

OSU Extension

New Years Resolutions and Dieting

The diet frenzy seems to take on new life after New Year's, with peoples' sincere resolutions to lose weight, get healthy and get in shape. Each year, there tends to be one dominant weight loss book to entice readers, those who've tried all the other diets, that this is the end-all, albeit the final diet book they'll ever need.

Diet book titles and bi-lines are intensely alluring, making promises and guarantees they can't possibly deliver. After all, who wouldn't want to eat whatever you want, lose weight without exercising, or stay young and fit like a famous celebrity, especially if you can do it in 4 days, or as little as just 10 minutes a day?

Each new book seems to tell us something different, something sure to work this time. But how do we know what's really right for our bodies? Dr David Katz, director of Yale University Prevention Research Center says, "We know what to feed our aquarium fish, but we don't know how to feed ourselves." Scientists have determined what the human body needs to flourish, but those recommendations are summarily dismissed by faddists, food manufacturers and desperate dieters willing to try anything to lose weight.

In this issue, we will investigate several of the most popular diet claims and compare them to human nutrition facts and hard science.

Diet for a Healthy Human

There are 7 classes of nutrients: carbohydrate, protein, fat, fiber, vitamins, minerals and water. The body requires carbohydrates as its primary fuel, about 80% of daily intake, mostly as starch rather than sugar. These

foods provide energy, vitamins, minerals, protein, fiber as well as to encourage the growth of healthy bacteria in the gut. Protein should be approximately 10% (to avoid disease), low or no cholesterol and low in fat. Fats should be unsaturated, typically from foods like nuts and seeds and contribute 10% to the diet.

Foods should contain high amounts of antioxidants, phytochemicals, vitamins, minerals and fiber. Those devoid of these nutrients should be reduced or eliminated. Caloric load is designed to provide energy for daily tasks, not to exceed expenditure, or fat storage ensues.

High protein low carb diets

One of the most dangerous of the fad diets is the high-protein low-carb diet like Atkins, The Zone, Protein Power, Sugar Busters and South Beach Diets. These diets contain between 20% and 55% protein, which is higher than medical recommendations.

By restricting carbs (remember that carbohydrates are all fruits, all grains, all vegetables and sugars) the body goes into a state of starvation, making energy from alternate fuels like protein and fat. The body stops sending out hunger signals which is why people like these diets. But high protein diets can lead to a highly acid environment in the body, ketosis, which contributes to kidney failure, gout, kidney stones, osteoporosis, heart disease and cancer. High protein diets can also result in serious dehydration which affects other or-

gans.

In 2002, The Physician's Committee for Responsible Medicine (PCRM) conducted a study of participants on a high-protein, low-carb diet. More than 1/3 of 429 patients studied reported high cholesterol or other factors for cardiovascular disease as well as difficulty concentrating. Nearly half the participants experienced constipation and 19% experienced kidney problems.

Remember adults require .83 grams of protein for every kilogram of body weight. This is about 55 grams of protein for a 150 pound adult. In the Standard American Diet (ironically abbreviated SAD), most consume more than 120 grams of protein per day, much more than recommended. An easy way to determine appropriate protein intake is to multiply your weight in pounds by 0.36 to determine grams per day.

Pros

- ◆ Limits the intake of refined starches and sugars
- ◆ Many people notice quick weight loss
- ◆ Reduced appetite
- ◆ People say it's easy to follow

Cons

- ◆ Limits the intake of fruits, vegetables and whole grains resulting in low phytochemicals, essential vitamins and minerals, antioxidants and fiber
- ◆ Muscle protein is burned to produce glucose necessary for the brain. Muscle retains water so the majority of weight loss includes muscle and water
- ◆ Protein intake is usually in the form of animal products which is not only

implicated in increased disease risk, but these foods are also high in saturated fat and cholesterol, additional risk factors for disease

◆ Low carbohydrate intake can result in fatigue, nausea, headaches and bad breath

◆ High protein diets should be used for short term, no more than 6-12 weeks. Once you return to eating fruits, vegetables and grains, weight returns

◆ In the meantime, you may have altered your metabolism down due to muscle loss

◆ If followed at all, it should only be short term, meeting the definition of a fad diet

Low fat Diets

In the 1980's and '90's, the low-fat craze changed the way Americans ate. They got fatter. Research has clearly indicated that a high fat diet contributes to heart disease and saturated fat is particularly damaging. So manufacturers got busy, creating low-fat versions of their products. Unfortunately, in order to make the food taste good, they substituted fat with sugars and ingredients that in some cases, INCREASED the calories of the item. Consumers assumed that low-fat versions were not only lower in calories, but were healthier options. They were grossly misled.

Harvard School of public health published results from their 8-year study in JAMA. Researchers found the lower-fat diets did not provide any protection against breast cancer, colorectal cancer or cardiovascular disease. Of course this was only a

moderate reduction in total fat (from 38% to 29%). Other researchers (Ornish, Esselstyn, Barnard) do see major improvements in disease rates with a reduction to 10% total fat.

Pros

◆ Low-fat diets will indeed reduce risk of disease (heart disease, diabetes) if fat is maintained at 10%

◆ Fats should come from plant sources preferably over animal sources since plant sources are low in saturated fat and have no cholesterol

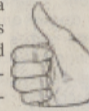
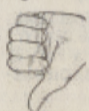
◆ Best sources of fats come from foods (nuts & seeds, avocados) used sparingly, not from processed oils

Cons

◆ Low-fat does not mean low calorie

◆ Very low-fat diets may leave you feeling hungry, causing you to seek out snacks

◆ Most low-fat foods like chips, cookies and other processed foods, should be used sparingly on a healthy diet, even if they are converted to low-fat low-calorie version



Wellness Ink Newsletter

This information was brought to you by Oregon State University Extension Family & Community Health

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If you supply, design, maintain or manage landscapes in the Intermountain West, you will want to be in Redmond, OR on February 12 & 13, 2014 to attend the 22nd Annual High Desert Green Industry Conference!

Consider these reasons why you don't want to miss this event:

- ✓ Thanks to our generous sponsors. Registration fees have been maintained at the same low rate for years, plus reduced registration rates for two or more from the same company.
- ✓ Connect with green industry suppliers from throughout the Northwest during the one-day trade show.
- ✓ Attend a comprehensive schedule of educational classes covering topics relevant to your career and your business.
- ✓ Attend a Master Class on Thursday for a deeper learning on a specific topic. You won't want to miss our keynote speaker Dr. Kathleen Wolf, Research Social Scientist with the University of Washington. Kathleen has an extensive background in research to better understand the human dimension of urban forestry and ecosystems. Join Kathleen as she discusses how having green spaces in our communities provides a broad array of health and well-being benefits and the valuable role you play in this dynamic.
- ✓ Earn professional recertification and continuing education credits if you are an Oregon licensed pesticide applicator, landscape professional, or a certified arborist!

Come and enjoy Central Oregon's sunshine, winter climate and exciting outdoor recreational activities!



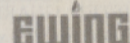
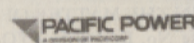
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For questions or registration information, contact Ben Bowell, Organic Conservation Specialist,

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Training Agenda:

- ✓ Implementation of nutrient management (590); cover crops (340); buffers on organic operations
- ✓ NRCS pest management assistance for organic operations
- ✓ Resources on working with transitioning producers
- ✓ Soil Health
- ✓ A farm field visit and case study
- ✓ Earn NRCS Job Approval Authority (JAA) for Inventory and Evaluation for 340 and 590

