

# **Diets and Nutrition**

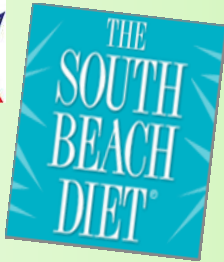


# DIETS AND WHAT YOU NEED TO KNOW

## Low-Carb diets

Atkins and South Beach: Both diets advocate severe carbohydrate reduction initially, which promotes ketosis, and a gradual adding back of healthy unrefined carbs. Eating “all you want” of protein helps jump-start weight loss.

**Need to know:** Clients who are doing “no carb” generally lose a good amount of initial (water) weight, but weight loss is temporary if the program is not followed as written. Dieters generally regain more weight than they lost when they return to their normal diet.



## Special K diet

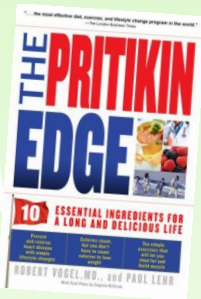
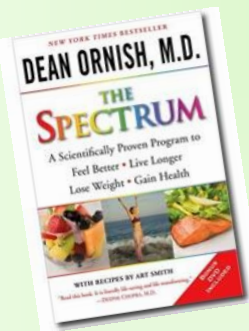
This diet suggests two out of three meals a day consist of a measured amount of Special K with skim milk, with a third meal being a balanced, normal meal. There are no restrictions to snacks, coffee, or alcohol.

**Need to know:** Because there is only one balanced meal a day, the diet is within recommended guidelines, but not advised to be carried on longer than two weeks.

## Very Low Fat

An Ornish- or Pritikin-type diet does not focus on restricting calories, but rather how dense they are in any given food. The diet recommends eating foods high in fiber and very low in fat and claims freedom to eat until you are full and never having to be hungry in order to lose weight.

**Need to know:** Fat helps with the feeling of fullness after a meal because it takes longer to digest. Those consuming extremely low-fat foods may find themselves grazing more because they are always hungry.



# DIETS AND WHAT YOU NEED TO KNOW

## The Cookie Diet

If it sounds too good to be true, question it. This diet is a low calorie diet, with dieters eating six “special” cookies throughout the day along with eight glasses of water. The cookies are designed to be meal replacements- made with fiber, protein, and other ingredients intended to keep you full.

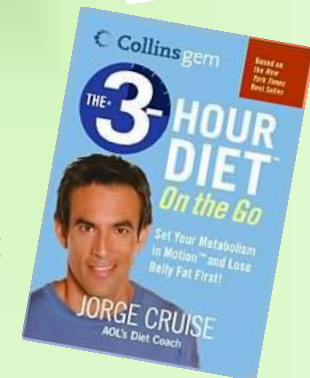
**Need to know:** It recommends only 800 calories a day, and diets less than 1,200 calories/day have issues in providing adequate nutrition.



## The 3-Hour Diet™

This diet recommends a strategy of eating smaller meals more frequently, approximately every 3 hours, to avoid distracting hunger pangs while reducing calories. Staying fueled and hydrated helps the dieter maintain motivation and energy.

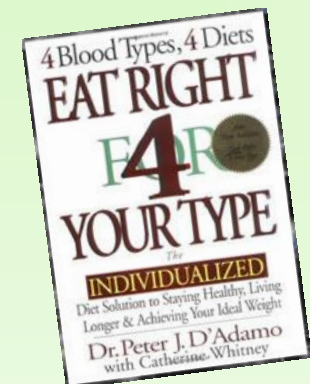
**Need to know:** You can modify any reduced-calorie diet into a 3-hour diet. Unfortunately, the 3-Hour Diet Web site states: “Lose Up to 10 Pounds in Just 2 Weeks by Eating Every 3 Hours,” which is not recommended for permanent weight loss.



## The Blood Type Diet®

Dr. Peter D'Adamo advocates eating according to your genetic heritage. Depending on your ancestry (Caucasian, African, or Asian) and blood type (O, A, B, or AB), your diet includes highly beneficial foods to promote immunity and healthy weight.

**Need to know:** The dieter is restricted to specific foods. However, all meal plans are balanced nutritionally, and the pattern of three meals and three snacks helps the dieter combat diet fatigue.





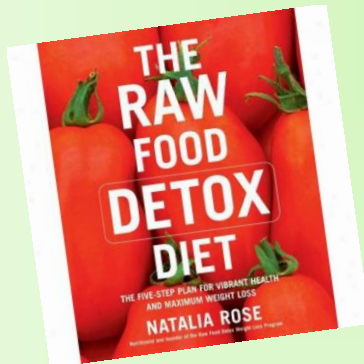
# DIETS AND WHAT YOU NEED TO KNOW



## Meal-replacement diets

Slim-Fast - an example of this type of diet - provides meal replacement products such as shakes and bars, to help people lose weight. It advises using Slim-Fast products for two meals and one snack daily. The rest of the day you are on your own to choose healthy meals when cooking or eating out.

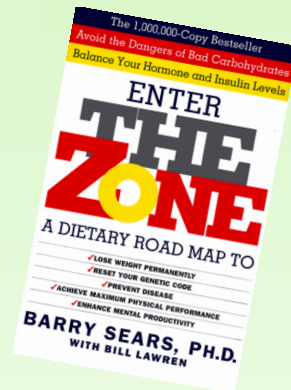
**Need to know:** Dieters take in large amounts of artificial sweeteners and ingredients. You must like the way the products taste or you won't stay with the plan.



## Raw foods diet

Advocates of a raw foods or "living foods" diet say that cooking destroys important nutrients and enzymes, and that eating only raw, unprocessed, and unpasteurized foods will promote immunity and longevity.

**Need to know:** Eating only uncooked foods is unnecessary for good health. Overcooking food depletes nutrients, but cooking is recommended for safety reasons for meat, fish, and poultry. Cooking even enhances nutrition for some foods, such as tomatoes.



## 40/30/30

Also known as the Zone diet, which suggested that eating about 40% of calories from carbohydrate and 30% each from fat and protein will help people stabilize blood glucose and lose weight.

**Need to know:** The Zone diet does not recommend that you eat fewer calories than you're currently consuming, just different ones. The 40-30-30 ratio applies to all meals all the time and can be complicated and scientific.

**DR. ATKINS'**  
**NEW DIET**  
**REVOLUTION**

THE SAFE, QUICK WEIGHT-LOSS DIET  
EVERYONE'S TALKING ABOUT!

LOSE UP TO 10 POUNDS IN 7 DAYS

The  
**Fat**  
**Flush**  
**Plan**

THE  
NEW YORK  
TIMES  
BESTSELLER

- Expanded edition with new recipes, diet tips, and research
- Updated information on Atkins' safe, easy, and effective method for losing weight

## Those are Fad Diets

They might help you lose weight fast but do not lead to long term weight loss.

Once you stop, you eventually re-gain what you lost and maybe more!

Fad Diets  
Don't Work

Fad Diets  
Don't Work

Fad Diets  
Don't Work

Arthur Agatston, M.D.

MICHAEL R. EADES, M.D.  
AND  
MARY DAN EADES, M.D.

✓ ENHANCE MENTAL PRODUCTIVITY  
**BARRY SEARS, PH.D.**  
WITH BILL LAWREN

# LIVE A HEALTHY LIFESTYLE INSTEAD!

## 10 Easy Ways to Stay Healthy at School:

1. Walk to class and use the stairs
2. Take advantage of the Student Rec Center (you are paying for it!)
3. Pick foods with fiber to help you stay full and snack on fruits and vegetables
4. Watch your portions
5. Eat breakfast and don't skip meals
6. Avoid eating when stressed, bored, or late at night
7. Substitute soft drinks and juice with WATER
8. Lay off the beer (alcohol is filled with empty calories)
9. Sleep at least 8 hours a night
10. Don't smoke

## Change the way you look at food!

You've probably used the Food Guide Pyramid as a way to learn about healthy eating. Now the U.S. government has replaced the old pyramid with a new symbol: **a plate.**



MyPlate is a food icon that serves as a powerful reminder to make healthy food choices and to build a healthy plate at mealtimes.



# *Including all food groups in your daily eating is important because...*

- **Grains**

- Give your brain and muscles energy and are a good source of B-vitamins and iron.
- Include whole grain bread, rice, pasta, and potatoes at every meal.

- **Fruits and Vegetables**

- Boost your immune system and are a good source of vitamins A and C, minerals, and fiber.
- Try having apples, bananas, broccoli, carrots, squash, and salad 5 times per day or more.

- **Meat/Protein**

- Help build muscles, fight infection, and heal wounds.
- Try having lean beef, chicken, peanut butter, fish, tofu, or eggs at 2 meals daily.

- **Milk/Dairy**

- Help maintain strong bones and teeth. Are a good source of calcium and protein.
- Have a serving of low fat dairy foods like 8-oz milk, 1-oz cheese, 1-cup yogurt or cottage cheese 3 times a day.

## **Fats and Oils**

- Keep hair and skin soft and give a feeling of fullness.
- Incorporate small amounts of "good" fats (monounsaturated or polyunsaturated) into your daily diet: olive oil, corn oil, or canola oil, and oil-rich foods like nuts, olives, and avocados.



# Reading A Nutrition Label..



Quickly identify “better for you” foods by reading the nutrition label.

- A food low in fat has 3g or less per serving.
- A food low in saturated fats has less than 1g per serving.
- A food low in cholesterol has less than 20mg per serving.
- A food low in sodium has 140mg or less per serving.
- A food considered a good source of fiber has 3g per serving.
- A food with low amounts of sugar has less than 15g per serving.

# NetNutrition



## If you like to keep track of your daily intake on campus, check out NetNutrition!

With NetNutrition you can:

- See nutrition facts for Ball State Dining menu items.
- Build meals around certain nutritional goals (such as the number of calories or fat grams you want to consume in a day).
- Do side-by-side nutrition fact comparisons of different menu items.

<http://cms.bsu.edu/CampusLife/Dining/NutritionInformation.aspx>

You will find more links on the right side of the page to learn more about nutrition information, menus, snack meals, and more!

