Eat More, Weigh Less: Nutrition Strategies for Weight Management

One on One
Paige Whitmire, RD, LDN
Too good to be true?

• Rapid weight loss
• Limitations/Eliminations
• Specific food combinations
• Specific timing
• Rigid menus
## Diet Pattern #1: Restrict calories

### Male

<table>
<thead>
<tr>
<th>Age</th>
<th>Sedentary</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-30</td>
<td>2,400 calories</td>
<td>2,700 calories</td>
<td>3,000 calories</td>
</tr>
<tr>
<td>31-40</td>
<td>2,400 calories</td>
<td>2,600 calories</td>
<td>2,900 calories</td>
</tr>
<tr>
<td>41-50</td>
<td>2,200 calories</td>
<td>2,400 calories</td>
<td>2,800 calories</td>
</tr>
<tr>
<td>51-60</td>
<td>2,200 calories</td>
<td>2,400 calories</td>
<td>2,700 calories</td>
</tr>
<tr>
<td>61-70</td>
<td>2,000 calories</td>
<td>2,200 calories</td>
<td>2,600 calories</td>
</tr>
</tbody>
</table>

### Female

<table>
<thead>
<tr>
<th>Age</th>
<th>Sedentary</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-30</td>
<td>1,900 calories</td>
<td>2,100 calories</td>
<td>2,400 calories</td>
</tr>
<tr>
<td>31-40</td>
<td>1,800 calories</td>
<td>2,000 calories</td>
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<td>1,600 calories</td>
<td>1,800 calories</td>
<td>2,000 calories</td>
</tr>
</tbody>
</table>
**Diet Pattern #2: Eliminate carbohydrates**

<table>
<thead>
<tr>
<th>Classification</th>
<th>Amount</th>
<th>2,000 calories</th>
<th>1,500 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very low</td>
<td>21-70 g/day</td>
<td>4-14%</td>
<td>6-19%</td>
</tr>
<tr>
<td>Moderately low</td>
<td>30-40%</td>
<td>150-200 g/day</td>
<td>113-149 g/day</td>
</tr>
<tr>
<td>Moderate</td>
<td>40-65%</td>
<td>200-325 g/day</td>
<td>150-245 g/day</td>
</tr>
<tr>
<td>High</td>
<td>&gt;65%</td>
<td>&gt;325 g/day</td>
<td>&gt;245 g/day</td>
</tr>
<tr>
<td>Simple</td>
<td>Complex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>----------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>Whole grains</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td>Starchy and Non-Starchy Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Added sugars</td>
<td>Beans, nuts, seeds</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Fiber**

- Fruits and vegetables
- Whole grains
- Beans, nuts, seeds
Make mindful eating your go-to nutrition strategy.
Mindless eating is not paying attention to what or how much you are eating.
• Environment
• Accessibility
• Awareness
• Emotional Eating
• Addiction
• Relaxation/Boredom
• Low Energy
Mindful eating is being aware of the food you are eating and eating for the right reasons.
Mindful eating strategies before you eat:

• Use a food journal
• Pray before you eat
• Develop a reminder system
• Do the apple test
• Do the scale test
• Create a well-defined endpoint at every meal
Mindful eating strategies while eating:

• Eat without distractions
• Chew slowly, take your time, taste every bite
• After your endpoint, wait 15 minutes, then check your fullness level before getting seconds
Mindful eating strategies at a restaurant:

• Go hungry, but not too hungry
• Eat half your meal
• Decide on a healthy modification before the meal starts
• Have a plan
Mindful eating strategies at a social event:

• Have a plan
• Put your food on a plate to avoid grazing
• Use a small plate
• Fill your plate with fruits and vegetables
• Plan how you will consume discretionary calories
• Do the scale test
Practice mindful eating and stop at 80% full.

The Hunger Scale

1. Starving and feeling weak/dizzy.
2. Very hungry, irritable, low energy, large amounts of stomach growling.
3. Pretty hungry, stomach is beginning to growl.
4. Beginning to feel hungry.
5. Satisfied, neither hungry nor full.
6. Slightly full/pleasantly full.
7. Slightly uncomfortable.
10. So full you feel sick.

AVOID ➔ ✓ ✓ ✓ ✓ ✓ ➔ AVOID