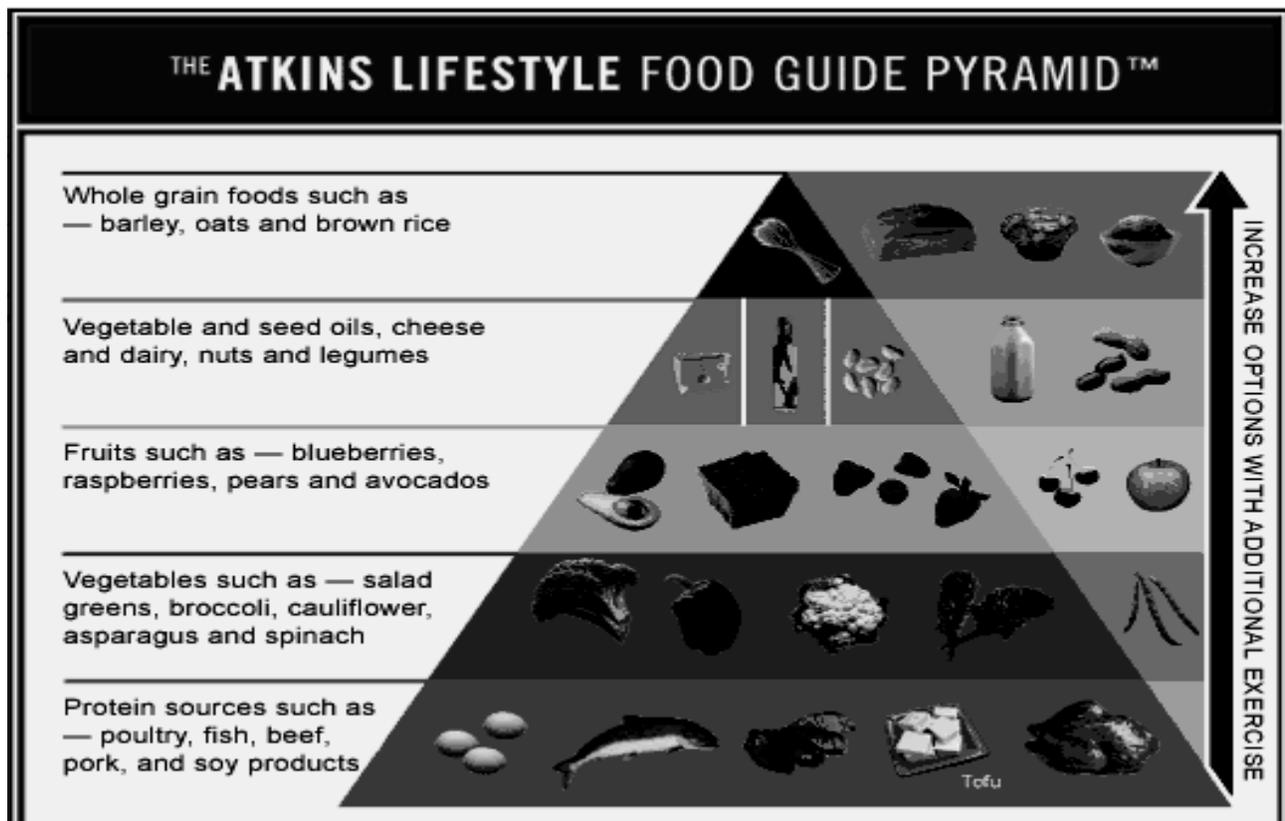


# 47. Obesity

A major cause of heart disease in America



**Very-low-carbohydrate diets** (Atkins, South Beach, Sugar Buster...)

- 1) Lose more weight than on standard diet
- 2) Suppression of appetite
- 3) Increasing the metabolic rate
- 4) Decreasing metabolic efficiency
- 5) Shunting of nutrients away from fat storage
- 6) Insulin requirement decrease, Basilar insulin levels less
- 7) Sleep improved
- 8) Improved Lipid Profile

**Four Phases:**

1. **Induction:** First two weeks Carbs-20 Gm/day, no alcohol
2. **Ongoing Weight Loss:** Carbs-30 to 40 Gm/day
3. **Premaintenance:** Carbs-increase 10 Gm/wk, until stable
4. **Lifetime Maintenance:** Carbs-90 to 120 Gm/day

**Goal weight is a BMI of 23-25.**

A Mediterranean diet is advantageous for health maintenance but is not for the overweight.

---The "all fat is bad" message has prompted individuals to eat more carbohydrates and less proteins, which has produced ramped obesity in America.

---This has also increased heart disease, type II diabetes.

---High carbohydrate diets raise basal insulin levels, lowers HDL, raises Triglycerides and LDL.

### RECOMMENDATIONS

1. No trans fatty acids
  2. Daily fresh vegetables
  3. Lean fresh meat & eggs, Avoid ground meats
  4. Minimize fruits, starchy vegetables
  5. No juices, bread, rice, pasta, soft drinks
  6. Multivitamins and Calcium supplement
  7. Alcohol in moderation, no beer
  8. No Aspartamine-Nutrasweet
  9. Count Carbohydrates not calories.
- Daily 30 minute walks

Height	<u>Calculated BMI</u>		
	BMI of 23 (Normal)	BMI of 25 (Overweight)	BMI of 30 (Obese)
5'4"	134 pounds	145 pounds	174 pounds
5'6"	142 pounds	155 pounds	186 pounds
5'8"	151 pounds	164 pounds	197 pounds
5'10"	160 pounds	174 pounds	209 pounds
6'	169 pounds	184 pounds	221 pounds