

Dietary Recommendations for Healthy Weight

Donald D. Hensrud M.D., M.P.H.

Chair, Division of Preventive, Occupational, and Aerospace Medicine

Associate Professor of Preventive Medicine and Nutrition

Mayo Clinic

Rochester, MN





Minimum Dietary Standards

- Sound scientific rationale
- Safe and nutritionally adequate
- Practical and effective long-term

Weinsier RL, AJCN 1984;40:865-72.



**Don't Take Our Word For It. WE
Take Your Own Word For It! GUARANTEE**

©1993 Acu-Stop 2000

YOU TOO WILL BE ABLE TO SAY:

WE PREDICT:

By the year 2001 this will be the standard. WHY? Because only Acu-Stop 2000 means

- No Strenuous Dieting
- No Pills ■ No Nervousness
- No Frantic Exercising
- No Strange Formulas
- No Special Food To Buy

**Please Read Every Word of This
ACU-STOP 2000 GUARANTEE:**

This device is all you'll need, ever, to control your weight and get rid of the flab. It will work for you or we'll refund every cent you paid for the product. Every cent.

**ASK THE MORE
THAN 200,000
ACU-STOP BUYERS!**

Ms. K. B. of Florida is an Acu-Stop user. She writes: **I've lost five pounds in eight days. My energy level is up. Those diet pills cost a ton of money and can't do this.**

Ms. K. McF. of California didn't think it would work but decided to try it: ***30 pounds in 30 days? Right. Actually, I lost 33 pounds in 30 days. I still can't believe it.**

TWO FREE GIFTS WITH YOUR ORDER!

LEAFY TEA ONLY
ONE LAMBY FACETS
ONE CASAL CUBO ZINCINA

Special for selling
*WELLY CASE from China perfect
for these special prices and you
cannot. 2024 YOUNG - 7982



**“I
LOST
33
POUNDS
IN
30
DAYS!”**

Results described in this ad may be atypical.

\$39⁹⁹
Only

**YOU'LL NEVER HAVE TO SPEND
ANOTHER CENT. THIS IS NOT
A 30-DAY OR 60-DAY
SUPPLY. ONE ACU-STOP IS
ALL YOU NEED...EVER!**

ACU-STOP 2000 is a precision engineered invention that fits snugly (and invisibly) in the right ear. It controls and stimulates six precise pressure points, exactly like renowned acupressure. All of "mainstream" science does not accept the discipline of acupressure. Most doctors do...and over 200,000 satisfied customers can't be wrong. Using it just minutes a day eliminates your craving for food. We can't tell you how much weight you will lose. Everyone is different. Results will vary depending on the individual.

NOW:

If you think it won't work for you, **we challenge you!** Try it. You can't lose, because if after using ACU-STOP 2000 for one full month you don't agree it's the most effective way to get rid of fat and flab you've ever tried, just send it back for a 100% refund. Ask yourself: Would ACU-STOP 2000 make such an offer if thousands of users hadn't proved how effective it is? Nothing—**nothing**—is as effective **and** as safe.

**WHY WAIT EVEN ONE MORE DAY?
WHY NOT LOOK TRIM IN A SWIMSUIT?
WHY WASTE MONEY ON
PILLS AND BOOKS?**

Operators Standing By 24 Hours A Day

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or mail coupon to ACU-STOP 2000
1000 SW 82nd Ave. Miami, FL 33156

Popular Diets, Weight Loss Plans

- Eat limited types of food
 - e.g., grapefruit diet
- Modify the timing of eating certain foods
 - e.g., no fruit after breakfast
- Follow complex dietary programs
 - e.g., eating 'blocks' of food in the Zone
- Common denominator - reduced calories



Obesity, Dietary Factors

- Past couple decades
 - slight increase in calories
 - decrease in fat, increase in sugar intake
- Increased calorie intake
 - ↑ eating out
 - ↑ portion size
 - ↑ variety of most foods
 - ↑ refined carbohydrate
 - ↑ intake of snacks, soft drinks, and pizza

Dietary Therapy, NIH Recommendations

- Calorie deficit of 500-1,000 kcal/day
 - Promotes weight loss of 1-2 pounds/week
- Low CD
 - 1,000-1,200 kcal/day for women
 - 1,200-1,600 kcal/day for men
- Composition should minimize other cardiovascular risk factors (health quality of diet)

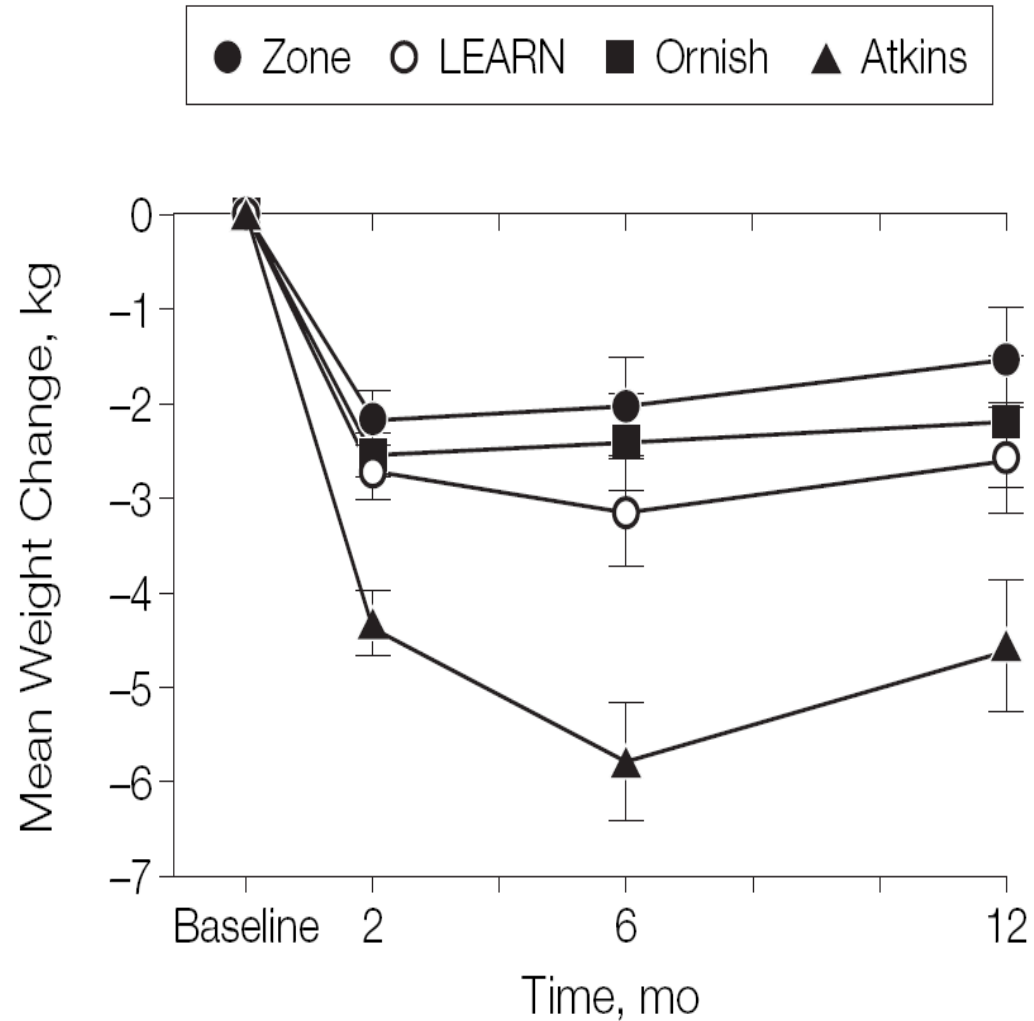
http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf



Methods of Calorie Restriction

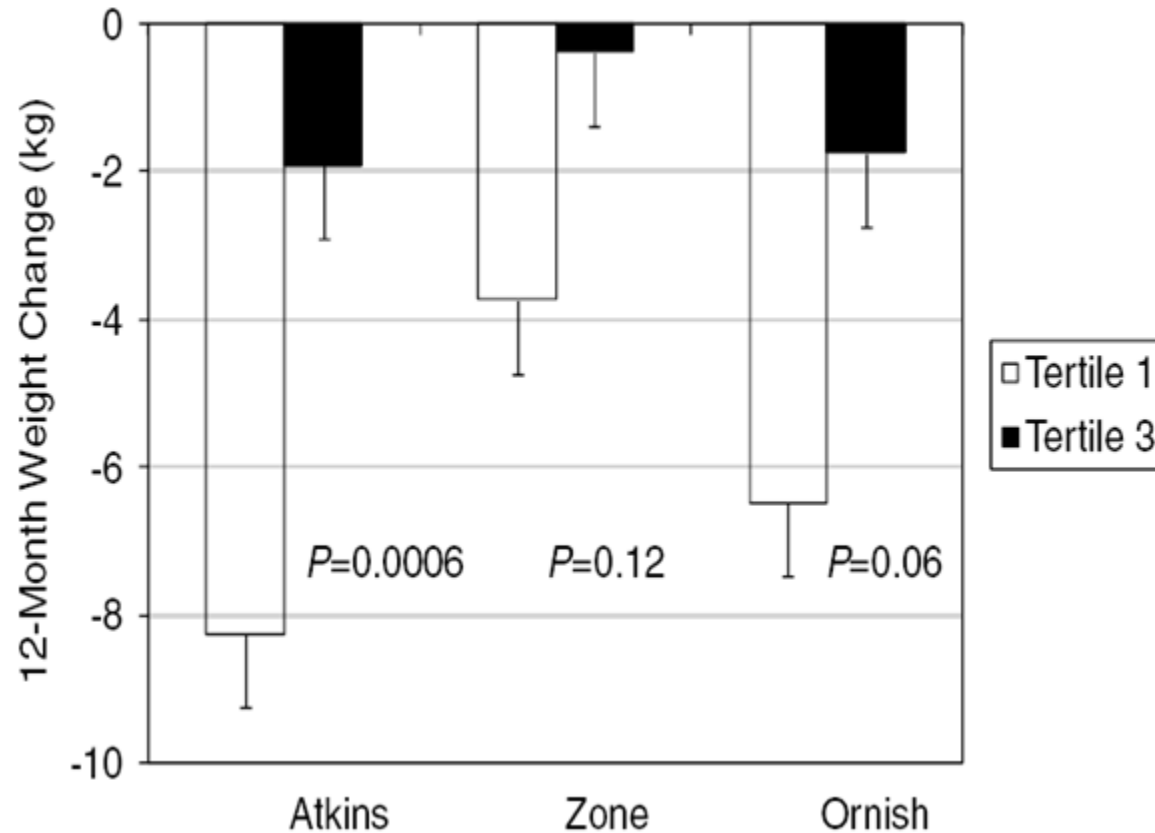
- Counting calories
- Counting fat grams
- Point system
- Exchange system
- Moderation of portion size, types of foods, etc.
- Very-low calorie diets
- Liquid meal replacements
- Low carb
- Energy density

The A to Z Weight Loss Study



Gardner CG, JAMA 2007;297:969-977

The A to Z Weight Loss Study



Weight Loss by Tertile of Dietary Adherence

Alhassan S, Int J Obes 2008;32;985-91

















Energy Density and Energy Intake

- 20 subjects
- Randomized to either a low energy dense diet or high energy dense diet
- Crossover design
- Evaluated:
 - energy intake
 - eating time
 - rate of energy intake
 - diet acceptance

Energy Density and Energy Intake

	<u>LED diet</u>	<u>HED diet</u>	<u>P</u>
Energy intake (kcal/day)	1570	3000	0.0001
Eating time (min/day)	69	52	0.0001
Rate of energy intake (kcal/min)	23	59	0.0001
Diet acceptance (1=high, 4=low)	1.5	1.5	0.90

Am J Clin Nutr 1983;37:763





Sweets

Fats

Protein/Dairy

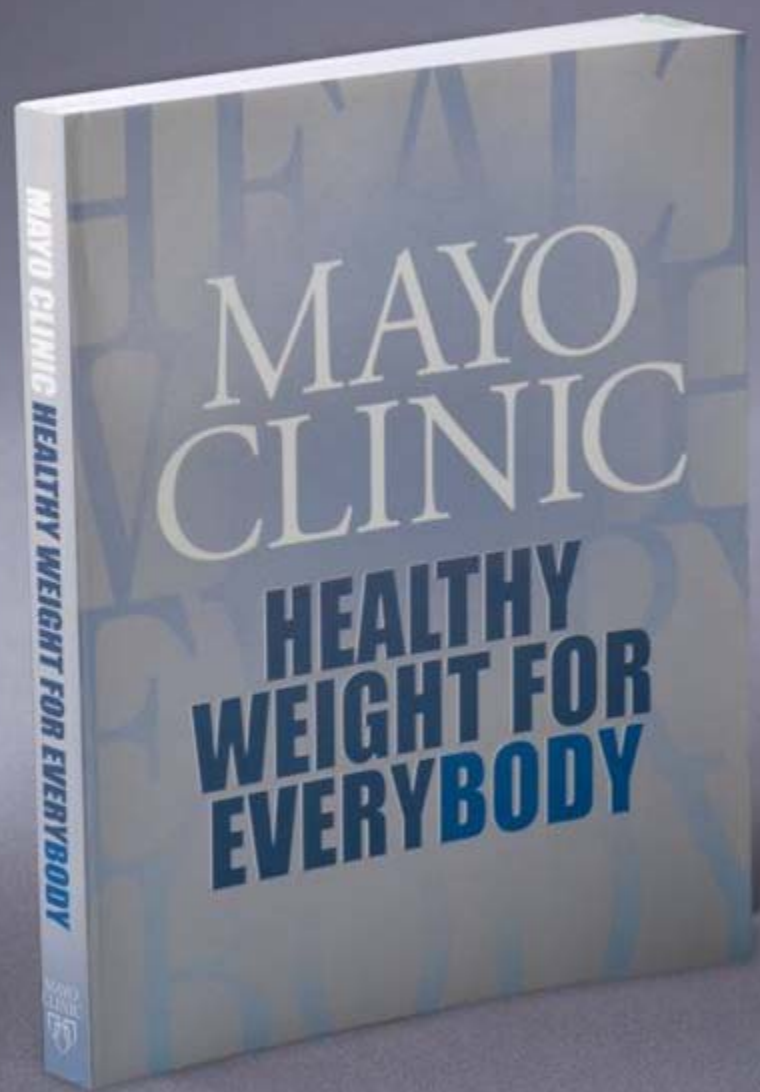
Carbohydrates

Fruits

Vegetables

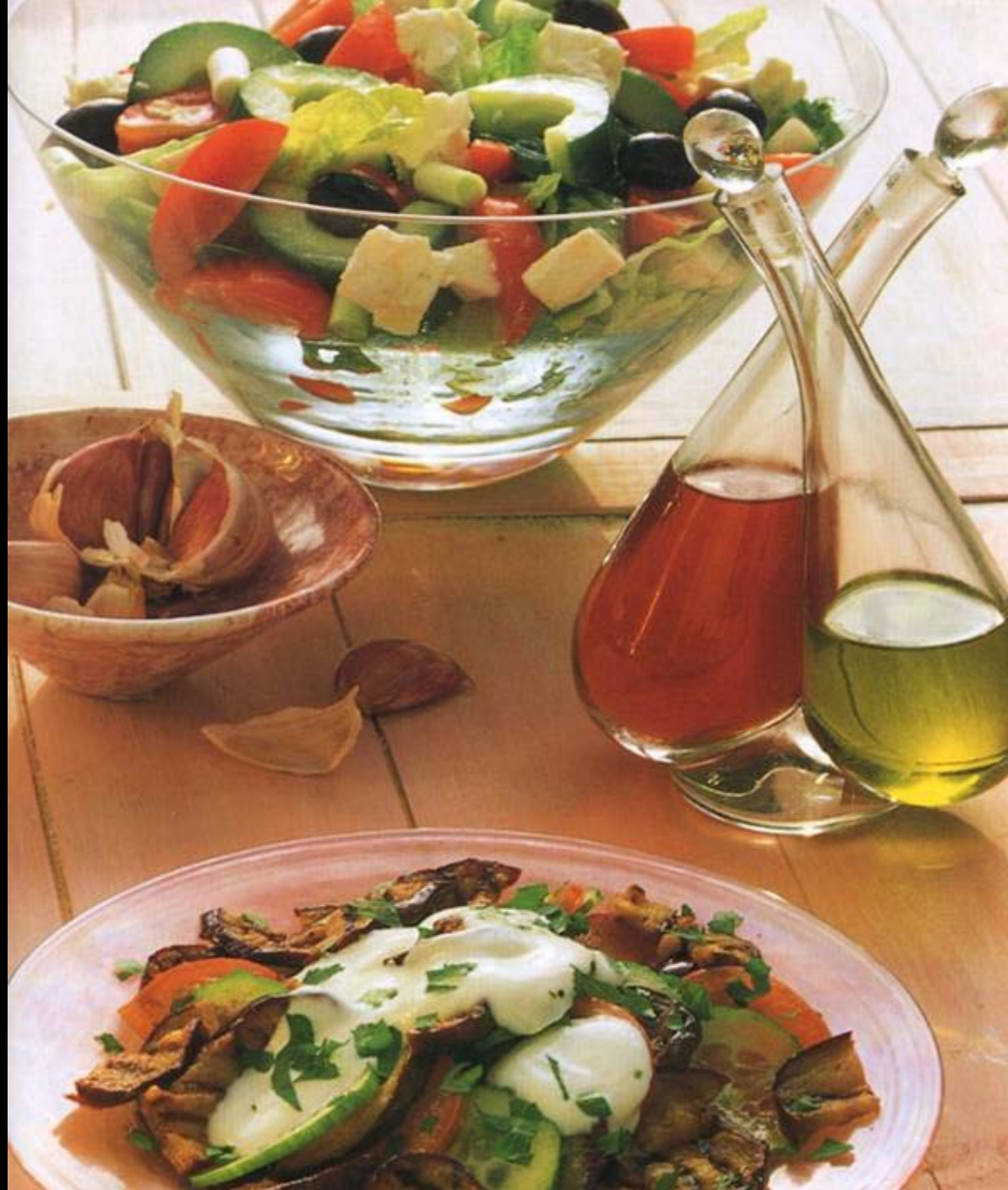


Mayo Clinic Healthy Weight Pyramid™



Healthful Dietary Change

- Attitude
- People underestimate their ability to change
- Eating healthy vs eating well
- Lifestyle
 - practical
 - palatable
 - promote satiety
 - low in calories
 - healthy



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Eating Well for Better Health

Summary

- Calories count
- Lifestyle changes
- Tailor approach
- Health promotion
- Taste
- Comprehensive
 - Physical activity
 - Behavioral change

