

Welcome to the Nutrition Strategies for Weight Management presentation. The purpose of this presentation is to provide the health and fitness professional with nutrition strategies to assist their clients in reaching their weight management goals. After completing this section, the health and fitness professional will be able to provide clients with suggestions on food intake modifications, understand nutritional guidelines, and confidently communicate the use of supplementation as a tool to hasten weight loss.

It has been previously established that a calorie deficit must occur to produce weight loss. In order for health and fitness professionals to help clients manipulate the energy intake equation, they must understand how to create an energy deficit, manipulate macronutrient categories, develop strategies for meal planning, and utilize nutrition education tools. This chapter will review weight loss strategies that can be used by health and fitness professionals to support the goals of their clients.

Successful weight loss strategies embrace small changes, moderate losses, and achievable goals. Depending on initial body weight, a reasonable rate of weight loss for overweight people is a half to two pounds per week. Or 10% of body weight over six months. Evidence shows that gradual weight loss is more likely to be maintained than rapid losses.

Additionally, severe restriction of calories is generally not sustainable and may pose greater health effects than moderate restriction. For clients with a body mass index greater than or equal to 35, a restriction of 500 to 1000 calories per day reduction from their usual daily intake would be warranted. Clients that have a body mass index between 27 and 35 can reduce their caloric intake 300 to 500 calories per day from their usual daily intake.

To create a deficit in total energy intake, experts generally recommend a proportional decrease in all three macronutrient categories-- protein, carbohydrates, and fats. While macronutrient manipulation diets such as low carbohydrate or low fat diets are extensively debated in the scientific and popular literature, there is not a consensus that one specific macronutrient ratio will produce a significantly greater weight loss over another. Additionally, there is widespread agreement in the scientific community that good health and nutrient provisions do not have to be compromised on a weight loss program. In other words, individuals can simultaneously follow current dietary recommendations for good health, as well as those for weight loss.

The acceptable macronutrient distribution ranges is the range of intake for carbohydrates, proteins,

and facts that are associated with reduced risk of chronic disease while providing adequate intakes of essential nutrients. If an individual consumes an excess or shortage of these ranges, there is an increased risk of chronic diseases and/or insufficient intakes of essential nutrients. The acceptable macronutrient distribution ranges for adults as a percentage of calories are 10% to 35% of total caloric intake from protein, 20% to 35% of total caloric intake from fats, and 45% to 65% of total caloric intake from carbohydrates. These percentages can and should be maintained even when someone is on an energy restricted program.

Macronutrients are connected to micronutrients and that the healthiest choices of macronutrients will generally deliver the right amount of micronutrients. On the other hand, those food choices that are less healthy do not provide the body with as many essential vitamins and minerals.

Recommending nutrient dense foods is an excellent way for health and fitness professionals to help clients meet their micronutrient needs. Taking a daily multivitamin is widely accepted as a viable method of helping to ensure that micronutrient needs are consistently met, particularly since the typical American diet lacks optimal amounts of essential nutrients due to poor food choices, eating habits, and the modern day food supply. A daily multivitamin will also provide nutrients lost in a calorie restricted diet.

Nutrient density, specifically essential nutrients per calorie, is an excellent principle around which to design a weight loss program. Nutrient dense foods are those that provide a high ratio of essential nutrients per calorie and should be encouraged for the client. Imagine the choice between a glass of soda and a bunch of grapes. They both provide about the same number of calories. They both provide about the same amount of carbohydrates. But the grapes provide vitamins, minerals, and fiber, or essential nutrients, that are critical for the growth, maintenance, and repair of body cells.

Many clients turn to health and fitness professionals for sound actionable advice on weight loss strategies and tools. However, making a specific nutrient recommendation-- for example, you should be getting 1,200 milligrams of calcium every day-- or developing a specific meal plan-- for example, you should eat three eggs for breakfast-- is outside of the health and fitness professional scope of practice. However, today's health and fitness professionals have access to authoritative and user-friendly tools to help clients manage their weight that are well within their areas of professional practice. These include portion awareness tools, the principle of low energy density food, nutrition facts panel, and strategies for dining out.

Portion awareness is an important educational tool to teach weight loss clients. Nutrition experts have coined the term "portion distortion" to describe the rapidly growing portion size of commercially

available food and the resulting distorted consumer expectations. As mentioned earlier in the discussion of environment and its influence on growing waistlines, portions of food at grocery stores, restaurants, and even in people's homes have increased considerably in the past 30 years.

With the introduction first of fat free and then low carb foods, consumers often misunderstand that although these foods may be lower in these macronutrients, these foods still contain calories. And when eaten in excess, any nutrient will be stored as body fat due to excess caloric ingestion. To help clients better recognize appropriate portions of different types of foods, health and fitness professionals can provide resources available in this course to educate them on appropriate portion sizes.

It's not just large portions that can derail the success of the weight loss clients. In fact, there are some nutrition professionals that believe one should choose large portions but only of low energy, or calorie, density foods. The success of eating high volumes of food with lower caloric density lies with its focus on satiety, or the feeling of fullness. Many studies conclude that reducing dietary energy density, particularly by combining increased fruit and vegetable intakes with decreased fat intake, is an effective strategy for managing body weight while controlling hunger.

The nutrition facts panel, which appears on almost all packaged foods, is an excellent resource for serving size information, calories, as well as nutrient content. For people trying to lose weight, the three most helpful sections of the food label are the serving size, servings per container, and calories per serving. The health and fitness professionals can help clients review the labels of their favorite foods to determine if they regularly exceed the labeled serving size.

The increasing dependence on food prepared outside the home parallels the rise in obesity. Nutritionists have developed strategies for helping people manage fast food and restaurant dining while still supporting their weight loss goals. A few of those suggestions include undress everything-- ask for no mayonnaise, sauce, or dressings-- choose single or child sized options instead of super size and value meals, or choose baked or grilled options when available. Teach clients to choose items based on their daily caloric needs and goals. In restaurants, a few ideas to suggest to clients include order an appetizer portion of the favorite entree, select the entree from the appetizer menu, or offer to split an entree with a friend as each one is often more than enough for two people. Refer to your course manual for more suggestions on dining out.

In all studies, meal replacements have been shown to be an extremely effective aid to weight reduction and in almost all cases, more effective than conventional methods of dietary restrictions.

Meal replacements are generally used to replace one or two meals a day and allow freedom of choice for the remaining allotted foods or calories. Meal replacements allow for portion control and accurate calorie counts. Thus, smaller replacements are a valuable tool for weight loss as well as long-term maintenance and should be considered by anyone seeking weight control.

Dieting alone to lose weight is difficult for everyone and generally ends with most of the weight regained within the first year. The goal of incorporating a dietary supplement into a weight loss program is to assist the participant in complying with the daily routine that leads to weight reduction. The supplement ingredients must have safely demonstrated the potential to act in one or more of the following ways-- help and maintain a calorie deficit by increasing daily caloric expenditure when compared to a non supplement state, raise energy levels that may make one more active throughout the day, reduce the urge to consume food, and decrease calorie absorption.

Health and fitness professionals should select and recommend dietary supplements with great care. All ingredients in a dietary supplement must survive rigorous legal and scientific review and testing. Refer to your course manual for conditions that must be met for a supplement to be considered safe and efficacious. In summary, health and fitness professionals are in an excellent position to guide clients towards healthy weight loss by teaching nutrition education principles such as portion awareness low energy density foods, and high energy density foods, as well as a healthy skepticism about supplements. Health and fitness professionals can create healthy weight control programming while staying within their scope of practice.