

WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

SEPTEMBER 17, 2018

LOW CARB DIET PLANS...GOOD OR BAD?

ANYONE WHO HAS BEEN IN THIS CLASS FOR ANY LENGTH OF TIME WILL KNOW WHERE I STAND ON THIS SUBJECT – AND I HATE TO SAY “I TOLDJA SO!” ACTUALLY, I DON’T HATE TO SAY THAT AT ALL. I DID TELL YOU! NO AMOUNT OF TESTIMONIALS WILL CHANGE MY MIND ON THE MATTER – YES, A LOW CARB DIET PLAN CAN YIELD QUICK RESULTS. I’VE SEEN IT HAPPEN. HOWEVER. QUICK RESULTS DO NOT USUALLY EQUAL SUCCESS. (THE FOLKS I’VE SEEN LOSE QUICKLY ON A LOW CARB DIET? THAT SUCCESS WAS RELATIVELY SHORT LIVED.) WHAT WE’RE LOOKING FOR IN A FOOD PLAN: FIRST OF ALL, WE DO WANT LONG TERM RESULTS! THIS SHOULD BE THE OUTCOME OF PREPARING & EATING HEALTHY, SENSIBLE, AND AFFORDABLE FARE. SECONDLY, IT MUST BE SUSTAINABLE. OTHERWISE IT WOULDN’T BE LONG TERM, RIGHT?! *IT’S GOT TO BE SOMETHING THAT YOU CAN LIVE WITH, DAY IN AND DAY OUT.*

A RECENT STUDY (I GOT THIS FROM ONE OF MY FAVORITE SOURCES: *THE DAYTON DAILY NEWS*) REVEALS THAT LOW-CARB DIET PLANS MAY ACTUALLY INCREASE THE RISK OF PREMATURE DEATH OVER TIME. THE AUTHOR OF THE STUDY STATES, “WE FOUND THAT PEOPLE WHO CONSUMED A LOW CARBOHYDRATE DIET WERE AT GREATER RISK OF PREMATURE DEATH. RISKS WERE ALSO INCREASED FOR INDIVIDUAL CAUSES OF DEATH INCLUDING CORONARY HEART DISEASE, STROKE, AND CANCER. THESE DIETS SHOULD BE AVOIDED.” THESE DIET PLANS MAY ACTUALLY BE USEFUL FOR SHORT TERM USE. (MAYBE. I KIND OF THINK, “WHY BOTHER?” IF YOU’RE GOING TO MAKE CHANGES, MAKE A CHANGE THAT WILL BE BENEFICIAL TO YOUR WELL-BEING!)

SO...WE KNOW THAT THERE ARE THREE FOOD SOURCES OF ENERGY (CALORIES): PROTEIN, FAT, AND CARBOHYDRATE. IF YOU’RE NOT EATING CARBOHYDRATE, YOU’LL HAVE TO EAT SOMETHING, CORRECT? TOO MUCH PROTEIN CAN BE HARD ON YOUR KIDNEYS. TOO MUCH FAT – WELL, THAT’S PROBABLY WHAT BROUGHT US ALL TOGETHER TONIGHT IN THE FIRST PLACE! ANOTHER DIRECT QUOTE FROM THE ARTICLE: “EATING CARBS IS GOOD FOR US, AS LONG AS WE ARE CHOOSING GOOD CARBS.” FEEL FREE TO CUT OUT ITEMS SUCH AS WHITE BREAD, COOKIES, AND SNACK CRACKERS! INSTEAD, CHOOSE THE CARBS THAT WILL FILL YOU

UP AND FUEL YOUR SYSTEM! LEGUMES, FRUIT, AND WHOLE GRAINS. LOW FAT MILK AND YOGURT. THE GOOD STUFF!

THE BEST FOOD PLANS ALWAYS PROMOTE LOTS OF PRODUCE. FRUITS AND VEGETABLES, AS YOU'VE KNOWN EVER SINCE YOU WERE OLD ENOUGH TO KNOW ANYTHING, ARE GOOD FOR YOU. HIGH IN VITAMINS AND MINERALS, THEY ALSO WILL PROVIDE A NON-NUTRITIVE SUBSTANCE KNOWN AS *FIBER*. (IN THIS CASE, NON-NUTRITIVE MEANS "PROVIDING LITTLE OR NO CALORIES.") WHOLE GRAINS ARE ALSO A GOOD SOURCE OF FIBER – AND YET ANOTHER THING YOU WILL AVOID IF YOU FOLLOW A LOW-CARB REGIMEN. FOR ME, THAT POINT ALONE MAKES A PRETTY GOOD CASE AGAINST THIS KIND OF PLAN RIGHT FROM THE GET-GO!

CARBS ARE OUR BODIES' PREFERRED SOURCE OF ENERGY. WE'RE MADE TO BURN THEM UP. WE NEED THEM. WE JUST DON'T NEED THEM FROM CANDY BARS, COOKIES, OR CHIPS! WHEN YOU'RE NOT EATING ENOUGH CALORIES TO MAINTAIN YOUR WEIGHT (I.E. CREATING A CALORIE DEFICIT SO THAT YOU BURN WHAT YOU'VE STORED), YOUR BODY WILL ALSO CONVERT PROTEIN AND FAT INTO GLUCOSE. (REMEMBER THAT GLUCOSE IS A SIMPLE CARBOHYDRATE.) TO YOUR BODY, IT'S USABLE ENERGY.

SO, BACK TO THE FIRST PARAGRAPH. **WE DO WANT LONG TERM RESULTS**. YO-YO DIETING IS BAD FOR YOUR HEART, BAD FOR YOUR METABOLISM, AND BAD FOR YOUR SELF ESTEEM. IT'S ACTUALLY SAFER TO STAY A BIT ON THE HEAVY SIDE, RATHER THAN REPEATING THE CRAZY CYCLE OF STARVING / OVEREATING.

I ADMIT, MY PLAN ISN'T GLAMOROUS. YOU WON'T LOSE TWENTY POUNDS IN TWENTY DAYS. YOU DO NEED TO AVOID FATTY CUTS OF MEAT. YOU WON'T BE ABLE TO PUT BUTTER ON EVERYTHING. IN A NUTSHELL: **EAT LESS, MOVE MORE**. IT TAKES A WHILE TO HAVE ANY EFFECT, AND IT IS WORK – DON'T EVEN KID YOURSELF ABOUT THAT. IT'S MUCH EASIER TO TAKE YOURSELF TO A DRIVE-THRU, RATHER THAN SHOPPING FOR GROCERIES AND MAKING DINNER. SERIOUSLY, THOUGH...ISN'T YOUR HEALTH WORTH A LITTLE EFFORT? HOW ABOUT THE HEALTH OF YOUR FAMILY? I DON'T REALLY LOVE TO COOK – AND THAT'S EXACTLY WHY WE SHARE IDEAS IN THIS CLASS EVERY MONDAY ON THINGS LIKE IDEAS FOR QUICK MEALS! YOU DON'T HAVE TO SPEND ALL YOUR TIME IN THE KITCHEN, BUT YOU DO HAVE TO SPEND *SOME* TIME IN THAT PARTICULAR ROOM!

NOW FOR THE SECOND ITEM ON OUR LIST: *SUSTAINABILITY*. IT REALLY GOES HAND-IN-HAND WITH LONG TERM RESULTS! IF YOU GOT YOURSELF INTO A FEW BAD HABITS, YOU CAN ALSO GET YOURSELF OUT OF THEM! IT MAY TAKE TIME, AND IT WILL FOR SURE TAKE (LIKE I ALREADY SAID) SOME EFFORT. IT'S A DIFFERENT MINDSET. JUST LIKE WITH ANY CHANGE YOU'VE MADE AT DIFFERENT TIMES OF YOUR LIFE, YOU CAN GET USED TO TAKING BETTER CARE OF YOURSELF. YOU'LL CREATE A "NEW NORMAL," AND HOLD YOURSELF TO A DIFFERENT

STANDARD. YOUR BODY WILL GET USED TO BEING TREATED BETTER, AND BEFORE YOU KNOW IT, YOU'RE A SUCCESS STORY!

HOW DID YOU DO WITH "NO FAST FOOD?"

OUR "NO!" FOOD FOR THIS WEEK: ANYTHING FRIED!!!



Did I get it right? foodporn
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