

# Effective Weight Loss

Week 2

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# Recap of Last Week's Session

- MyPlate + MyPlate Mobile App
- Food choices for weight loss
- Food substitutions that will reduce energy intake

## Last Week's Goals

- **Build healthy eating habits one goal at a time**
- **Lower Calorie Intake While Controlling Hunger**

## Session 1 Homework

- Downloading MyPlate App
- Try a new recipe
- Make food substitutions that will lower calorie intake
- Write down convenient well balanced go-to snacks/meals that are quick and easy to prepare in times where you're in a rush or very hungry

# Question from last week's presentation..

What category of food do SEEDS and NUTS fall into?

- Protein Food Group
- Seeds: Chia seeds, flaxseeds, hemp seeds, pumpkin seeds, sesame seeds, and sunflower seeds
- Nuts: walnut, pecan, chestnut, and hazelnut
- Many foods we call nuts are actually seeds! almonds, Brazil nuts, cashews, macadamias, pecans, pistachios, pine nuts, walnuts
- Peanuts are legumes (like lentils and peas); they are considered nuts due to their similar characteristics to other tree nuts

# Top 10 Nuts & Seeds with Protein

1. Walnuts
2. Pistachios
3. Cashews
4. Brazil Nuts
5. Pecans
6. Almonds
7. Peanuts (although technically a legume)
8. Macadamia
9. Sunflower
10. Chia

\*\* serving size is **one** ounce, which is roughly equal to 1/4 cup

# An Overview of Today's Presentation

- The Role Fluids Play in Weight Loss
- Water, Soda, Alcohol and Other Liquids
- How Liquid Calories Can Sabotage Weight Loss Success

# Research Indicates That...

- Drinking more water can help you lose weight (McKay et al., 2018) (Vij et al., 2013)
- Decreases in alcohol intake are associated with greater percent weight loss (Kase et al., 2016)
- Sugary drinks (soda and juice) are linked to weight gain - Specifically belly fat
- Caffeinated drinks are okay and can actually aid with weight loss (Westerterp-Plantenga 2005)

# All about WATER

- Drinking water (30 minutes) before meals may reduce appetite
- This decreases calorie intake may lead to weight loss
- Replace other drinks with water
- 2-2.5 liters of water per day is enough to assist with weight loss, especially when consumed before meals (8-10 cups)

(EFSA, 2008; Jéquier et al., 2010)



# Pre/Post Exercise Fluid Replacement Recommendations

3 WINS Fitness Suggestions **Especially When Exercising in the HEAT**

**Prehydrating** with beverages before exercise at least several hours before the exercise

Consumption of beverages containing electrolytes and carbohydrates can help sustain fluid-electrolyte balance and exercise performance **DURING EXERCISE**

Consumption of normal meals and beverages **POST EXERCISE** to restore hydration



# Water-Rich Foods That Help You Stay Hydrated

## FRUITS

- Watermelon
- Strawberries
- Grapefruit
- Cantaloupe
- Peaches
- Asian Pear
- Blackberries
- Tomato
- Mangos
- Nectarin
- Plums
- Oranges
- Apricots
- Pineapple
- Raspberries
- Apples
- Blueberries

## VEGETABLES

- Cucumber
- Lettuce
- Celery
- Bok Choy
- Radishes
- Zucchini
- Spinach
- Bell Peppers
- Kale
- Cauliflower

- Broccoli
- Carrots
- Asparagus
- Cabbage
- Okra

## Other Foods

- Skim Milk
- Soy Milk
- Broths/Soup
- Plain Yogurt

# Coffee/ Caffeinated Tea

Caffeinated drinks can actually aid with weight loss (Westerterp-Plantenga 2005)

In the study, participants consumed 150 mg caffeine per day, which is the equivalent of 1-2 eight ounces cups of coffee per day

Tea varieties that contain caffeine:  
Black, Green, White tea, Oolong Tea



# Soda

What research indicates regarding Sugar-Sweetened Soda Consumption:

- Consumption of sugar-sweetened beverages is associated with weight gain and increased risk of obesity (Stern et al., 2017)

How about Diet Soda?

- Artificially sweetened beverage consumption has been linked to obesity. Consumption of nonnutritive sweeteners may be associated with impaired energy regulation (Green & Murphy, 2012)
- Daily consumption of diet soda is associated with a **significantly** greater relative risk of development of type 2 diabetes compared with non consumption (Nettleton et al., 2009; Sakurai et al., 2013)

# Alcohol

- Heavy drinking (four or more drinks) leads to weight gain (Fazzino et al., 2017)
- Contains sugar, carbs and empty calories
- Alcohol consumption increases appetite
- Limit yourself to 1-2 drinks on the weekend
- Simply put: Cut back
- If you do plan to drink, consider having cocktails made with low-sugar add-ins like soda water or on the rocks

# Homework

Consume the equivalent of eight, 8 ounce cups of fluids/day

1 cup of water 30 minutes before a meal

Replace juice, soda and alcohol with water