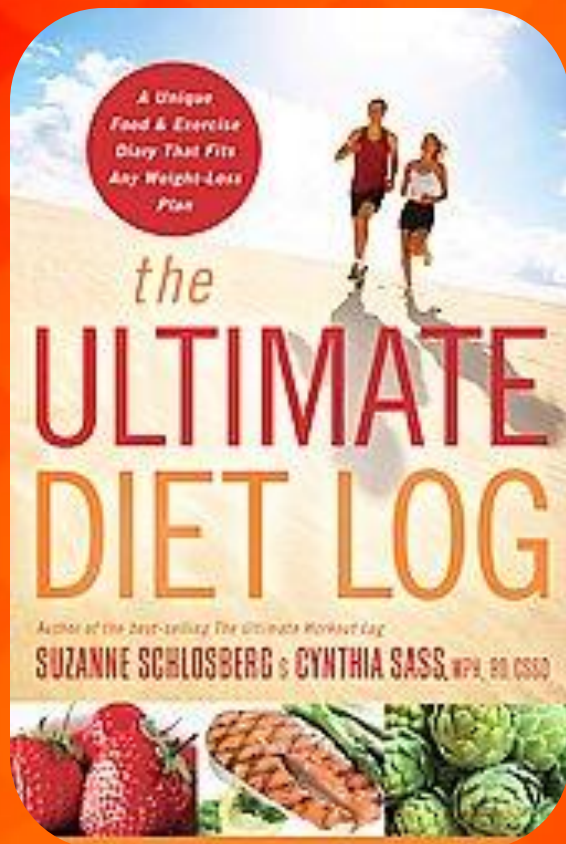
- The National Weight Control Registry (Brown Medical School) provides information about the strategies used by successful weight loss maintainers to achieve and maintain long-term weight loss
- Considered successful at long-term weight loss when defined as losing at least 10% of initial body weight and maintaining the loss for at least 1 year
- One of the four most common strategies utilized for long-term success is frequent self-weighing (75%).

Wing RR, et al. "Long-term weight loss maintenance." Am J Clin Nutr July 2005; 82(1).

Helpful Hints

- Weigh 1x per week
- Same day of the week, time of day and scale
- Expect small fluctuations (1-2 pounds)
- Evaluate the past week if you notice a more significant change (3-4 pounds)

Habit 2: Utilize a diet log



Research Shows:

- Collected data from 123 overweight-to-obese, sedentary, Seattle-area women, ages 50 to 75, who were randomly assigned to two arms of a controlled, randomized year-long dietary weight-loss intervention study: diet only or exercise + diet
- Studied the impact of a wide range of self-monitoring and diet-related behaviors and meal patterns on weight change
- Women who kept food journals consistently lost about 6 pounds more than those who did not

McTiernan et al. "Self-monitoring and Eating-related Behaviors are Associated with 12-month Weight Loss Among Postmenopausal Overweight-to-obese Women in a Dietary Weight Loss Intervention." Journal of the Academy of Nutrition and Dietetics, September 2012; 112(9):1428-35.

Further Evidence:

- A systematic review of the literature on three components of self-monitoring in behavioral weight loss studies: diet, exercise and self-weighing
- All of the 15 studies that focused on dietary self-monitoring found significant associations between self-monitoring and weight loss
- A recently completed two-year, randomized clinical trial compared self-monitoring with a paper diary versus a PDA (with & without feedback). At 6 months, compared to the paper diary group, the PDA groups combined were more adherent to self-monitoring and that dietary self-monitoring in this group had a significant indirect effect on percent weight loss

Burke LE, et al. "Self-Monitoring in Weight Loss: A Systematic Review of the Literature." Journal of the American Dietetic Association, January 2011; 111(1): 92-102.

Helpful Hints

- Various options: paper, online, smartphone apps
- Log everything!
- Be honest
- Track for at least 7 days at a time

Habit 3:

Limit dining out to 1 time
per week or less



Research Shows:

- Same data from 123 overweight-to-obese, sedentary, Seattle-area women, ages 50 to 75, who were randomly assigned to two arms of a controlled, randomized year-long dietary weight-loss intervention study: diet only or exercise + diet
- Studied the impact of a wide range of self-monitoring and diet-related behaviors and meal patterns on weight change
- Women who ate out for lunch at least weekly lost on average 5 fewer pounds than those who ate out less frequently (eating out often at all meal times was associated with less weight loss, but the strongest association was observed with lunch)

McTiernan et al. "Self-monitoring and Eating-related Behaviors are Associated with 12-month Weight Loss Among Postmenopausal Overweight-to-obese Women in a Dietary Weight Loss Intervention." Journal of the Academy of Nutrition and Dietetics, September 2012; 112(9):1428-35.

Further Evidence:

- Utilized dietary recall data from 1994-1996 CSFII (Continuing Survey of Food Intakes by Individuals) and 2003-2004 NHANES (National Health and Nutrition Examination Survey) data
- Each meal or snack eaten away from home adds, on average 134 extra calories of intake per day (*Breakfast 74 kcal, Lunch 158 kcal, Dinner 144 kcal, Snack 100 kcal*)
- For the average consumer, consuming one meal away from home each week adds an additional 2 pounds per year

"The Impact of Food Away From Home on Adult Diet Quality." USDA Economic Research Report No. 90.

Helpful Hints

- Save for special occasions or things that you can't/won't cook at home
- Try to make better choices even when dining out
- Caution of fat, salt, and especially portions
- Limit the damage

Habit 4: Eat early & often



Research Shows:

- Again, same data from 123 overweight-to-obese, sedentary, Seattle-area women, ages 50 to 75, who were randomly assigned to two arms of a controlled, randomized year-long dietary weight-loss intervention study: diet only or exercise + diet
- Studied the impact of a wide range of self-monitoring and diet-related behaviors and meal patterns on weight change
- Women who reported skipping meals lost almost 8 fewer pounds than women who did not

McTiernan et al. "Self-monitoring and Eating-related Behaviors are Associated with 12-month Weight Loss Among Postmenopausal Overweight-to-obese Women in a Dietary Weight Loss Intervention." Journal of the Academy of Nutrition and Dietetics, September 2012; 112(9):1428-35.

Further Evidence:

- The National Weight Control Registry (Brown Medical School) provides information about the strategies used by successful weight loss maintainers to achieve and maintain long-term weight loss
- Considered successful at long-term weight loss when defined as losing at least 10% of initial body weight and maintaining the loss for at least 1 year
- Another of the four most common strategies utilized for long-term success is eating breakfast daily (78%).

Wing RR, et al. "Long-term weight loss maintenance." Am J Clin Nutr July 2005; 82(1).

Helpful Hints

- This can help to prevent over-eating
- Don't over-stuff yourself (try the “20-minute rule”)
- Think of it as “front-loading” your food
- Start the day with a well-balanced breakfast within ~1 hour of waking
- Use the “4-hour rule”
- Easier to accomplish if you plan ahead

Habit 5:

Learn to identify cravings



Research Shows:

- Utilized data from the Comprehensive Assessment of the Long-term Effects of Restricting Intake of Energy (CALERIE) trial at Tuft's University
- Found that cravings are very common (91% of participants reported experiencing cravings when enrolling in the study)
- Also found that those cravings do not typically go away (94% of participants reported cravings after 6 months of following the diet)
- It was noted that cravings for energy-dense foods are common
- Concluded that controlling the frequency of giving in to cravings, rather than suppressing them may be an important area of emphasis in future weight control programs

Gilhooly CH, et al. "Food cravings and energy regulation: the characteristics of craved foods and their relationship with eating behaviors and weight change during 6 months of dietary energy restriction." *International Journal of Obesity*, December 2007; 31(12): 1849-58.

Helpful Hints

- Use the “Apple Test”
- Identifying cravings is the hardest part
- Try
 - Mindful eating
 - Distraction techniques
 - Try water or gum
 - Incorporate the food being craved into the middle of a meal

Habit 6: Stay hydrated



Research Shows:

- Goal was to determine if pre-meal water consumption facilitates weight loss among overweight/obese middle-aged and older adults, and to determine if the ability of pre-meal water consumption to reduce meal EI (energy intake) was sustained after a 12-week period of increased water consumption
- When combined with a hypo-caloric diet, consuming 500 ml water prior to each main meal lead to greater weight loss than a hypo-caloric diet alone in middle-aged and older adults
- At the end of the study, the water group had lost an average of 15.5 pounds, compared with 11 pounds in the other group
- Concluded that this may be due, in part, to an acute reduction in meal EI following water ingestion

Dennis EA, et al. "Water Consumption Increases Weight Loss During a Hypocaloric Diet Intervention in Middle-aged and Older Adults." Obesity, February 2010; 18(2): 300-307.

Further Evidence:

- A study from the University of North Carolina at Chapel Hill Research shows that, in fact, people who drink an average of 6½ cups (52 ounces) of water each day consume 200 fewer calories a day
- Additionally, the study revealed that these people drank less sugary drinks and were less likely to reach for junk food for snacks

Popkin BM, et al. "Water and Food Consumption Patterns of U.S. Adults from 1999 to 2001." Obesity Research, December 2005; 13(12): 2146-52.

Helpful Hints

- Common to mistake thirst for hunger
- Drink throughout the day for most benefit
- Aim for at least 8 servings (8 oz each) per day of water
- Need some intake that is caffeine-free

Habit 7:

Save calories for food

Beverage (12 oz serving size)	Calories
Whole Milk	220
2% Milk	180
Orange Juice	165
Coca-Cola	145
Monster Energy Drink	150
Coffee (Frappuccino Mocha)	280
Sweet Tea	150
Gatorade	75
Light Beer	110
Wine	270
Margarita	540

Research Shows:

- Looked at beverage & food intake and weight changes in more than 800 men and women, aged 25 to 79
- The "liquid calories" researchers looked at were sugar-sweetened beverages (soft drinks, fruit drinks and punch); whole, 2%, 1% and skim milk; 100% fruit and vegetable juices; coffee and tea with sugar; coffee and tea with artificial sweetener; diet drinks, and alcoholic beverages
- Cutting 100 calories/day from liquids resulted in weight loss of about 0.5 pound at 6 & 18 months
- Cutting 100 calories/day from solid foods resulted in a loss of about 0.1 pound at 6 and 18 months.
- Eliminating 1 serving (12 oz), of sugar-sweetened beverages a day resulted in the greatest weight loss, 1 pound at 6 months and 1.5 pound at 18 months

Liwei C, et al. "Reduction in consumption of sugar-sweetened beverages is associated with weight loss: the PREMIER trial." *American Journal of Clinical Nutrition*, 2009; 89(5): 1299.

Further Evidence:

- Fifty-two healthy adults completed this randomized, 4-arm crossover study. Participants consumed oral liquid and solid preloads that they perceived, through cognitive manipulation, to be liquid or solid in their stomach
- Beverage consumption is implicated in the overweight/obesity epidemic through the weaker energy compensation response it elicits compared with solid food forms
- These data document sensory and cognitive effects of food form on ingestive behavior and identify physical and endocrine variables that may account for the low satiety value of beverages (thus, energy-yielding beverages pose a particular risk for positive energy balance)

Cassady BA, et al. "Beverage consumption, appetite, and energy intake: what did you expect?" *American Journal of Clinical Nutrition*, March 2012; 95(3): 587-593.

Helpful Hints

- Beverage calories are often overlooked
- Not as satisfying as solid food calories for many people
- Not all of the beverages are unhealthy, just need to be limited

Habit 8: Be consistent

MONDAY



Research Shows:

- The National Weight Control Registry (Brown Medical School) provides information about the strategies used by successful weight loss maintainers to achieve and maintain long-term weight loss
- Considered successful at long-term weight loss when defined as losing at least 10% of initial body weight and maintaining the loss for at least 1 year
- Results indicated that participants who reported a consistent diet across the week were 1.5 times more likely to maintain their weight within 5 pounds over the subsequent year than participants who dieted more strictly on weekdays
- A similar relationship emerged between dieting consistency across the year and subsequent weight regain; individuals who allowed themselves more flexibility on holidays had greater risk of weight regain
- Individuals who maintain a consistent diet regimen across the week and year appear more likely to maintain their weight loss over time.

Wing RR, et al. "Long-term weight loss maintenance." *Am J Clin Nutr* July 2005; 82(1).

Helpful Hints

- Use caution to not undo all of your hard work during the week on weekend splurges
- Tracking diet intake throughout the weekend helps keep you aware

Habit 9: Read labels

Nutrition Facts

Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving

Calories 60 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 10g 3%

Dietary Fiber Less than 1g 3%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Research Shows:

- Looked at the exercise and label-reading habits of 3,706 middle-aged adults
- The participants who developed label-reading habits, regardless of exercise had a greater reduction in body mass than those who did not read labels (even if they exercised)
- Those who went from not reading and not exercising to reading and exercising also had great success.
- Label users who did not exercise displayed a slightly greater likelihood of weight loss than those who exercised but did not read food labels
- Additionally, those who only read labels were more likely to improve their chances of weight loss by adding exercise to their routines rather than abandoning label usage in favor of exercise.

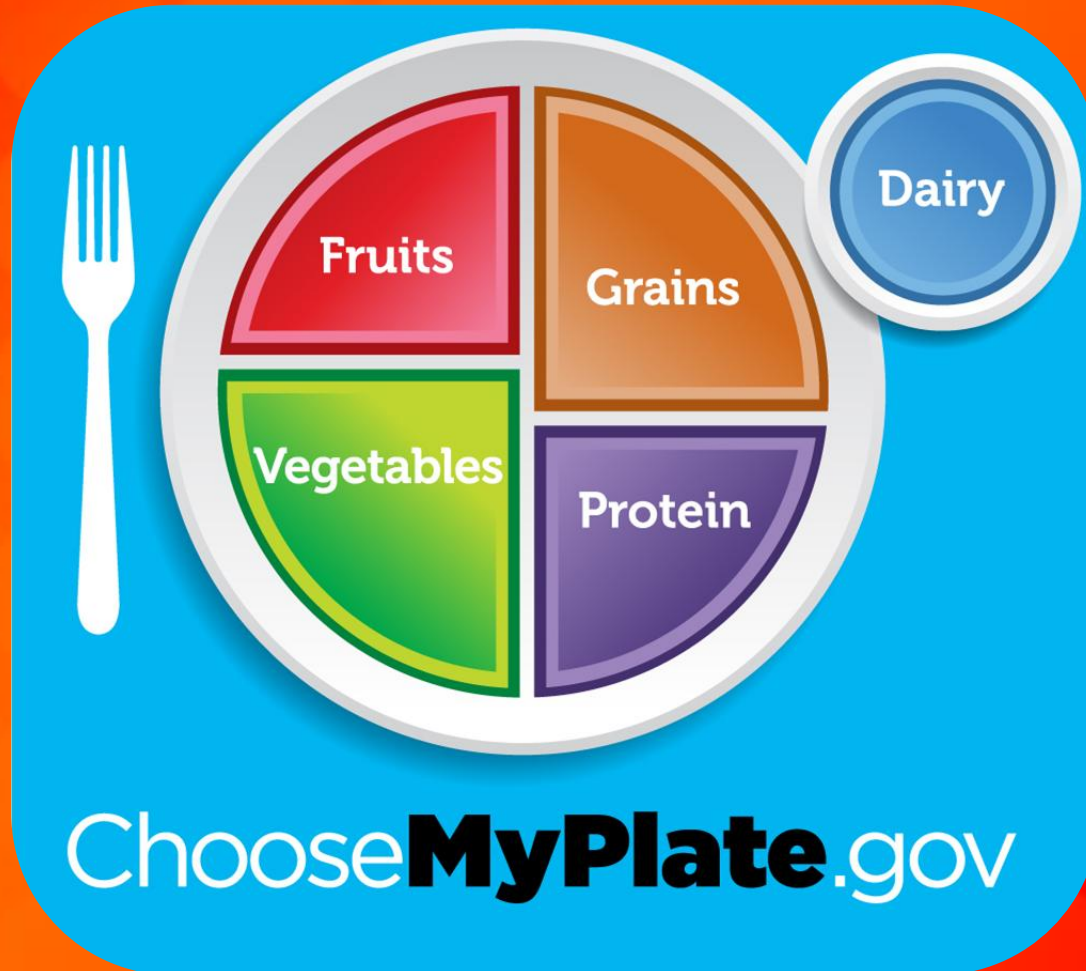
Mandal B. "Use of Food Labels as a Weight Loss Behavior." The Journal of Consumer Affairs, 2012; 44(3): 516-527.

Helpful Hints

- Ignore claims on front of package
- Use the “Nutrition Facts” panel in conjunction with the “Ingredients” list
- Always pay attention to the serving size
- Use %DV: <5% = low, >20% = high
- Ingredients listed in order from greatest to least in quantity

Habit 10:

Make meals balanced



Research Shows:

- Studied 811 overweight adults assigned to one of four diets
- The targeted percentages of energy derived from fat, protein, and carbohydrates in the four diets were 20, 15, and 65%; 20, 25, and 55%; 40, 15, and 45%; and 40, 25, and 35% (all diets consisted of similar foods and met guidelines for cardiovascular health)
- The participants were offered group and individual instructional sessions for 2 years
- Satiety, hunger, satisfaction with the diet, and attendance at group sessions were similar for all diets
- Attendance was strongly associated with weight loss (0.2 kg per session attended)
- Reduced-calorie diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize

Sacks FM, et al. "Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates." New England Journal of Medicine, February 2009; 360(9): 859-873.

Further Evidence:

- 1,200-kcal diets followed for a 10-week period were examined in adult, sedentary, overweight women
- Diet patterns contained 25%, 45%, or 75% carbohydrate, with variations in fat and protein
- Each 1,200-kcal diet contributed to weight loss. Selection of a weight reduction diet can be designed around preferred food patterns and nutrition needs of individuals rather than a proportion of the energy provided by carbohydrate in healthy adult women

Alford BB, et al. "The effects of variations in carbohydrate, protein, and fat content of the diet upon weight loss, blood values, and nutrient intake of adult obese women." Journal of the American Dietetic Association, April 1990; 90(4): 534-540.

Helpful Hints

- Well-balanced meals need carbohydrates, protein and fat
- Visualize the “My Plate” graphic when planning meals
- Limit some of the fat content
- Utilize substitutions instead of eliminating
- Still need to keep portions in check (measure if you don’t know)
- Pair higher-calorie foods with low-calorie foods

Remember:

No one is perfect, nor will you become perfect overnight.

Start with one change. Stick with it daily for 3 - 4 weeks.

Once you have that one mastered, try implementing the next one!

Questions?

