

Webinar: Diet—It’s not just what you eat!
Missouri Coalition for Community Behavioral Healthcare

- Agenda:**
1. What, When, How, Where, Why
 2. External and Internal Influences

Generally accepted “what to eat” guidelines

- Little or no liquid calories
- Limit processed foods
- Eat leafy green vegetables

Food Rules (*Michael Pollan, 2009*)

- Eat food
- Not too much
- Mostly plants

Timing

- Scheduled or “constant”?
- Meals vs. snacks: No consistent research
- Although 78% of successful losers in the National Weight Control Registry eat breakfast every day, there are no consistent research results to determine the value of breakfast for weight control and overall health.

Diet Soda: Risks vs. Benefits

- Diet drinks do cut calories.
- In one study, “people who were healthiest tended to be those who ate a prudent diet and did not consume diet beverages.”¹
- In another study, “drinking even one can of soda a day, regular or diet, can increase your risk factors for heart disease.”²
- People who drink diet soda may develop a taste for sweeter foods.
- You need to draw your own conclusions.

Mindless Eating

“We have millions of years of evolution telling us to eat as often as we can and as much as we can... Our bodies fight against deprivation.” (p. 28)

“We eat largely because of what’s around us.” (p. 1)

“Our meals are increasingly random and unstructured. Some are at home, some in the car, some in restaurants, some in the kitchen, others in front of the TV.” (p. 239)

“While eating right is a long-term goal, eating better is something we can start today.” (p. 210)

Brian Wansink (2006)

Why you eat: The physiology of craving

- Energy needs and “instincts”
- Preferences: natural and acquired
- Food engineering
- Is there “food addiction”?
- Habits and cues

Control your food environment

- Your micro-environment
 - Get temptations out of sight, out of reach
 - Use a small plate, bowl, glass
 - Only eat sitting down at a *set* table
- Your macro-environment
 - Shop on the outside of the supermarket
 - Go home a different way (not past McD’s)
 - Remember: They are out to get you!

Misleading messages

- Food labels list unrealistic serving sizes
- Sugar has 56 names (Robert Lustig)
- What *is* low fat, low sodium, low carb?

¹ <http://www.sciencedaily.com/releases/2012/03/120328172257.htm>

² <http://www.bu.edu/today/2007/not-so-sweet-news-about-soda/>

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“Battle of the diets: Is anyone winning (at losing)?” (also see Gardner et al., below)
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