



You Bet Your Weight

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What to Expect for Today



- Introduction to macronutrients
- Breakdown of each macronutrient
- Ways to track macronutrients
- Wrap up



What are the macronutrients?



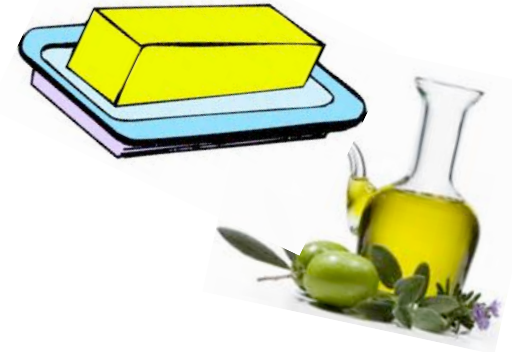
Carbohydrates



Protein

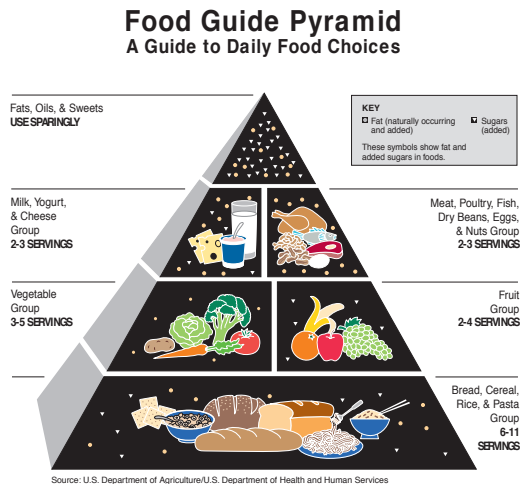
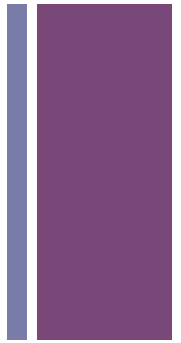


Fat

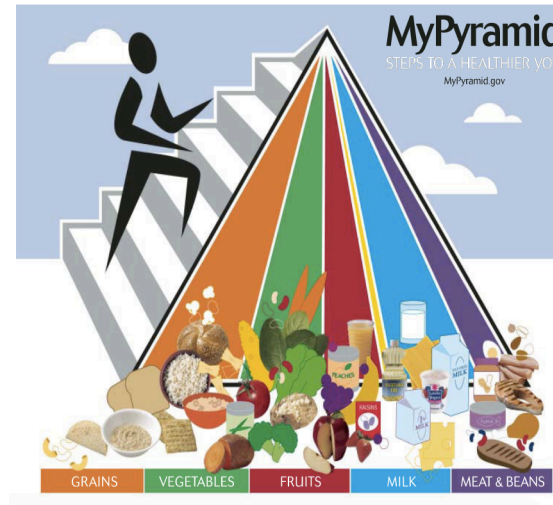




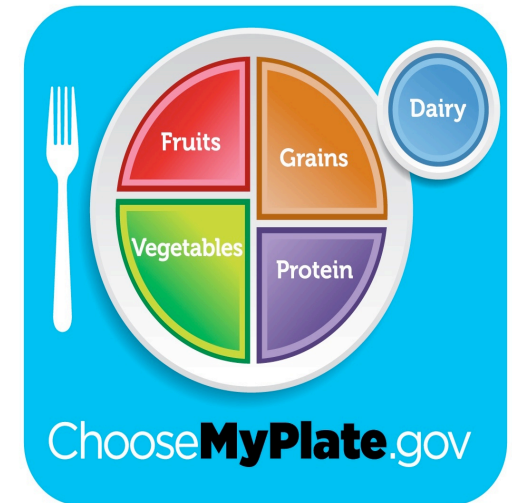
Food Guide Pyramid vs. MyPyramid vs. MyPlate



Food Guide Pyramid
(1992)



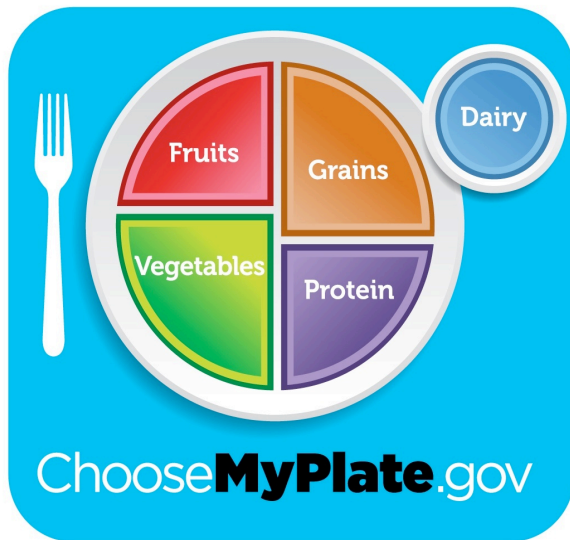
MyPyramid
(2005)



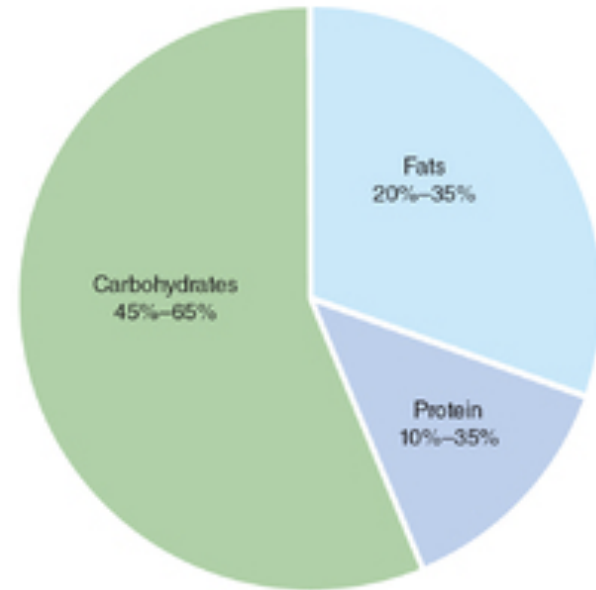
MyPlate
(2010)



Macronutrient Distribution



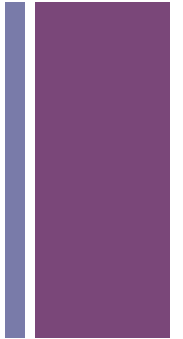
MyPlate
(2010)



Acceptable Macronutrient
Distribution Ranges (AMDR)



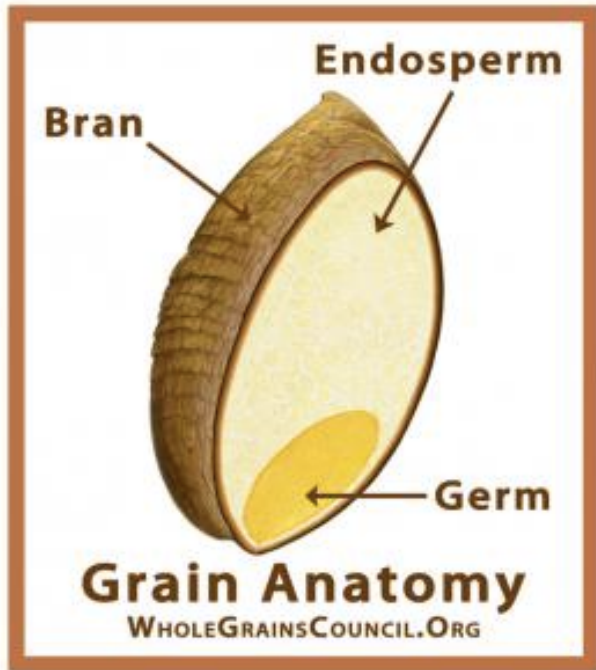
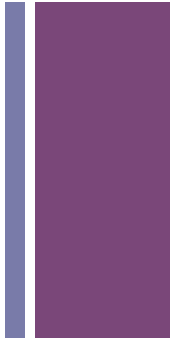
Carbohydrates



- Rule #1: Carbohydrates (CHO) are not bad for you!
- They are the most important source of energy in the body.
- Types of CHO:
 - Simple
 - Natural sugars
 - Added sugars
 - Complex



What IS a whole grain?



Examples:

- Barley
- Wheat
- Wild rice
- Quinoa
- Oats
- Rye
- Farro
- Wheat
- Corn (including popcorn!)

Whole grain = all of the original kernel - germ, bran, and endosperm

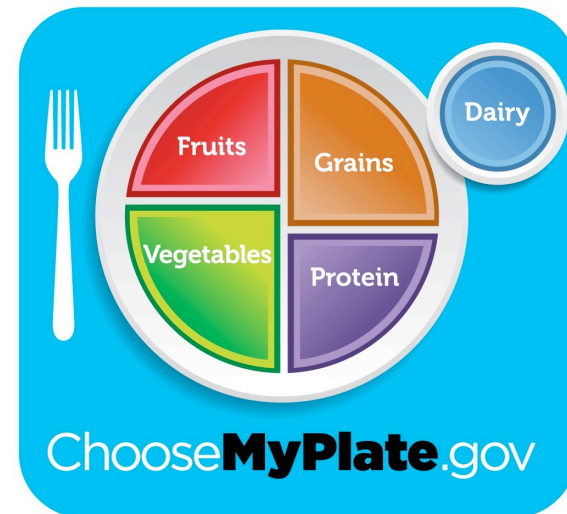
Refined grain = removal of bran and germ

*Note: Most refined grains are enriched, a process that adds back iron and B-vitamins (micronutrients)



How much carbohydrates should you have?

- 45-65% of total daily calories should come from CHO/3-5 servings per day.
 - 1 serving = 1 slice of bread, $\frac{1}{2}$ cup cooked rice or pasta, 1 cup ready-to-eat cereal, 3 cups popped popcorn...
- Make half of these CHO whole grains.
- Looking at MyPlate, what are the sources of CHO?





Protein



- Sources of protein:
 - Animal: more bioavailable
 - Plant
- Subgroups
 - Seafood
 - Meats, poultry, and eggs
 - Nuts, seeds, and soy products
 - Legumes (beans and peas)



What do protein foods provide?

(in addition to protein & iron)

Protein Source	Provided Nutrient
Meats	Zinc
Poultry	Niacin (B vitamin)
Seafood	Vitamin B ₁₂ , vitamin D, omega 3 fatty acids
Eggs	Choline
Nuts and seeds	Vitamin E
Soy products & legumes	Copper, manganese, fiber

Note: **Processed** protein foods can be high in salt, saturated fat, and preservatives.



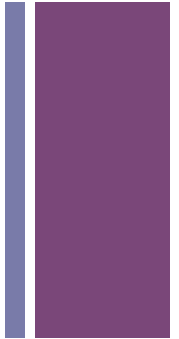
How much protein?



- 10-35% of total daily calories should come from protein
- 3-4 ounces of protein per meal (palm sized portion)
- MORE of these sources of protein:
 - Chicken
 - Lean ground turkey
 - Fish and shellfish (recommend **at least 8 ounces/week**)
 - Lean ground beef
 - Flank steak
 - Nuts and seeds (small handful, unsalted)
 - Eggs (**including** the yolk!)
 - Legumes



Fat

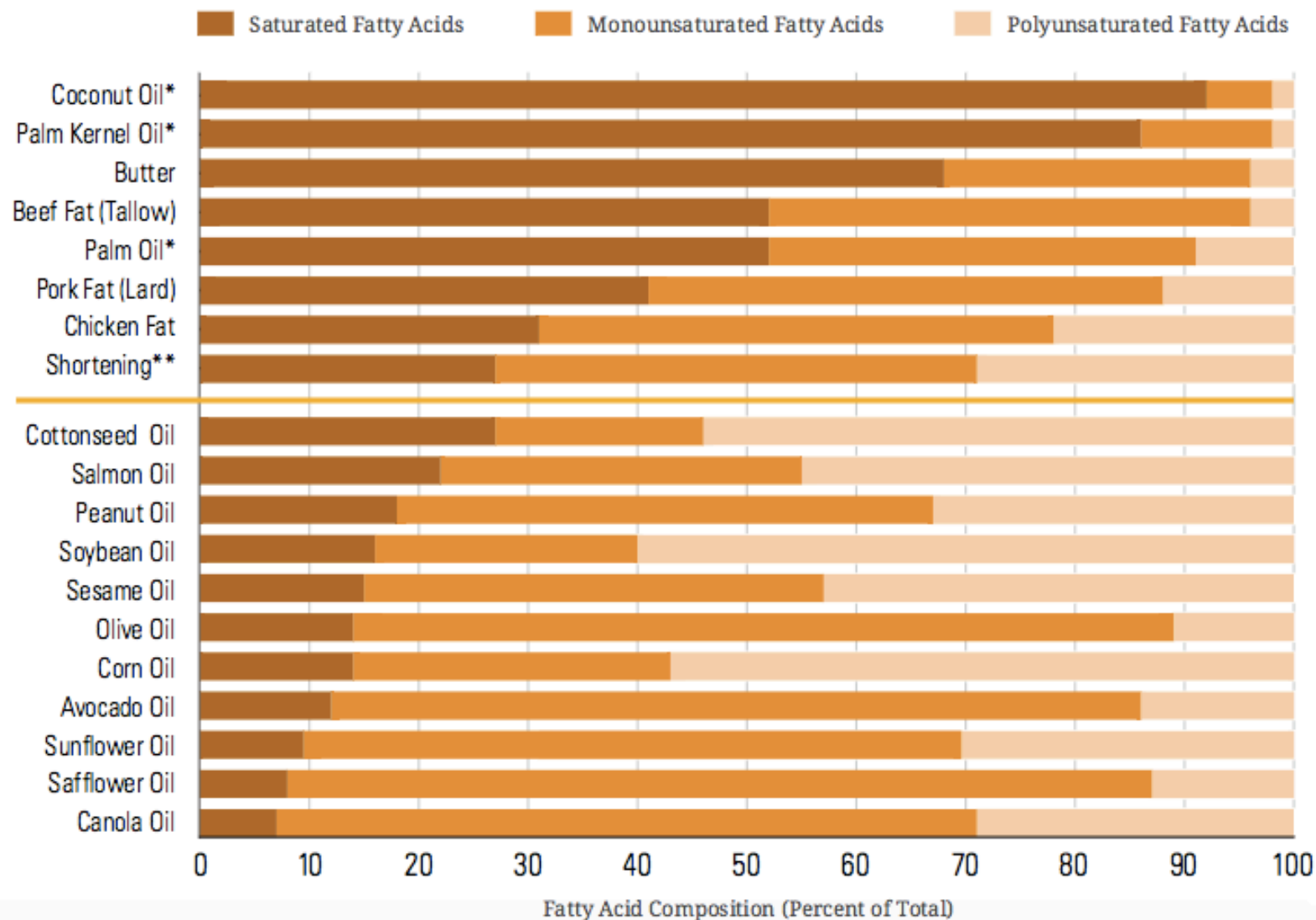


- Not all fats are created equal!
- Dietary fats are found in both animal and plant foods
 - Help with absorption of vitamins A, D, E, and K
 - Can be sources of omega 3 and omega 6 fatty acids
- All dietary fats are a mix of polyunsaturated, monounsaturated, and saturated fatty acids
- Oil vs. fat
 - Oil: higher proportion of PUFA and MUFA → liquid
 - Fat: higher proportion of SFA or trans fat → solid



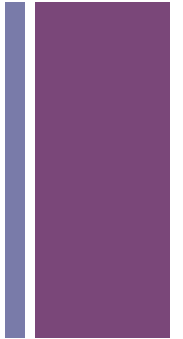
Fatty Acid Profiles

(AKA not all fats are created equal!)





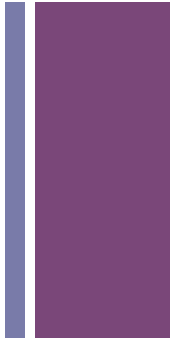
Quantity and Quality of Fat



- 20-35% of total daily calories should come from fat.
- Oils should **replace** solid fats.
- Rich sources of oils:
 - Vegetable oils
 - Margarine
 - Mayonnaise
 - Salad dressings
 - Avocado
 - Nuts and nut butters



A word on fiber



- Benefits of fiber:
 - Helps maintain bowel health
 - Can lower cholesterol levels
 - Can help control blood sugar levels
 - Can increase feelings of **satiety**
- Sources of fiber:
 - Beans and peas
 - Vegetables
 - Oats
 - Apples
 - Whole wheat flour
 - Nuts
- It is NOT added back during the enrichment process of grains.



How can you track your macronutrients?

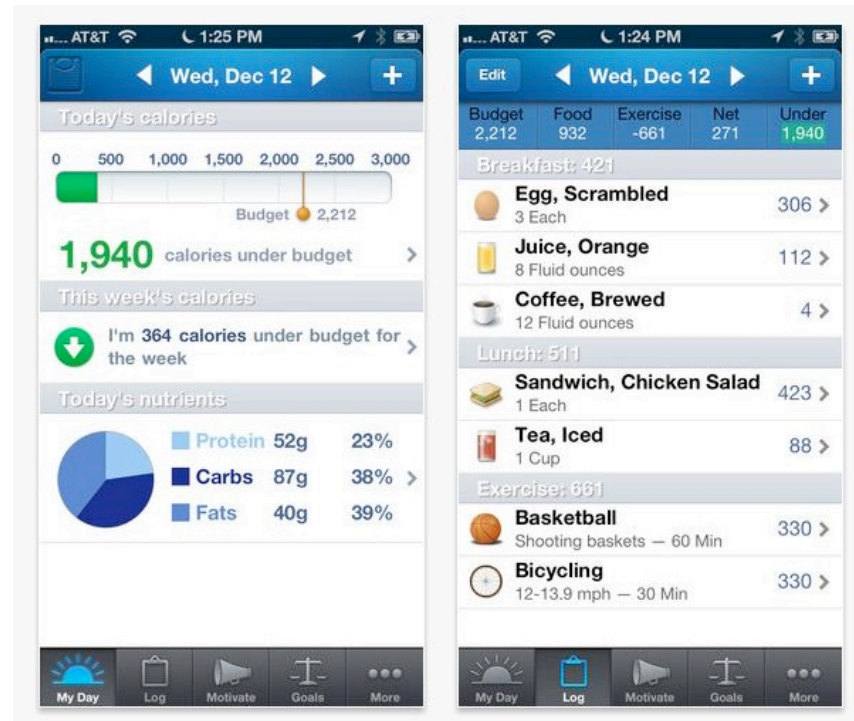
My Fitness Pal





How can you track your macronutrients?

Lose It!





Quick Word on Fruits, Vegetables, and Dairy



■ Fruits

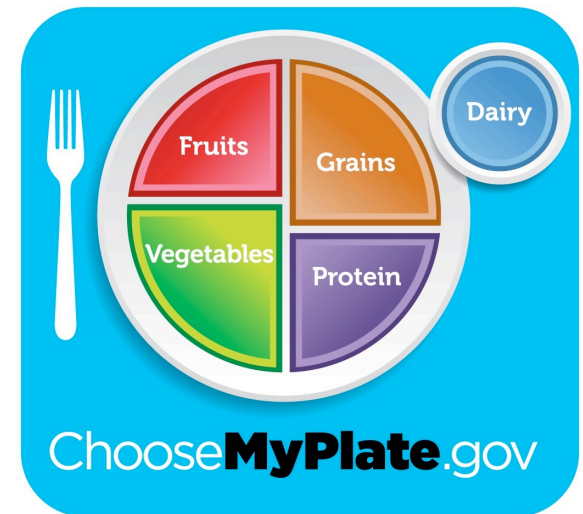
- Recommend 2 cups per day
- Can be fresh, frozen, canned, or dried
- Contribute many vitamins & minerals

■ Vegetables

- Recommend 2.5-3 cups per day
- Can be fresh, frozen, or canned
- Include a variety

■ Dairy

- Recommend 3 cups per day
- Include more low-fat or skim sources



Aim for half of your plate
being fruits or vegetables!



What is the best diet to lose weight?



Paleo diet?

The Zone diet?

Atkins diet?

Mediterranean diet?

Weight Watchers?

DASH diet?

South Beach diet?

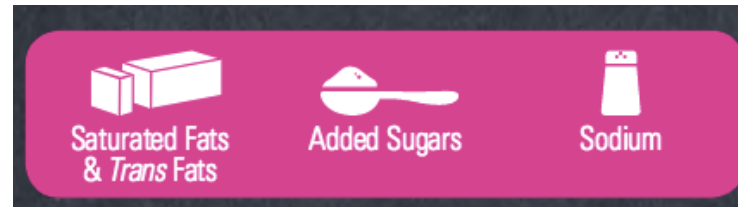


Trick Question!

- The “best” diet to lose weight is entirely up to you.
- Remember: what works for one person may not work for another.
- An overall healthy eating pattern is the goal.
 - This includes more:



This limits:





Thank you!

Questions?