MICHELLE MATTIA, RDN

LIFESTYLE MODIFICATION

Overweight and Obesity

About 74% of adults are overweight or have obesity.

Adults ages 40 to 59 have the highest rate of obesity (43%) of any age group with adults 60 years and older having a 41% rate of obesity.

About 40% of children and adolescents are overweight or have obesity; the rate of obesity increases throughout childhood and teen years.

Reference: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Cardiovascular Disease (CVD) and Risk Factors:

- Coronary artery disease
- Hypertension
- High LDL and total blood cholesterol
- Stroke

- Heart disease is the leading cause of death.
- About 18.2 million adults have coronary artery disease, the most common type of heart disease.
- Stroke is the fifth leading cause of death.
- Hypertension, high LDL cholesterol, and high total cholesterol are major risk factors in heart disease and stroke.
- Rates of hypertension and high total cholesterol are higher in adults with obesity than those who are at a healthy weight.
- About 45% of adults have hypertension.[a]
- More Black adults (54%) than White adults (46%) have hypertension.
- More adults ages 60 and older (75%) than adults ages 40 to 59 (55%) have hypertension.
- Nearly 4% of adolescents have hypertension.[b]
- More than 11% of adults have high total cholesterol, ≥240 mg/dL.
- More women (12%) than men (10%) have high total cholesterol, ≥240 mg/dL.
- 7% of children and adolescents have high total cholesterol, ≥200 mg/dL.

Reference: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Diabetes

- Almost 11% of Americans have type 1 or type 2 diabetes.
- Almost 35% of American adults have prediabetes, and people 65 years and older have the highest rate (48%) compared to other age groups.
- Almost 90% of adults with diabetes also are overweight or have obesity.
- About 210,000 children and adolescents have diabetes, including 187,000 with type 1 diabetes.
- About 6-9% of pregnant women develop gestational diabetes.

Reference: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

LIFESTYLE MANAGEMENT

- Dietary Patterns: TLC, AHA, DASH or Mediterannean
- Weight loss if needed
- Portion-controlled foods
- Moderate highly-processed and sugar-laden food/drink
- Exercise as tolerated
- Increase fiber intake to 25-35g per day
- Replace saturated/trans fat with omega-3 fatty acids
- Add f/v for antioxidants and increase nutritional density
- Alcohol in moderation

MODIFIABLE RISK FACTORS

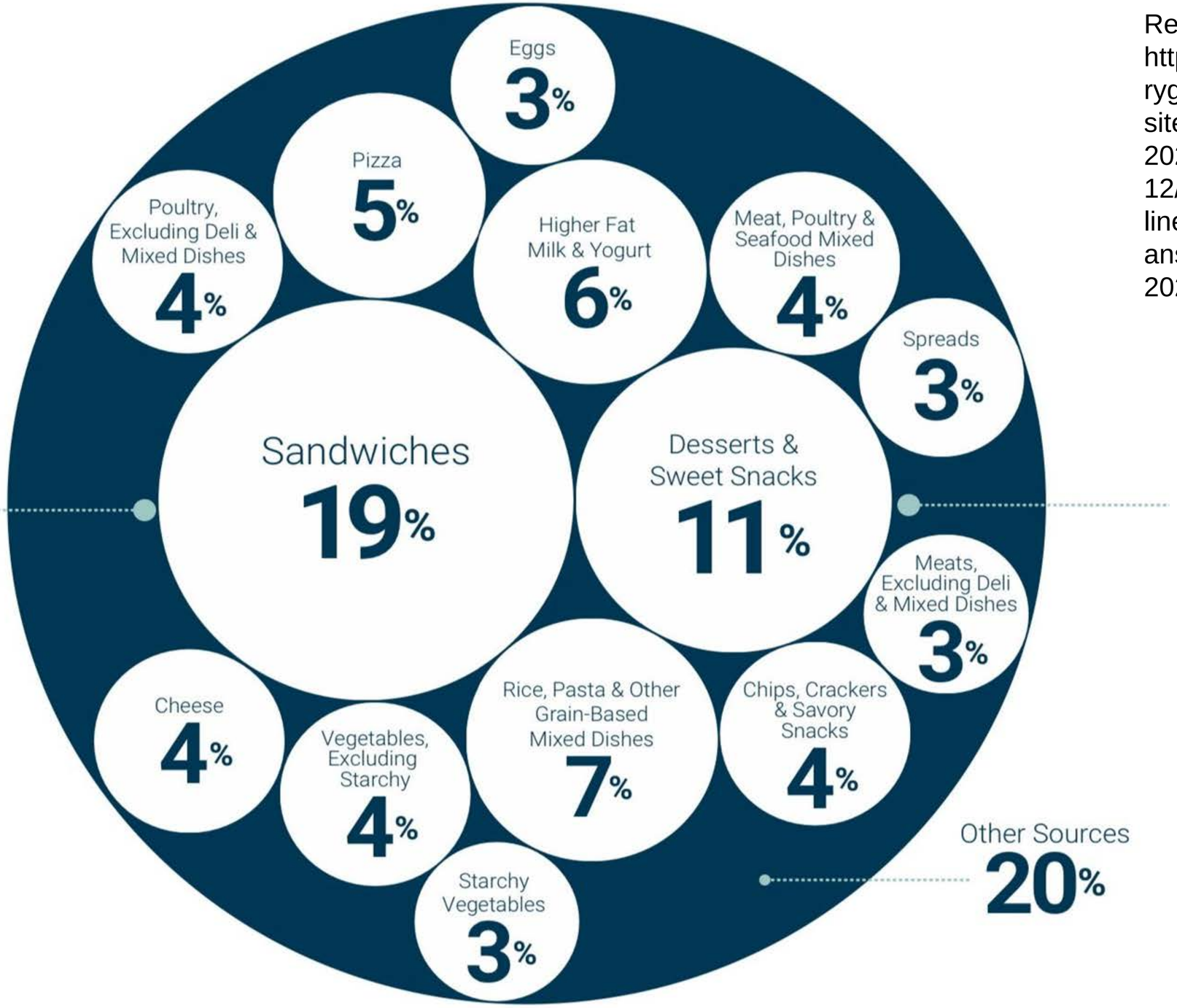
- Tobacco use
- Physical inactivity
- Poor diet
- Stress

AHA Diet Recommendations

- Lowering LDL cholesterol
  - Reduce calories from saturated fat
  - Reduce consumption of trans fat
  - Eat appropriate amount and quality of calories
  - Follow diet therapy for other diseases (ex. diabetes)
  - Emphasize fruit, vegetables, legumes, whole grains, fish, nuts/seeds, oils, low-fat dairy
  - Limit intake of red meat and processed meats
  - Limit intake of sweets, especially sugar-sweetened beverages
  - Achieve DASH diet or USDA MyPlate food pattern

Reference: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Saturated Fat
Average Intake:
239 calories/day



Reference: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Sodium
Average Intake:
3,393 mg/day

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

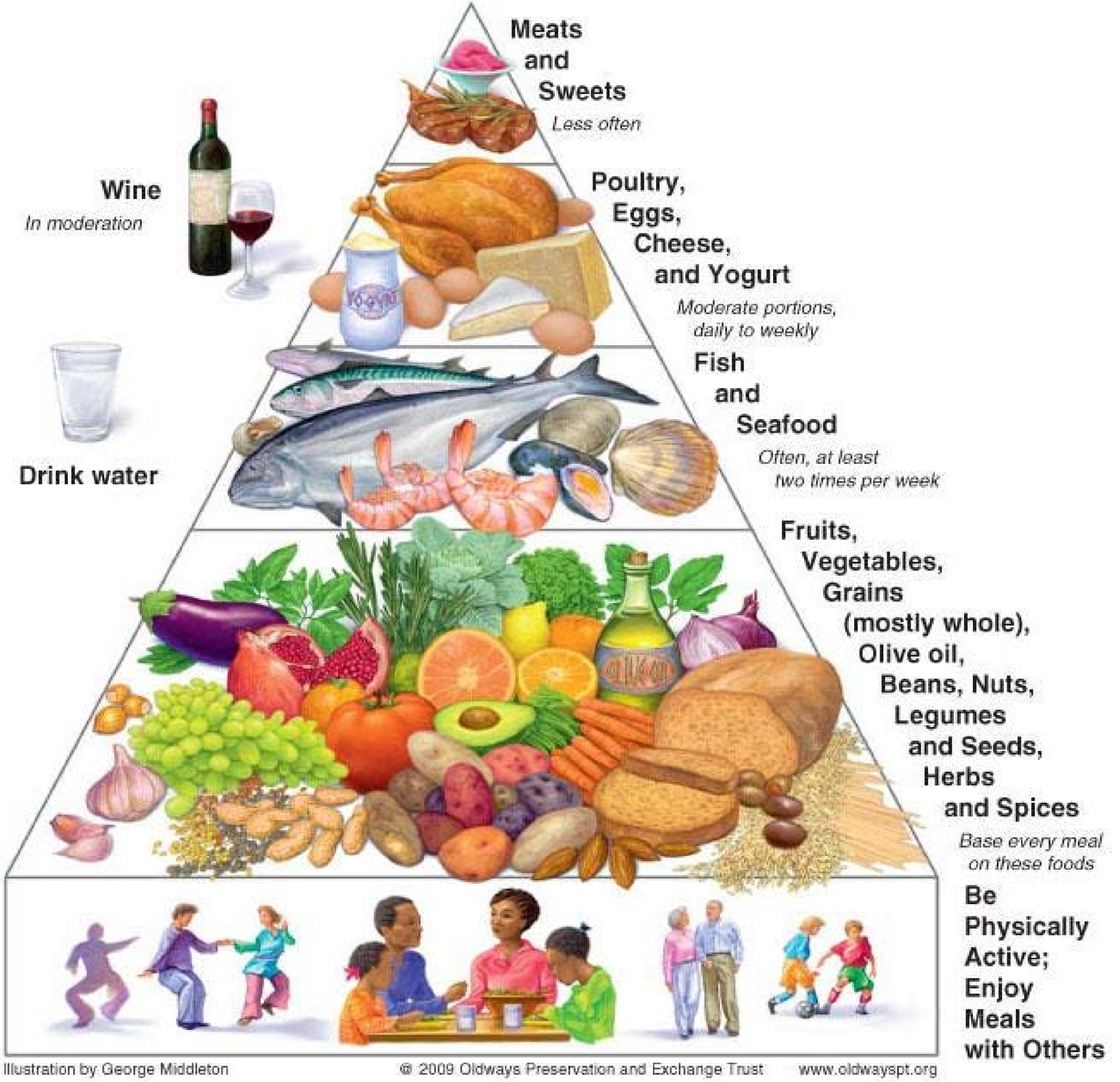


Illustration by George Middleton

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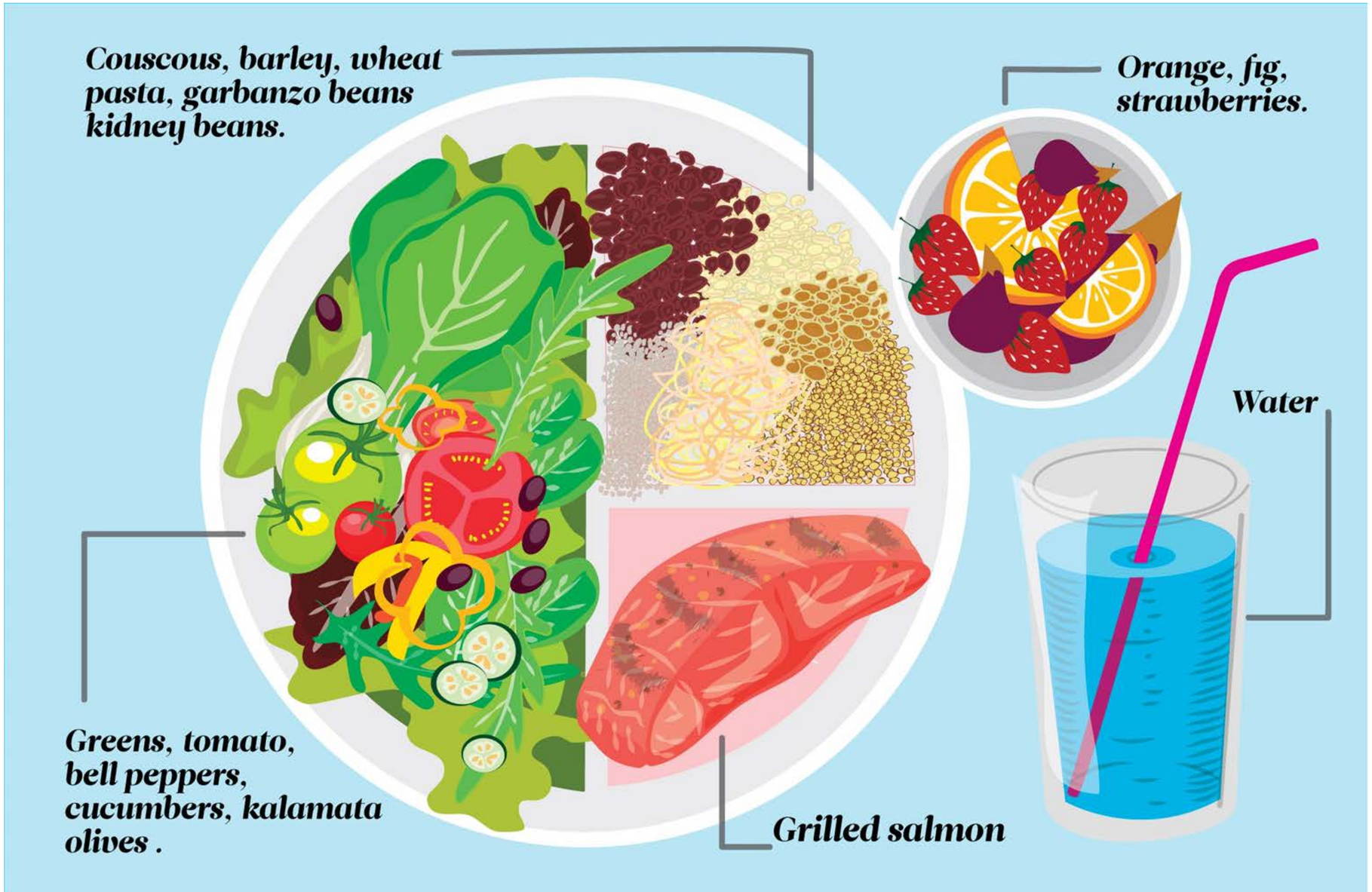
www.oldwayspt.org

Reference:
www.oldwayspt.org

Mediterranean Diet



MONOUNSATURATED FATS

- Liquid at room temperature, solid when chilled
- Lower LDL levels when consumed in moderation
- High in Vitamin E (antioxidant)
- Found in:
  - Oils (olive, canola, peanut)
  - Avocados
  - Peanut butter
  - Flax seeds
  - Walnuts
  - Sesame seeds

Polyunsaturated fats

Differences Between the Omegas

Omega	What Does It Do?	Foods To Eat
Omega-3	Controls blood clotting; builds cellular membranes in the brain; enhances brain and joint function; fat-loss and muscle-building benefits in athletes; reduces risk of cancer, heart disease, and diabetes; reduces inflammation	Fatty fish (salmon, mackerel, cod, etc.); vegetable oils (soybeans, walnuts, flaxseed, etc.); green vegetables (kale, spinach, Brussels sprouts, salad greens, etc.)
Omega-6	Regulates brain functioning; regulates growth and development; stimulates hair and skin growth; regulates metabolism; maintains healthy bones and reproductive system; increases inflammation	Most vegetable oils, nuts, and grain-fed meats

More Omega 3-rich foods:

- Flax seed oil
- Flax seeds
- Hemp oil
- Rapeseed (canola) oil
- Pumpkin seeds
- Soybean oil*
- Walnut oil*
- Walnuts
- Oily fish

What is the DASH Eating Plan?

DASH studies

- Showed a decrease in blood pressure when diet is:
  - Low in saturated fat, cholesterol and total fat
  - Emphasizes fruits, vegetables, low fat dairy products
  - Reduced in red meats, sweets, added sugars
  - Rich in potassium, calcium and fiber

Dietary Factors

- Dietary cholesterol—no longer recommended to restrict dietary cholesterol
- Fiber—high intake associated with lower incidence of CVD
- Antioxidants—high in diets rich in fruits and vegetables
- Stanols and sterols—known to lower cholesterol by blocking absorption
- Omega-3 fat—showed decreased risk of CVD in some studies. May lower triglyceride levels and raise HDL levels
- Weight
  - ➢ Obesity is associated with increased risk of all CVD
  - ➢ AHA guideline specific to obesity
  - ➢ CVD risk related to years of obesity

Medical Nutrition Therapy for Hypertension

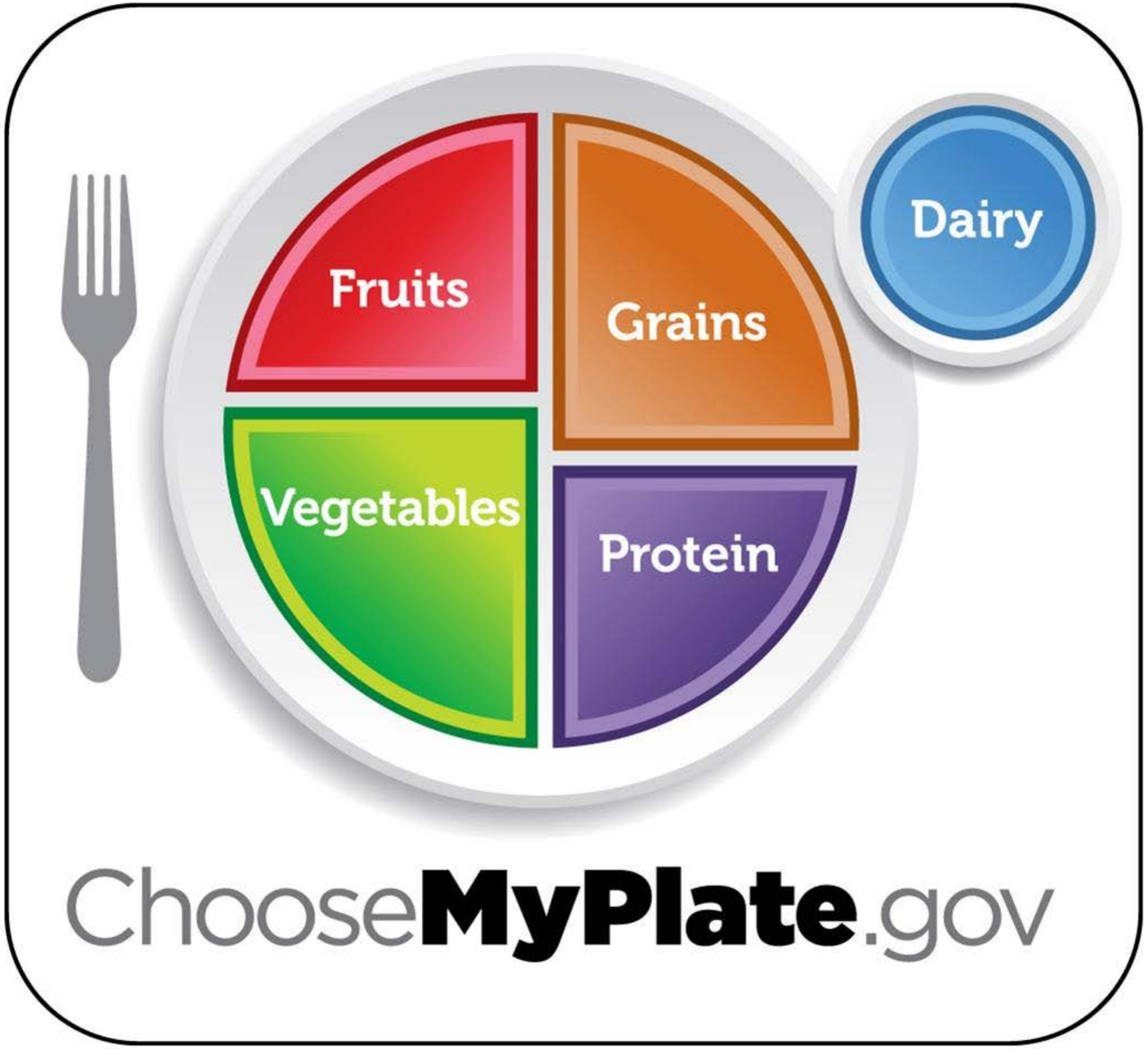
- DASH diet
- Weight management
- Alcohol in moderation
- Physical activity
- Omega-3 fat and MUFA

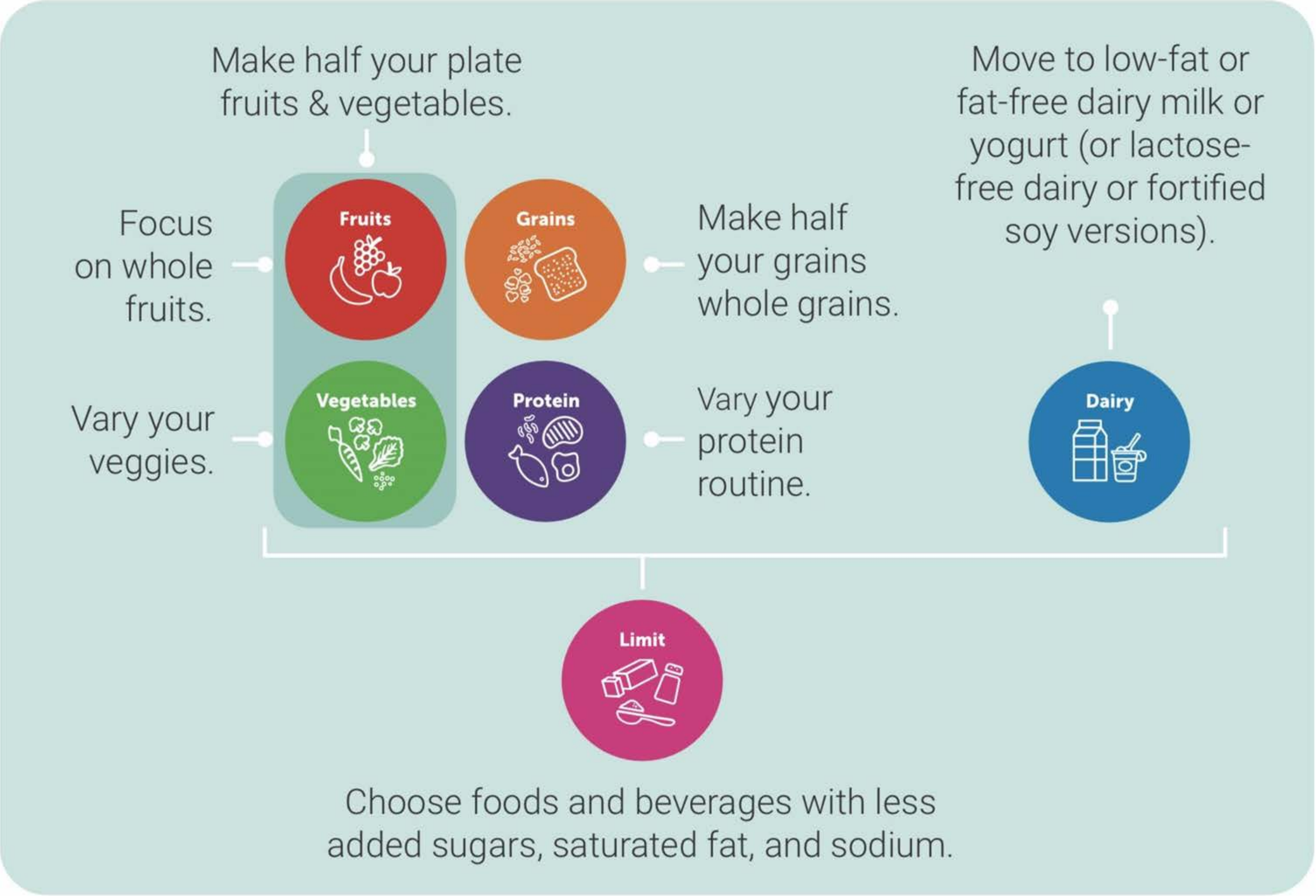
Sodium Intake

- AHA: 2400 mg
- U.S. Dietary Guidelines: less than 2300 mg
- For those with hypertension: 1500 mg
- DASH diet: 1500 mg
- 1 tsp salt = 2400 mg

- Follow a healthy eating pattern across the lifespan.
- All food and beverage choices matter.
- Focus on variety, nutrient density and amount.
- Limit calories from added sugars and saturated fats and reduce sodium intake.
- Shift to healthier food and beverage choices.
- Support healthy eating patterns for all.
- Home, school, work, etc.

Focus on a healthful, colorful & balanced plate

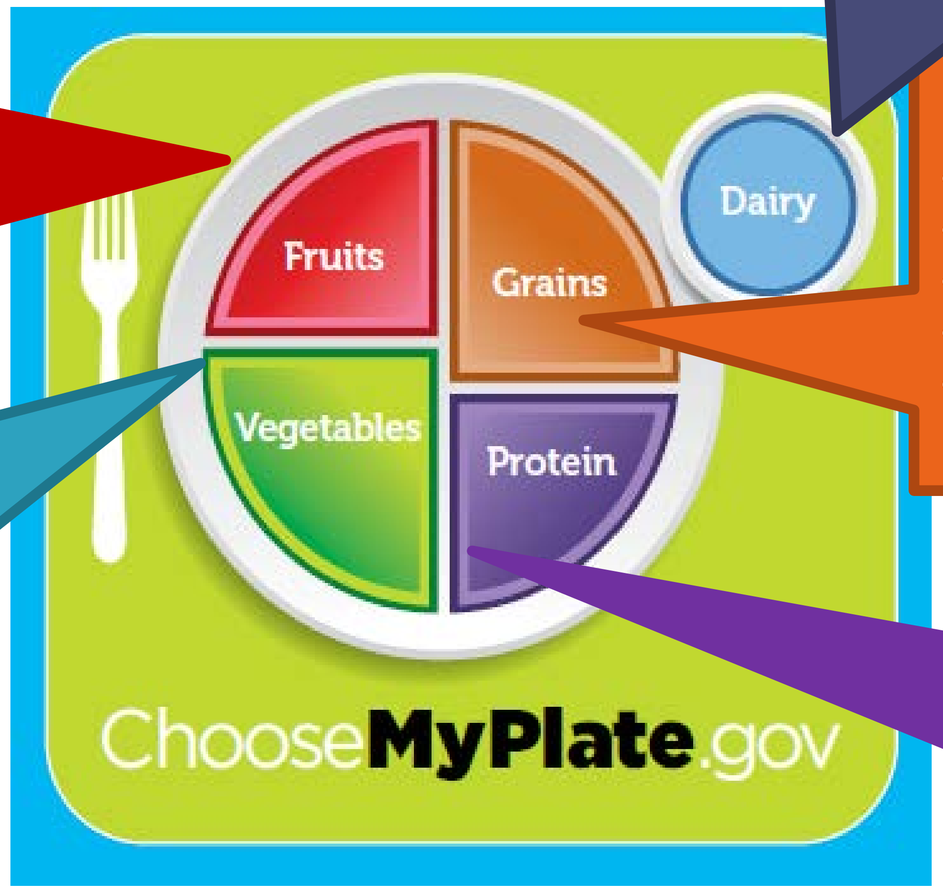



Make half your plate fruits & vegetables.
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).
Focus on whole fruits.
Fruits
Grains
Make half your grains whole grains.
Vary your veggies.
Vegetables
Protein
Vary your protein routine.
Dairy
Limit
Choose foods and beverages with less added sugars, saturated fat, and sodium.

2-3 servings daily

- Fresh
- Unsweetened Frozen
- Canned in Juice
- Dried or juiced (sparingly)

- Reduced-fat milk, cheese
- Yogurt (more protein than sugar)
- Unsweetened substitutes



Make Half, Whole
1 oz = serving

- Bread >o fiber
- Cereal >5g fiber
- Brown & Wild Rice
- Whole grain pasta
- Unsweetened Oats

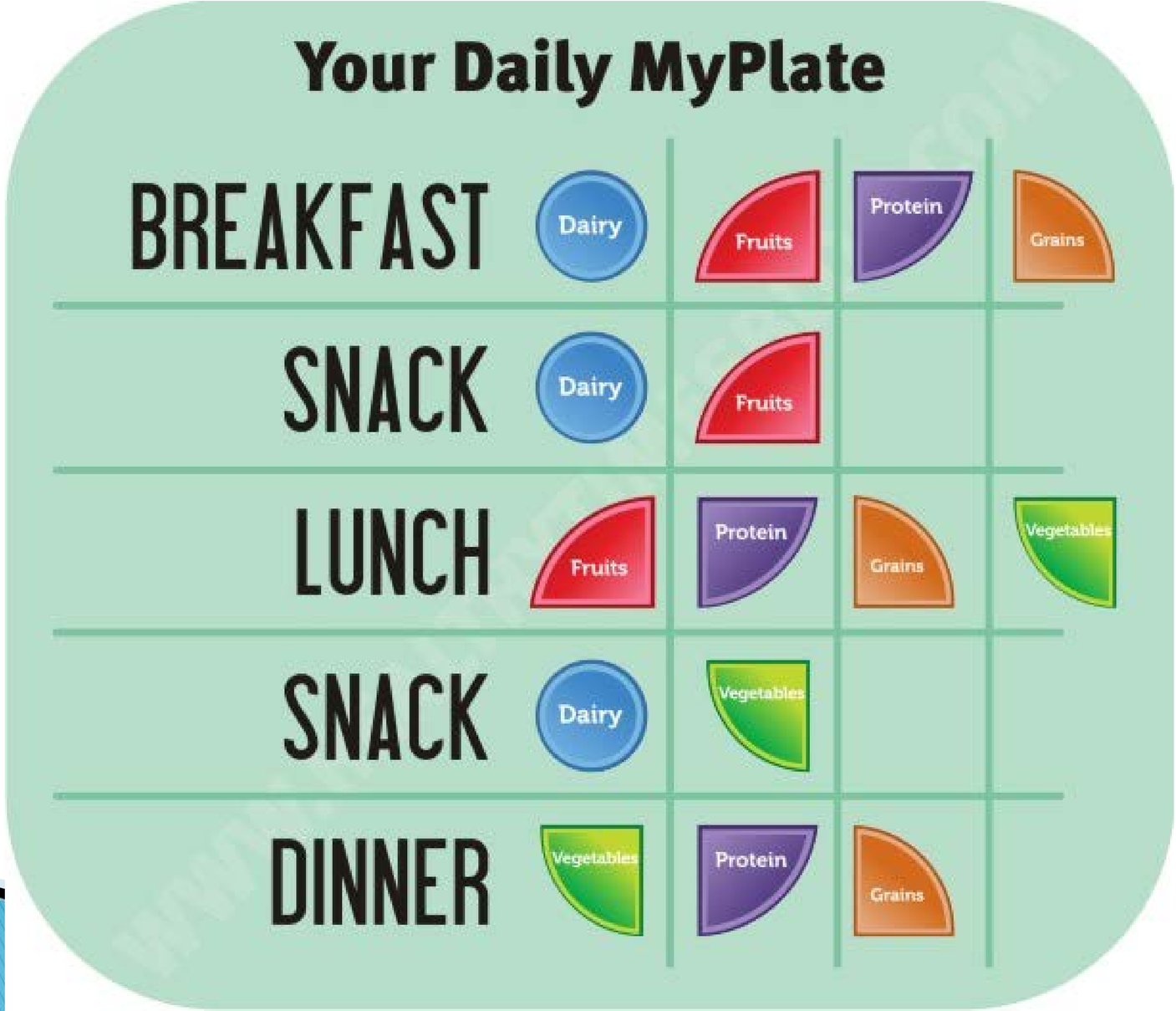
3-7 servings daily

- Fresh
- Unseasoned Frozen
- Unsalted Canned
- Check portions of starchy veggies

Go Lean!

- White Meat Poultry
- Fish & Seafood
- Eggs & Egg Whites
- Natural Nut Butters
- Beans, Lentils, Soy
- LF Cottage Cheese

Breakdown of a typical day



Old Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 5g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Proposed New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories 230

% DV*	
12%	**Total Fat** 8g
5%	**Saturated Fat** 1g
	Trans **Fat** 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	**Dietary Fiber** 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g

10%	**Vitamin D** 2mcg
20%	**Calcium** 260mg
45%	**Iron** 8mg
5%	**Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

EXERCISE

- Multiple mental and physical benefits
- Ensure medical clearance first
- Explore your options
- Enjoy what you do and do what you enjoy

How Much and How Long?

Physical Activity Guidelines for Americans

- For Important Health Benefits
  - 150 minutes of moderate-intensity aerobic activity every week AND muscle-strengthening activities 2 days a week
  - OR 75 minutes of vigorous-intensity aerobic activity every week AND muscle-strengthening activities 2 days week
- For Even Greater Health Benefits
  - 300 minutes of moderate-intensity aerobic activity AND strength training 2 days a week
  - OR 150 minutes of vigorous-intensity aerobic activity AND strength training 2 days a week

CONCLUSION

- Balance what you eat and do
- Be intentional about the quality and quantity of your food and drink
- Include colorful foods daily
- Seek additional support as needed