FOREVER ACTIVE
PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +

Nutritional Consultation

Introduction

It is the beginning of a new year, and with it brings resolutions aimed at making our lives happier, healthier and maybe even a bit more exciting. One of the more common New Years resolutions people make every year is to eat better and lose weight. Does that sound familiar? Unfortunately, this is one resolution that does not usually make it out of January intact.

Statistics Canada reports that there is an upward trend for Canadian adults to be considered over-weight or obese. In 2015, 61.3% of all adult Canadians were considered either over-weight or obese when using the BMI (Body Mass Index) as a reference. This is significant for the older adult because being over-weight increases the health risk of heart attacks, diabetes and osteoarthritis.
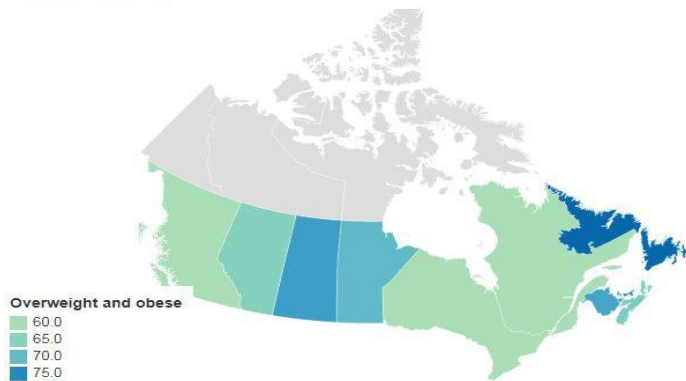
Hundreds of thousands of well intentioned individuals spend millions of dollars each year on weight loss programs that just don't work for any sustained period of time. Weight Watchers, Jenny Craig, Atkins, South Beach, Paleo, Mediterranean, for the vast majority who attempt these diets, the results are all the same, no weight loss after a year.

Percentage of adults who are overweight or obese
As measured by BMI, 2015.

Overweight and obese
60.0
65.0
70.0
75.0

Source: Statistics Canada, Canadian Community Health Survey • Created with Datawrapper

Why do these diets fail, or more accurately stated, why do the people who try them fail to lose weight? The reason is that we live in a culture that breeds instant gratification and encourages over-indulgence. We don't live in a bubble. We are bombarded all day long by advertisements that encourage us to eat, drink and be merry. Sure we exercise, but not as consistently as we overindulge.

This newsletter will attempt to tackle the issue of weight loss and try to outline what subtle changes you can make in your daily nutritional habits that can and will make a big difference in your ability to tackle the over-weight epidemic that plagues most Canadians.

Did you Know

Forever-active.com Nutritional Newsletters and Articles;

Newsletters;

August 2012 - Nutritional Supplementation

October 2012 - Antioxidants

July 2013 - Hydration, the myths, the facts

August 2013 - Weight loss, the myths, the facts

Sept 2013 - Sports Nutrition

April 2014 - The facts about Sugar and Gluten

May 2015 - Cholesterol– The Facts

January - Nutrition in 2016

January 2018 – Everything Nutrition

Articles;

1. 30 essential Foods
2. Nutrition & Running
3. Childhood Obesity and Foods Sensitivity
4. Difference between whole-wheat, whole-grain &Multi-grain
5. Nutritional Food labels
6. Nutrition @ 50+

Weight Loss: Brief Overview of 5 Popular Diets

A diet is best described as a fixed plan of eating and drinking where the type and amount of food are planned out in order to achieve weight loss or follow a particular lifestyle.

1. The Atkins Diet

This diet focuses on controlling the levels of insulin in the body through a low-carbohydrate diet.

If people consume large amounts of refined carbohydrates, their insulin levels rise and fall rapidly. Rising insulin levels trigger the body to store energy from the food that is consumed, making it less likely that the body will use stored fat as a source of energy.

Therefore, people on the Atkins diet avoid carbohydrates but can eat as much protein and fat as they like.
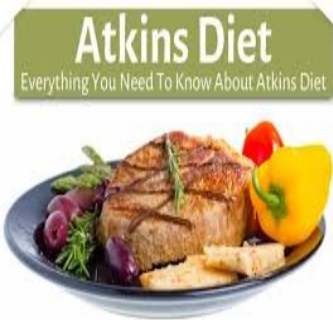
2. Ketogenic Diet

This diet involves reducing carbohydrate intake and upping fat intake. It sounds contrary to common sense, but it allows the body to burn fat as a fuel, rather than carbohydrates.

Healthy fats, such as those in avocados, coconuts, Brazil nuts, seeds, oily fish, and olive oil are liberally added to the diet to maintain an overall emphasis on fat.

The diet causes the break down of fat deposits for fuel and creates substances called ketones through a process called ketosis. This diet has risks including ketoacidosis and coma for those susceptible to being diabetic.
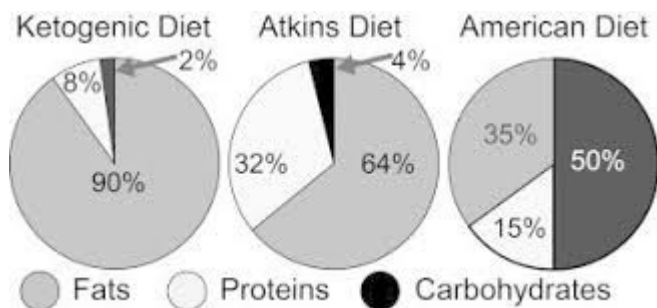
3. Vegan

A vegan does not eat anything that is animal-based, including eggs, dairy, and honey.

4. South Beach Diet

This diet emphasizes eating high-fiber, low-glycemic carbohydrates, unsaturated fats, and lean protein. It prohibits foods rich in simple carbohydrates such as white bread, white potatoes and white rice,. It's focuses is on the "glycemic impact" (short term change in blood glucose) of foods.

5. Paleo Diet

This is a diet based on the types of foods presumed to have been eaten by early humans, consisting chiefly of meat, fish, vegetables, and fruit, and excluding dairy or grain products and processed food.
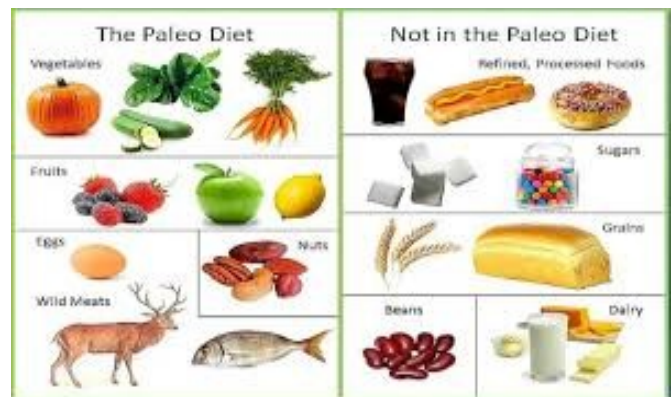
Weight Loss: Old School vs New School

Old School

Standard prescription for weight loss – count and reduce the amount of calories you consume. 3500 calories equal a pound so reduce your caloric intake by 500 calories a day and in 7 days you have lost a pound.

There have been studies to show that keeping a "food diary" helps individuals reach their weight loss objectives.

A food diary helps:

1. Increase your awareness of your eating patterns.

2. Plan your meals and snacks

3. Informs you about the calorie content of various foods

4. Holds you accountable for what you eat and how much.

MyFitnessPal in a great app to download to assist you in tracking your daily caloric intake.
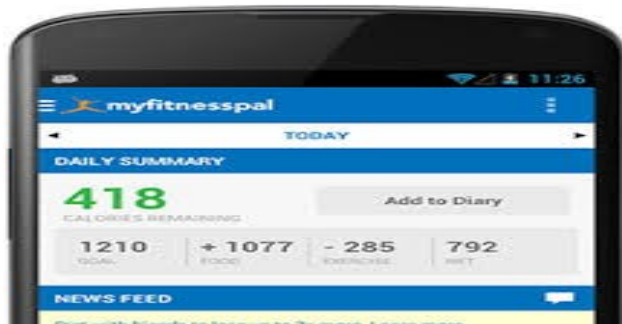
Caloric Information

Please refer to pages 4 and 5 for basic caloric information for various foods consumed in our North American diets

Portion Size

For accurate caloric counting understanding appropriate portion sizes is important. The following table should help you in this regard.

Fat – 4 dice = 1 ounce = 28 grams = 1/16 pound= 220 cal.
Grain products – 1/2 baseball = 1/2 cup = 100 cal
Meat, chicken or fish -1 deck of cards = 3 oz = 90 grams=
1/4 of a pound =
150 cal
Fruit – tennis ball =3/4 cup=6 oz=180 ml = 60 cal
Vegetables - 1 cup raw & 1/2 cup cooked = 100 cal
Milk /yogurt– 1 cup = 8 oz=240 ml = 130 cal

New School

Don't worry about counting calories or limiting portion sizes– just cut back on added sugar, refined grains and highly processed foods while concentrating on eating plenty of vegetables and whole foods.

New research from the Stanford Prevention Research Centre suggests that diet quality, not quantity, is what helps people lose and manage their weight most easily over the long run. The uniqueness of the study was that it did not set restrictive carbohydrate , fat or caloric limits on people but wanted the participants to focus on eating "real" foods as much as they needed to avoid feeling hungry.

"Real" food included brown rice, barley, steel-cut oats, lentils, low-fat dairy products, quinoa, fresh fruits and legumes, grass fed and pasture raised lean meats, olive oils, nut butters, nuts, seeds and hard chesses. Over the year some participants did gain weight while others lost up to 60 pounds. The average weight loss was 13 pounds. For some, losing 13 pounds over a 52 week period may seem trivial but considering that over this period of time the only habitual change you have made in your diet is to eliminated added sugars, refined grains and processed foods while eating as much as you wanted, the loss is remarkable.

An additional benefit from this "new" approach to weight control is improvement in other health markers such as reduced waist size, body fat, blood sugar and blood pressure levels.

Bottom line: focus on diet quality that includes nutritious whole foods that satisfy hunger vs diet quantity involving caloric counting.

Basic Caloric Information

Food	Calories / serving		Fat (g)	Protein (g)	CHO (g)
1. Non-Starchy Vegetables (1 cup)	**30 cal**				
Asparagus (10 spears)			0	4	6
Broccoli			0	3	6
Carrots			0	1	7
Cauliflower			0	2	5
Snow peas, green beans			0	2	6
Tomato			0	1	5
Green Peppers, green onions			0	0	6
Note - "Free" Vegetables	**0 cal**				
Bok Choy			0	1	1.5
Celery			0	1	4
Cucumber			0	1	3
Lettuce & Spinach & Kale			0	6	7
Zucchini			0	2	3.2
2. Fruit (Tennis ball size)	**60 cal**				
Grapefruit, Apple, orange, peach (Medium size)			0	1	19
1/2 Banana			0	1	27
Blue and black berries (1 cup)			0	1	20
Strawberries & Raspberries (1 cup)			0	1	21
Grapes (1 cup)			0	1	18
Watermelon (1 cup)			0	1	4
3. Grains & Starchy Vegetables	**100 cal**				
Bread products					
1 slice bread			1	2.5	14
5-10 crackers (whole wheat)			4	3	20
1/2 pita			1	3	17
Bagel			1	6	33
6" tortilla shell			10	6	38
6 " Baguette	415 cal		5	13	79
Cooked Grains (1cup)	**200 cal**				
Rice & Guinoa			2.5	6	29
Pasta			1	4.5	20
Starchy Vegetables (1 cup= baseball)	**100 cal**				
Corn niblets (1/2 cup)			1	2.5	21
Corn on cobb	150 cal		3	5	26
Peas (1 cup)			0	4	10
Beets (1 cup)			0	4	25
Squash (1 cup)			0	1	4
Mashed Potato & sweet potatoes (1/2 cup)			0	4	37
Mini potatoes (6)			0	4.5	30
Cereals					
Bran Buds (1/2 cup)	100 cal		1.5	3	30
Granola/Museli (2/3 cup)	200 cal		7	7	40
Oatmeal (1 cup)	200 cal		2	6	25

Basic Calorie Information

4. Dairy	100 cal		Fat (g)	Protein (g)	CHO (g)
Cheese Products					
Assorted Cheeses (1 oz = 4 dice)			22	16	1
Cream cheese (2 tbs = golf ball)			10	2	1
Sour Cream (2 tbs)	20 cal		0	2.5	2.5
Milk Products					
1% Milk (1 cup)			5	8	12
Chocolate Milk (473 ml=1 carton)	300 cal		5	9	35
Yogurt					
Non-fat (0% mf) (1 cup = baseball) (IOGO)	70 cal		0	6	10
Low fat (1% mf) (3/4 cup = tennis ball) with fruit			2	9	50
Non-fat Greek (3/4 cup = tennis ball) (PC)	100 cal		0	18	6
Eggs (2)	150 cal		10	12	2
5. Proteins	150 cal				
Legumes (1/2 cup = 1/2 baseball)					
Chickpeas			6	20	60
Kidney, black & white bean			1	15	41
Lentils			1	18	40
Hummus (4 tbsp= 1/4 cup)			10	4	6
Meats (3oz= deck of cards)					
Meat(lean beef, veal, pork), poultry, oily fish(salmon, trout, cod, haddock, tuna, scallops (10), mussels (15) , shrimp (30))			3	27	0
Tuna (1 can-116 g)	100 cal		1	12	0
6. Fats, Sugar,& Alcohol					
Added fats					
Butter (1 tbsp)	100 cal		15	0	0
Mayonnaise (1 tbsp)	100 cal		10	0	0
Olive Oil (1 tbsp)	125 cal		13	0	0
Nuts & Seeds					
Peanut Butter (2 tbsp)	180 cal		15	7	8
Flax seeds (1 tbsp)	30 cal		3	2	2
Cashews (1 serving = 1 oz=1/3 cup=22 pieces)	170 cal		21	7	15
Almonds (1 serving = 1 oz=1/3 cup=18 pieces)	160 cal		16	7	7
Peanuts (14), Pistachios (25), Pecan halves (10), walnuts (7)	100 cal		10	5	3
Added Sugars					
White Sugars (2 tbsp), Honey (2tbsp)	96 cal, 120 cal		0	0	24, 34
Maple syrup (2 tbsp), Jam (2 tbsp)	110 cal		0	0	30
Alcohol					
Beer (regular) (12oz), Beer (light) (12oz)	150 cal, 100 cal		0	0	10, 5
Wine (5 oz), Spirits (1 1/2 oz)	120 cal, 110 cal		0	0	4, 0
Salad Dressings (2tbsp)					
Italian, Thousand Island, Ranch, French	100 cal		10	0	4
Treats					
Ice Cream (1 cup), Potato Chips (12 chips)	265, 160		15, 10	5, 2	33, 14
Coffee (14 oz),	**Caffeine - 205 mg**				
Diet Coke- (12 oz)	**Caffeine - 46 mg**				