

BACK TO THE BASICS OF HEALTHY EATING AND PHYSICAL ACTIVITY

By
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The American society is obsessed with "dieting". People are caught up in a whirlwind of what is right and what is wrong with food: Carbohydrates, proteins and fats. There is a huge debate on the health benefits as well as weight loss benefits of high carbohydrate/low fat diets versus high protein/low carbohydrate diets and in between. Everyone is looking for the "Fountain of Youth" or "The Magic Weight Loss Method".

Remember the book, "Stop The Insanity" by Susan Powter? That was exactly her point, but she is one of the instigators of what I call "The Fat Mania". Our media and mass marketers hooked us on a craze of NO FAT. Fat was given the bad rap for obesity and ill health.

It is not fat, carbohydrates or proteins, in and of themselves, that make us fat or ill. Eating too much or too little of any of them is the culprit. There is a wide range of options for each nutrient, but each individual must determine which balance works for them and make sure they get optimal nutrition within those choices. Choosing a very high protein and very low carbohydrate diet is not healthy. Choosing a very high carbohydrate and very low protein diet is not healthy. Get in the middle somewhere. Get back to the basics of healthy eating.

SMART DIET

1. A diet that has an appropriate balance of foods from all 5 food group, giving you primarily nutritious choices.

CARBOHYDRATES = 40% - 65%
PROTEINS = 15% - 30%
FATS = 20% - 30%

Example: 40/30/30
50/25/25
60/20/20
65/15/20

2. A diet that allows a safe, comfortable, and reasonable amount of calories for:
 - a. proper nutrition
 - b. satiety
 - c. appropriate weight loss (no more than one pound per week) or maintenance
 - d. sufficient energy
3. A diet that shows an easy way to keep track of calorie consumption so you know you are close to your energy needs.
4. A diet that allows you to eat what you like.
5. A diet that is not too far off of your maintenance plan that will get you in to the right eating habits.
6. A diet that is effective for maintaining a healthy weight by achieving the following:
 1. Increasing satiety
 2. Increasing thermogenesis
 3. Stabilizing blood glucose and controlling hyper-

insulinism.

EXAMPLE: 1500 calories per day

Carbohydrates	50-55%	750-825 cal	188-206 grams
Protein	25%	375 cal	94 grams
Fat	20-25%	300-375 cal	33-42 grams

7. A diet that is not too extreme with the distribution of food nutrients..."fad" diets like Dr. Atkins high protein diet or an all carbohydrate/no fat diet.
8. Diet that makes better choices:
 - Brown rice vs. white rice
 - Whole wheat bread vs. white bread
 - Cheerios or Wheaties vs. Cocoa Puffs
 - Safeway Select "light" Praline vs. Tom and Jerry's Peanut Butter Cup
 - Fresh fruits and Veggies vs. canned or cooked to death
 - 1% milk vs. whole

FOOD GROUPS	# servings	Cals/serving	total cal
Fruit	2	100	200
Vegetables	3	25-75	75
Grain	4	100	400
Meat/Protein	2-3	100-200	400
Dairy	2-3	100-250	300
"Others" (Condiment & junk calories)			125
		TOTAL	1500

EXAMPLE: 3 servings of protein/meat for about 400 calories.

1. 2 Tbs. Peanut butter 190 cal
2. ½ cup beans 100 "
3. 3 oz. Lean fish 100 "

EXAMPLE: 3 servings of dairy for about 300 calories.

1. ½ cup 1% Cottage cheese 80 cal
2. 1 yogurt (Yoplait) 180 "
3. 2 oz. "free" Cheese 60 "

or

1. 1 cup 1% milk 100 cal
2. 1 slice cheese 100 "
3. 1 light yogurt 100 "

SMART EXERCISE

1. A program that fits into your daily schedule and allows you the flexibility to adjust it according to your changing schedule.
2. A program that uses exercises or activity you enjoy.
3. A time-efficient, but effective program that gives you the most benefit in the least time invested.
4. A program that gives you variety to:

- a. Optimize your physical benefits through constant change and variety.
 - b. Keep you from getting bored
 - c. Enables you to incorporate recreational activities that involve other people you want to spend time with.
 - d. Stick with your program no matter where you are.
5. A program that incorporates functional movement patterns that replicate movement we do everyday. These movement patterns work on core strengthening and stability and train the muscles and nervous system together to work as an integrated circuit.
 6. A program that uses smooth, controlled, and biomechanically safe movements that minimize joint, muscle and bone stress.
 7. A program that applies the "interval" system of alternating high intensity bouts (80% - 90% intensity) with lower intensity bouts (60% - 77% intensity) to train both the anaerobic and aerobic energy systems for maximal weight management efficiency.
 8. A program that is appropriately prescribed for specific fitness levels and abilities and graduates into more frequency, intensity, and duration.