Cutting through the Clutter of Popular Diets

Zonya Foco, RD, CHFI, CSP
Protein Power, as Atkins says on page 235 is ...

“Eerily similar to mine.”
Very low in carbohydrates (20-90 g/day)  
Rec 150g-350g/day

Virtually NO fruit, grains, milk, beans, limited vegetables

High in meat (the fattier, the better the diet works), poultry, fish, oil, butter, cheese

“One of life’s charmed gifts. As delightful as sex and sunshine, with fewer drawbacks than either of them.

The safest, healthiest, most luxurious way to start the slim, second half of your life.”
Metabolic Advantage?

Can Calories be sneaked out of the body as ketones?

Well, sorta...

Acetone in the breath and ketoacids lost in the urine DO add up to ___ calories per day
Metabolic Advantage?

45 Calories Per Day
Why do people lose weight?

By eliminating thousands of our FAVORITE foods, i.e., bread, bagels, sandwiches, pizza, pancakes, chips, potatoes, french fries, corn, peas, fruit, pasta, rice, cereal, cakes, cookies, candy, etc.

Calorie Intake Drops

Bottom Line: Reducing food variety reduces calorie intake
The Top 10 Health Risks of High Protein / Low Carbohydrate Diets

1. **Heart Disease** (high sat. fat & cholesterol, iron, low in folacin, antioxidants)
2. **Cancer** (low fiber, low phytochemicals, high artificial sweeteners)
3. **Osteoporosis** (low calcium intake, high calcium excretion)
4. **Gout** (increased blood uric acid)
5. **Renal Impairment/Kidney Stones** (uric acid and calcium oxalate crystal formation)
The Top 10 Health Risks of High Protein / Low Carbohydrate Diets

6. Constipation
7. Orthostatic Hypotension induced fainting (electrolytes lost / dehydration)
8. Likelihood of Rising Blood Pressure with Age (low K+, Mg, Phos)
9. Reduced Athletic Performance
10. Poor Long-term Weight Control
Food Combining
Food Combining: Fact or Fiction?

- The theory behind food combining is:
  - Proteins require an acid environment while carbs require a basic environment
  - The theory is, when eaten together, the enzymes cancel each other out, creating a halt in the digestion process

- Food combining is NOT based on scientific fact
The Bottom Line

Food combining is JUST ANOTHER GIMMICK to reduce caloric intake
The South Beach Diet

♦ “Low-fat Atkins”

♦ Limits carbs but not so much to create ketosis

♦ Limits high glycemic carbs

♦ Combats diabetes and metabolic syndrome
**PROS**

- Lot’s of vegetables. (Breakfast even!)
- People “GET” the dangers of sugars/carbohydrates. (Insulin resistance, high triglycerides, excess calories)
- People “GET” a new handle on controlling carbohydrates.
CONS

♦ Glycemic Index to exclusion to avoid Carrots, Beets, Watermelon, Bananas?

♦ Promotes “pendulum swing” of denying/bingeing

♦ Persistent use of artificial sweeteners.

♦ 8-13 pounds promised first 2 weeks is completely false.
The Paleo Diet
-Loren Cordain, PhD

♦ Professor in Health & Exercise Science at Colorado State University

♦ One of the top global researchers in the area evolutionary medicine and the Paleolithic diet

♦ “Return to the foods you were genetically programmed to eat.”
DNA evidence shows that basic human physiology has changed little in 40,000 years.

Backed by thousands of clinical nutrition trials… (really?)

Endorsed by Michael Eades, MD “Protein Power”
Paleo-The Diet according to Cordain...

Did not eat
- dairy
- grains
- No processed sugars
- did not salt their food or process their meat
- Starchy Veg
- Legumes

Did eat
- Meat, fish & fowl
- Non-starchy veg
- Fresh fruit
- Nuts and seeds
Paleo-the Pro’s

♦ Nixes ALL processed food!
♦ By eating no grains-makes more room for veggies and fruits
♦ Proper omega 6 to omega 3 ratio
♦ Higher potassium to sodium ratio
♦ Great for meat and wild game lovers.
Paleo—the Con’s

♦ No Legumes! No root vegetables!
♦ No oatmeal, popcorn, ice cream….
♦ How many people will eat “more meat” but not really increase their veggies and fruit that significantly?
♦ Really just another low carb diet…
♦ Expensive? Sustainable? Organ meats?
♦ Can you really live this way forever?
“Plant Based”
The China Study

♦ T. Colin Campbell, PhD & Thomas M. Campbell II, MD

♦ 40 yrs of nutrition research

♦ Extensive studies of the various regions of China

♦ The most comprehensive study of health & nutrition ever conducted.
The problem with animal foods is the saturated fat, the cholesterol and THE PROTEIN.

We get all the protein we need from plants.

We need only 10% of calories from protein, we get 15-20%.

Nutrients from animal based foods increased tumor development while nutrients from plant-based foods decreased tumor development.
The Pros

♦ The most well studied and documented of all eating styles

♦ Can be very economical

♦ Effective for treating and preventing obesity, heart disease, type 2 diabetes, cancer, auto-immune diseases, even vision and brain

♦ Green diet, good for the planet
The Cons

♦ Very challenging in a meat & dairy centered world-
  Requires a high resolve

♦ Many argue that his results are incomplete.
The Raw Food Detox Diet

♦ Natalia Rose, Certified Clinical Nutritionist
♦ Raw foods = live enzymes
The Raw Food Hook

“If you are looking for the secret to a perfect body, you are going to find it. You will be able to uncover a thinner, younger looking, more beautiful version of your current self and experience the renewed energy of youth.”

Open the flood gates for improvements in every area of your life
Why juice the veg instead of eating them? - pg 49

- By juicing we can ingest the quintessential organic water, chlorophyll, and enzymes from heaping mounds of vibrant greens in just minutes, without expending any digestive energy.
Whole Food Green Smoothie

1 cup O.J.
1 banana
1 apple, cored
2 cups kale
2 cups ice

Each 10-oz serving:
85 calories
2 gm of fiber
0 gm of fat
Avoid prolonged sitting. Stand up and move for 3 minutes of every hour you sit.

Sitting is the new Smoking!
Michael Pollan

♦ Eye-opening account of how we produce, market and agonize over what we eat.

♦ How food-industry manipulates production to maximize profit
The End of Overeating
David Kessler (former FDA Commissioner)

- A fascinating account of the science of human appetite, as well as its exploitation by the food industry
- Identifies the cues that lead to overeating
- Offers simple tools to help control one's impulses
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Champion Rodney Partridge
“You must practice the basics daily-Mastering the fundamentals”
We just want to Grapple!
Mastering the Fundamentals does change your life!

DIET FREE™

The Eight Habits That Will Change Your Life
DIET FREE™
The Eight Habits That Will Change Your Life
Liz before... Down 110 lbs.
Connie Before... Connie After...
Connie’s Motivation Tip!
“In one years time, I dropped 60 pounds, and I no longer have to take diabetes medication!”

- Marvin
Greg

“My cholesterol dropped 32 points”
Julie

“I no longer have to take blood pressure medication!”
Cholesterol dropped 275 pts.

I lost 60 pounds!

E's down 47 pounds!

Together lost 32 pounds.

Lost 30 pounds!

I dropped 17 pounds!

Whole family is better.

Diet FREE

The Eight Habits That Will Change Your Life
What are your health goals for 2014?

♦ Lose weight?
♦ Drop your cholesterol?
♦ Lower your blood pressure?
♦ Control Diabetes?
At last, a way to **LOSE WEIGHT** without being on a diet

**hap** introduces a life-changing nutrition and fitness program.

**DIET FREE**
The Eight Habits That Will Change Your Life
Now you can be inspired by Zonya each week for **10 straight weeks** with her 30-min seminars and coaching sessions, delivered to you online. You’ll also receive these books, DVD’s and audio CD’s to ensure your success.

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Thank you!

Zonya Foco, RD, CHFI, CSP
Host of Zonya’s Health Bites on PBS