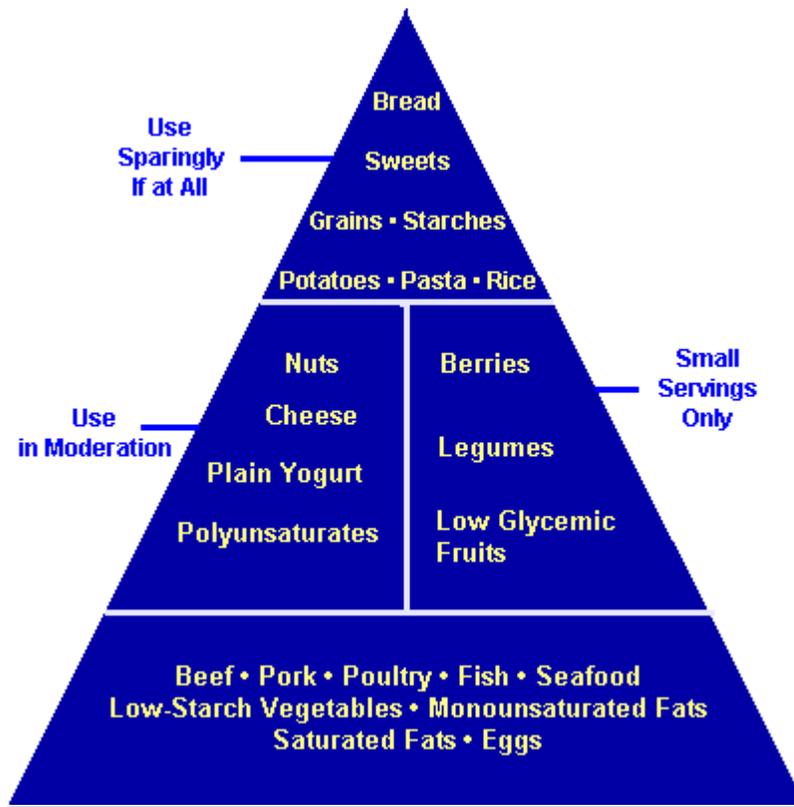


# 47. Obesity

A major cause of heart disease in America



## 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

**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. **Pre maintenance:** 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 requiring weight loss.

- 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.

Height	<u>Calculated BMI (Pounds)</u>		
	BMI of 23 (Normal)	BMI of 25 (Overweight)	BMI of 30 (Obese)
5'0"	120	130	155
5'2"	125	135	165
5'4"	134	145	174
5'6"	142	155	186
5'8"	151	164	197
5'10"	160	174	209
6'	169	184	221
6'2"	180	195	233