62nd Annual Greenville Postgraduate Seminar
Spotlight: Primary Care
WHAT IS NORMAL EATING?
NORMAL EATING

- Eating when you’re hungry
- Enjoying the foods you like
- Trusting your body
- Being flexible
DIET

Origin

GREEK  LATIN  OLD FRENCH

diaita  diete  dieter
a way of life  Middle English
diet
POPULAR DIETS
POPULAR DIETS

- Weight Watchers
- Jenny Craig
- Atkins
- Flat Belly
- Fast Metabolism

- South Beach
- Zone
- Nutrisystem
- Slim Fast
- Biggest Loser
POPULAR DIETS

- 15-60% energy reduction
- Short-term weight loss
- Downside of frequent dieting
  - Long-term success
  - Physiologic adaptations
  - Attention-reward of food
  - Body dissatisfaction, depression and self-esteem

![Diagram of the corticolimbic system]
INTUITIVE EATING
PRINCIPLES

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Respect Your Fullness

*Clean plate club*
6. Discover the Satisfaction Factor
7. Honor Your Feelings Without Using Food
8. Respect Your Body
9. Exercise: Feel the Difference
10. Honor Your Health: Gentle Nutrition
Fully Revised with Two New Chapters

Make Peace with Food
Free Yourself from Chronic Dieting Forever
Rediscover the Pleasures of Eating

INTUITIVE EATING
A Revolutionary Program That Works

Evelyn Tribole, M.S., R.D., and
Elyse Resch, M.S., R.D., F.A.D.A., C.E.D.R.D.

A NEW HARBINGER SELF-HELP WORKBOOK

The
INTUITIVE EATING
Workbook

10 Principles for Nourishing a Healthy Relationship with Food

EVELYN TRIBOLE, MS, RDN  •  ELYSE RESCH, MS, RDN

Foreword by TRACY TYLKA, PhD
THE RESEARCH$^2$

- Weight loss in obese and overweight participants
- Lipid panel
- Blood pressure
- Physical activity
- Long-term results
MY PLATE & HEALTHY EATING PLATE
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
Figure. Trends in adult overweight, obesity, and extreme obesity among men and women aged 20–74: United States, selected years 1960–1962 through 2011–2012

NOTES: Age-adjusted by the direct method to the year 2000 U.S. Census Bureau estimates using age groups 20–39, 40–59, and 60–74. Pregnant females were excluded. Overweight is body mass index (BMI) of 25 or greater but less than 30; obesity is BMI greater than or equal to 30; and extreme obesity is BMI greater than or equal to 40.

MY PLATE

THE RESEARCH

- MyPlate - an educational tool
- Cardiorespiratory fitness
- Energy density
- Calories from beverages
- Added sugars
- Grains
- Fruits
MEDITERRANEAN DIET
IN THE NEWS

- Ranked #1 Best Diet Overall by the U.S. News Best Diet Rankings

THE BASICS

▸ Emphasis on eating fruits, vegetables, whole grains, beans, nuts, legumes and olive oil
▸ Season food with herbs and spices
▸ Fish and seafood at least a couple of times a week
▸ Poultry, eggs, cheese and yogurt in moderation
▸ Saving sweets and red meat for special occasions
▸ Red wine
▸ Stay physically active
THE RESEARCH

- Risk for cardiovascular disease\textsuperscript{11, 14, 15, 18}
- Mortality rate\textsuperscript{14, 15}
- Body weight \textsuperscript{12, 13, 20} & BMI\textsuperscript{16}
- Abdominal obesity\textsuperscript{12, 13}
- Blood pressure\textsuperscript{12}
- Type 2 diabetes\textsuperscript{17, 18, 19, 20} & A1c\textsuperscript{18}
INTERMITTENT ENERGY RESTRICTION
INTERMITTENT ENERGY RESTRICTION (IER)

- Religious Fasting $^{21}$
- Alternate Day Fasting (ADF)
- Intermittent Fasting (IF) or Periodic Fasting (PF)
- Time Restricted Fasting (TRF)
INTERMITTENT ENERGY RESTRICTION (IER)

THE RESEARCH - ADF & IF/PF

- Weight loss \(^{22, 24, 25, 26}\)
- Fat mass \(^{22, 24}\)
- Lipid profile \(^{22, 24, 25}\)
- BP \(^{22, 24}\)
- Impact of exercise
- Intake beyond calorie restriction days \(^{22, 23}\)
- Insulin \(^{22, 25}\)
- Adiponectin & Leptin \(^{25}\)
INTERMITTENT ENERGY RESTRICTION (IER)

THE RESEARCH - TRF

- Weight, Fat Mass & lean Body Mass \(^{25, 27, 28}\)
- Glucose \(^{25, 27}\)
- Insulin & insulin sensitivity \(^{27}\)
- Lipids \(^{25, 27, 28}\)
- BP \(^{28}\)
- Inflammation \(^{27}\)
- Appetite \(^{27}\)
- Energy expenditure \(^{27}\)
- Frequency of meals
- Ketones \(^{27}\)
- LC3A expression \(^{27}\)
QUESTIONS?
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