


Nutrition



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The Obesity Epidemic

- Obese = 30% more than ideal weight
- Morbidly Obese = 50 to 100% or 100lbs over ideal weight
- 3.8 million weigh over 300lbs
- 400,000 (mostly males) weigh over 400lbs



The Obesity Epidemic


- Compared to the late 1970's
 - Men are 17lbs heavier
 - Women are 19lbs heavier
- According to the Military; 40% of women and 25% of men are too heavy to enlist



AMERICA
Is this what we've become?

Obesity in America

- 1962 to 2000, obesity grew from 13% to 31%
- 63% have a Body Mass Index (BMI) over 25
- 31% have BMI that exceeds 30
- Childhood obesity has tripled in the last 2 decades
- Responsible for over 300,000 deaths



CHILDHOOD OBESITY EPIDEMIC...

Why???

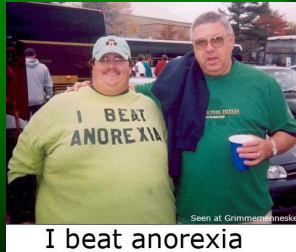
Cheap Food

- U.S. has the most abundant food supply
- More disposable income
- 11 – 13%, but going up recently



Bad Food Choices

- Purchase on flavor and convenience, nutrient content and dietary needs secondary
- Go, go life style
- 50% of our meals are eaten outside the home
- \$15,000 year "eating out"
- "Your fat because of McDonalds!"



Portion Sizes

- Larger Portion sizes
- Studies show that using smaller plates = less food, larger plates = more food
- It takes about 20 minutes for the full feeling



Marketing to Children

- Junk foods are marketed to children
- Use of "cartoon characters" to market food
- Removal of soda and snack machines from schools



Lack of Exercise

- Most Americans do not exercise on a regular basis
- Seeing more vitamin D deficiencies
- Removal of gym from school curriculum



Other Reasons

- Stress
- Stopped Smoking
- Genetics
 - May load the gun, but your environment pulls the trigger
- Getting older
- What you are drinking, soda & alcohol
- Pregnancy



The Business of Weight Loss

- \$35 billion spent on weight loss products, others say \$42 billion
- 10,744 hits on Amazon.com for weight loss books
- Joining a gym has become the "in thing"



So does or how does meat fit into a healthy diet?

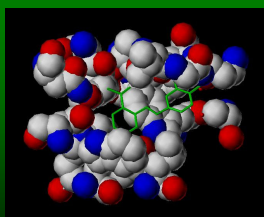
Nutrition

- Meat, poultry, and fish significant portion of the US diet
- 14% Calories, 39% Protein, & 24% Fat
- Meat occasionally gets a bad rap
- Good source of protein, fats, minerals and vitamins



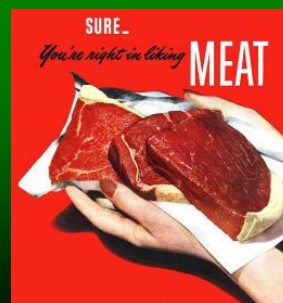
Proteins

- 19 to 23% Protein
- Increases to 25 to 30% after cooking
- 43-gm of the 110-gm consumed are from meat, poultry, fish
- High quality protein source
 - Contains all the essential amino acids
 - Phenylalanine, valine, tryptophan, threonine, methionine, leucine, isoleucine, lysine, and histadine



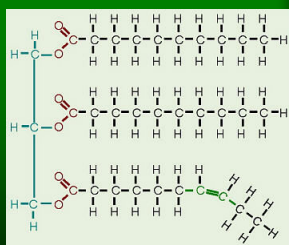
Proteins

- Meat proteins are 95 and 100% digestible
- Plant proteins are 65 to 75% digestible



Fats (Lipids)

- Subcutaneous fat 33%, 45%, 54%, & 58% saturated from chicken, pork, beef, & lamb, respectively
- Monounsaturated oleic acid
- Saturated = palmitic and stearic acids



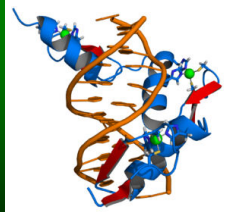
Fats (Lipids)

- Meat contains trans fats
- High consumption of saturated fatty acids have been linked to cardiovascular disease
- USFA in trans configurations act like SFA
- Its hydrogenated saturated trans fats that are the problem; i.e. man made fats!



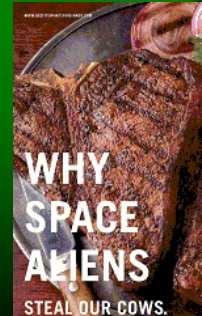
Minerals

- Good source of all minerals, except Ca
- Iron
 - Highly absorbable
 - Lean meat same as navy beans, but 4x more absorbable
- Zinc
 - 40% of daily intake
 - Wound healing, immunity, taste acuity, DNA synthesis



Vitamins

- Meat excellent source of B complex
- Thiamine, Riboflavin, Niacin, B6, and B12
- Not a good source of Carbohydrates
- Meat does fit into a healthy lifestyle
- Remember all things in proper amounts!

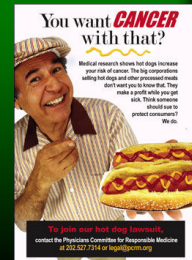


Meat causes Cancer?!

- 2008 Report
 - Eating meat cause cancer
 - High energy food
 - Avoid processed meats
 - 18 grams per week
- Hot Dogs need a warning label
- Nitrites

Meat and Cancer

- Mainly meat causes obesity, thus cancer
- Author later admitted to “cherry-picking” research articles
- Are Nitrites a carcinogen?
 - Can, but Nitrate converted to Nitrite in the gut



Why do we add Nitrate/Nitrites

- Control *Clostridium botulinum*
- Color
 - Produces the typical cured meat color
- Flavor
 - Produces the desired cured meat flavor
- Starting to see non-nitrite added cured meats
 - But..use ingredients that are high in natural nitrites

Benefits of Nitrites/Nitrates

- Controlled levels in cured meats
- High in leafy green vegetables
- Has been shown to lower Blood Pressure
- Widen arteries



Are their hormones in Foods?

If so what does this mean?

What is this doing to my body & the bodies of my children?

Are There Hormones in Foods?

- Yes!
- Animals cannot grow without hormones
- Fruits and Vegetables cannot grow without hormones
- Yes, there are residual hormones left in the final product



Do we add hormones to animals?

- Pigs = no
- Sheep = no
- Chickens = no
- Fish = no
- Shellfish = no
- Cattle = yes
- Dairy Cattle = yes and no



Estrogen Levels in Various Foods

- 3 oz portion
- Non-implanted beef = 1.3 ng of estrogen
- Implanted beef = 1.9 ng of estrogen
- Cabbage = 2,000 ng of estrogen
- Birth Control Pill = 35,000 ng of estrogen
- Soybean Oil = 168,000 ng of estrogen

Hormones in Food

- Hormones don't like heat
- Cooking denatures hormones
- Some hormones are too big to be absorbed in the small and large intestine
- rBST is a protein hormone that is destroyed in the stomach



How to lose weight!

You can follow a diet plan

- **Atkins**
 - Low CHO, High Fat & Protein
- **The Zone Diet & South Beach Diet**
 - Low CHO, High Protein, Controlled Fat
- **Pritiken Diet**
 - High CHO, Low Fat
- **Jenny Craig**
 - Buy their food, meet weekly to discuss your progress
- **NutriSystem**
 - Low glycemic CHO, High Protein
- **Weight Watchers**
 - One of the oldest; points system

Or you can do this

- **Gastric By-Pass Surgery**
 - Small pouch is created at the top of the stomach, “by-passing” the majority of the stomach
 - Walnut sized pouch hold an ounce
- **LAP-BAND**
 - Band placed on the top part of the stomach, a small canal is created between the two pouches

Measuring your progress

- **Scale**
 - Get one that will weight you
- **Tape Measure**
 - Chest, Belly, Arm, Leg, Waist, Hips
- **Body Fat Scale**
 - Expensive
- **Body Mass Index**
 - Not a big fan



Body Mass Index (BMI)

- **Combination of Height and Weight**
- **Normal = 18.5 to 29.5**
- **Overweight = 25 to 29.9**
- **Obese = 30 or higher**
- **Two cases**
 - 5'9"; 280, BMI = 41.3
 - 6'1"; 312, BMI = 41.2

Chris Farley 280 lbs 5'9"
BMI = 41.3



Mariusz Pudzianoski (5 time World's Strongest Man); 6'1" 312;bs
BMI = 41.2



What you are up against

- Starting a diet
- Initial weight loss is water
- Body wants to maintain fat mass
 - Burn CHO and Muscle
- Metabolism will slow to maintain fat mass
 - Your body is telling you to eat!
- You need to:
 - Keep metabolism going while cutting calories

A Whole New Life

- Things I've learned and tips
- Eat slowly
 - 20 min. to get full feeling
- Eat every 3 hours
 - Avoid junk
 - Eat like a Caveman
- Lose 2 lbs per week
- Exercise
- Small changes can have big impact on your life
- It has to be a true life-style change!!!
- Recently, diets, regardless of type of diet will work as long as it is a lifestyle change

