On the Way to Lean

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What are we going to talk about?

“Now that treatment is over, your body may be different. This presentation will explore how you can redefine your eating and behavioral patterns to promote wellness and achieve a leaner profile.”
3 Key Factors That Negatively Impact Mindful Eating

- Food Rules
- Lack of Time to Deal with Food
- Food Marketing
Try Food Journaling: For a day or two, or for the whole week write down:

- What you eat
- When you eat
- Where you eat
- Why you eat
<table>
<thead>
<tr>
<th>What you ate</th>
<th>Where you ate</th>
<th>When you ate</th>
<th>Why you ate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt</td>
<td>Home, while getting ready for work</td>
<td>6 am</td>
<td>I know it is important to eat breakfast</td>
</tr>
<tr>
<td>Sandwich</td>
<td>Work, in front of computer</td>
<td>11:30 am</td>
<td>Hungry</td>
</tr>
<tr>
<td>Candy</td>
<td>Work</td>
<td>12:30</td>
<td>Frustrated about something at work</td>
</tr>
<tr>
<td>Apple</td>
<td>Work</td>
<td>2:30</td>
<td>Hungry</td>
</tr>
<tr>
<td>Nuts</td>
<td>On the way home from work</td>
<td>5:30 pm</td>
<td>They were in my car – a reward after a long day at work</td>
</tr>
<tr>
<td>Crackers and Cheese</td>
<td>Home, standing in the kitchen talking</td>
<td>6:30 pm</td>
<td>Social - relaxation</td>
</tr>
<tr>
<td>Fish, Rice vegetables</td>
<td>Home, in front of TV</td>
<td>7:30 pm</td>
<td>Dinner was ready</td>
</tr>
</tbody>
</table>
Focus on where and how you eat

- For a week, eat all of your meals sitting at a table. Put away distractions like electronics, bills, magazines and TV.
- Pay attention to how long you chew your food. Chew thoroughly.
- Practice paying attention to the flavor of your food and savoring every bite.
- Put your fork down between bites. Talk with your family at meal times.
- Slow down and listen to your body throughout each meal.
Why do you Eat?

• Comfort
Look at non-food ways to be comforted: Mindfully enjoy a good book, take up a hobby, volunteer to help someone else.

• You need to be Social
Drink more water, initiate conversation, remove yourself from the table when you have eaten

• Boredom
Recognize the boredom and make advanced plans on how to manage it

• Stress
Pace your day, declutter your environment, avoid overscheduling, or overcommitting
Reconnect with your hunger and fullness signals

The Hunger Scale

1. Starving and feeling weak/dizzy.
2. Very hungry, irritable, low energy, large amounts of stomach growling.
3. Pretty hungry, stomach is beginning to growl.
4. Beginning to feel hungry.
5. Satisfied, neither hungry nor full.
6. Slightly full/pleasantly full.
7. Slightly uncomfortable.
10. So full you feel sick.
There is good reason to be lean

Imagine a leaner you!
Obesity’s Link to Cancer

“Obesity is on its way to replacing tobacco as the number one preventable cause of cancer. We need to confront this growing problem and develop all the necessary tools to limit its impact.” - Clifford Hudis, MD, 2013-2014 ASCO President

Obesity Increases Cancer Risk

Cancers Linked to Obesity

Men
- Head/neck
- Esophagus
- Pancreas
- Kidney
- Colon
- Rectum
- Prostate

Women
- Head/neck
- Esophagus
- Breast
- Pancreas
- Kidney
- Colon
- Rectum
- Endometrium

In 2007, more than 84,000 new cancer cases were due to obesity.

The percentage of cancer cases attributed to obesity varies, but is as high as 40% for some cancers, particularly esophageal and endometrial.

Overweight/obesity contributes to as many as 1 in 5 cancer-related deaths.

Mechanisms Linking Obesity and Cancer

Obese people often have increased levels of insulin and insulin-like growth factor-1 (IGF-1) in their blood, which may promote the development of certain tumors.

Fat tissue produces higher amounts of estrogen, which may drive development of certain obesity-related cancers, including estrogen-sensitive breast cancers and endometrial cancer.

Obese people often have chronic low-level, or “subacute,” inflammation, which has been associated with increased cancer risk.

Fat cells (adipocytes) may also have effects on certain tumor growth regulators.
To work out your BMI:
• divide your weight in kilograms (kg) by your height in metres (m)
• then divide the answer by your height again to get your BMI

For example:
• if you weigh 70kg and you're 1.75m tall, divide 70 by 1.75 – the answer is 40
• then divide 40 by 1.75 – the answer is 22.9
• your BMI is 22.9kg/m²
How does fat develop?
Plasma sex hormone binding globulin is a marker for insulin resistance in males.
Chronic inflammatory diseases:
- Inflammatory bowel disease
- Rheumatoid arthritis
- Psoriasis
- Prostate
- COPD

Chronic fatigue syndrome

Cancer

Neurological diseases:
- Parkinson's disease
- Alzheimer's disease
- Epilepsy
- Dementia

Metabolic diseases:
- Diabetes
- Metabolic syndrome

Bone:
- Osteoarthritis
- Muscular dystrophy

Cardiovascular diseases:
- Atherosclerosis
- Stroke
- Heart failure
- Cerebrovascular disease

Skins:
- Wrinkles
- Cellulite

Inflammation

Aging

Fig. 2. Aging associated chronic diseases regulated by inflammation.
Which Plan Do You Choose?

- 30/10 Weight Loss Plan
- Paleo Diet
- Weight Watchers
- Atkins Diet
- Alkaline Diet
- Andrew Weil Diet
- Dr. Oz Diet
- Fit Day
- The Whole Thirty
- Blood Type Diet
Evaluate your Weight Loss Plan
A Calorie Deficit Must Occur

• It takes a deficit of 3500 kcal to lose a pound.
• The most efficient way to lose weight is to eat less and exercise more.
• Best not to consume less than 1000 kcal per day because this could slow metabolism in the long run.
• Eat more food earlier in the day and less in the evening
• Initially, stick to a set plan of 3 meals per day or 6. Grazing will result in higher calorie intake
• When you lose weight, it takes fewer calories to maintain that lower weight so you must adapt to eating less forever, or you will regain the weight.
• Slower weight loss tends to be more permanent
All food is NOT created equal. Energy derived from foods is not all the same

• Carbohydrates generate 4 kcal/gram
• Proteins generate 4 kcal/gram
• Fat generates 9 kcal/gram
The History of Dinner Plate Sizes Corresponds to the Increase in Obesity

8.5-inch
1960’s. Dinner Plate size = 8.5-9-inch. Holds about 800 calories

10-inch
1980’s. Dinner Plate size = 10-inch. Holds about 1000 calories (20% kcal increase)

11-inch
2000’s. Dinner Plate size = 11-inch. Holds about 1600 calories (35% kcal increase)

12-inch
2009. Dinner Plate size = 12-inch. Holds about 1900 calories (15% kcal increase)
Examine Your “Self-Talk”

Oh well, it’s the weekend. I’ll get back on track Monday.

It’s only 1 piece of chocolate, what could it hurt?

I can’t let all this good food go to waste, I’ll just take those last few bites.

Tasting the food during cooking doesn’t count.

It’s my birthday so I am going to have what I want.
Establish your Support System

• Who are the positive influencers in your life. How can they be of help with your weight loss efforts.

• Who are the negative influencers and what is your plan to deal with them and their comments regarding your weight loss efforts
What to consider when shopping for food?
Organic is a choice, not a necessity

Dirty Dozen

Apples
Celery
Cherry tomatoes
Cucumbers
Grapes
Nectarines
Hot peppers & kale/collard greens

Clean Fifteen

Asparagus
Avocados
Cabbage
Cantaloupe
Cauliflower
Eggplant
Grapefruit
Kiwi
Mangoes
Onions
Papayas
Pineapples
Sweet corn
Sweet peas (frozen)
Sweet potatoes
Plants and Intestinal Bacteria

- Gut bacteria comprise 70% of our immune system
- Increased fermentable fiber and resistant starches produce butyrate which may reduce inflammation
- Plant fibers activate existing gut bacteria
Sugar – The new evil nutrient

• The relationship between sugar and cancer is about obesity and insulin resistance verses sugar as fuel for cancer cells.
The amount of carbohydrate in the reference and test food must be the same.
### Glycemic Index of Foods

<table>
<thead>
<tr>
<th>Low GI</th>
<th>Medium GI</th>
<th>High GI</th>
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<tbody>
<tr>
<td>Stone ground whole wheat, pumpernickel bread</td>
<td>Sourdough, oat bran, multi-grain, pita breads</td>
<td>French/white bread or bagels English muffins</td>
</tr>
<tr>
<td></td>
<td>Popcorn, whole grain crackers</td>
<td>Rice cakes, pretzels, saltines, corn chips</td>
</tr>
<tr>
<td>Rolls/steel cut oatmeal</td>
<td>Quick oats</td>
<td>Instant Oatmeal, farina</td>
</tr>
<tr>
<td>All Bran cereal</td>
<td>Shredded Wheat, Special K</td>
<td>Processed cereals: flaked or puffed, rice or oats</td>
</tr>
<tr>
<td>Barley, pasta, converted rice</td>
<td>Couscous, Quinoa, wild rice</td>
<td>Short-grain sticky rice</td>
</tr>
<tr>
<td></td>
<td>Basmati/long grain rice,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>New boiled potatoes, yams, sweet potatoes</td>
<td>Russet or instant potatoes</td>
</tr>
<tr>
<td>Most fruit</td>
<td>Tropical fruits, dried fruits</td>
<td></td>
</tr>
<tr>
<td>Most vegetables</td>
<td>Corn, peas, winter squash</td>
<td></td>
</tr>
<tr>
<td>Beans/legumes</td>
<td>Baked beans</td>
<td></td>
</tr>
<tr>
<td>Soy milk, milk, yogurt</td>
<td>Custard, ice cream</td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>Oatmeal cookies</td>
<td>Graham crackers, Vanilla wafers</td>
</tr>
</tbody>
</table>
Limit saturated fats
Eat more plant fats, but not too much
• Omega III fatty acids may protect against the shortening of the telomeres at the ends of chromosomes.
• This process has been identified as a marker of cell aging and associated with cancer risk
At least 150 minutes of moderate exercise per week
No Need to Detoxify
Dietary supplements have been marketed as cures for > 100 years.

There is little evidence that dietary supplements can reduce cancer risk. “Some high-dose supplements can increase risk” American Cancer Society, Kushi et al 2012
Claims too good to be true, usually are not true.....
Recommendations from American Institute for Cancer Research

• Be as lean as possible without becoming underweight.
• Be physically active for at least 30 minutes every day.
• Avoid sugary drinks, and limit consumption of energy-dense foods (particularly processed foods high in added sugar, low in fiber or high in fat).
• Eat a variety of vegetables, fruits, whole grains and legumes such as beans.
• Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
• If consumed at all, limit alcoholic drinks to two for men and one for women a day.
• Limit consumption of salty foods and foods processed with salt (sodium).
• Do not rely on supplements to protect against cancer.
• And always remember – do not smoke or chew tobacco.
Questions?