



# 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

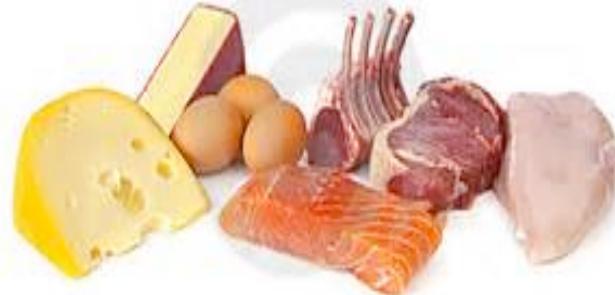


# What are the macronutrients?

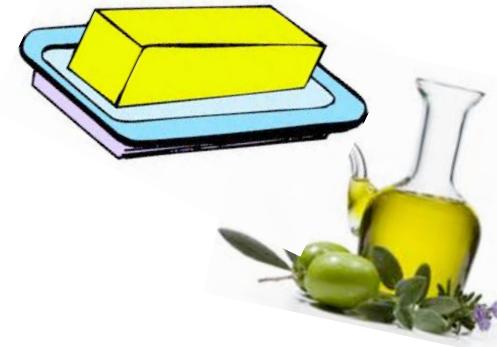
## Carbohydrates



## Protein



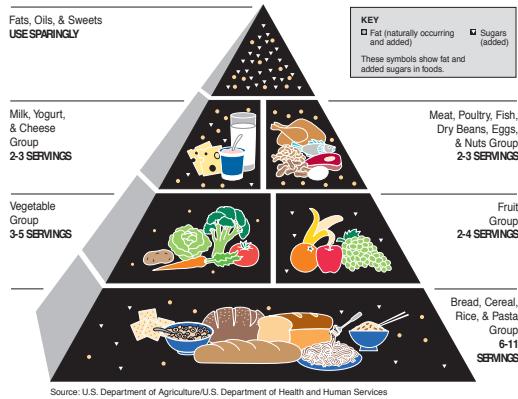
## Fat



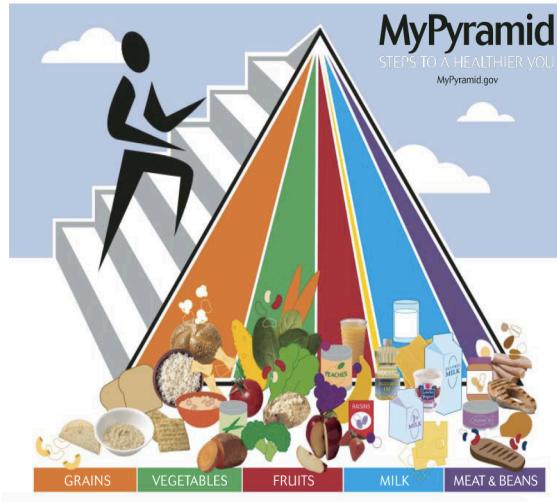


# Food Guide Pyramid vs. MyPyramid vs. MyPlate

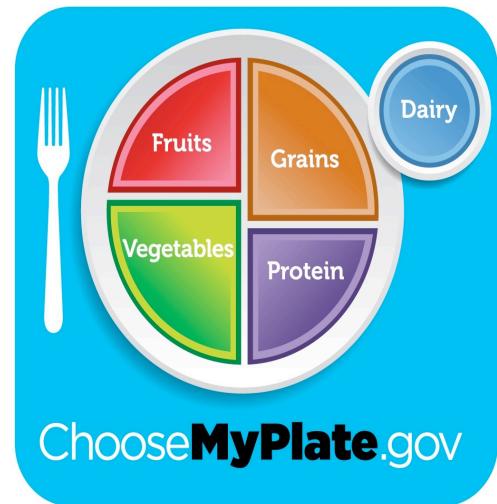
**Food Guide Pyramid**  
A Guide to Daily Food Choices



**Food Guide Pyramid**  
(1992)



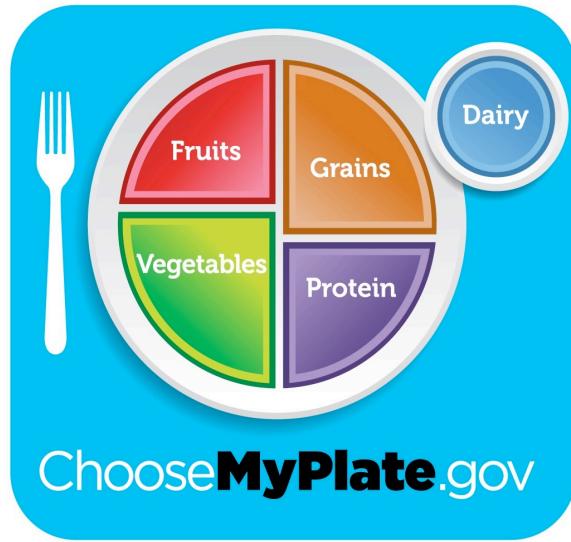
**MyPyramid**  
(2005)



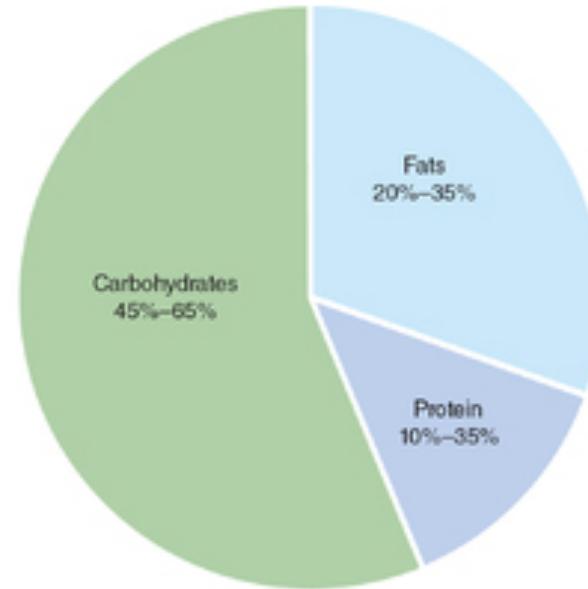
**MyPlate**  
(2010)



# Macronutrient Distribution



MyPlate  
(2010)



Acceptable Macronutrient  
Distribution Ranges (AMDR)

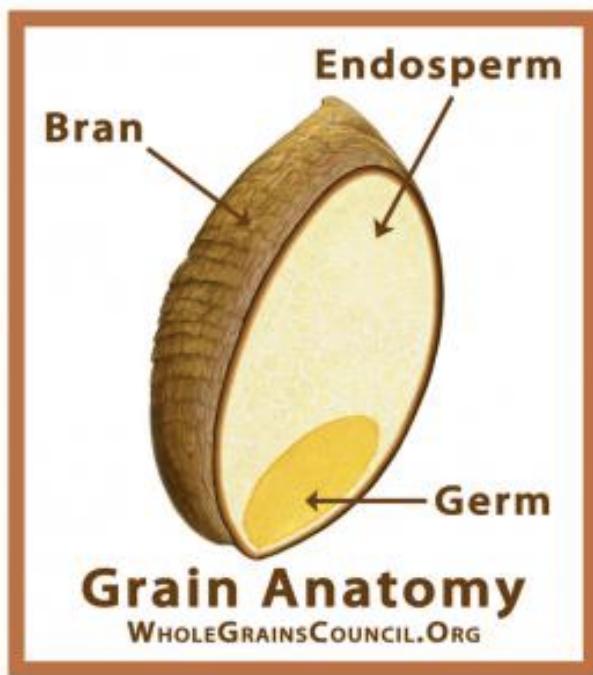


# Carbohydrates

- 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!)

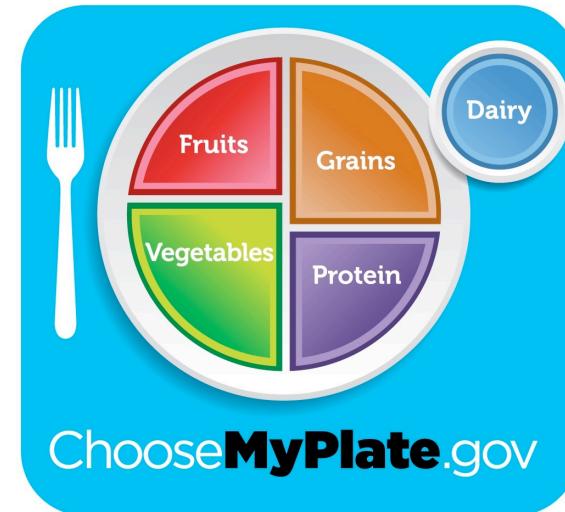
Whole grain = all of the original kernel - germ, bran, and endosperm

Refined grain = removal of bran and germ

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

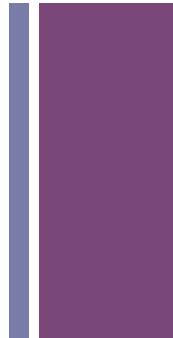
# How much carbohydrates should you have?

- 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 <sub>12</sub> , 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



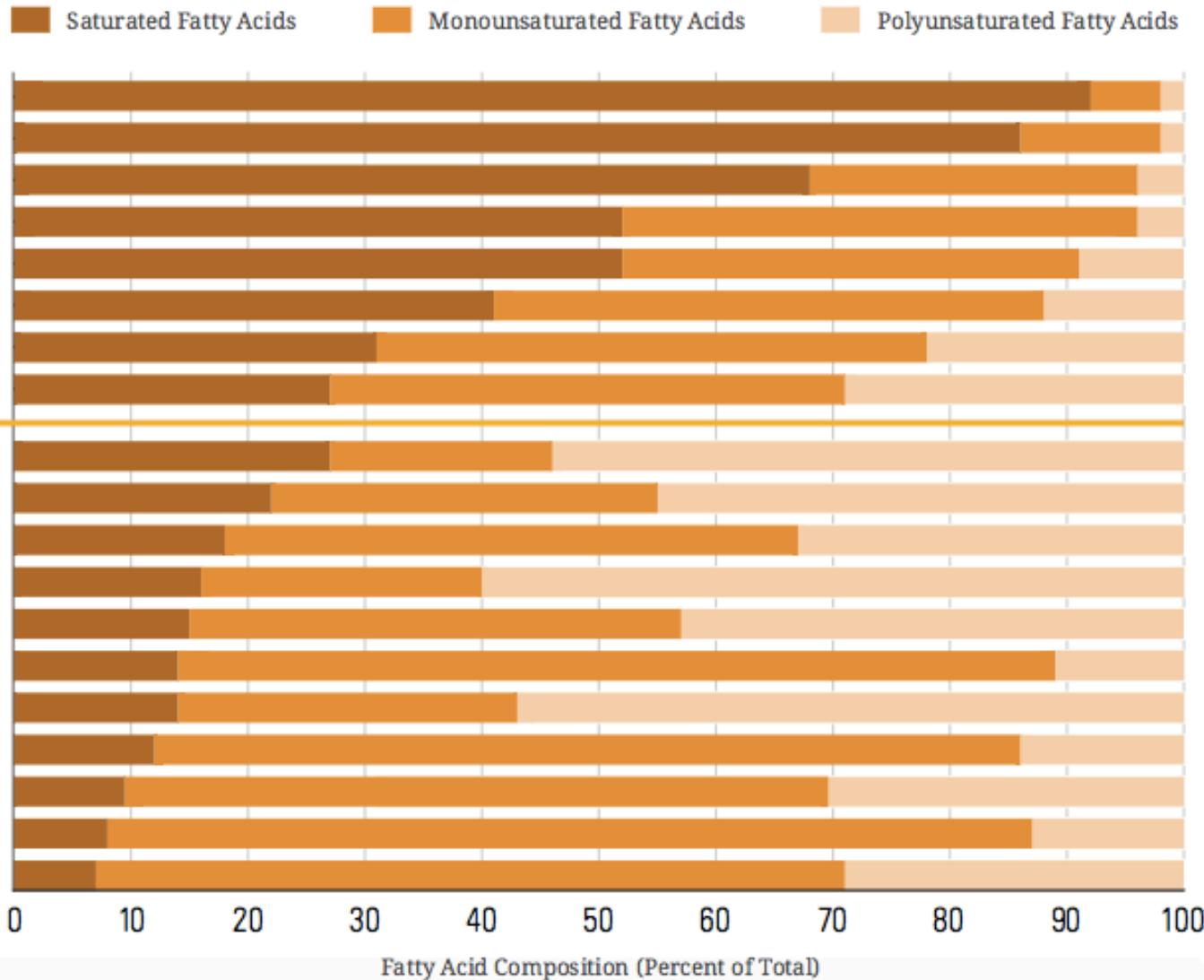
# Fat

- 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



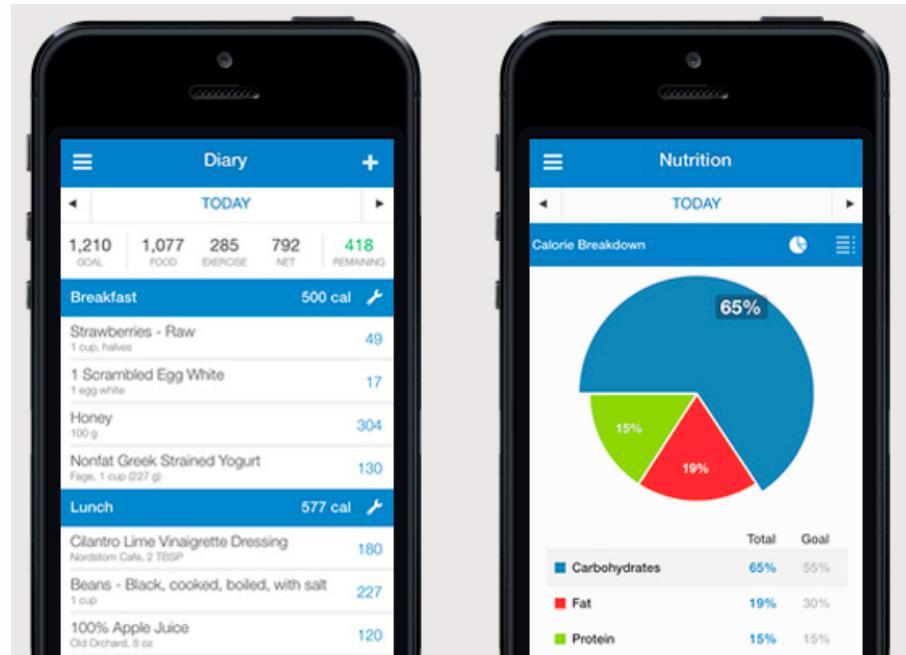
# A word on fiber

- 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

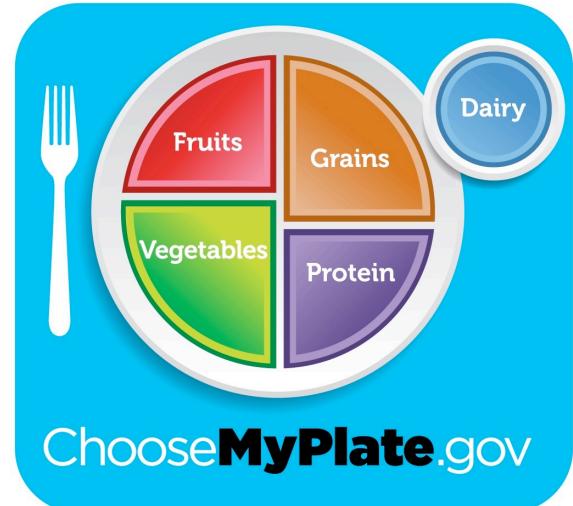
- Recommend 2 cups per day
- Can be fresh, frozen, canned, or dried
- Contribute many vitamins & minerals

## ■ 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!

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# What is the best diet to lose weight?

Paleo diet?

The Zone diet?

Atkins diet?

Mediterranean diet?

Weight Watchers?

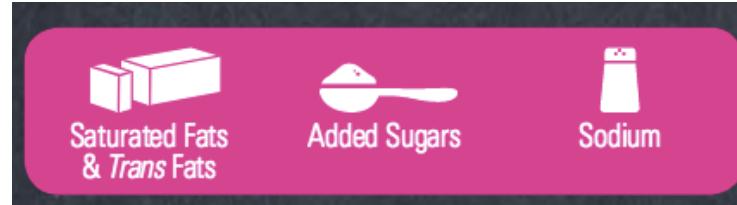
DASH diet?

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:



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Thank you!

Questions?