The New Year is upon us! Welcome to January 2014! Have you made a resolution to finally shed those extra pounds? If so, think twice before considering crash dieting and fad diets.

There are many trendy diets, old and new, which promise to magically melt those unwanted pounds away. Do these diets really work and what are the associated risks? What is the best way to lose or maintain a healthy weight?

Healthy weight loss requires a balanced diet that includes all food groups. This newsletter covers the following topics: fad diets, potential risk associated with dieting, importance of exercise, healthy food choices, and tips for healthy cooking.

Keep reading to learn more about:

- The Basics of Fad Diets
- Pro vs. Con of Dieting
- Paleo Diet
- KE10 or Tube Feeding Diet
- Atkins Diet

More information below regarding:

- Definition of a Healthy Diet
- Weight Loss and Maintenance Tips
- The Importance of Exercise
- Healthy Recipe Ideas
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Losing weight is one of the most popular New Year’s resolutions. To be successful, it is critical to understand the consequences of being on a diet, especially a new trendy diet.

Fad diets may promise excellent results, rapid weight loss, minimal effort, no required exercise, undiscovered weight loss secrets, or miraculous fat burning tips. The truth is, if the diet sounds too good to be true, it probably is.

Fad diets can potentially result in the following harmful situations:
- Consuming less calories than your body requires
- Rapid weight loss (more than 2 pounds a week)
- Irregular eating habits or patterns
- Decreased energy and fatigue
- Misinformation regarding nutrition
- Possible harm
- A lack of important nutrients such as
  - Vitamins
  - Carbohydrates
  - Fats
  - Protein
  - Minerals
  - Water
The Atkins Diet

INTRODUCTION:
The Atkins Diet is a low carbohydrate diet which discourages the consumption of breads, cereals, pasta, potatoes, sugar, and rice. The diet claims your body will burn fat for fuel instead of glucose from carbs, thus accelerating weight loss.

PRO:
- Low sugar content

CON:
- Diet is not nutritionally balanced due to high protein, high fat, and low carb content
- Promoted as a long term approach but results are inconclusive
- Carbs are needed to supply the body with energy in the form of glucose
- Fat is a difficult and inefficient fuel for the body to use on a long term basis

CONCLUSION:
The Atkins diet first appeared in 1972 and results are still controversial. Weight loss maybe due to a calorie restriction, rather than a lowered carbohydrate level.
**INTRODUCTION:**
The Paleo diet is based off the Paleolithic or Stone Age era. It emphasizes foods which were common to a hunter-gatherer lifestyle. This “ancestral menu” includes seeds, nuts, fresh fruit, vegetables, flaxseed, olive oil, avocados, pork, beef, lamb, fish, poultry, and game meat.

**PRO:**
- Emphasizes fresh fruits and vegetables
- Discourages processed /convenience foods
- Low refined sugar
- Low sodium
- Low trans-fat

**CON:**
- No dairy
- No beans/legumes
- No whole grains
- Low intake of vitamin D and Calcium
- Diet may lack all required nutrients due to food exclusion

**CONCLUSION:**
- The Paleo Diet promotes some healthy options but discourages others such as whole grains and low fat dairy products. This diet is restrictive, low in Vitamin D and Calcium, and maybe expensive due to a high consumption of meat.
INTRODUCTION:
This extreme diet uses a plastic feeding tube to deliver protein and fat. The “Naso-Gastric Tube” is threaded through the nose, down the throat, and into the stomach. The feeding tube is in place for 10 days before being removed. The patient must wear the feeding tube, carry the nutrient bags, and carry the feeding pump twenty four hours a day. No other food or drink is consumed while the tube is in place.

PRO:
- Undetermined

CON:
- Excessively rapid weight loss (2lbs/day)
- Extremely low calorie intake of 800 calories per day
- Puts body into a forced metabolic state called “Ketosis” which could have hazardous outcomes
- No carbohydrates are supplied for 10 days
- Weight loss is mostly water and muscle loss
- Erosion, bleeding, or irritation from tube
- Severe side effects: constipation, dehydration, kidney stones, gout

CONCLUSION:
This drastic approach to dieting is discouraged by almost all health care professionals due to its high level of risk, low calorie level, and dangerous side effects. Rapid weight loss is achieved in an unsafe manner and results are temporary.
MY PLATE: The pathway to healthy eating

Vegetables
- Vary your veggies.
- Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
- Fill half your plate with fruits and vegetables.

Fruits
- Focus on fruits.
- Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.
- Fill half your plate with fruits and vegetables.

Grains
- Make at least half your grains whole.
- Read labels to find more whole grain foods.
- Whole wheat, oatmeal and brown rice are all good.

Protein
- Go lean with protein.
- Keep portion to 1/4 of the plate.
- Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.

Dairy
- Get your calcium-rich foods.
- Remember to buy skim milk or 1% milk.
- Go easy on cheese.
- Skim yogurt is a good choice, too.
MyPlate is a great way to maintain a healthy and balanced diet. Created by the USDA, it replaced the food pyramid in June 2011. Below are some easy tips to get you started with MyPlate.

- Fill half your plate with vegetables and fruits
- Choose whole grains over refined grains
- Eat a variety of lean protein foods
- Incorporate low fat dairy options
- Reduce intake of sugary beverages

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Make smoothies using frozen fruits. Use fresh berries on toast instead of sugary jellies and jams.</th>
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<tr>
<td>Grains</td>
<td>Select more whole grains and less refined pasta, bread, and rice.</td>
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<tr>
<td>Protein</td>
<td>Add nuts, beans, and a hard boiled egg to your salad. Avoid processed meats which are high in sodium.</td>
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<tr>
<td>Vegetables</td>
<td>Eat the rainbow! Try to incorporate colorful vegetables into your diet such as kale, eggplant, and butternut squash.</td>
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<tr>
<td>Dairy</td>
<td>Use plain low fat yogurt instead of sour cream.</td>
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Weight Loss and Maintenance

Weight loss should be done in a careful and healthy manner. Avoid fad diets and dietary supplements as these drastic approaches can be dangerous. The combination of healthy food choices, appropriate portion sizes, and regular exercise is the best approach. Follow these guidelines for healthy weight loss:

- Take the time to enjoy eating; chew all foods fully
- Swap sugary beverages for water or carbonated water
- Eat a healthy breakfast to jumpstart your metabolism for the day
- Avoid foods of low nutritional value such as candy, soda, and chips
- Have healthy snack options available

**TIPS FOR WEIGHT LOSS**

- Be able to identify healthy foods
- Exercise regularly
- Portion control serving sizes
- Stock up on healthy snacks
- Know how many calories your body needs
- Avoid fad diets
- Reduce fat, sugar, and salt
- Make healthy eating a lifestyle
- Get friends and family involved
Importance of Regular Exercise

Food and beverages contain calories which are converted into fuel to power your body. An imbalance or excess of calories leads to weight gain. Exercise is a great way to lose or maintain weight, and feel great.

How much exercise you need depends on your age. For weight maintenance:

- Adults should get 2 hours and 30 minutes of moderate aerobic exercise per week.
- Children aged 6-17 should get 60 minutes of moderate to vigorous physical activity per week.

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<tr>
<th>Exercise Type</th>
<th>Benefit</th>
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<tr>
<td>Aerobic</td>
<td>Speeds up heart rate and breathing. Examples include running and jumping jacks.</td>
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<tr>
<td>Muscle Strengthening</td>
<td>Builds muscle mass. Examples include weight lifting and push-ups.</td>
</tr>
<tr>
<td>Bone Strengthening</td>
<td>Light impact will promote bone growth. Examples include jumping and jogging.</td>
</tr>
<tr>
<td>Balance and Stretching</td>
<td>Increases stability and flexibility. Examples include dance and yoga.</td>
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Healthy meals and snacks are an integral part of weight loss and weight maintenance. Look below for the following recipes:

- Healthy Hummus
- World’s Best Vegetarian Chili
- Black Bean Brownies
Healthy Hummus:

Yield: 6 Servings

**Ingredients:**
- 3 garlic cloves
- ¼ cup plain, low fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 1/8 teaspoon pepper
- 1 can (19 ounces) chickpeas, drained and rinsed
- 1 tablespoon fresh parsley, chopped

1. Combine everything in a blender or food processor, process until smooth
2. If the hummus needs more of a liquid consistency, add more yogurt
3. Chill in refrigerator
4. Serve with pita bread, fresh carrots, celery, radish, bell peppers, or any other fresh vegetable. Great on breads and crackers too!

**Nutrition for 1 Serving:**
- Calories: 123 (14% of Daily Value)
- Fat: 1.9g (3% of Daily Value)
- Sodium: 373mg (15% of Daily Value)
- Carbs: 22g (7% of Daily Value)
- Fiber: 4g (16% of Daily Value)
World’s Best Vegetarian Chili:

Yield: 8 Servings

Ingredients:
- 1 tablespoon olive oil
- ½ medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 garlic cloves, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- ¼ cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can low sodium black beans, drained and rinsed
- 1 (15 ounce) can low sodium kidney beans, drained and rinsed
- 1 (15 ounce) can low sodium garbanzo beans, drained and rinsed
- 1 (15 ounce) can whole kernel corn

Heat the olive oil in a large pot over medium heat. Stir in onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in celery and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer for 5 minutes.

Mix tomatoes into pot. Season chili with chili powder and pepper. Add kidney beans, garbanzo beans, and black beans. Bring to boil, reduce heat to low, and simmer for 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Nutrition Per Serving:
- Calories: 391 20%
- Fat: 7.9g 12%
- Carbs: 59 19%
- Protein: 28g 56%

A great dish to warm you up during the cold winter months! Great in the crock pot too!
Black Bean Brownies

Yield: 16 brownies

**Ingredients:**

- 1 (15.5 oz) can black beans, rinsed and drained
- 3 eggs
- 3 Tbsp vegetable oil
- 1/4 cup cocoa powder
- 1 pinch salt
- 1 tsp vanilla extract
- 1/2 cup sugar
- 1 tsp. instant coffee (optional)
- 1/2 cup milk chocolate chips

**Method of Preparation:**

1. Preheat the oven for 350 degrees F.
2. Lightly grease an 8x8 square baking dish.
3. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar and instant coffee in a blender.
4. Blend until smooth.
5. Pour the mixture into the prepared baking dish.
6. Sprinkle the chocolate chips over the top of the mixture.
7. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.

**Nutrition Per 1 Brownie (49g):**

- Calories: 90kcal
- Fat: 4g
- Carbs: 11g
- Protein: 3g
- Sodium: 100mg
FDA Takes a Second Look at Trans Fats:

The Food and Drug Administration (FDA) is responsible for regulating the production of food products, maintaining food safety standards, and keeping consumers safe. In 1999 the FDA suggested all food manufactures should label trans fats on food packages. Concerns arose after research associated trans fat with an increased risk of plaque buildup and heart attack. By 2006, labeling trans fats was a requirement; production and consumption of products with trans fats decreased.

Recently, the FDA has examined the role of partially hydrogenated oils (PHO) in relation to increased health risk. PHO are considered a major source of trans fat, and are commonly found in processed foods, baked goods, and frozen meals. PHO are added to food to extend the expiration date and enhance flavor. However PHO are associated with increased LDL cholesterol and increased risk of heart disease.

The FDA has issued a Federal Register notice indicating the consideration to remove PHOs from the "generally recognized as safe," or GRAS ingredient list. If it is decided that PHO are an unsafe food ingredient, they will be removed from the GRAS list and thus from the food manufacturing industry.

For effective weight loss and weight maintenance, avoid highly processed foods, trans fat, and PHO. Read labels carefully as “0 grams trans fat” actually means there is less than 0.5g of trans fat. Gradually, consuming these small amounts of harmful fats can add up to a big health risk.

“CDC states a reduction of trans fat in the food supply can prevent an additional 7,000 deaths from heart disease each year and up to 20,000 heart attacks each year”(1)
Don’t forget to enter into our prize drawing!

The Healthy Eating Tip of the Month board includes a box where you can enter your name into a drawing. At the end of January, one name will be randomly selected. The only thing you need to do is provide the following contact information, which will only be used to contact the winner:

- Name
- Address
- Email
- Phone Number
Did you know 1 pound equals 3,500 calories? To lose 1 pound in a week, daily intake must be decreased by 500 calories for 7 days.

And the prize is......

A pedometer!

Exercise is important to weight loss and weight management. Walking is great way to increase your daily activity and calorie expenditure. This pedometer is able to store information for 7 days so you can track your progress.

This Omron Pedometer has four activity settings which allow you to track the following:

- Steps Taken
- Aerobic/Quick Steps
- Distance Traveled
- Calories Burned

Did you know 1 pound equals 3,500 calories? To lose 1 pound in a week, daily intake must be decreased by 500 calories for 7 days.
Still want to learn more about a fad dieting and weight loss? Click on the links below to learn about:

- **Healthy Eating Tips and My Plate Information**: USDA
  - [http://www.choosemyplate.gov/healthy-eating-tips.html](http://www.choosemyplate.gov/healthy-eating-tips.html)

- **Weight Loss Information**: The Center for Disease Control and Prevention
  - [www.cdc.gov/healthyweight/losing_weight](http://www.cdc.gov/healthyweight/losing_weight)

- **Fad Dieting Information**: The Academy of Nutrition and Dietetics

- **Identifying a Healthy Weight**: The National Center for Health Promotion and Disease Prevention
  - [http://www.prevention.va.gov/Strive_for_a_Healthy_Weight.asp](http://www.prevention.va.gov/Strive_for_a_Healthy_Weight.asp)

- **Defining a Healthy Weight**: The National Institute of Health

- **Information on Calories**: The Mayo Clinic

- **BMI Calculator**: The Mayo Clinic
### Sources:

Information for the creation of this website was obtained from the following:

- **www.kediet.com**
- **www.eatright.org**
- **www.thepaleodiet.com**
- **www.atkins.com**
- **www.move.va.gov**
- **www.nhlbi.nih.gov**
- **www.mayoclinic.com**
- Google Image


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