

The Ways of Weight Loss

Now that you have a solid background in the functions of nutrients and foods (and why they play such a major role in your healthy and nutritional diet), we will move on to The Ways of Weight Loss. There are a few key points to consider truths and myths ~~that must be busted when discussing about~~ weight loss that are important for everyone to know (yes Mom, this means you). Because of this, we've ~~wanted to~~ devoted a chapter to explaining these fundamentals ~~and myths, explaining them~~ in detail and clearing up ~~all (or at least a few)~~ several of your questions.

The Fundamentals

• **Calories in vs. calories out** – Simply stated, we are talking about energy balance (see the figure below). Weight gain occurs when we are taking in, or eating, more calories than our body ~~needs~~ (calories in > calories out). When we are maintaining our weight, we are eating the same amount of calories our body is using ~~bodies use~~ throughout the day (calories in = calories out). To lose weight, we must 1) eat less calories than our bodies use (calories in < calories out) or 2) use more calories than we eat (calories out > calories in). The New Mommy Makeover DVD Series will promote number 2, helping you use more calories than you eat, and this nutrition manual (specifically the Error! Reference source not found. section) will take care of number 1 – eating fewer calories than your body uses. We have got you covered from both angles!



• **1 pound = 3,500 calories** – Because we know 1 pound of fat is equivalent to 3,500 calories, we can estimate that eating 3,500 calories less food than our body ~~needs~~ bodies need will result in 1 pound of weight loss. Our goal for you is 1-2 pounds of weight loss each week. We do not recommend losing more than 2 pounds in a week, as that will increase the likelihood that the weight loss is water weight and muscle mass (rather than fat mass). Weight loss through water weight isn't necessarily bad, but it can be pretty frustrating when you see those 3 pounds you thought were gone jump back

on overnight (no thank you!). As far as losing muscle mass goes – we want to avoid this at all costs. Because muscle burns calories (while fat just kinda sits there), muscle mass loss decreases our daily calorie needs and slows down our metabolism. The more muscle mass ~~you~~ we have, the faster ~~your~~ metabolism and the greater the amount of calorie burn in a day through just living. See, we want to avoid muscle mass loss ~~at~~ AT ALL COSTS.

▪ **The insulin response** – Let's start with a little bit of a physiology lesson with the blood sugar cycle: when we eat, our body converts the carbohydrates in the food into blood sugar. In response to the blood sugar, our pancreas produces insulin, a hormone that transports the blood sugar into cells. Once in the cells, the blood sugar is used as energy, allowing the cells to function. When you eat refined grains, let's say a piece of white bread, your body experiences a greater increase in blood sugar than when you eat whole grains. This spike in blood sugar stimulates your pancreas to work overtime in order to make enough insulin to meet the demands of that white bread. The body's response to the insulin surge is to stop using fat as energy and ~~to~~ start storing the nutrients from the white bread as energy. This results in a decrease in your metabolism. Basically, your body thinks it has a surplus of nutrients because of the insulin surge, when all you really gave it was one lousy piece of bread. Also, the surge in insulin results in a quick blood sugar drop (the insulin is good at doing its job of transporting the blood sugar out of the blood and into the cells), signaling to the body that there is a need for more blood sugar. Your response to this is irritability, hunger, low energy, and cravings for high-carbohydrate/sugar foods (the body is saying "give me enough carbohydrates, fast, to raise my blood sugar back to where it was before"). We also want to keep this from happening at all costs!

▪ **Eat small meals throughout the day** – We recommend you eat meals/snacks of similar nutrient value (calories, carbohydrates, protein and fat) every 3 ½ hours, or about six times each day, for many reasons. Eating frequently takes advantage of the fact that the actual process your body goes through to digest food (called the thermogenic effect of food) burns calories. By eating often, we give our bodies more chances to burn calories through digestion. It has been found that the total calories burned in a day is greater when several small meals are eaten than when the same amount of calories are eaten in only a couple of meals. Eating throughout the day also keeps our blood sugar level steady (reread the part about insulin response in the paragraph above if we didn't sell you on it the first time). By eating every 3 ½ hours, you are supplying your body with a constant source of energy, maintaining blood sugar levels and avoiding ~~experiences of~~ fatigue and hunger. Additionally, it is easier to make a logical (and healthy) food choice when you're not feeling the extreme pangs of hunger. We want to avoid putting ourselves in the position of feeling starved, when we are more susceptible to making poor food choices. We know this is a difficult goal when life is running at full throttle around you. However, these meals/snacks do not need to be anything elaborate or complicated. Having hHealthy supplements that provide a combination of starch and protein ~~readily available~~, like bars or shakes, are great alternatives to putting a meal together in the kitchen. Some options we like are Kashi's snack bars; Larabar's; Clif Mojo bars; and Prograde nutrition bars, pre- and post-workout drinks, and meal replacement shakes – but be sure you aren't eating or drinking more than about 200 calories if you're using one of these as an alternative to a snack and

around 300 calories if you're using one of these as an alternative to a meal (depending on your specific goal calories for the day, determined through **Error! Reference source not found.**, of course).

• **A meal is a “meal” and a snack is a “snack”** – Eating throughout the day ONLY works when you are ultimately eating the right amount of calories for your body. It can be easy to get carried away with a meal or snack, by going a little heavy on the serving or adding just one more food group, and end up eating way too much. For example, adding one additional DAIRY serving to a snack and one additional PROTEIN serving to a dinner puts you 165 calories (about one snack) over for the day (about 1 snack). To correct for the extra calories, you would have to eat 165 calories less than typical the following day (or skip one snack). YUCK! This is why it is important to have a calorie goal set for your meals and snacks. An easy rule of thumb is no more than 200 calories for a snack (after all, it is a snack or a “light meal”) and around 300 calories for a meal. If you were to follow the 200-snack-300-meal rule, at 3 meals + 3 snacks a day, you will be eating right at 1,500 calories a day. If your calorie goal for the day is less than 1,500 calories, shrink the calories in your meals down slightly. For example, try a 200-snack-250-meal rule, at 3 meals + 3 snacks, and you will be eating right at 1,350 calories. This will help ensure you are eating the right amount of calories every day, while still eating every 3 ½ hours.

• **Fiber, fiber and more fiber** – Fiber is an important nutrient for everyone to eat, particularly those attempting to lose weight. Fiber provides bulk to foods, which in turn provides bulk in your stomach when eaten (it makes you feel full, quickly after eating). Also, fiber is nearly indigestible by the body. So not only are you feeling full from eating fiber, but also your body is not able to digest it – it gets passed through the body without providing calories. Another aspect to consider is that your body burns calories attempting to digest the fiber that, as we just discussed, you are not getting any calories from (think-potential for negative calories – awesome!). Lastly, because fiber is not digestible, it actually slows down the rate the at which your body is able to digest other nutrients eaten with the fiber. This decreases your body's blood sugar level and adds to feelings of fullness for a longer period of time. For these reasons, it is important you to choose whole grains over refined grains (more fiber!) as often as possible.

• **Follow a 1:3 ratio with all meals and snacks** – As a general rule of thumb, make snack and meal choices based on a ratio of at least 1 gram of protein for every 3 grams of carbohydrate. This will guarantee the nutrient composition of the snack/meal is nutritionally-well balanced. For example, if a product contains 30 grams of carbohydrates, the goal would be for it also to contain at least 10 grams of protein. This is difficult to accomplish with food choices that are primarily carbohydrate-based such as fruit and starches. So, when choosing a starch or fruit, balance out the snack/meal with a source of protein (think crackers with lunchmeat or rice cakes with cheese). Yet another reason getting enough protein is important (if you have forgotten why protein is important, re-read **Error! Reference source not found.**) is research has found that women who do not eat enough protein experience an increased desire to eat more (we are trying to avoid that, right?!). Getting enough protein will also minimize the insulin response.

Some additional basic advice ~~all interested in~~ healthy eating habits you should consider:

• **Make 1one meal a day a salad.** ~~Anything We love anything to~~ hat makes our livfes easier – and this ~~is one of them~~ does. Making 1one of your meals each day a salad (~~such as at lunch or dinner~~) is a no-brainer way to help get in your VEGGIE servings goal (tough goal at that) ~~VEGGIE servings~~ for the day. Also, a salad as a meal is ~~more often going to be~~ typically low in calories and carbohydrates, so long as you don't load it up with junk. So – go heavy with-on the veggies, moderate with-on the protein (think meat, fish, cheese, or cottage cheese), and light on the dressing – easy!

• **Drink 12-16 oz of water 20-30 minutes before each snack and meal.** Not only ~~does will~~ this help make sure you meet your water intake goal for the day, but it also ~~the water~~ will increase feelings of fullness sooner when you eat your snack/meal. Studies have found that people drinking 16 oz of water 30 minutes before eating, eat on average 40 calories less at each snack/meal naturally. That could mean a savings of 240 calories/day without even thinking about it – and we LIKE not having to think about it!

• **Eat, sitting at a table.** Think about how easily distracted you are and how less aware of what you are putting in your mouth when you are eating in front of the television or computer or even standing at the kitchen counter. Eating at a table makes you pay attention to what is going on with that plate, fork and food sitting in front of you, and what you are putting in your mouth. It actually helps increase mindful eating, naturally. Eating at the table, together with the family, is also important in your child's development. Studies show eating at a table with your children increases communication between children and their parents and aids in the children's development of table manners. Children that eat at the table with family members have been found to eat more fruits and vegetables and were more willing to try new foods. A win-win situation.

• **Don't drink your calories!** Drinks like juice, soda, and sports drinks do not make you feel full but can have the same amount of calories as a typical snack or meal. For example, 1 glaceau vitaminwater™ has 125 calories (~~the~~ equivalent to a snack of yogurt with nuts) and 33 grams of sugar (~~the~~ equivalent to more than two2 small apples, but without all the other benefits of the apple like fiber, vitamin A, folate, calcium...). What is the point? Save your calories for food! It's much more fun to eat calories than drink them.

• **Practice portion control.** ~~Of course w~~ We want you to ~~make sure you are eating~~ eat the right amounts of foods, but we also want you to avoid eating the wrong amounts. Avoid foods that make it difficult to control your portions – DUH! If you know you have a difficult time limiting your popcorn or Checkx Mix® snack at night, keep it out of the house. Or, if ~~pre~~-packaging 1-- STARCH servings out of that 13-- serving bag (yep that is right, an 8.75-oz bag of Chex Mix® has 13 80-calories servings!) works, then do it. And do it right when you are unloading the grocery bags so you don't have to think about it again.