Group Session 9

Make it Fun

Make it Fun Health

For our game today, you'll need

- Pen, pencil, or marker,
- Paper

Imagine you've got a bucket - you have to fill and carry everywhere - for the rest of your life. You've got two items…

- Sponges
- Rocks

What do you use to fill the bucket?

- Sponges
- Rocks

Rocks are dense - and heavy.

Sponges are low density - and light.

With calories, rocks are…

- Dairy
- Meat
- Processed foods
- Oils

They are calorie heavy - dense.

Sponges are…

- Fruits
- Veggies
- Whole grains
- Legumes

They are light and low in calorie density.

To help you understand calorie density, we're going to play America's favorite game show…

…The Calories Are Right - but first…

Two Rules

- Eat more food
- Make it fun

“Inch by inch, anything’s a cinch.”

“Life is either a daring adventure or it is nothing at all.”

- Helen Keller

In Session 8, we talked about…

- Drinks

We talked about how…

- Our bodies are mostly water - and made to drink water
- Many drinks - keep people sick and overweight
- So called healthy drinks - orange juice, energy drinks, diet soda - often worse than what they replace
- Human milk is good for us as infants - but not animal milk - and not as we get older

Today, we'll talk about…

- Calorie Density
- Support each other

Our 6 Food Groups

- Fruits
- Veggies
- Whole grains
- Legumes
- Nuts and seeds
- Herbs and spices

What did you think of the film What The Health?

Our takeaways from What The Health

- The American Heart Association, American Diebetes Association, and the American Cancer Society take millions from the food industry and in return recommend products proven to kill people and make them sick.
- The American Nutrition and Dietetics Association puts out nutrition facts sheets written and paid for by the food industry - meat, dairy, eggs, soda, etc. It’s like learning about the benefits of smoking from the tobacco industry.
- Hospitals - and doctors - often recommend the procedures that make them the most money at the expense of human health.

More takeaways from What The Health

- The studies that have come out trying to vindicate saturated fat - paid for and organized as part of a campaign by the dairy industry. Dairy is the number one source of saturated fat - not meat.
- Our tax dollars are used for checkoff programs - helps McDonalds, Wendy's, Dominos, Pizza Hut, and Duncan Donuts sell more junk.
- The government is in bed with whoever gives them the most money, which is the pharmaceutical industry and the animal industry. In return, the government gives them what they want - including subsidies.

Calorie Density

Nearly all diets to lose weight - involve eating less food…

- Work short term
- Fail long term

Why?

When you don’t eat enough, 2 things happen…

- Metabolism - controls how fast you burn calories - slows down.
- Appetite increases - intense hunger.

The way to prevent this - and actually lose weight and keep it off…

…is to eat more food.

When you eat more food…

- Your metabolism - works normally.
- Your appetite works normally.

But won’t eating more food…

…make you gain weight?

Not if enough of that food…

…is low in calorie density.

What is a calorie?

- A unit of energy
- Tells us how much energy is in food

In theory…

…3,500 calories = 1 pound.

Calorie density is…

…how many calories are in a food compared to its weight or size.

Most people eat…

…about 3 pounds of food per day.

If those three pounds of food have too many calories - they gain weight…

…if they have too few calories - they lose weight.

So now let's play…

…The Calories Are Right.

Whenever your price is right, give yourself…

….$1,000 of pretend Monopoly money

This is a large apple. Please quickly write down how many calories you think it has. We'll show them at the same time.

120 calories.

Next to the apple - 1 tablespoon of extra virgin olive oil. How many calories does it have?

It also has 120 calories.

A full shot glass has 8 tablespoons of oil - 960 calories.
Yet the apple is still more filling.

This is a fresh plum next to a dried plum. They both have about how many calories?

About 25 calories.

Next to that large apple is an unpeeled, medium-large banana. How many calories does it have?

120 calories - just like the apple and tablespoon of oil.

Next to that apple are 5 ounces of celery. How many calories are in all that celery?

Just 20 calories.

This is 1 ounce of pecans. How many calories are in that small glass container?

The pecans have about 195 calories.

Nuts are good for us - but have a lot of calories.

This is 4 ounces of chic peas - also known as garbanzo bean. How many calories are in the glass cup?

185 calories.

This is 5 ounces of baby spinach, chard, and kale.
How many calories of greens are there?

35 calories.

This is two tablespoons of ranch dressing. How many calories?

145 calories - most people use much more.

Some foods have lots of volume - but few calories…

…others have little volume - and lots of calories.

Researchers had a group of native Hawaiians eat all the plants they wanted for 21 days

- They ate more food than usual - 4 pounds per day instead of 3
- Yet they lost an average of 17 pounds

How?

- By eating foods with a low calorie density - lots of water and fiber
- More total volume - and 40 percent fewer calories

That’s the power of understanding…

…Calorie Density

Most people at a healthy weight need about…

…2,000 calories of food each day.

While we might need 2,000 calories…

…remember that we eat about 3 pounds.

If we ate just one food, here's how many calories we'd get - from healthy foods.

- 3 pounds of spinach = 300 calories
- 3 pounds of watermelon = 400 calories
- 3 pounds of blueberries = 600 calories
- 3 pounds of sweet potatoes = 1,200 calories
- 3 pounds of black beans = 1,500 calories

All are well below 2,000 calories…

…so it’s easy to lose weight - and keep it off.

Here's how many calories we'd get from unhealthy foods.

- 3 pounds of white bread = 4,000 calories
- 3 pounds of t-bone steak = 4,000 calories
- 3 pounds of potato chips = 6,000 calories
- 3 pounds of bacon = 8,000 calories
- 3 pounds of butter = 12,000 calories

All are at least double 2,000 calories…

…so it's hard - or impossible - to lose weight.

For the next two slides, we'll use the traffic light system…

…green means go - eat all you want…

…yellow means caution - don't eat too much…

…red means stop. There are better choices.

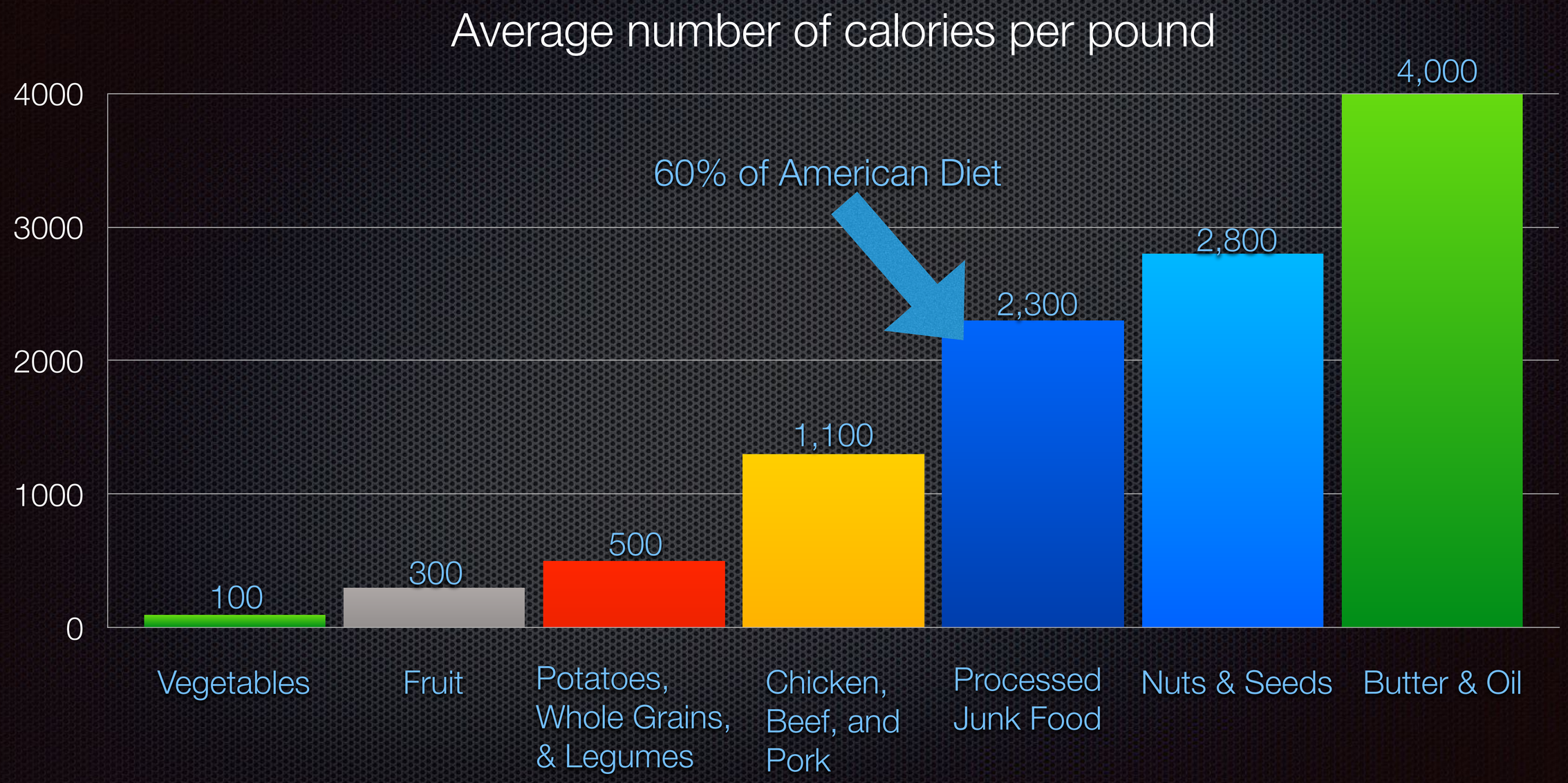
Here are the average number of calories per pound for healthy foods…

Vegetables - 100
Fruits - 300
Potatoes - 400
Whole Grains - 500
Legumes (beans, peas and lentils) - 600

Avocados - 700
Bread - 1,200
Dried Fruit - 1,200
Nuts and Seeds - 2,800

Here are the average number of calories per pound for less healthy foods…

French fries - 900
Chicken or beef - 1,100
Fish - 1,100
Cheese - 1,700
Junk food (cookies, chips, etc) - 2,300
Butter - 3,200
Oil - 4,000


Average number of calories per pound
4000
3000
2000
1000
0
60% of American Diet
100
300
500
1,100
2,300
2,800
4,000
Vegetables
Fruit
Potatoes, Whole Grains, & Legumes
Chicken, Beef, and Pork
Processed Junk Food
Nuts & Seeds
Butter & Oil

Whole plant foods average less than 500 calories per pound. However…

- Animal products - average more than 1,000 - 30% of American diet
- Processed foods - average more than 2,000 - 60% of American diet

Although nuts and seeds have a high calorie density compared to other plant foods…

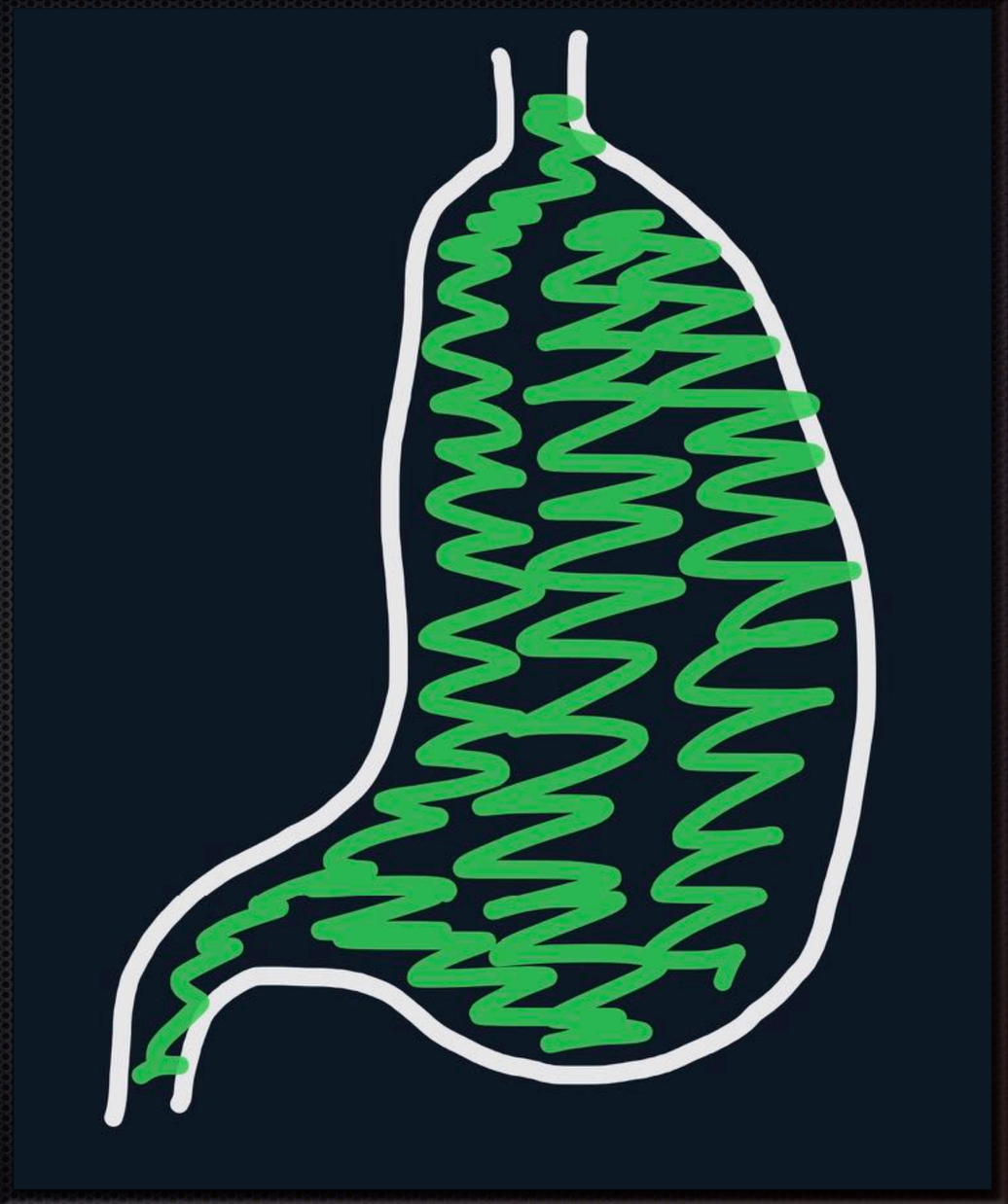
…they’re neither addictive nor associated with weight gain. They’re also high in nutrients - including fiber.

Here’s how full your stomach gets with 300 calories…

…from various foods.

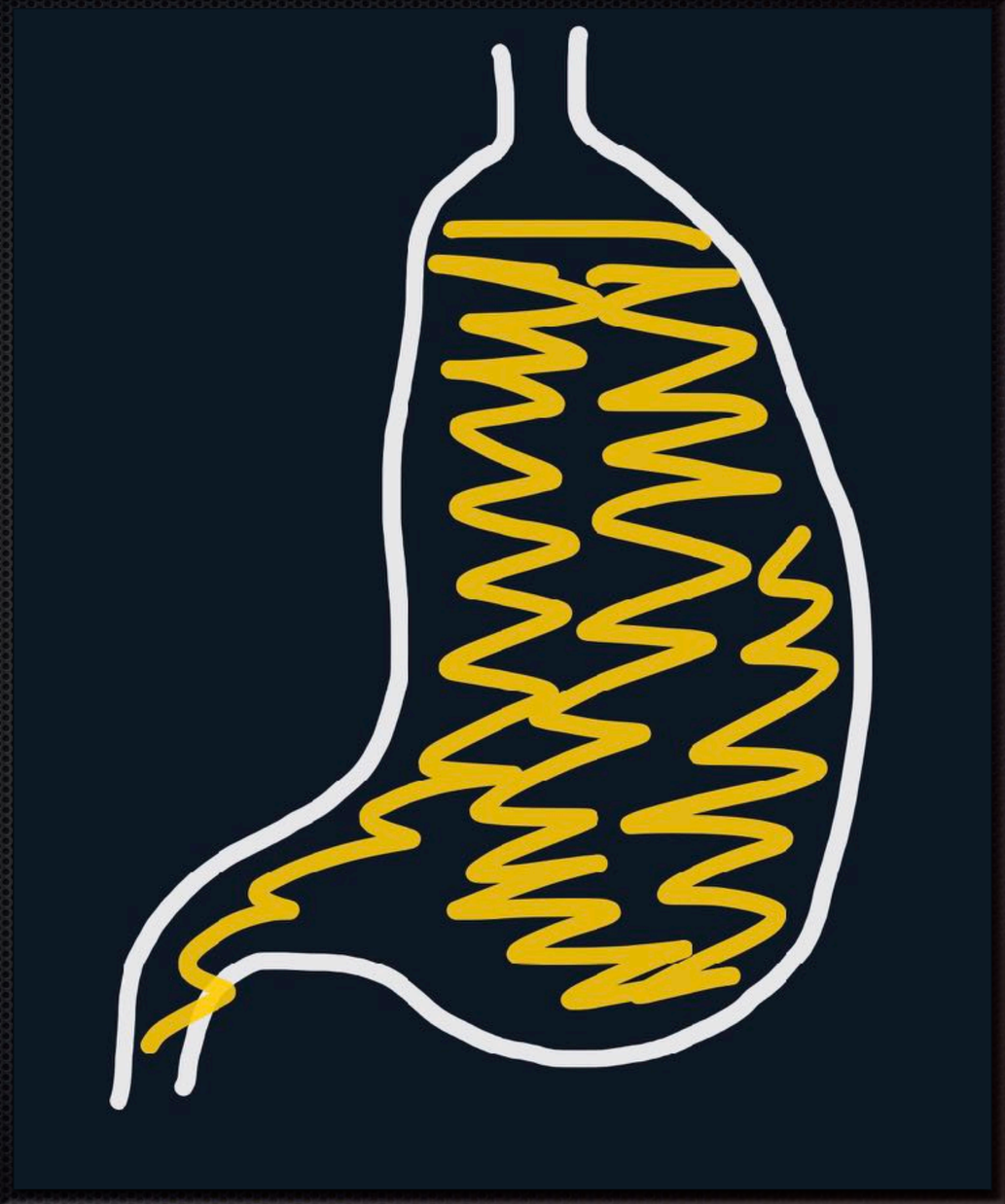
300 Calories

Fruits and Vegetables



300 Calories

Potatoes

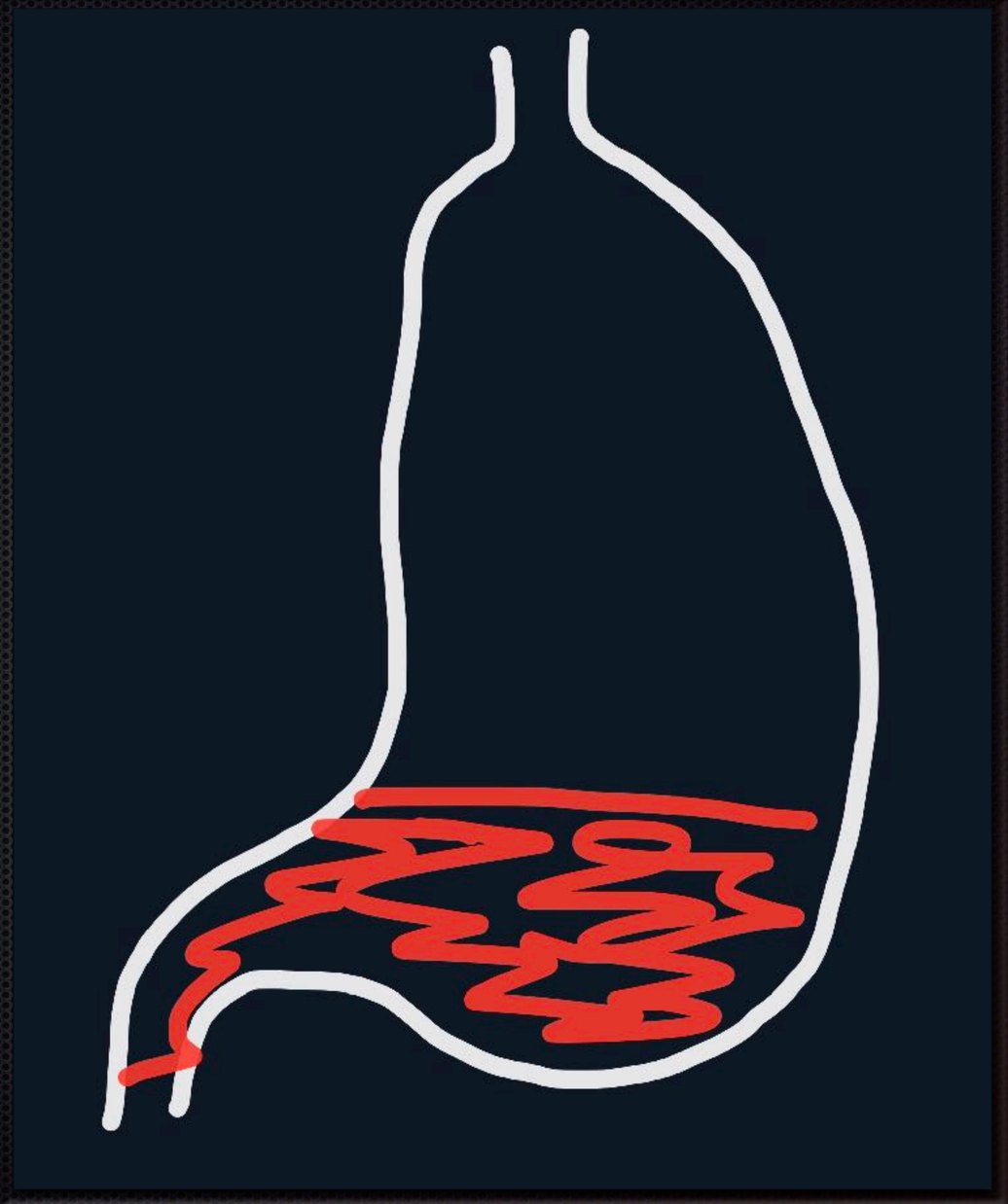


300 Calories

Whole Grains and Legumes

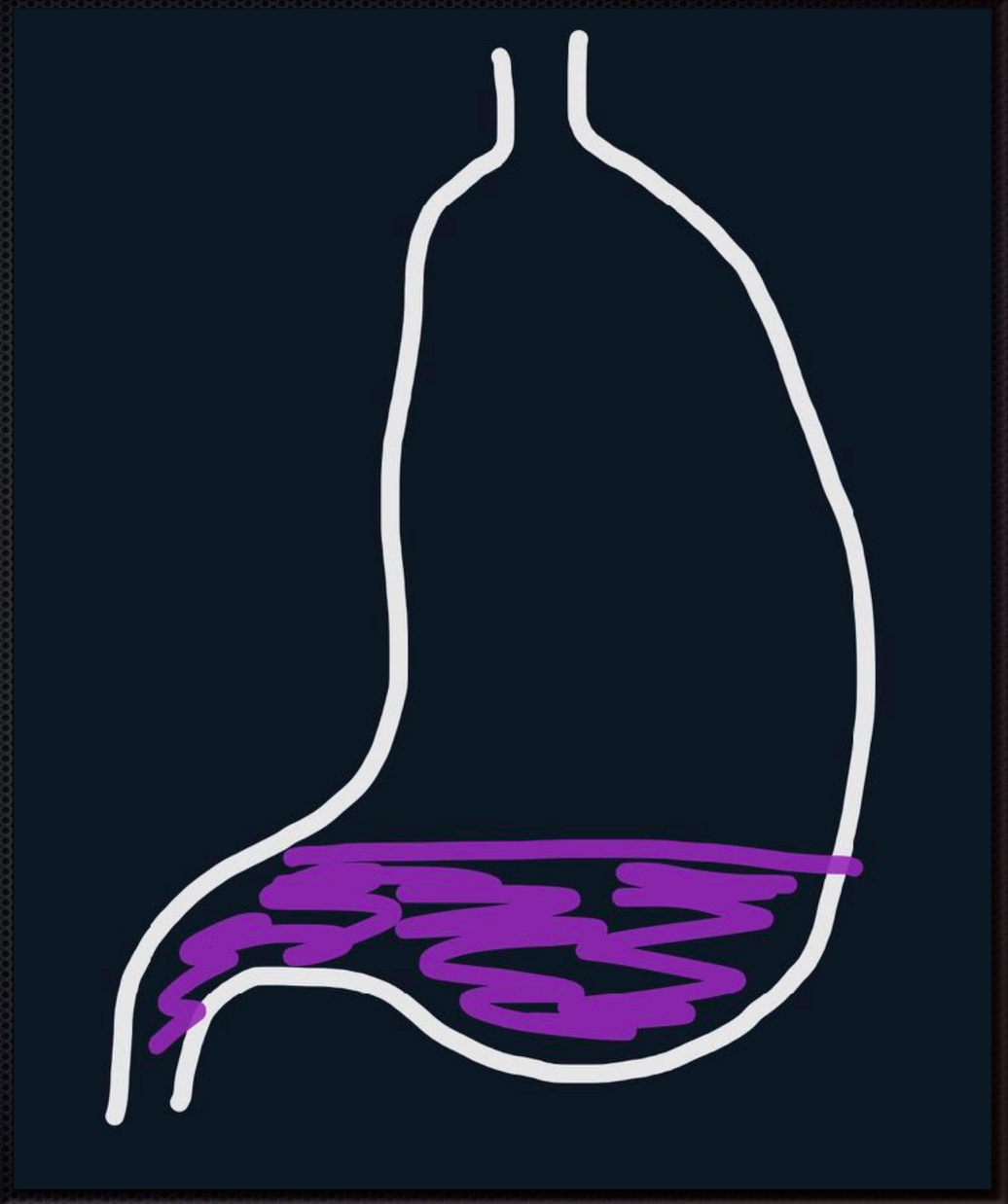
300 Calories

Meat



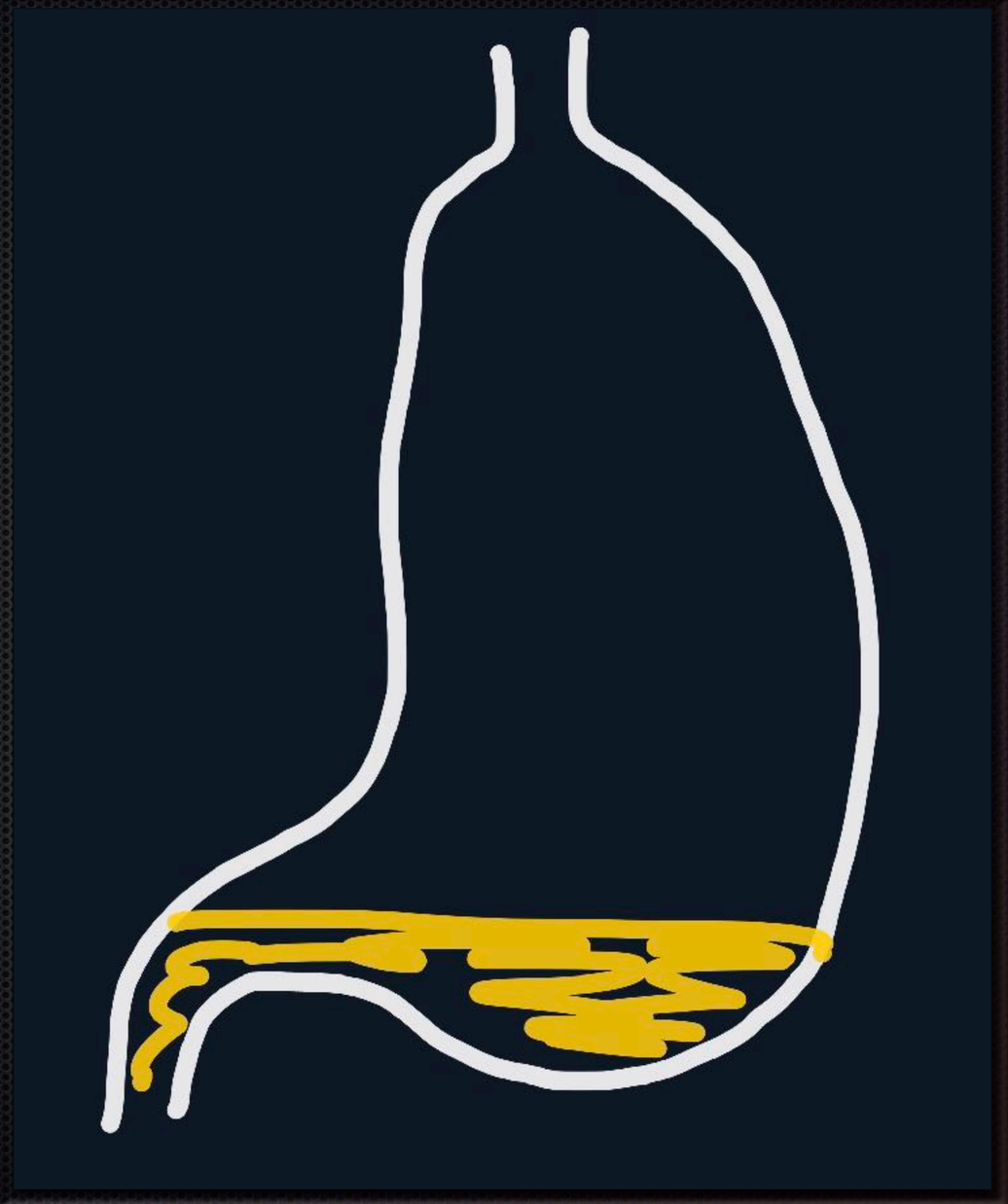
300 Calories

Bread and Dried Fruit



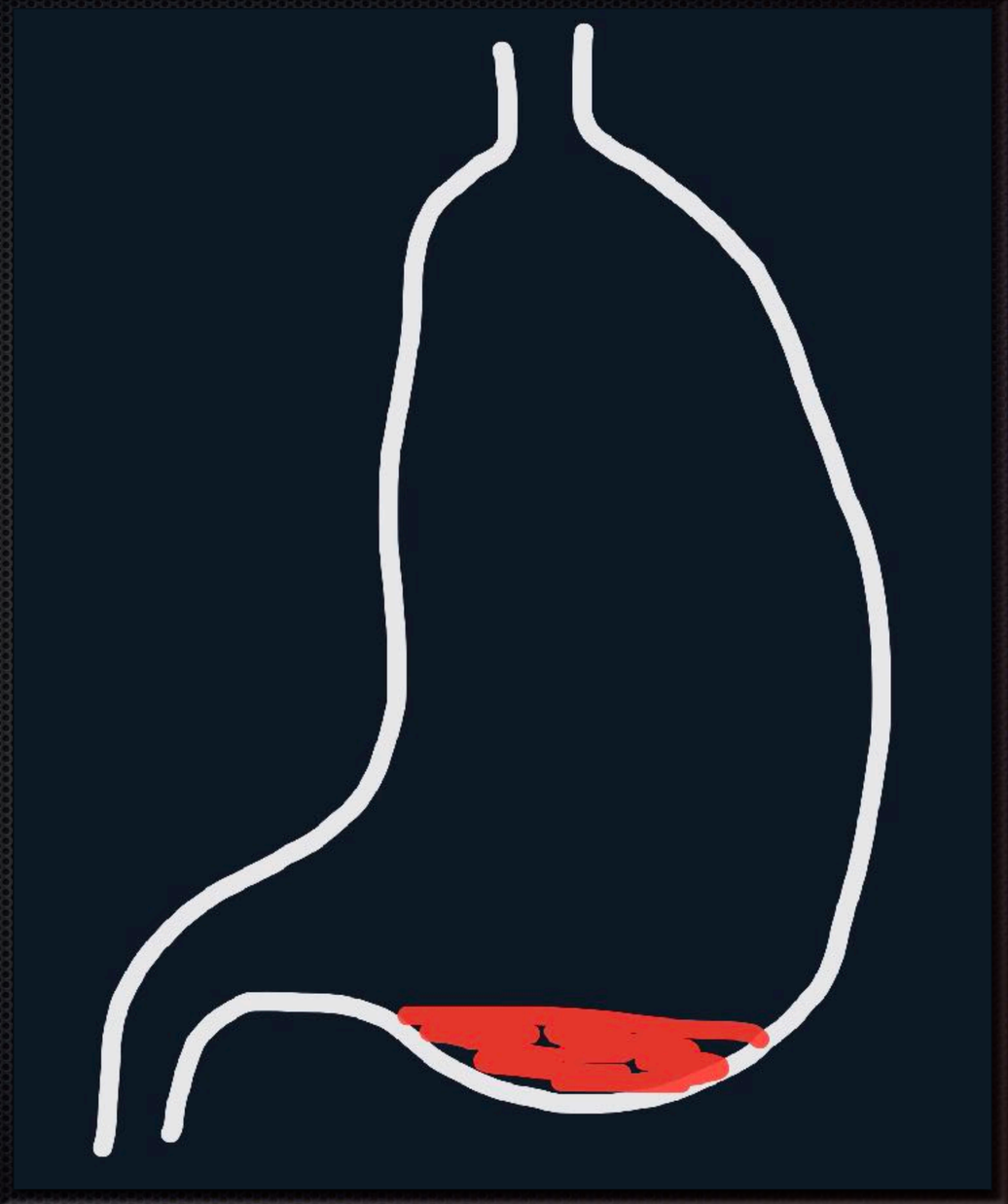
300 Calories

Cheese



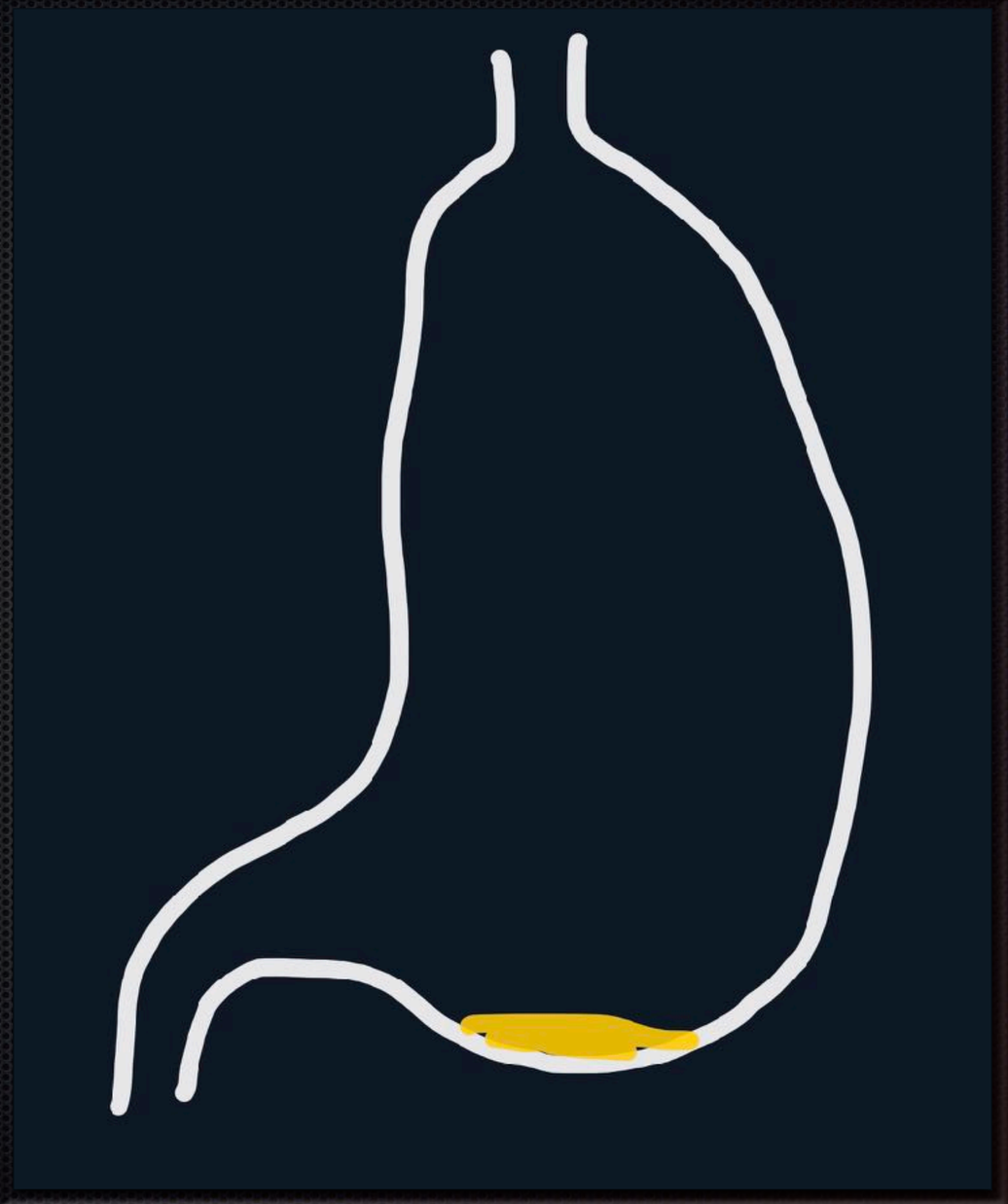
300 Calories

Junk Food



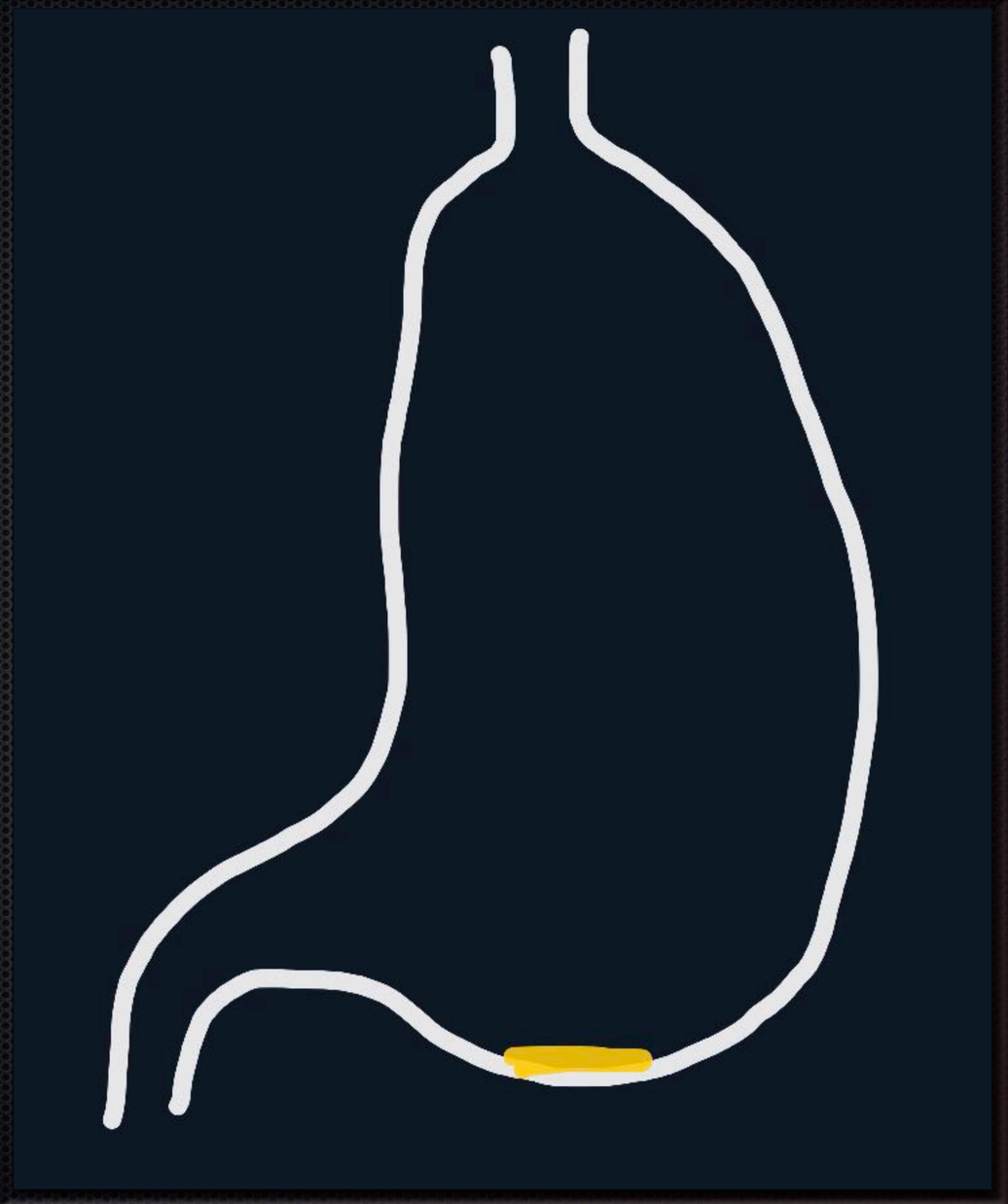
300 Calories

Butter



300 Calories

Oil



To eat more food and still lose weight - eat mostly…

Vegetables - 100 calories per pound
Fruits - 300
Potatoes - 400
Whole Grains - 500
Legumes - beans, peas and lentils - 600

In a study at the University of Alabama, researchers cut the number calories people ate almost in half…

…from 3,000 a day to 1,570.

They did this by…

- Replacing meals with meat and sugar - and a high calorie density
- With fruits, vegetables, whole grains, and legumes - foods low in calorie density

Participants…

- Could eat as much as they wanted
- Still at just as much food as before - their portion sizes stayed the same
- Liked what they ate just as much

Foods low in calorie density - with a lot of bulk to fill your stomach - are high in…

- Water
- Fiber

Foods high in Fiber

- Fruits
- Vegetables
- Whole Grains
- Legumes
- Nuts and Seeds
- Herbs and Spices

Only plants have fiber.

Foods highest in Water

- Fruits
- Vegetables
- Whole Grains
- Legumes

Water Content of Foods

- Fruits and Vegetables - 80 - 100%
- Legumes - 70 - 89%
- Whole grains - 60 - 89%
- Most animal products - 60 - 69%
- French fries - 40 - 49%
- Bread, cheese, most dried fruit - 30 - 39%
- Cakes and pastries - 20 - 29%
- Dried fruit - 10 - 29%
- Energy bars - 10 - 19%
- Processed breakfast cereals, candy, chips, nuts, popcorn, seeds - 0 - 9 %

Remember the study - from week 1 of the program - where people who ate three apples or pears in addition to everything else lost weight?

Why?

Because fruit…

1. Has a low calorie density
2. Added fiber and water to their diets
3. Filled them up
4. Displaced other foods

Another study gave people a bowl of pasta. But they gave half the group an apple first.

Those who ate the apples consumed 300 fewer calories of pasta. So while they were given more food, they ate fewer calories overall.

A third study told people to eat half a grapefruit before meals three times a day on top of everything else…

What happened? They lost weight.

That's the power of choosing foods with a low calorie density…

- Eat all you want
- Get to your ideal weight and stay there
- Eat enough foods low in calorie density and most chronic diseases will naturally disappear and never return.
- Cravings disappear

What can you do if you want to lose weight?

- Eat foods low in calorie density - fruits, vegetables, whole grains, and legumes
- Eat more leafy green veggies - lowest calorie density - most nutrition
- Drink more water - thirst and hunger hormones are similar

You can also…

- Replace processed drinks such as store-bought juices, energy drinks, soda, animal milk, teas with added sugar, sports drinks, and fancy coffee drinks with water
- Replace highly processed vegetable and other oils with the real things - vegetables
- Replace salad dressing with vinegar, fruit, or squeezed juice from the fruit

What can you do if you don't want to lose weight - or want to gain weight?

- Continue to eat fruits, vegetables - including leafy greens - whole grains, and legumes
- Eat more healthy foods higher in calorie density
- Nuts, seeds, avocados, dried fruit, and homemade whole-grain bread
- Eat more often

What if you don’t like most foods - fruits, vegetables, whole grains, and legumes - with a low calorie density?

Reset your taste buds - you’ll soon like them.

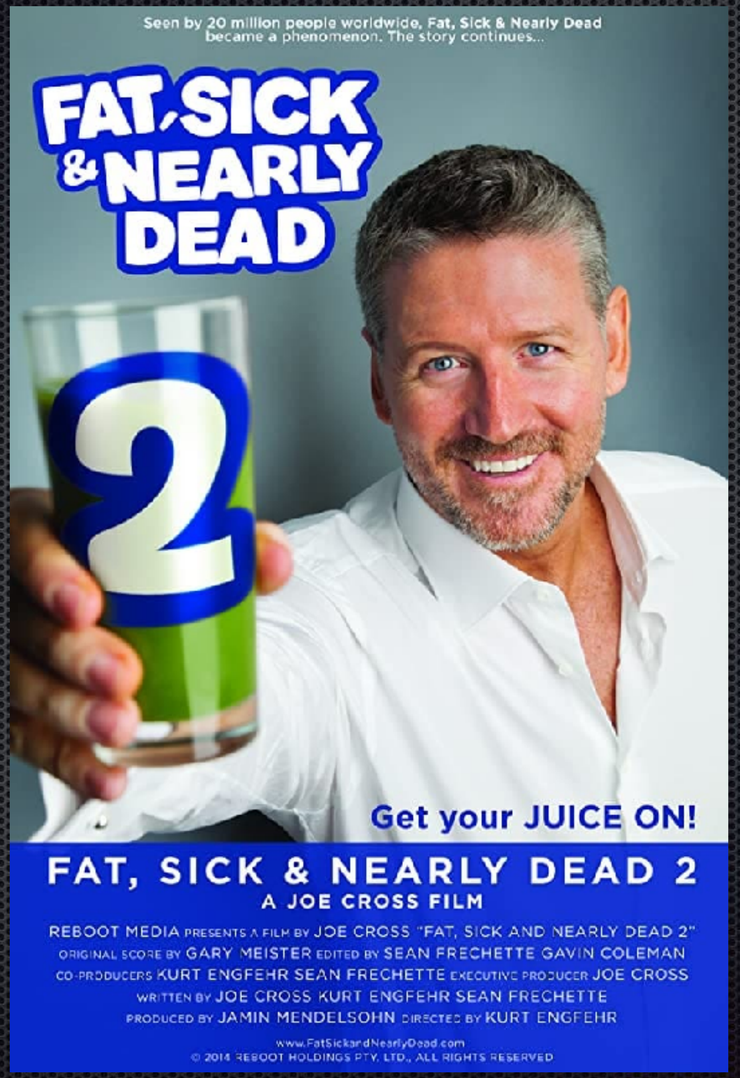
Review…

- Understanding calorie density is the master key to controlling your weight
- Foods high in water and fiber have a lot of bulk - and low calorie density
- Eat mostly fruits, veggies, whole grains, and legumes - they are high in fiber and water - and low in calorie density

Also…

- Be careful with healthy foods that are higher in calorie density - avocados, dried fruit, whole-grain bread, nuts, and seeds
- Avoid processed foods, animal products, and drinks - they are high in calorie density, low in nutrition, and have health risks
- Replace oil with veggie broth, vinegar, or water.

This week's Screen Jam...



Fat, Sick, and Nearly Dead 2…

…Making Healthy Habits Last.

This Week's Challenge…

Practice lowering the calorie density of your meals - unless you don't want to lose weight.

4 servings a day of veggies - including at least 1 of green leafy veggies.

Eating more veggies - especially green leafy ones…

…will help you lower calorie density more than anything.

Checklist for Week 9

Food and Drinks

1. Fruit - 3 servings per day
2. Vegetables - 4 servings per day - 1 more than last week - include green leafy veggies
3. Whole grains - 3 servings per day
4. Legumes - 1 serving per day
5. Nuts and Seeds - one serving (total)
6. Herbs and Spices - as many as possible
7. Replace processed drinks with water

Process

8. Practice lowering the calorie density of your meals - unless you don’t want to lose weight.
9. Continue to take control of your inner voice
10. Screen Jam - Fat, Sick, and Nearly Dead 2

Make it Fun!

Next Week

- How to design and start a new habit from scratch
- How to read nutrition labels
- Mental training - acting As If

Who won our The Calories Are Right…

…and the most pretend Monopoly money?

Questions?

You can do it when you make it fun!

Let’s hear about your successes and failure from last week…

…and concerns and question for this week.

What are the biggest food challenges…

…you're facing right now?

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