Overview: Achieving & Maintaining a Healthy Weight

- Energy (Calorie) Output
  - Metabolism
  - Activity
  - Digestion

- Energy (Calorie) Intake
  - Guilt
  - Hunger (physical & emotional)

- Diet vs. Non-Diet Thinking
At any given time...

- 30% of men are on a diet
- 45% of women are on a diet
Which uses the most calories?

- Exercise
  - Muscle activity

- Metabolism
  - Calories needed for body functions

- Digestion
  - Digest, absorb, metabolize the food you eat
What burns the most calories?

Calories Burned

- Digestion: 5-10%
- Exercise: 15-30%
- Metabolism: 60-75%
## Diets Lower Metabolism 20-40%

<table>
<thead>
<tr>
<th>Calories to Maintain Weight</th>
<th>Intake</th>
<th>Calories to Maintain Weight</th>
<th>Intake</th>
<th>Excess</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>1400</td>
<td>1600</td>
<td>2000</td>
<td>+400</td>
</tr>
<tr>
<td>2000</td>
<td>2000</td>
<td>2000</td>
<td>2000</td>
<td>0</td>
</tr>
</tbody>
</table>
Dieting increases fat storage

Before the diet

After the diet
Muscle vs. Fat Tissue

While sitting, will you burn more calories if you have more fat or muscle?

- Muscle is highly active tissue - even sitting
- Fat is relatively inactive

The more muscle you have, the higher your metabolism
Challenge Question

2. Which body tissue keeps your metabolism high?
   a. Fat
   b. Skin
   c. Muscle
### Susan’s Diet

<table>
<thead>
<tr>
<th>Weight</th>
<th>Pre-diet</th>
<th>Diet</th>
<th>Post Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>175</td>
<td>150</td>
<td>179</td>
</tr>
<tr>
<td>Lean body</td>
<td>115</td>
<td>105</td>
<td>105</td>
</tr>
<tr>
<td>Fat</td>
<td>60</td>
<td>45</td>
<td>74</td>
</tr>
</tbody>
</table>
Output: Exercise

- 15-30% of calories burned from being active

Benefits of exercise:
- Increases muscle mass
- Increases metabolism
- Helps regulate hunger
- Increases fat burning enzymes
- Burns calories
**Output: Digestion**

- 10% of output

- The energy used to digest, absorb, metabolize and store food
  - Lowest for fat
  - Highest for protein
  - Higher for whole grains with fiber, than processed grains (no fiber)
Factors that may increase calorie intake

- Guilt

- Hunger
  - Physical
  - Emotional
Deprivation/Guilt Seesaw

Deprivation high
Guilt low

Deprivation low
Guilt high
Physical Hunger

1. We all have the inborn ability to eat when hungry, stop when satisfied

2. Hunger: Tells you when and how much to eat

3. Hunger gauge
Hunger Gauge

0-1 = Danger Zone (empty & ravenous)
3 = Hunger
7 = Satisfied
8 = Full
Emotional Hunger

It’s not our knowledge that has the greatest impact on our behavior, it's our emotional balance.

When out of emotional balance, we’re more likely to go to excess...food, drink, smoking, spending...

To learn more:
- Intuitive Eating by Tribole MS, RD & Resch MS, RD
- The Solution or The Pathway by Laurel Mellin, RD, MS
- Outsmarting the Female Fat Cell by Debra Waterhouse
Why Diets Don’t Work?

Consider what you know about:
- Calorie output
- Calorie intake

With a classmate, write down 5 reasons low calorie dieting does not work...for the long term.

You can use your notes!
## Diet vs Non-Diet Thinking

<table>
<thead>
<tr>
<th>Diet Thinking</th>
<th>Non-Diet Thinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>![ Depend on willpower and deprivation ]</td>
<td>![ I take care of myself with healthy eating. I give myself permission to enjoy all food. ]</td>
</tr>
<tr>
<td>I shouldn’t eat it.</td>
<td>Am I hungry?</td>
</tr>
<tr>
<td>Do I deserve it?</td>
<td>What do I want?</td>
</tr>
<tr>
<td></td>
<td>Will I feel deprived if I don’t eat it?</td>
</tr>
<tr>
<td></td>
<td>How much will satisfy?</td>
</tr>
<tr>
<td>Diet Thinking</td>
<td>Non-Diet Thinking</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>I usually describe food or</td>
<td>I make <strong>choices</strong> based on health and taste.</td>
</tr>
<tr>
<td>a day of eating as either</td>
<td></td>
</tr>
<tr>
<td>“good” or “bad”.</td>
<td></td>
</tr>
</tbody>
</table>
Diet vs. Non-Diet Thinking

1. Diet Thinking
   - “Good”
     Chicken Deluxe Sandwich (530 cal, 22 g. fat)
   - “Bad”
     Cheeseburger, Large Fries, Soda (1,000 cal, 36 g. fat)

2. Non-Diet Thinking
   - Make Choices based on health and taste:
     Cheeseburger, small fries & small soda (670 cal, 23 g. fat)
     Cheeseburger, ½ of small fries, water (415 cal, 18 g. fat)
Non Diet Approach

- Give yourself permission to make choices
  - Notice the deprivation/guilt seesaw & jump off

- Get to know your hunger (physical & emotional)
  - Tune into hunger & how much to be "satisfied"

- Be active
  - Builds muscle (increases metabolism)
  - Activates fat burning enzymes
  - Helps regulate hunger

- Notice diet thinking-change to non diet thinking