

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MARCH 26, 2018

### EATING BIG: YOUR SECRET WEAPON TO WEIGHT LOSS!

FIRST OF ALL, WE FORGOT TO PICK A “NO!” FOOD LAST TUESDAY! IT WON’T HAPPEN AGAIN! OUR “NO!” FOOD FOR THIS WEEK: NO SNACKING BETWEEN MEALS!!!

HAVE YOU EVER HEARD THE TERM “VOLUMETRICS?” WE ALREADY KNOW THAT LOSING WEIGHT IS ALL ABOUT CALORIES. IF CALORIES *IN* ARE LESS THAN CALORIES *OUT*, YOU WILL LOSE WEIGHT. WHAT YOU’VE DONE IS CREATED A CALORIE DEFICIT, WHICH IS BASIC MATH. HOWEVER, STICKING TO A WEIGHT LOSS PLAN IS A BIT MORE COMPLICATED THAN THAT, BECAUSE THEN IT’S ALL ABOUT HUNGER!

I’M SURE YOUR MAMA TOLD YOU TO EAT YOUR FRUITS & VEGETABLES...AND I’VE TOLD YOU THAT NOT ALL CARBS ARE CREATED EQUAL! TONIGHT, LET’S COMBINE THOSE TWO BITS OF SAGE WISDOM. THE LOGIC BEHIND VOLUMETRICS IS THAT IF YOU’RE NOT HUNGRY, YOU’LL QUIT EATING. WE’VE ALL HAD OUR DAYS WHEN THIS DOESN’T ACTUALLY RING TRUE – BUT BASICALLY, MOST OF US DO FIND IT EASIER TO STICK TO A HEALTHY EATING PLAN IF WE’RE PHYSICALLY SATISFIED – THAT IS, IF WE’RE NOT HUNGRY!

VOLUME IS WHAT SATISFIES THE AVERAGE PERSON. (HENCE, THE TITLE: EAT BIG!) A PENN STATE STUDY MONITORED THE EATING HABITS OF NORMAL WEIGHT WOMEN OVER A TIME PERIOD OF TWO DAYS. THE WOMEN ATE AS MUCH AS THEY WANTED OF DIFFERENT TYPES OF HIGH CALORIE AND LOW CALORIE FOODS. WHEN THE FOOD INTAKE RECORDS WERE TALLIED, THEY FOUND THAT THE WOMEN INSTINCTIVELY ATE ABOUT THREE POUNDS OF FOOD A DAY. THE CALORIC CONTENT DIDN’T SEEM IMPORTANT TO THE WOMEN IN DETERMINING THE AMOUNT THEY ATE – EVEN WHEN IT DROPPED BY THIRTY PERCENT. IN OTHER WORDS, THE WOMEN SEEMED SATISFIED BY A CERTAIN VOLUME OF FOODS, RATHER THAN CALORIES.

SO, BACK TO MY “SECRET WEAPON!” THE TRICK IS NOT TO EAT LESS FOOD, BUT TO CHOOSE FOODS THAT PACK RELATIVELY FEW CALORIES BY WEIGHT. THINK BIG! PICK FOODS THAT ARE “BULKED UP” BY WATER AND/OR FIBER. FOR INSTANCE, FOR AROUND 100 CALORIES YOU CAN EAT A CUP OF CHICKEN NOODLE SOUP – OR, YOU CAN DRINK A CUP (8 OZ.) OF ORANGE JUICE. SOUPS, HAVING BITS OF FAT AND FOOD IN SUSPENSION, ARE PROCESSED BY THE BRAIN AND THE STOMACH AS A FOOD, RATHER THAN A BEVERAGE – WHICH MAKES THEM MORE SATISFYING. ALSO, THINK OF HOW YOU EAT SOUP, VERSUS HOW YOU DRINK A GLASS OF OJ.

DON’T UNDERESTIMATE THE POWER OF SOUP! IN ONE STUDY (WE’VE DISCUSSED THIS PARTICULAR ONE PLENTY OF TIMES IN HERE) A GROUP OF WOMEN WERE GIVEN 1 – 1/3 CUPS OF CHICKEN RICE CASSEROLE TO EAT AND A 10 OUNCE GLASS OF WATER TO DRINK. ANOTHER DAY, THE WATER WAS MIXED WITH THE CASSEROLE, TURNING IT INTO 2 ½ CUPS OF SOUP. BOTH PORTIONS, OBVIOUSLY, CONTAINED THE SAME AMOUNT OF CALORIES: 270. AFTER THE MAIN COURSE, THE PARTICIPANTS COULD EAT OTHER FOODS. THE CASSEROLE GROUP ENDED UP CONSUMING AN AVERAGE OF 396

CALORIES FOR LUNCH. THE SOUP GROUP STOPPED AT 289! THE BODY, IT WOULD APPEAR, DIDN'T FACTOR IN THE WATER WHEN IT WAS CONSUMED AS A BEVERAGE. HOWEVER, "BULKING UP" THE CASSEROLE WITH WATER APPARENTLY MADE IT MORE SATISFYING!

COUNTING CALORIES (I DON'T HAVE TO TELL YOU THIS!) IS HARD WORK. VERY OFTEN, WE'LL RETURN FROM LUNCH AND ONE OF MY CO-WORKERS WILL ASK ME HOW MANY CALORIES WERE IN THAT PIZZA OR SANDWICH THAT THEY ATE. A LITTLE LATE TO BE WORRYING ABOUT IT, RIGHT?! WHAT CAN WE DO TO MAKE COUNTING CALORIES A BIT EASIER? ONE ANSWER IS TO REPLACE A FEW MEALS A WEEK WITH PORTION-CONTROLLED FOODS, SUCH AS A FROZEN DINNER. (BY THE WAY, THIS IS ACTUALLY THE BASIS FOR THE NEW-FANGLED TERM OF "MEAL PREP" – IT'S JUST ANOTHER FORM OF PORTION CONTROL.) IF YOU'RE USING A FROZEN DINNER, CHECK THE LABEL TO COMPARE CALORIE CONTENT, ETC. – AND THEN ENHANCE IT BY SIMPLY ADDING A PIECE OF FRUIT OR A SIDE SALAD. OCCASIONALLY, USING A MEAL REPLACEMENT BAR MIGHT BE USEFUL. THEY'RE COMPACT & PORTABLE. IF YOU FIND ONE YOU LIKE & IT'S NUTRITIONALLY DECENT, IT COULD REALLY BE YOUR FRIEND ON A BUSY DAY! OF COURSE, IT'S A GOOD IDEA TO GET YOUR CALORIES FROM WHOLE FOODS, RATHER THAN PROCESSED PRODUCTS WHENEVER POSSIBLE. SOMETIMES, THOUGH, THESE SHORTCUTS CAN SEE YOU THROUGH A HECTIC DAY!

NOW A LITTLE MORE ON LIQUID CALORIES. LIQUID CALORIES SIMPLY DON'T MAKE YOU FEEL AS FULL; IT'S AS IF YOUR BODY DOESN'T NOTICE THE CALORIES YOU DRINK AS OPPOSED TO THOSE FROM SOLID FOODS. THEY'RE SNEAKY AND YOU CAN END UP CONSUMING FAR MORE CALORIES THAN YOU WOULD OTHERWISE. DON'T EVEN THINK THERE HASN'T BEEN A STUDY TO TEST THIS! RESEARCHERS AT PURDUE DEvised A STUDY A FEW YEARS AGO COMPARING SOLID & LIQUID CALORIES. FIFTEEN PARTICIPANTS CONSUMED 450 CALORIES OF SODA EACH DAY FOR FOUR WEEKS. (HERE'S THE ANSWER TO YOUR QUESTION, BEFORE YOU HAVE A CHANCE TO ASK! THAT'S A LITTLE OVER 3 CANS OF POP!) AND 450 CALORIES WORTH OF JELLY BEANS A DAY DURING A DIFFERENT FOUR WEEK PERIOD. WHEN THE RESEARCHERS TRACKED EATING PATTERNS DURING THE STUDY PERIOD, THEY DISCOVERED THAT THE JELLY BEAN EATERS ATE THE CANDY INSTEAD OF OTHER FOODS, CONTINUING OTHERWISE TO EAT AS THEY ALWAYS HAD. WHEN POP WAS ADDED TO THEIR DAILY INTAKE, THEY DIDN'T CHANGE THE AMOUNT OF FOOD THEY NORMALLY ATE...SO THEIR CALORIES FOR THE MONTH INCREASED DRAMATICALLY! AS A RESULT, THEY GAINED WEIGHT DURING THE SODA PHASE, BUT MAINTAINED THEIR WEIGHT DURING THE JELLY BEAN PHASE! TELL THE EASTER BUNNY TO BRING YOU CARROTS!

JUST A FEW WORDS ON BAD CARBS VS. GOOD CARBS. THE FACT IS, SOME CARBOHYDRATES MAKE YOU HUNGRIER! THE WORSE CULPRITS ARE THOSE FOUND IN REFINED PRODUCTS, SUCH AS WHITE BREAD, DOUGHNUTS, BAGELS, AND THE LIKE. OF COURSE, DON'T FORGET THE ILLUSTRIOUS & VERY POPULAR SUGAR FAMILY: POP, CANDY, ETC. ETC.! YOUR BODY USES THEM FAR MORE QUICKLY THAN SLOW-RELEASE CARBS FOUND IN FRUITS, VEGETABLES, & WHOLE GRAIN PRODUCTS.

MORE ON THE VOLUMETRIC METHOD NEXT MONDAY. UNTIL THEN, HERE'S A SIMPLE RULE OF THUMB: IF YOU'RE HUNGRY TWO HOURS AFTER A MEAL, YOU'RE EATING THE WRONG FOODS!