

## TOPIC: WEIGHT LOSS

### Weight Loss

◆ Weight loss plan should include \_\_\_\_ things:

#### Healthy Eating

- ◆ **Calorie deficit:** eating \_\_\_\_\_ calories than you burn → \_\_\_\_\_ energy balance.
  - ~ \_\_\_\_\_ Calories in 1 pound of body fat.
  - \_\_\_\_\_ Calorie deficit will lead to \_\_\_\_\_ lb weight loss per \_\_\_\_\_.\*
  - .5 - \_\_\_\_ lb/week loss is healthy goal.

#### Behavioral Modifications

- ◆ Change behaviors that lead to weight gain.
  - Eat mindfully & keep a food journal.
  - Manage \_\_\_\_\_.
  - Monitor environmental triggers.
  - Grocery shop while \_\_\_\_\_.
  - Avoid using food as a \_\_\_\_\_.

#### Physical Activity

- ◆ \_\_\_\_ calories burned.
- ◆ \_\_\_\_ lean muscle mass.
  - Note: physical activity may \_\_\_\_\_ hunger.
  - Note: \_\_\_\_\_ excess calories is easier than burning them.



◆ Weight loss plans should set \_\_\_\_\_ goals: for obese individuals, any weight loss improves health.

### EXAMPLE

Mia is aiming to lose 15 lbs. Along with adding exercise to her schedule three days a week, she developed an eating plan that should create an approximate daily deficit of 350 Calories. Based on this information, answer the following questions.

1. What is a reasonable estimate for how long it should take to lose 15 lbs. based on this information?

\_\_\_\_\_

2. What are three behaviors that would support this goal?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## **TOPIC: WEIGHT LOSS**

### **PRACTICE**

Yves has a goal of losing about 0.5-1 pounds per week. Which of the following calorie deficits would be appropriate considering this goal?

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- a) 100-250 Calories.
- b) 250-500 Calories.
- c) 500-750 Calories.
- d) 750-1000 Calories.

### **PRACTICE**

What is one reason physical activity alone does not always lead to weight loss?

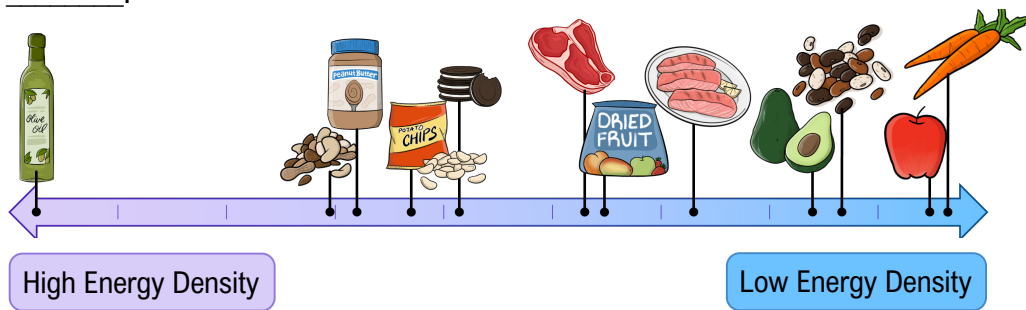
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- a) Exercise only affects Calorie expenditure, but creating a Calorie deficit requires changing Calorie intake.
- b) Exercise causes a drop in BMR as the amount of lean muscle mass increases.
- c) Weight loss suppresses appetite.
- d) It is very easy to accidentally increase Calorie consumption after exercise.

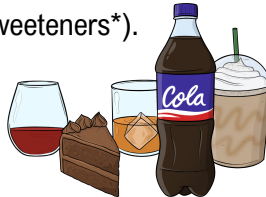
## TOPIC: WEIGHT LOSS

### Healthy Eating for Weight Loss

- ◆ *Recall:* to lose weight, you must create a Calorie \_\_\_\_\_.
- ◆ To maintain a Calorie deficit, we want foods that promote \_\_\_\_\_.
  1. Nutrient-dense, \_\_\_\_\_ volume, low \_\_\_\_\_ density foods → fruits, vegetables, & whole grains.
  2. Lean \_\_\_\_\_.



- ◆ Avoid added sugars & \_\_\_\_\_ (& artificial sweeteners\*).



### EXAMPLE

To promote satiety, it is recommended to eat foods with low energy density. What things do low energy-density foods tend to be high in that increase food volume?

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### PRACTICE

Which of the following recommendations for weight loss would you expect NOT to be endorsed by most nutrition experts?

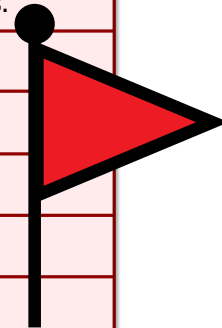
- a) Avoid carbohydrates.
- b) Eat foods with low energy density.
- c) Prioritize lean proteins.
- d) Avoid added sugars and alcohols.

## TOPIC: WEIGHT LOSS

### Fad Diets

- ◆ **Healthful diets:** promote eating \_\_\_\_\_ foods while meeting other nutritional targets.
  - E.g., Mediterranean diet & Dash diet.
- ◆ **Fad diets:** popular diets that promise \_\_\_\_\_ results with \_\_\_\_\_ evidence.
  - May lead to some weight loss through \_\_\_\_\_ restriction, but usually miss important nutritional targets.
  - Some red flags of fad diets include:

Often involves _____ one food group.	E.g., ketogenic/ South Beach diets.
Has one food as the _____ to success.	E.g., grapefruit diet.
Require _____ specific products.	E.g., meal replacement diets.
Nutrient proportions are outside of the DRI range.	E.g., juice cleanses.
Promises to hack your genetics or metabolism.	E.g., epigenetics diet.
Promises _____ results.	E.g., “lose 30 lbs in 2 weeks”.
Lacks scientific evidence.	E.g., using testimonials instead of data.



### EXAMPLE

Determine if the statements below are true or false. If they are false, correct the statement.

1	Fad diets are harmless. _____
2	Fad diets are based on scientific evidence: _____
3	Fad diets may include nutrient proportions outside of the DRI ranges: _____
4	Some diets are able to change your genetics to help you lose weight: _____

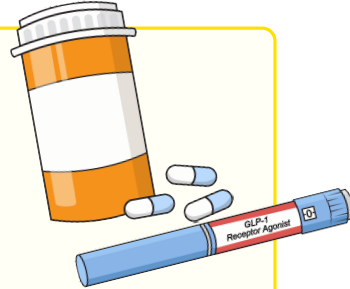
## TOPIC: WEIGHT LOSS

### Medications for Weight Loss

◆ For individuals with a BMI over \_\_\_\_ (obese); over \_\_\_\_ w/ other \_\_\_\_ factors (heart disease, diabetes, etc.).

#### Medications

- ◆ Different mechanisms of action:
  - GLP-1 Receptor Agonists mimic the GLP-1 \_\_\_\_\_.
    - Stimulate satiety.
    - Slow gastric emptying & increasing feeling of fullness.
  - Limit the absorption of \_\_\_\_\_.



#### Supplements

- ◆ Regulated by FDA as \_\_\_\_\_ (not for effectiveness).
- ◆ Many contain stimulants: \_\_\_\_\_.
  - \*or banned stimulants under other names, e.g. phenylpropanolamine, & ephedra (*mahuang*).

## PRACTICE

Several weight loss medications target the receptors for which of the following hormones, thereby lowering hunger and increasing satiety?

- a) Thyroxine.                      b) CCK.                      c) Leptin.                      d) GLP-1.

## TOPIC: WEIGHT LOSS

### Surgical Interventions for Weight Loss

◆ For individuals with a BMI over \_\_\_\_\_, or over 35 w/ other \_\_\_\_\_ factors.

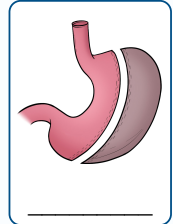
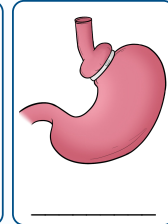
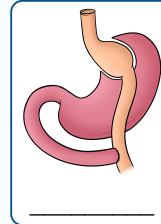
#### Bariatric Surgery

◆ **Bariatric surgery:** weight loss surgeries that modify GI tract anatomy.

- ◆ **Gastric bypass:** small stomach pouch is created & connected to small intestine.

- ◆ **Gastric banding:** \_\_\_\_\_ placed around top of stomach.

- ◆ **Gastric sleeve:** \_\_\_\_\_ part of the stomach, leaving tube.



◆ Many side effects (diarrhea, intolerances, deficiencies, etc.; esp. with older surgeries).

◆ About \_\_\_\_\_ aren't able to maintain weight loss.

#### Cosmetic Surgery

◆ **Liposuction:** \_\_\_\_\_ fat reduction. Removes fat cells from specific areas.

## PRACTICE

The general goal of most bariatric surgery approaches can be described as:

- To reduce the total amount of digestion so that food passes through the body without being absorbed.
- To reduce the size of the stomach so that people feel full faster, therefore eating less food overall.
- To limit the amount of absorption of macronutrients in the digestive tract so that fewer Calories are absorbed.
- To increase the time that food spends in the stomach so that people must eat more slowly.

## PRACTICE

Which of the following individuals would be a likely candidate for bariatric surgery?

- An individual with a BMI of 42 who has struggled to lose weight.
- An individual with a BMI of 27 and a history of heart disease.
- An individual with a BMI of 31.
- An individual with a BMI of 24 looking to lose stubborn fat.