

Eat This, Not That

Find out how little changes in your diet can save you lots of fats and calories.

Why I'm here tonight

- We've forgotten the basics
- No one understands the lingo
 - Its hard to follow a the advise of experts, when you don't know what they are talking about
- Obesity is a serious problem

Why is America overweight?

- 66% of Americans are overweight, expected to grow 87% in 2030
- Men eat 7% and women eat 18% (about 355) more calories than they did in 1971
- Kids eat about 150 more calories per day
- That adds up to 1lb/11 days or 33lbs/yr

Why overeating is too easy

- We added extra calories to traditional foods
 - 1970's began adding HFCS to replace sugar
 - Average 82g of added sugar/day or 317 empty calories
- We love a good deal
 - Supersizing adds 73% more calories for only 17% more cost
- We eat foods our bodies aren't supposed to eat
 - We fry our foods in trans fats. This allows us to cook much more food, without changing the oil or smoking up a factory.
 - Trans fats raise our LDL, lowers our HDL and increases our risk for obesity and heart disease

Why overeating is too easy

- **Terminology is misleading**

- Being a “source of...” means that there is 10-17% of your daily requirement in 1 serving
- Lightly sweetened has no set standard
 - There is as much sugar in 1 cup of Kellogg's Smart Start as there is in a serving of oreos
- Reduced fat only means a 25% reduction, usually add sugar and salt in its place
- Reduced sodium means a 25% reduction, regardless of the initial level, Low = 140mg/serving
- “Natural” has no USDA definition
- Trans Fat-free means less than .49g/serving
 - AHA recommends no more than 2g/day

“False” advertising

- **Restaurants Mislead**

- Ruby Tuesday

- The Veggie burger has almost 1000 calories, 53g of fat and 95g of carbs

- Applebees

- Weight Watchers food from 8 different restaurants analyzed by independent labs found up to double the calories and 8x the fat listed on the menu

- Sbarro

- Website nutrition facts has been “under construction” for two years

“False” Advertising

Sit Down vs. Fast Food

– Average entrée

- Sit: 867 calories
- Fast: 522 calories



If food is viewed as “healthy,” you will tend to order 131% more calories in sides than if you view the food as “bad”



Smart Swaps

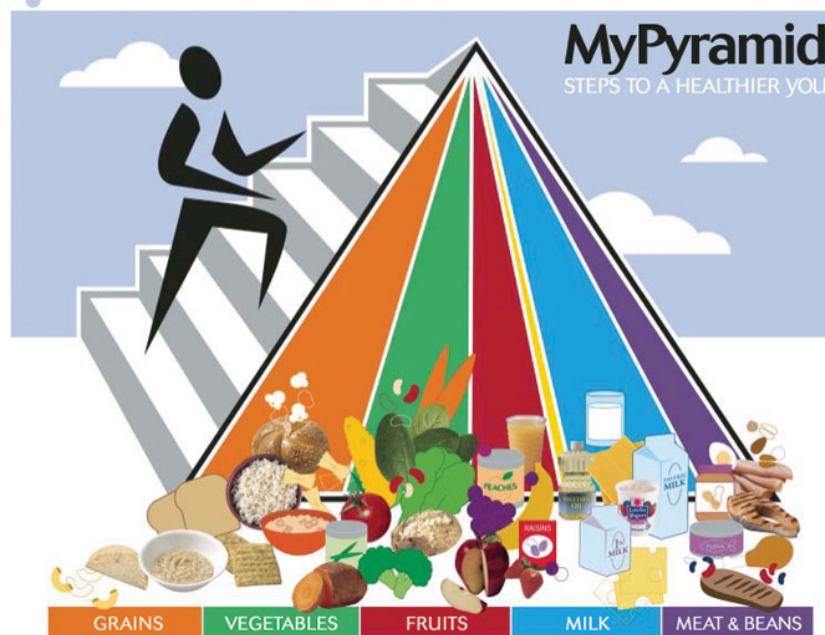
- Choose a Big Mac instead of a Whopper and save 230 calories and 19g of fat
- Subway double meat Roast beef sub instead of a Quiznos Prime Rib sub and save 620 calories and 56g of fat!
- DQ banana split instead of a Baskin-Robbins banana split and save 1010 calories and 34g of fat

Now, lets make things easy!

The Basics

Two ways to think about things

- Food Pyramid
- Nutrient Groups



Food Pyramid Guidelines

- Grains
 - Men 4oz/day
 - Women 3oz/day
- Vegetables
 - Men 3 cups/day
 - Women 2.5 cups/day
- Fruit
 - Men 19 and on, 2 cups/day
 - Women up to 30 2 cups/day, after that 1.5 cups/day
- Meat
 - Men 6.5 oz/day
 - Women 5.5 oz/day
- Milk
 - Men and women 3cups/day
- Oils
 - Men 6-7tsp/day
 - Women 5-6tsp/day
- Discretionary Calorie
 - From 100-300/day

Nutrient Guidelines

- Carbs
 - 250g/day
 - 40g sugar/day
- Lipids AKA Fats
 - 65g/day
- Proteins
 - 50g/day
- Vitamins
 - Varies
- Minerals
 - Varies
- Water
 - $\frac{1}{2}$ body weight in ounces

Daily Requirements

- Over the next few slides we will compare nutrient levels in many different foods. The following are guidelines for daily intake.
 - Calories 1200-2500
 - Fat 65g/day
 - Sodium 1500-2400mg/day
 - or Sugar 40g/day

Daily Calorie Requirement

Start by calculating your **basal metabolic rate**

Women $655 + (4.35 \times \text{weight}) + (4.7 \times \text{height in}) - (4.7 \times \text{age})$

Men $66 + (6.23 \times \text{weight}) + (12.7 \times \text{height in}) - (6.8 \times \text{age})$

Then multiply BMR by activity level and add to BMR to find your **maintenance** calorie number

Sedentary = BMR x 1.2

Lightly Active = BMR x 1.375

Moderately active BMR x 1.55

Keep in mind 3500cals/lb of fat

Why sodium matters

- Need 1500mg-2400mg/day
- Increased sodium = increased water retention and increased blood pressure = heart working harder to pump blood = a tired heart.

Now on to the nitty gritty

Twenty Worst Foods in America

- Chili's Pepper Pals Chicken Crispers
- Stouffer's Chicken Pot Pie
 - 1160 cal, 66g fat, 1780mg sodium
- Blimpie Special Vegetarian
- Outback Rib Eye
- McDonald's Deluxe Breakfast
- P. F. Chang's Combo Lo Mein
- Bob Evans Carmel Banana Pecan Hotcakes
- DQ Chicken Strip Basket
 - 1640 Cals, 74g fat, 3690mg sodium
- Quiznos Tuna Melt
- Macaroni Grill Spaghetti and Meatballs

Twenty Worst Foods in America

- Outback Blooming Burger
- Cold Stone PB&C Shake
- CA Pizza Kitchen Thai Crunch Salad
 - 2115 Cals,
- Macaroni Grill Parmesan-Crusted Sole
- Chili's Bacon Chicken Ranch Quesadilla
 - 2280 Cals, 142g fat, 50g sat fat, 5900mg sodium
- Uno Chicago Deep Dish Pizza
 - 2310 cals, 165g fat
- Uno Chicago Pizza Skins
- On the Border Fish Tacos
- Cosi Double Trouble Brownie Sundae
- Outback Baby Back Ribs (full rack)
 - 2580 cals

Applebee's Not That

- Chicken Fajita Rollup
 - 1050 Cals
- Fiesta Lime Chicken
 - 1210 Cals
- Chicken Broccoli Pasta Alfredo Bowl
 - 1330 Cals
- Crispy Chicken Orange Bowl
 - 1880 Cals = 15 scoops of chocolate ice cream



Applebee's Eat This

- Italian Chicken Portobello Sandwich
 - 360 Cals
- Garlic Herb Chicken
 - 370 Cals
- House Sirloin (9oz)
 - 310 Cals
- Swap the potato for seasonal vegetables and save 300 calories.

Arby's Not that

- Market Fresh Roast Turkey and Swiss
 - 710 Cals, 30g fat, 1680mg sodium
- Roast Ham and Swiss
 - 691 Cals, 31g fat, 1952mg sodium
- Chopped Crispy Chicken Salad
 - 620 Cals, 43g fat, 1250mg sodium
- Curly Fries
 - 360 Cals, 21g fat, 840mg sodium



Arby's Eat This

- Arby's Melt
 - 298 Cals, 12g fat, 922mg sodium
- Roast Chicken Fillet Sandwich
 - 383 Cals, 16g fat, 921mg sodium
- Chopped Turkey Club Salad
 - 410 Cals, 28g fat, 1041mg sodium
- Potato Cakes
 - 250 Cals, 18g fat, 390mg sodium



Dairy Queen Not That

- Chicken Strip Basket
 - 1360 Cals, 63g fat, 2910mg sodium
- Ultimate Hash Browns
 - 750 Cals, 36g fat, 1580mg sodium
- Grilled FlameThrower Chicken Sandwich
 - 630 Cals, 49g fat, 1470mg sodium
- Chocolate Chip Cookie Dough Blizzard-Small
 - 710 Cals, 27g fat, 76g sugar



Dairy Queen Eat This

- Chili Cheese Dog
 - 430 Cals, 22g fat, 1010mg sodium
- Original Cheeseburger
 - 400 Cals, 18g fat, 920mg sodium
- Hot Fudge Sundae
 - 300 Cals, 10g fat, 37g sugar



Long John Silver's Not That

3.6g trans fat in an average fish sandwich/filet

Crumbles have 170 cals and 4 g of trans fat per serving

- Popcorn Shrimp
 - 270 Cals, 16g fat, 570mg sodium
- Breaded Clam Strips
 - 320 Cals, 19g fat, 1190mg sodium
- Alaskan Flounder
 - 250 Cals, 11g fat, 910mg sodium
- Cole Slaw
 - 200 Cals, 15g fat, 340mg sodium



Long John Silver's Eat This

- Shrimp Scampi
 - 110 Cals, 5g fat, 610mg sodium
- Grilled Salmon
 - 150 Cals, 5g fat, 440mg sodium
- Lobster Stuffed Crab Cake
 - 170 Cals, 9g fat, 390mg sodium
- Corn Cobbette
 - 90 Cals, 3g fat, 0mg sodium



Taco Bell Not That

- The chipotle steak taco salad = 960 cals or the same as 6 fresco crunchy tacos
- Grilled Stuft Burrito
 - 640 Cals, 23g fat, 2160mg sodium
- Fiesta Taco Salad
 - 820 Cals, 43g fat, 1740mg sodium
- Steak Quesadilla
 - 520 Cals, 11g fat, 930mg sodium
- Cheesy Fiesta Potatoes
 - 270 Cals, 6g fat, 670mg sodium



Taco Bell Eat This

- Fresco Ranchero Soft Taco
 - 340 Cals, 8g fat, 1460mg sodium
- Fresco Fiesta Chicken Burrito
 - 340 Cals, 8g fat, 1240mg sodium
- Steak Taquitos
 - 310 Cals, 11g fat, 930mg sodium
- Pintos n' Cheese
 - 160 Cals, 6g fat, 670mg sodium



McDonald's Not That

- Chicken Selects Strips
 - 860 Cals, 22g fat, 2000mg sodium
- Crispy Chicken Classic Sandwich
 - 530 Cals, 20g fat, 1150mg sodium
- Mc Skillet Burrito with Sausage
 - 610 Cals, 17g fat, 1030mg sodium
- Southern Style Crispy Chicken Sandwich
 - 400 Cals, 36g fat, 1390mg sodium



McDonald's Eat This

- Big N' Tasty
 - 460 Cals, 25g fat, 720mg sodium
- Filet-O-Fish
 - 380 Cals, 18g fat, 640mg sodium
- Chicken Honey Mustard Snack Wrap
 - 260 Cals, 9g fat, 800mg sodium
- Sausage Patty with scrambled Eggs
 - 340 Cals, 26g fat, 520mg sodium



Subway Not That

- Cold Cut Combo
 - 530 Cals, 29g fat, 1670mg sodium
- Tuna Sandwich
 - 540 Cals, 30g fat, 1070mg sodium
- Meatball Marinara
 - 630 Cals, 27g fat, 1785mg sodium
- Wild Rice Chicken Soup
 - 230 Cals, 11g fat, 900mg sodium



Subway Eat This

- Turkey and Ham Sandwich
 - 305 Cals, 5g fat, 1395mg sodium
- BLT
 - 360 Cals, 13g fat, 990mg sodium
- Steak and Cheese
 - 390 Cals, 10g fat, 1370mg sodium
- If you're really hungry... 12" Roast Beef
 - 580 Cals, 12g fat, 922mg sodium
- Cheese = Swiss



Wendy's Not That

- Double with everything
 - 700 Cals, 40g fat, 1440mg sodium
- Chicken BLT Salad
 - 790 Cals, 54g fat, 1735mg sodium
- Chicken Club Sandwich
 - 550 Cals, 26g fat, 1290mg sodium
- Coffee Twisted Frosty
 - 550 Cals, 21g fat, 68g of sugar



Wendy's Eat This

- Double Stack
 - 550 Cals, 24g fat, 1640mg sodium
- Spicy Chicken Fillet Sandwich
 - 440 Cals, 16g fat,
- Mandarin Chicken Salad
 - 420 Cals, 15g fat, 1180mg sodium
- Ultimate Chicken Grilled Salad
 - 320 Cals, 7g fat, 950mg sodium
- Chocolate Frosty
 - 320 Cals, 8g fat, 41g sugar



For those of us who eat in



Your grocers shelves

- **Turkey Bacon**
 - Has almost as many additives than pork, has more salt than pork bacon and depending on the slice, has more calories/ piece than regular
- **Yogurt**
 - Packed with HFCS = lots of carbs!
- **100% juices**
 - Often a mix of juices, not just the advertised juice
- **Reduced Fat PB**
 - Has half the fat, but good fats replaced with a carb filler and almost double the sugar but only saves 10 cals

How to Shop

- Stay away from the center of the store
- Avert your eyes
- Get back to nature
- Eat more food, but fewer ingredients
- Watch who's first
- Eliminate the quick trips



Food Pyramid Swaps

- Fats and oils (use sparingly)
 - Eat healthy fats: olive oil, canola oil, monounsaturated fats from nuts, avocado, and salmon
 - Not unhealthy saturated or trans fats: stick margarine, lard, palm oil, or anything that’s “partially hydrogenated”

Food Pyramid Swaps

- Dairy (2-3 servings/day)
 - Eat 2% milk, cottage cheese, string cheese, plain yogurt (add fruit at home)
 - Not chocolate milk, ice cream, processed cheeses, cheese dips, yogurt with fruit on the bottom



Food Pyramid Swaps

- Meat, Poultry, Fish, Eggs, and Beans (2-3 servings/day)
 - Eat chicken breasts, sirloin steak, pork loin, scrambled/poached eggs, black beans, almonds, unsweetened peanut butter
 - Not chicken fingers, crispy chicken sandwich, cheeseburgers, strip or rib eye steaks, peanut butter with added sugar

Food Pyramid Swaps

- Vegetables (5 servings/day)
 - Eat spinach, broccoli, salad, mushrooms, peppers, onions, carrots, tomato sauce
 - Not potato chips, fries, onion rings, more dressing than vegetables



Food Pyramid Swaps

- Fruit (3 cups/day)
 - Eat apples, pears, berries, grapes, peaches, plums, apricots, 100% fruit juices (not from concentrate)
 - Not more than a few tbsp of dried fruit each day, smoothies, frozen yogurt



Food Pyramid Swaps



Grains (6 servings/day)

- Eat brown rice, whole grain breads, quinoa, whole grain pastas, oatmeal
- Not white rice, pasta, muffins, tortillas, pancakes, waffles, sweetened cereals

Thomas Ditt Beyer

FOODS AND GRAINS

Eat this....

Foods that heal and help

When you are stressed

- Fried Eggs-ACE inhibitory proteins
- Wine-dilates blood vessels
- Gum-lowers perceived stress
- Not Coffee



When you are feeling down



- Dark Chocolate- boosts serotonin levels
- Garlic-increases release of serotonin
- Salmon-omega 3's bolster mood hormones
- Not white chocolate- mostly fat and sugar

To boost your metabolism

- Chile peppers-literally heats you up
- Yogurt-probiotics speed fat digestion
- Coffee-caffeine stimulates the CNS

- Don't eat nothing



When you need an energy boost

- Barley-levels out blood sugar
- Kidney beans-great B vitamin sources
- Grilled chicken breasts-protein increases metabolism
- Clams-stock the body with magnesium
- Not Bagels-increase tryptophan levels

When you are sick



- Honey-cough suppressant
- Olives-reduce inflammation
- Kiwis-high in Vit C
- Not caffeinated beverages- sleep helps you to heal and repair faster

For memory and brainpower

- Garlic-increases serotonin levels
- Bananas-antioxidants protect against Alzheimer's
- Steak-B12 protects against brain loss
- Carrots-delays cognitive aging, antioxidant

Source

- Eat this, Not That by David Zinczenko
- Can be found in bookstores everywhere
- Cost about \$12-\$20

