Total Health Is as Easy as Finding Your Body Type
Finally, a Solution to the “One Diet Fits All” Myth!

DIFFERENT BODIES
WHAT BODY TYPE ARE YOU?
BALANCED  HEART  SKIN  LYNN

DIFFERENT DIETS
Discover a Health and Diet Plan That Fits You
Carolyn L. Mein, D.C.
Introduction

What is a Diet?
What makes a Diet Famous?
Why are there so many diets to choose from?
Three Primary Purposes for Supplementing Food Intake

- Health
- Altering body composition
- Increase performance
### Goal Menu

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Exchange Amount</th>
<th>Meal 1</th>
<th>Pro</th>
<th>Carb</th>
<th>Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch</td>
<td>3.00</td>
<td>2.26 cups Cereal-Kellogg's Corn Flakes</td>
<td>4.0</td>
<td>35.4</td>
<td>0.2</td>
<td>218.8</td>
</tr>
<tr>
<td>Milk-Skim &amp; Very Low Fat</td>
<td>2.00</td>
<td>2.00 cups Milk-Nofat/Skim</td>
<td>16.7</td>
<td>23.8</td>
<td>0.9</td>
<td>171.0</td>
</tr>
<tr>
<td>Fruit</td>
<td>1.30</td>
<td>0.56 cup Applesauce-Unsweetened</td>
<td>0.2</td>
<td>13.8</td>
<td>0.1</td>
<td>52.5</td>
</tr>
<tr>
<td>Fruit</td>
<td>1.00</td>
<td>0.80 each Banana</td>
<td>0.6</td>
<td>13.6</td>
<td>0.3</td>
<td>54.3</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>22.1</td>
<td>33.6</td>
<td>1.4</td>
<td>456.8</td>
</tr>
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**Percent of Calories:** 18% 80% 3%

<table>
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<tr>
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<th>Exchange Amount</th>
<th>Meal 2</th>
<th>Pro</th>
<th>Carb</th>
<th>Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch</td>
<td>0.60</td>
<td>1.50 each Cracker Graham</td>
<td>0.8</td>
<td>6.3</td>
<td>1.1</td>
<td>45.0</td>
</tr>
<tr>
<td>Milk-Skim &amp; Very Low Fat</td>
<td>1.50</td>
<td>1.00 cup Milk-Nofat/Skim</td>
<td>8.4</td>
<td>11.8</td>
<td>0.4</td>
<td>65.5</td>
</tr>
<tr>
<td>Fruit</td>
<td>2.00</td>
<td>1.00 each Banana</td>
<td>1.2</td>
<td>27.6</td>
<td>0.6</td>
<td>109.6</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>2.30</td>
<td>2.00 scoops Apex High Performance</td>
<td>20.0</td>
<td>33.0</td>
<td>2.0</td>
<td>220.0</td>
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<td></td>
<td>30.3</td>
<td>77.8</td>
<td>4.1</td>
<td>459.1</td>
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**Percent of Calories:** 26% 68% 8%

<table>
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<tr>
<th>Food Group</th>
<th>Exchange Amount</th>
<th>Meal 3</th>
<th>Pro</th>
<th>Carb</th>
<th>Fat</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Starch</td>
<td>2.00</td>
<td>2.00 pieces Bread-Whole Wheat</td>
<td>6.4</td>
<td>25.8</td>
<td>2.4</td>
<td>157.8</td>
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<tr>
<td>Meat-Loin</td>
<td>2.00</td>
<td>2.00 oz-wt Chicken-Breast-Roasted</td>
<td>16.9</td>
<td>0.0</td>
<td>4.4</td>
<td>111.7</td>
</tr>
<tr>
<td>Fruit</td>
<td>2.00</td>
<td>1.00 each Apple w/Peel-Large</td>
<td>0.6</td>
<td>27.4</td>
<td>0.3</td>
<td>124.8</td>
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<tr>
<td>Vegetable</td>
<td>0.50</td>
<td>0.50 each Tomato-Medium Whole</td>
<td>0.5</td>
<td>2.5</td>
<td>0.2</td>
<td>12.9</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>22.3</td>
<td>61.1</td>
<td>7.7</td>
<td>337.2</td>
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</table>

**Percent of Calories:** 24% 63% 18%

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Exchange Amount</th>
<th>Meal 4</th>
<th>Pro</th>
<th>Carb</th>
<th>Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch</td>
<td>0.00</td>
<td>0.00 each Egg-Gal Brun-White</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Milk-Skim &amp; Very Low Fat</td>
<td>0.00</td>
<td>1.50 cups Milk-Nofat/Skim</td>
<td>12.5</td>
<td>17.5</td>
<td>0.7</td>
<td>128.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>18.6</td>
<td>48.1</td>
<td>1.3</td>
<td>273.1</td>
</tr>
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**Percent of Calories:** 27% 71% 4%

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Exchange Amount</th>
<th>Meal 5</th>
<th>Pro</th>
<th>Carb</th>
<th>Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch</td>
<td>3.00</td>
<td>1.00 cups Rice-Brown-Lng Grain-Cooked</td>
<td>6.1</td>
<td>53.8</td>
<td>2.1</td>
<td>260.7</td>
</tr>
<tr>
<td>Meat-Loin</td>
<td>1.00</td>
<td>0.50 cup Beans-Refined/Potatoes-Canned</td>
<td>6.9</td>
<td>35.1</td>
<td>1.8</td>
<td>118.4</td>
</tr>
<tr>
<td>Meat-Loin</td>
<td>2.00</td>
<td>2.00 oz-wt Chicken-Breast-Roasted</td>
<td>16.9</td>
<td>0.0</td>
<td>4.4</td>
<td>111.7</td>
</tr>
<tr>
<td>Vegetable</td>
<td>1.00</td>
<td>0.50 cup Beans-Green Snap/String-Cooked</td>
<td>1.2</td>
<td>4.9</td>
<td>0.2</td>
<td>21.9</td>
</tr>
<tr>
<td>Starch</td>
<td>2.00</td>
<td>1.00 each Tortilla-Fat Free Large-Mission 98</td>
<td>5.0</td>
<td>25.6</td>
<td>3.0</td>
<td>170.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>34.1</td>
<td>113.3</td>
<td>11.3</td>
<td>681.8</td>
</tr>
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</table>

**Percent of Calories:** 21% 66% 18%
Slim-Fast Plan

- Proven Results
- Balanced Nutrition
- Mix & Match Your Favorite Foods

![Slim-Fast products](image-url)
The Real Deal

Four Keys to Success

- Nutrition
- Activity
- Support
- Self-Motivation
Some Important Things

- Sugar Substitutes
- Water
- Exercise
Sugar Substitutes

- Aspartame / Equal
- Saccharine / Sweet n’ Low
- Sucralosa / Splenda
Water

- Function
- Sources
- Recommendations
Exercise for Weight Control

- Make an exercise plan
- Find an exercise buddy
- Choose your type of exercise
Dean Ornish Diet

- Biography
- How It Works and What To Eat
- Is The Diet Healthy
Pros: Dean Ornish Diet

- Reverse Heart Disease
  - Preventative Diet
  - Reversal Diet

- The objectives of the diet are:
  - Reduction of blockages in coronary arteries;
  - Improvement of blood flow through the heart;
  - Reduction in angina.
  - Reduction in serum cholesterol levels; and
  - Improvement in exercise capacity
Pros:
(continued)

- Reduce Angina symptoms
- What is Atherosclerosis
- What Does The Reversal Diet Do
  - Blood Cholesterol
  - High Blood Pressure
Cons: Dean Ornish Diet

- Low in Fat
  - Does not provide sufficient amount of fatty acids
  - The diet excludes fish

What is the importance of Fish in Diets

- Omega 3-fatty acids
  - Decrease risk of arrhythmia
  - Decrease the growth rate of atherosclerotic plaque
  - Lower triglycerides levels
  - Lower blood pressure
Jenny Craig Diet

The Jenny Craig method is a three level plan to help people lose weight and keep it off (or so they claim)
How it works

The three elements:
- Food
- Body
- Mind
What you can eat with Jenny Craig

- Breakfast, Lunch, and dinner
- Based on the USDA food pyramid contain 60% carbohydrate,
- 20% protein, and 20% fat.
Pros: Jenny Craig

- Balanced diet
- Easy to follow
- Good menu variety
- Encourages exercise
  - 30 min/day,
  - 5 days/wk
Cons: Jenny Craig

- Program is expensive.
  - Member fee of $20 - $55
  - $65/wk for meals, $18/month for supplements.
  - Buy your own fruits & veggies.

- Costs add up to $400 for the 1st month alone.

- Time consuming.
  - Weekly Visits w/personal consultant whom are not experts.
Cons:
(continued)

- Portion sizes are too small.
  - Calorie count can be as low as 1000 calories.
  - Leading to hunger & loss of lean body mass.
- Supplements may be required.
Grapefruit Diet

**Breakfast**
- Grapefruit or 8 oz Juice (unsweetened)
- 2 Eggs
- 2 Slices of Bacon

**Lunch**
- Grapefruit or 8 oz Juice
- Salad with any Dressing
- Meat any amount

**Dinner**
- Grapefruit or 8 oz Juice (unsweetened)
- Salad with any Dressing (1 packet)
- Meat any amount
- Coffee or Tea

**Bedtime Snack**
- 8 oz Tomato Juice or 8 oz of Skim Milk
Benefits Of Grapefruit Diet

- Grapefruit and Nutrients
- Curb Appetite
- Cut down on Carbohydrates
- Increase Self-esteem
- Maintaining Weight Off
Grapefruit Diet
Calorie Intake

- Breakfast - 247 Calories
- Lunch - 479 Calories
- Dinner - 583 Calories
- Bedtime Snack 41 – 108 Calories
- TOTAL 1309 - 1417 Calories

Source:
USDA Food and Nutrient Database for Dietary
## Activity Level

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Sedentary</th>
<th>Moderately</th>
<th>Active</th>
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<tbody>
<tr>
<td>Female</td>
<td>19-30</td>
<td>2,000</td>
<td>2,000-2,200</td>
<td>2,400</td>
</tr>
<tr>
<td></td>
<td>31-50</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>51+</td>
<td>1,600</td>
<td>1,800</td>
<td>2,000-2,200</td>
</tr>
<tr>
<td>Male</td>
<td>19-30</td>
<td>2,400</td>
<td>2,600-2,800</td>
<td>3,000</td>
</tr>
<tr>
<td></td>
<td>31-50</td>
<td>2,200</td>
<td>2,400-2,600</td>
<td>2,800-3,000</td>
</tr>
<tr>
<td></td>
<td>51+</td>
<td>2,000</td>
<td>2,200-2,400</td>
<td>2,400-2,800</td>
</tr>
</tbody>
</table>
Consequences Of Grapefruit Diet

- Boring Selection of Available Foods
- Not Enough Vitamins and Minerals
- High Saturated Fat and Cholesterol
- Low/High Calorie Intake
- False Expectations for Realistic Healthy Weight Loss
Cabbage Soup Diet

- A seven day diet
- The cabbage soup diet is based on a fat-burning soup that contains negligible calories.
- The cabbage soup can be eaten any time you get hungry
Ingredients for Cabbage Soup Diet

- 6 large green onions
- 2 green peppers
- 1-2 cans diced tomatoes
- 1 bunch celery
- 1 package Lipton onion soup mix
- 1-2 cubes of bullion (if desired)
- 1 head cabbage
Some Extra Things

- A do-it yourself diet
- It’s quite good as a short term break from the average junk-food diet. In addition, home made a good weight loss food. Although any vegetable soup will do—and is reasonably filling.
- Affordable
- Not very complicated to follow
Dieting and fad diets

- Dieting- is the practice or habit of eating (and drinking) in a regulated fashion.

- Fad Diets
Morale:

Yes, enjoy your fad diet, however look at how silly you are after its over. Think for a second is it really worth reducing your food intake?
Low Protein & Low Carb Diets
Popular low Carb diets:
- Dr. Atkins New Diet Revolution
- Four Day Wonder Diet
- Calories Don't Count
- Enter The Zone

Characteristics
- Generally less than 100 grams of carbs per day
- Primarily work in the short run because they limit total food intake, compared to diets that simply limit calorie intake
Popular Low Protein Diets

- The Rice Diet
- The Maximum Metabolism Diet
- Eat More, Weigh Less

Characteristics:
- Generally less than 20% of calories from fat
- Limited or restriction of animal protein sources
- Very high carbohydrates

Remark: People get bored with this type of diet very quickly.
The low protein diet

Pros

- It allows recreational athletes to take in enough calories to train and recover. When people lose weight by controlling carbohydrates, they take in enough protein for muscle development and generation to allow for the training benefits to occur.
- If you restrict just your caloric intake, you’ll lose fat and muscle.
Pros
(continued)

- It can be quite effective for many people who can commit to this eating style.
- People look at it as a magic solution, for the person who is highly active, there are better options.
- For some overweight people, the diet's appeal is obvious. They can lose weight without ever stepping on a stair climber or exercise mat.
- The majority of people who have tried this type of diet want to lose body weight, but not necessarily commit to vigorous exercise.
The low protein diet

Cons

Experts dismiss the argument, saying too much fat intake causes excess insulin, and carbohydrates are not responsible for weight woes.

The fact is too many calories versus expenditure makes you fat. If you overdo it in the protein area, you too will gain weight.
Cons
(continued)

- Dehydration
- Gout
- Constipation
- Weakness
- Dizziness
- Nausea
- Kidney woes are potential troubles.
- Protein is often higher in fat, which bumps the risk of heart disease.
Cons
(continued)

- The diet forces a person to metabolize and also could cause some electrolyte depletion, which the body sweats out during exercise and which needs to be replenished.

- That doesn't mean protein-rich diet plans are without merit.
Why do people follow the Low-Carbohydrate diet?

Many people expect to have better success with weight loss and control of blood pressure, blood sugar, and blood cholesterol levels. Advocates of the diet believe that high amounts of carbohydrates lead to increasing:

- Problems with obesity
- Diabetes
- Other health problems

Benefits:

- People with insulin resistance syndrome
- Lowers insulin in type 2 diabetes patients
- Lowers blood triglycerides (blood fats)
- Raise HDL (good cholesterol)
- May improve blood sugar control
- Increase loss of weight & body fat
May result in higher calorie intake from fat. Which could lead to more difficulties with overweight, high cholesterol levels, and heart disease risk.

Critics acknowledge that low-carbohydrate dieters do experience significant weight loss. However, they argue that these diets often have a diuretic effect (promote water loss), therefore, the weight loss is due to water loss, not fat loss.
Low Carb Diets

Best Results:

- The human body works best with a diet that includes some carbohydrate. Recently a Recommended Dietary Allowance for carbohydrate was set at a minimum of 130 grams per day.
- This would represent 26% of the calories in a 2,000-calorie-per-day diet, which would still be considered a low-carb diet, but would avoid the potential hazards of more restrictive diets, including the symptoms of ketosis (nausea, weakness, dehydration, light-headedness, and irritability) and loss of body protein.
- A low-carbohydrate diet should emphasize healthful carbohydrate sources. Whole grains, fruits, and vegetables supply fiber and many important micronutrients.
Diseases That Require Nutritional Therapy

Low protein diet for renal failure patients

- Protein along with the liver produce ammonia.
- Renal failure patients have decrease kidney function.
- The kidneys can no longer excrete the acids.
- Acid could become toxic to the body.
Low Carb Diets For Obesity

- Carbohydrates and fats cause obesity.
- Carbohydrates stimulate hunger.
Low Carb Diets For Patients With Diabetes

- Carbohydrates turn into sugar.
- Sugar stimulates insulin production to an already depleted system.
NutriSystem Mission

NutriSystem, Inc. provides a weight loss program based on quality foods and a nutritionally balanced meal plan; individualized counseling is the core of commitment that customers always have the privacy, support and knowledge needed to reach and maintain their goal weight.
NutriSystem

Program
Effectiveness
Meal Plan
Food
Ordering
Shipping
Glycemic Index

"Good" Carbohydrates
Slowly digested carbs
Stable Blood Sugar Levels

"Bad" Carbohydrates
Too quickly digested carbs
Body Stores Fat
About NutriSystem

- 1972
- Website
- Live counseling
Six Programs

- Women’s Program
- Women’s Program (Over 60)
- Men’s Program
- Men’s Program (Over 60)
- Type II Diabetic Program
- Vegetarian Program
South Beach Diet

- About the diet.
- How it started.
- How it works.
South Beach Diet

Phases

- Phase 1
- Phase 2
- Phase 3
South Beach Diet provides....

- A fully interactive dieting experience
- Tools to track your weight, phase, and diet goals
- A personal meal planner and nutrition tool
- Member questions answered by Dr. Agatston
- Support from a community of thousands like you
- Delicious and healthy recipes, including hundreds for vegetarians
- The flexibility and support to help you succeed
- PLUS: An automated shopping-list generator, our exclusive Beach Buddies program, and much more!

For $5 a month, billed quarterly ($65 total). Minimum four-week charge of $20, which is non-refundable.
NutriSystem Pro’s

- Nutrisystem claim they have a lot of diabetics on the program who do very well and experience better health on the program.
- Features low Glycemic Index foods
- Easy to follow, abundant food selection
- Works well in tandem with family members
- Dieters report substantial weight loss numbers (15+ pounds)
- Local offices and toll-free numbers
- Wide variety of plans
- Advantages for busy dieters due to convenience of home delivery
- Good documentation of meals on website
NutriSystem Con’s

- Beware that NutriSystem can substitute food items based on availability. We are questioning NutriSystem on their policy regarding this as it can be inappropriate if you suffer from food allergies or sensitivities.
- More expensive than regular grocery food
- Some individuals are dissatisfied with taste and quality control of meals
- Complaints about Maltitol as sugar substitute in desserts
- Customer Service at times unresponsive.
South Beach Diet Pro’s

- Promise of losing 8-13 pounds in 2 weeks.
- Doesn't require dieter to measure what they eat in ounces, calories or anything else - the meals should be of normal size enough to satisfy your hunger. Simple and easy to follow no counting of calorie or carb needed.
- 3 phase structure which allows dieter to switch easily from one phase to another.
- Good carbs and good fats consumed can help improve hearth condition and cholesterol level.
- No limit of food intake, just eat until you are satisfied
- Plenty of delicious recipes
South Beach Diet Con’s

- Diets could become boring
- Fruits - with exception of berries, citrus and melons are highly restricted even in the maintenance and can't be eaten for breakfast.
- Pasta must be whole grain even in maintenance phase, and foods such as bananas and baked potatoes are off limits, because they have natural sugars or starches that Agatson contends cause hunger.
- Hard to stick on for dieters who crave for variety.
- The food can take considerable time to prepare.
Contacts

NutriSystem:
http://www.nutrisystem.com
1-800-321-THIN

South Beach Diet
http://www.southbeachdiet.com/public/
Information on South Beach Diet

- Developed By A Cardiologist, Arthur Agatson
- Emphasizes On “Good Carbs And Fats”
Three Phases of South Beach Diet

- **Phase I**
  - Rapid Weight Loss
  - Two Weeks Long
  - Carbohydrates Severely Limited

- **Phase II**
  - Reintroduce The Right Carbohydrates
  - Remain On This Phase Until Desire Weight Loss Has Been Reached

- **Phase III**
  - Maintenance - Diet For Life
Benefits/Pros

- Reduces Insulin Resistance
- Controls Appetite, No Calorie Count
- Enhances Blood Sugar In Diabetics
- Lowers LDL, Raises HDL
- Diseases Risk Reduction, Good Health
Disadvantages / Cons

- Meals Are Expensive
- Long Preparation Times
- Weight Loss Due To Water Loss Not Fat Loss
- Does Not Promote Exercise
In Comparison to Atkins

- Often Incorrectly Compared To Atkins
- Less Restrictive Than Atkins
- Both Have Phases
- Does Not Limit Carbohydrate Intake
What is the Atkins Diet?

- The Atkins Diet promise
- Dr. Robert C. Atkins, M.D.
- Hyperinsulinism
- Important elements
How the Diet Works

- Restricting Carbohydrates
- Ketosis
- Ketones
- Results: Weight Loss
Four Phases of the Atkins Diet

- Phase One: Induction
- Phase Two: Ongoing Weight Loss
- Phase Three: Pre-maintenance
- Phase Four: Lifetime Maintenance
Atkins Diet

Advantages

- Eat Unlimited Amounts Of Proteins And Saturated Fats
- Rapid Weight Loss
- Reduces Appetite
- Alleviates Health Issues
Atkins Diet
Disadvantages
- Not Suitable For Long Term Diet
- Lacks Fresh Fruits And Vegetables
- Must Take Vitamins
- Can Not Eat Foods Such As Potatoes, Pasta, Rice
- Chances Of Getting A Heart Attack if Used For A Long Period Of Time
- Expensive
Conclusion: if you apply these five factors for food control, you will be better off. These are: caloric intake, variety, balance, adequacy, and moderation. Of course, a 20-minute exercise daily would be perfect!