

Obesity

- Excess body fat
- Weight - 20% above IBW

Nutrition Therapy:

- Low cholesterol
- Low fat
- Eliminate foods high in saturated fats and simple sugar

Anorexia

- Distorted sense of body image
- Preoccupation with thinness
- Self-induced starvation
- Dangerously low caloric intake
- Emotional problems
- Obsessive/compulsive

Coronary Artery Disease
(Atherosclerosis and Myocardial Infarctions)

- Loss of oxygen to heart due to diminished blood flow through arteries
- Clogged arteries
- Hyperlipidemia
- Hypercholesterolemia

Diabetes Mellitus Type II

- Chronic disease
- High blood sugar
- Inability of body to use Insulin OR pancreas does not make enough insulin

Nutrition Therapy:

- Avoid simple sugar
- Low fat, low cholesterol
- High fiber

HYPERTENSION

- High blood pressure
- Increases pressure on artery walls
- Damages blood vessels
- Decreases blood flow to tissues
- Leads to CVA, MI, Retina, and kidney disease

Nutrition Therapy:

- Very low sodium diet
- Low cholesterol and fat
- High fiber

Dietary Guides for the Patient With History of Heart Disease and Preventing Heart Disease

How To Become an Intuitive Eater

You are an intuitive eater if you:

- Eat only when you're hungry;
- Don't feel guilty about what you're eating;
- Stop eating when you're full.

Too often, though, we answer "no" to these questions. Taking heed of the following tips may start you on your way to intuitive eating which, according to experts, is the most healthful and satisfying way to eat.

- Reject the "diet mentality." Throw out the diet books and magazine articles that make rosy promises. If you allow even one small hope to linger that "a new and better diet" is just around the corner, you won't be free to discover intuitive eating.
- Honor your hunger. Keep your body well-fed, otherwise you can trigger a primal drive to overeat. If you become very hungry, all your good eating intentions will vanish.
- Make peace with food. Give yourself unconditional permission to eat.
- Respect your body. Accept your genetic blueprint. It's difficult to reject the diet mentality if you're overly critical of your body shape.
- Feel your fullness. Listen to your body for signals that you are no longer hungry. Pause in the middle of eating to ask yourself how the food tastes and your level of "fullness."
- Discover satisfaction. When you eat what you really want in a pleasant environment, you feel satisfied and content. By giving yourself this experience, you'll find that it takes much less food to decide when you've had enough.
- Cope with your emotions without using food. Find non-food ways to resolve stress, frustration, fatigue, anger, loneliness, etc. (Note: A little brisk exercise can relieve all these feelings.)
- Challenge the food police. Put your foot down and say "No!" to thoughts that say you're good for skipping lunch or "bad" because you ate a piece of cake.
- Exercise. Keep it simple – a little goes a long way. Try 15 minutes of exercise before work and 15 minutes before dinner. If you can't get to the health club, walk around your neighborhood or buy a quality treadmill for your home.
- Honor your health. Make food choices that honor your health and your taste buds – while making you feel good.

IDENTIFY YOUR EATING STYLE

Diet experts say the "intuitive eater" is the category in which we should ideally fall. Based on these descriptions, read on to see where you fit in – and where you need to improve.

- Intuitive Eater. Trigger: biological hunger. Makes food choices without facing any guilt or any ethical dilemmas. Honors hunger and respects fullness.
- Emotional Unconscious Eater. Trigger: uncomfortable emotions. Stress or uncomfortable feelings trigger eating, especially when alone.
- Unconscious Eater. Trigger: eating while doing something else. Often unaware that he or she is eating, or how much is being consumed. Many subtypes.
- Chaotic Unconscious Eater. Trigger: overscheduled life. Eating style is haphazard. Person eats whenever food is available.
- Refuse-Not Unconscious Eater. Trigger: presence of food. Especially vulnerable to candy bars and food served at meetings.
- Waste-Not Unconscious Eater. Trigger: free food. Susceptible to all-you-can-eat buffets and free food.
- Careful Eater. Trigger: Fitness and health. Appears to be the perfect eater, yet agonizes over each morsel.
- Professional Dieter. Trigger: feeling fat. Perpetually dieting; often tries the latest commercial diet or diet book.

Source: Hope Health Letter. Vol. XV, No. 11, November 1995.

DIETARY FIBER

WHY THE INTEREST IN FIBER?

Many health experts are advising people of all ages to consume more dietary fiber. Much research suggests that fiber may prevent cancer, diabetes, heart disease, and obesity.

WHAT IS DIETARY FIBER?

There is more to fiber than crunch. What Grandma calls roughage, scientists know as fiber. Fiber is an indigestible complex carbohydrate found in plants. Fiber is not a single food or substance. Fiber in itself has no calories because the body cannot absorb it. Therefore, high fiber foods low in fat are low in calories such as fruits and vegetables. Fiber can be divided into two categories according to their physical characteristics and effects on the body: Water insoluble and water soluble. Each form functions differently and provides different health benefits. Insoluble fibers, such as cellulose, hemicellulose, and lignin, do not dissolve in water. Soluble fibers, such as gum and pectin, do dissolve in water.

HEALTH BENEFITS OF FIBERS

If you have been doctoring your with bran in the hopes of getting fiber's benefits, what you are mostly getting are larger, softer stools. This kind of fiber "bulks up" waste and moves it through the colon more rapidly, preventing constipation, and possibly colon cancer. The trickiest accomplishments of fiber may lie with the stickiest kinds called gums and pectins, as they may keep cholesterol under control by removing bile acids that digest fat. The same types of fiber may regulate blood sugar as well. This is accomplished by coating the gut's lining and delaying stomach emptying. As a result, they can slow sugar absorption after a meal and may reduce the amount of insulin needed. Fiber is a weight watchers dream since fibers called cellulose and hemicelluloses take up space in the stomach, making us feel full, therefore food intake is less.

WHAT FOODS SUPPLY WHICH FIBER?

Insoluble Fiber: fruits, vegetables, dried beans, wheat bran, seeds, popcorn, brown rice, and whole grain products such as breads, cereals, and pasta. Soluble Fiber: fruits such as apples, oranges, pears, peaches, and grapes; vegetables, seeds, oat bran, dried beans, oatmeal, barley and rye. [Prunes](#) are also high in soluble fiber. Today's pitted [prunes](#) are moist and convenient – an excellent snack and a great way to get more natural fiber into the diet.

ARE YOU GETTING ENOUGH FIBER?

Although fiber is not considered an essential nutrient, the U.S. Surgeon General and many professional health organizations recommend a diet containing 20-35 grams of fiber a day. The average American diet barely consumes half of this amount with an intake of 10-15 grams daily. Increasing the consumption of complex carbohydrates is the best way to increase fiber intake. A large increase in fiber over a short period of time may result in bloating, diarrhea, gas, and general discomfort. It is important to add fiber gradually over a period of time (3 weeks) to avoid abdominal problems.

Remember to increase the amount of both kinds of fiber. Below are some tips to help:

- Choose fresh fruit or vegetables rather than juice.

- Eat the skin and membranes of cleaned fruits and vegetables.
- Choose bran and whole grain breads/cereals daily.
- An increase in fiber should be accompanied by an increase in water.
- Eat less processed foods and more fresh ones.
- It is better to get fiber from foods rather than fiber supplements, as foods are more nutritious.

THE HEALTHIER SIDE OF DINING OUT

IN GENERAL

- Don't skip meals – find a healthy way.
- Eat slowly and engage in more conversation.
- Drink a lot of water, tea, or juice before eating, and fill up with healthy items.
- Take home a doggie-bag or set it aside, don't force food down.
- Look for or ask about nutrition facts and food preparation.

FAST-FOOD

- Order the smaller burger or sandwich with the least fried meat.
- Small fries or no fries, Roy's, Wendy's, and Boston Chicken have alternative side orders. Select Border Lights at Taco Bell.
- Subtract fatty extras: mayo, dressings, mayo-based salads, and cheeses.
- Pizza should be loaded with veggies, not meats, eat fewer slices.
- Salad bars – avoid bacon bits, ham, creamy soups, cheese, and excess dressing.
- Desserts – order frozen yogurt instead of shakes, sundaes, or fried pies.

FINE DINING

- Carefully select your restaurants.
- Follow same salad bar guidelines as fast food.
- Clear broths, veggie soup, and fresh fruit make great appetizers. Avoid fried cheese, wings, and cream soups.
- Order smaller entrees or take home some of the meal.
- Substitute a baked potato, rice, or steamed vegetable for fries.
- Select smaller portions of grilled, baked, or broiled seafood or chicken.
- Ask for sauces, and other condiments on the side.
- Anticipate that alcohol will increase your appetite.
- If you're having a late dinner, eat a small something at home. Don't go out to eat on an empty stomach, you will over order.
- Avoid desserts or only eat fruits, sherbets, or sorbet

YOU'RE NOT BEING A NUISANCE WHEN YOU ASK ABOUT FOOD PREPARATION AND NUTRITION FACTS.

