

“Are you in a *see* food diet?”

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OUR LADY OF LOURDES HOSPITAL



Healthy Lifestyle Check

Update on the Ketogenic Diet and
Intermittent Fasting for weight loss

Calorie Counting guessing game

Guidelines to Healthy Eating Lifestyle

Exercise as part of a Healthy Lifestyle



To start with , lets answer the following questionnaire
“ DO YOU HAVE A HEALTHY LIFESTYLE ?”

Healthy Lifestyle Questionnaire

- ☐ 1. Do you have a regular exercise of 15 – 30 minutes at least 3 to 5 times a week ?
- ☐ 2. Do you eat BREAKFAST every day?
- ☐ 3. Do you seldom snack on “ softdrinks , potato chips, pies, chocolates, candies ?
- ☐ 4. Do you drink alcoholic beverages ?



Healthy Lifestyle Questionnaire

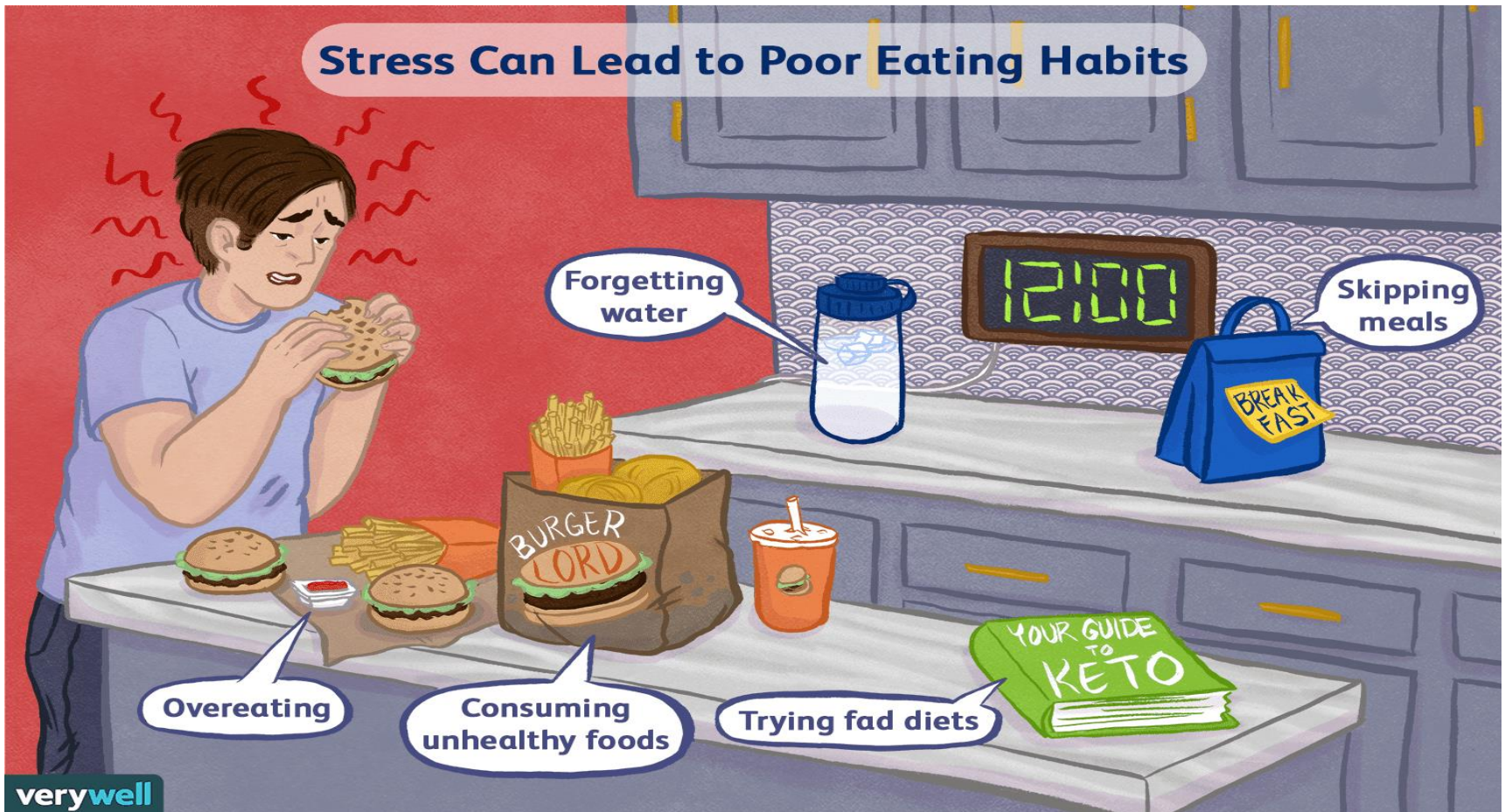
- ☐ 5. Do you smoke?
- ☐ 6. Are you able to sleep for 7 – 8 hours a day?
- ☐ 7. Do you try to achieve to have a healthy WEIGHT ?
- ☐ 8. I can manage stress (symptoms like headaches,ulcers,palpitations, etc.)



IF YOU HAVE:

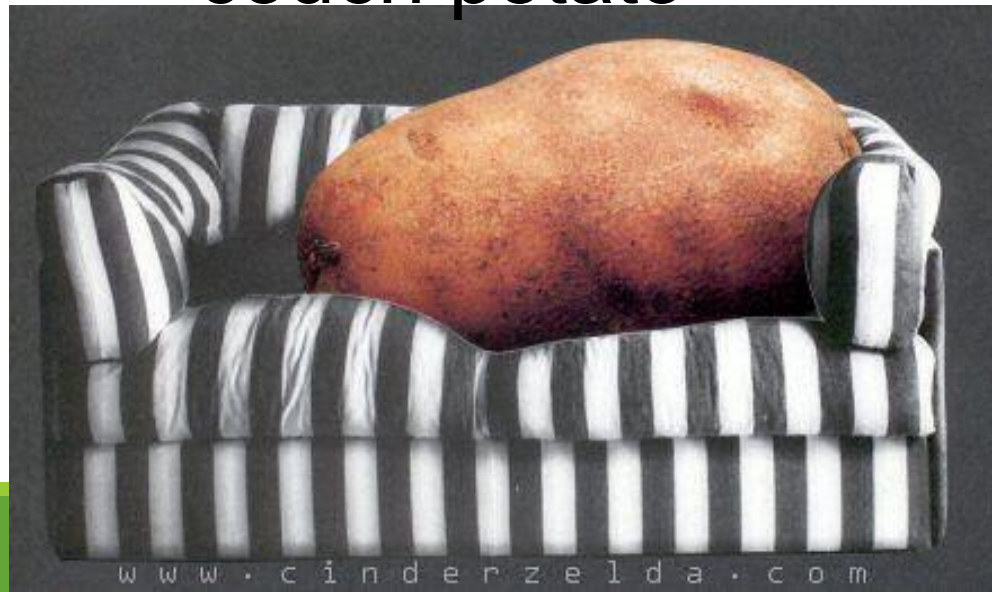
6-8	Yes	Congratulations! You already follow a healthy lifestyle. Keep up the good habits and keep looking for ways to improve.
4-5	Yes	You still have a way to go. You are following some of the good health practice. For better health and longer life, more effort is needed to improve the diet and increase your physical activity level.
0-3	Yes	You cannot follow most of the good health practices. more detailed lifestyle modification is all you need. Please contact our center for further professional advice.

Stress Can Lead to Poor Eating Habits





“couch potato”



From Urban dictionary

The screenshot shows a web browser window with the Urban Dictionary website. The browser's address bar displays the URL: `urbandictionary.com/define.php?term=see-food%20diet`. The website's header includes the 'urban DICTIONARY' logo, navigation links for 'Browse', 'Categories', 'Vote', and 'Store', and a 'Cart' link. A search bar with the placeholder text 'Type any word...' is present, along with icons for adding, sharing, and user profile. The main content area features the 'TOP DEFINITION' for 'see-food diet', which is categorized under 'food'. The definition reads: 'On a **diet** when you see **food** and you **eat it**. We are in a see-food diet to have an **excuse** for **eating so much**. #food #desert #lunch #snack #dinner by MaloOki July 13, 2015'. Below the definition are icons for social media sharing and a 'Word' mug. A green banner at the bottom of the definition section says 'Get a see-food diet mug for your Facebook friend Zora.'. The browser's taskbar at the bottom shows the Windows logo, Google Chrome, and other open applications, with the system clock indicating 10:25 PM on 9/3/2019.

Google x Messenger x Urban Dictionary: see-food diet x +

← → × ⌂ ⚡ urbandictionary.com/define.php?term=see-food%20diet ☆ E ⋮

urban DICTIONARY Browse Categories Vote Store Cart

Type any word...

TOP DEFINITION

see-food diet

On a **diet** when you see **food** and you **eat it**.

We are in a see-food diet to have an **excuse** for **eating so much**.

#food #desert #lunch #snack #dinner

by MaloOki July 13, 2015

14 1

Word

Get a see-food diet mug for your Facebook friend Zora.

ACTIVITY

Waiting for dmp.truoptik.com...

10:25 PM 9/3/2019

THE CONTROVERSIAL : KETOGENIC DIET AND INTERMITENT FASTING



JUANA CHANGE



THE CONTROVERSIAL : KETOGENIC DIET AND INTERMITTENT FASTING



7-DAY KETO DIET MENU & PLAN

KETO DIET FOOD DIET LIST

KETODIETRULE.COM

 <p>FAT 60-75% OR MORE</p> <p><i>Fat is the main part of the keto diet, helping the body get into ketosis to fuel your body instead of glucose..</i></p>	<p>FOOD LIST</p> <ul style="list-style-type: none">+ Heavy cream+ Ghee+ Avocado+ Softer cheeses+ Fatty fish+ Coconut oil+ Butter 
 <p>PROTEIN 15-30% OF CALORIES</p> <p><i>Protein helps you maintain your muscle mass and boost metabolism. But don't over eat because it can also kick you out of ketosis.</i></p>	<p>15-30% OF CALORIES</p> <ul style="list-style-type: none">+ Beef+ Chicken+ Lamb+ Pork+ Veal+ Fish+ Shell fish 
 <p>CARBS 5-10% OF CALORIES</p> <p><i>The key to keeping your body in ketosis is to keep your carbs low. Stay with foods that are low in carb and zero sugar.</i></p>	<p>5-10% OF CALORIES</p> <ul style="list-style-type: none">+ Lettuce+ Greens+ Asparagus+ Bok choy+ Celery+ Eggplant+ Mushrooms 

KETODIETRULE.COM

May 25 , 2018 PHA
49th Annual Conv
Expert Panel on Preventive
Cardiology
Ketogenic Diet and Intermittent
Fasting

DISCLOSURE

The KETOGENIC DIET that this will be discussed in this portion is the

MEDICAL NUTRITION THERAPY for Patients with Intractable Seizure

among children and whose AED's exceed 2 drugs.

“ The BENEFIT of fasting and SEIZURES were noted as early as BIBLICAL TIMES “

Alice T. Gash, MS, RD , The Kennedy Institute for Handicapped Children, Baltimore Maryland

Early years ago



Mark 9:14-19 “The boy with an evil spirit “

**Matthew 17: 15-16,
“Jesus heals an epileptic boy “**

KETOGENIC DIET: History

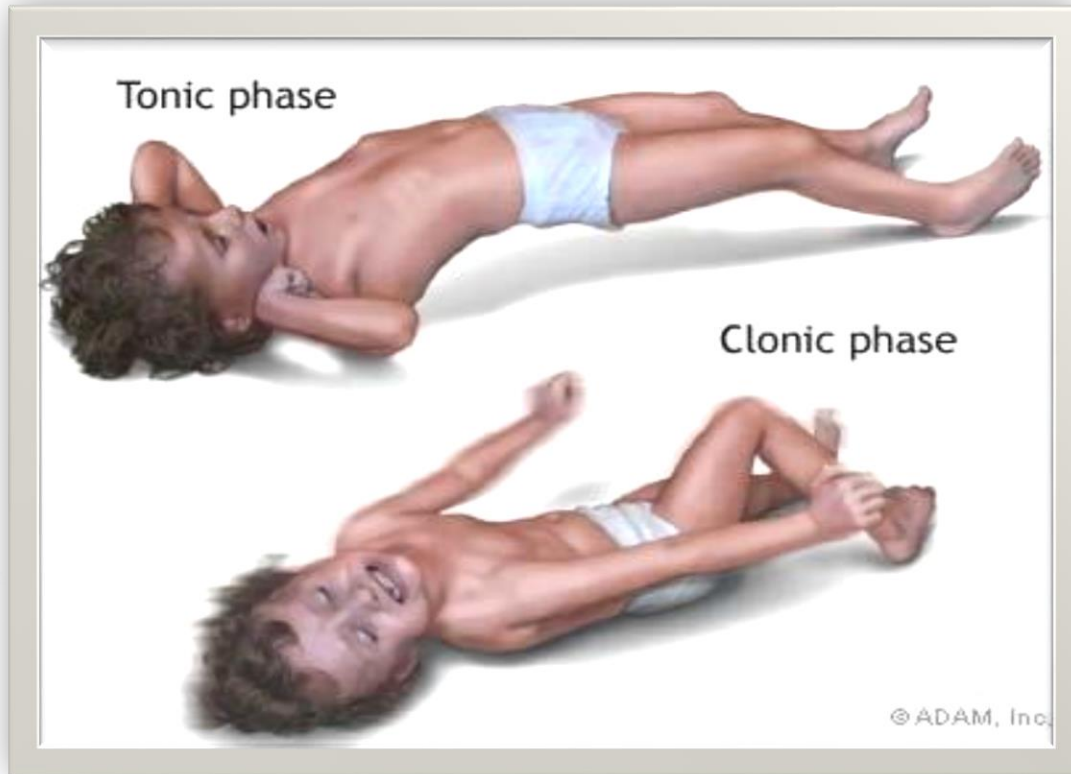
Hippocrates established in the 5th century BC that fasting reduced seizure activity.

In the early 20th century, two French neurologists reported a decrease in seizures in patients who completed a four-day fast.



Russel Wilder from the Mayo Clinic used Ketogenic Diet as a treatment for epilepsy in 1921.

In 1921, a diet that induced the metabolic effects of fasting was introduced



INTENT OF THE KETOGENIC DIET:
SEIZURE CONTROL WITH MINIMAL MEDICATION
THUS MINIMIZING DRUG SIDE EFFECTS

Indications and Rationale



Used on children that are between the ages of 2 and 10 years old

- 1. Type of seizure**
- 2. Response to medication**
- 3. Age**
- 4. Probable compliance**

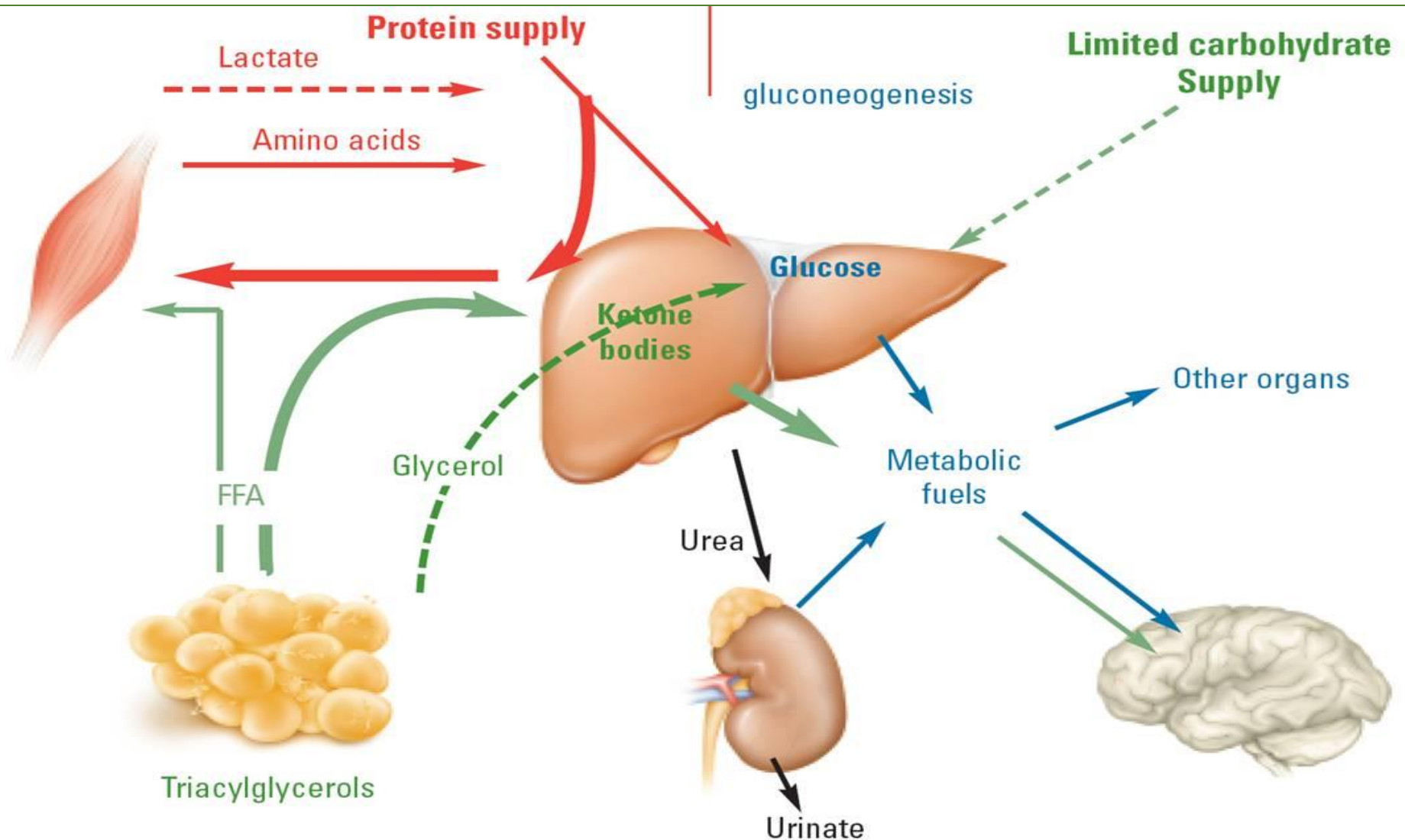


Diet is designed to produce KETONES as a result of the incomplete combustion of fat



ANTICONVULSANT EFFECT

Mechanism of the Ketogenic Diet



Classification of Ketogenic Diet

- ❑ **CLASSICAL KETOGENIC DIET**
- ❑ **MEDIUM CHAIN TRIGLYCERIDE DIET (MCT OIL)**
- ❑ **MODIFIED MEDIUM CHAIN TRIGLYCERIDE DIET (LONG CHAIN SATURATED FATS)**



**MCT OIL
(more
ketotic)**

THE KETOGENIC DIET: DIET CALCULATION

DIET PRESCRIPTION

4:1 Children

3.5:1 Less than 15 y/o

3:1 Obese Child (use IBW)
Adolescents

CALORIES PER KG / BODY WEIGHT

-Under 1 y/o 75- 80 kcal/kg

-Ages 1-3 y/o 70-75 kcal/ kg

-Ages 4-6 y/o 65-68 kcal/ kg

-Ages 7-10 y/o 55-60 kcal/kg

-Ages 10 & up 30-40 kcal/kg

Sample Dietary Prescriptions of Children under the KD

Patient ID	Referred yr	Sex	Age	On KD To present	DIAGNOSIS	Diet Prescription	CHO (gms)	CHON (gms)	Fats (gms)
EU	2010	F	3	YES	Pyruvate Dehydrogenase	1200 Cal Ketogenic Diet 4:1	18.5 (6%)	11.5 (4%)	120 (90%)
UP	2011	F	3	No ff up	Possible Mitochondrial Respiratory Airway Dse	1000 Calories Ketogenic Diet 4:1	28.5 (11%)	16.5 (7%)	100 (90%)
PM	2012	M	14	YES	Intractable Epilepsy Seizures	2000 Calories Ketogenic Diet 4:1	12.5 (3%)	75 (15%)	200 (90%)
JM	2010	M	3 1/2	YES 13 y.o		1800 Calories Ketogenic Diet 4:1	2 gms	47	180

Sources of fats and oils in our diets



Just how much is 180 grams of fat servings per day is approximately 36 teaspoons of oil

TREATMENT OF EPILEPSY WITH HIGH-FAT DIETS



BREAKFAST	AM SNACKS	LUNCH	PM SNACKS	DINNER	BEDTIME SNACK
6 Servings	6 servings	6 servings	6 servings	6 servings	6 servings
6 teaspoons	6 teaspoons	6 teaspoons	6 teaspoons	6 teaspoons	6 teaspoons



Parmesan Spaghetti



Vegetable Lasagna



Hamburger patty with tomato slices



Guinataang Tilapia with Petsay

Carbohydrate Free formulas

ROSS CARBOHYDRATE FREE



1 Scoop = 36 calories
CHO = 0.15 grams
PROT = 0.75 grams
FATS = 3.6 grams

720 Calories = 100
grams powder dissolved
in 400 ml H₂O



100 ml = 80 Calories
CHO = 0.008 grams
PROTEIN = 4.0 grams
FATS = 7.2 grams

Others that we need to know



“ TOOTHPASTE “



“SUGAR FREE VITAMINS”



“ MEDICINES “

Weight Pattern of Children under the KD

Patient ID	Referred yr	Sex	Age	On KD To present	DIAGNOSIS	Diet Prescription	First meeting	Ff up	Follow up	IBW (kg)
EU	2010	F	3	YES	Pyruvate Dehydrogenase	1200 Cal Ketogenic Diet 4:1	12.5kg	15kg	2017 (10yo) 35.35kg	28 kg (20 % above IBW)
UP	2011	F	3	No ff up	Possible Mitochondrial Respiratory Airway Dse	1000 Calories Ketogenic Diet 4:1	11 kg.	14.5 kg (2012)	No ff up	14 kg
PM	2012	M	14	YES	Intractable Epilepsy Seizures	2000 Calories Ketogenic Diet 4:1	37.5 kg	47 kg	49 kg.	50 kg
JM	2007	M	3 1/2	YES 13 y.o		1800 Calories Ketogenic Diet 4:1	12kg	16.3 kg	39kg	34 kg (12.8% above)

Possible Adverse Effects

kidney stones

abnormal liver function

high cholesterol

weight loss

dehydration

bone thinning

BRUISING

“ KETONE BREATH ”



Daniel Cipriano, 3 years old

December 5, 2012 up to the present



Weight = 14 kg (2012)

Seizures 20 – 30

Medications : Trileptal, Rivotril

Diet Prescription hx:

2012 – 500 Calories (1st day), 700 Cal (2nd Day) , 1000 Cal (3rd Day) 4:1 ketogenic Diet

2013 – 1300 Calories 14.5 grams protein
4:1 KD

2014 – 1500 Calories 17 grams protein 4:1
KD

Daniel Cipriano 3 years old

Record of Seizures

2012	Short sx/day	Long Sx/day	TOT		Short sx	Long Sx	TOTAL		Short Sx/	Long sx	Total
OCT	7-24	23	7-25	Nov	11-30	0-2	0-30	Dec	9-21	0-5	0-21
								12/7	26	2	28
								12/10	17	0	25
								12/18	12	0	12
								12/19	7	0	7
								12/20	5	0	5
								12/21	2	0	2
								12/22	0	0	0
								12/25	2	0	0
								12/29	3	0	3
								12/31	0	0	0

Dec 7 Start of Ketogenic Diet

Adult patients

1998 St.Luke's Comprehensive Epilepsy Program



**45 patients
3 – 5 were adults**

**Female pt # 1, 25 yo, BMI ↓ 18.5 works at the
Amusement Center , 50 seizures / day
Ketogenic Diet 1500 Cal 4:1 - 25 seizures per week**

**Male pt # 2 , 20 years old , high school graduate ,
Ketogenic Diet 1800 Calories 4:1
Seizures were completely controlled –
6 months ...**

**Male pt # 3 , 45 years old, Business man
Obese , Ketogenic Diet 1800 Calories 4:1
Cholesterol was elevated , discontinued the
diet**

INTERMITTENT FASTING (IF)

It is NOT a diet

It is an EATING PATTERN.



Type of Intermittent Fasting	How it works
Time restricted feeding (i.e. 16/8 diet)	Fast for 16-20 hours, drinking nothing but water or zero-calorie tea then eat whatever you want, all within a four- to eight-hour window
Alternate Day Fasting (i.e. Eat, Stop, Eat diet)	For the first 24 hours, consume just water plus 500 calories (200 calories of which are protein). Eat whatever you want, whenever you want for the second 24 hours
Whole Day Fasting (i.e. 5:2 diet)	Eat normally 5 days of the week, while restricting calories to 500-600 on two nonconsecutive days of the week.

Table 3. Different Types of Intermittent Fasting

Diet	Pros	Cons
Ketogenic Diet	<ul style="list-style-type: none">• It can be effective for losing weight.• With the right food choices, it can improve cholesterol and blood pressure levels.	<ul style="list-style-type: none">• Dehydration can be a problem• May lead to constipation and indigestion.• If not supplemented with vitamins and minerals, may lead to micronutrient deficiency• You must strictly adhere to the diet for you to reap its full benefits
Intermittent Fasting	<ul style="list-style-type: none">• It can be effective for losing weight.• It saves you time and money for preparing and cooking three meals a day.• It is less associated with muscle wasting	<ul style="list-style-type: none">• May lead to extreme discomfort, at first, due to intense hunger.• It may develop eating disorders for some.

What was the CONSENSUS of the EXPERT PANEL (PHA)

As of this time , the longest study done on the KD was one year to 2 yrs..

KD and Cardiovascular Disease

Jornayvz et al showed that

Population	MICE
DURATION	5 WEEKS STUDY
INTERVENTION	REGULAR CHOW FEED vs . KETO DIET
RESULTS	KD FEED MICE – HAD WEIGHT LOSS INCREASED FAT MASS %

Long Term Effects of a KD in Obese Patients , 2004

H.Dassitt MD, T. Mathew MsC PhD et al

P = 83 obese patients BMI > 35, high glucose and chol levels

I = 24 weeks(6months) KD 30 grams CHO, 1 gm/Kg BW, 20% SAT Fat 80% PUFA and MONO UNSAT

R= Weight and BMI decreased, Total CHOL decreased from week 1 to 24 weeks , HDL significantly increased

CONCLUSION :

- ☐ **SHOWS BENEFICIAL EFFECTS OF A LONG TERM KD (6 months)**
- ☐ **SIGNIFICANTLY REDUCED BODY WEIGHT AND BMI**

NDAP (Nutritionist Dietitians Association of the Philippines) Position Statement

"The Nutritionist-Dietitians' Association of the Philippines (NDAP) believes that the only effective way to healthy weight management is through balanced diet and adequate physical activity with lifelong behavioral modification. Time and again, it is proven that safe and healthy weight loss can only be achieved when there is an equilibrium of energy intake and energy expenditure. A balanced diet composed of Macro- and Micronutrients and appropriate physical activity are essential. The current evidence is still limited to conclude the effectiveness, safety, and long-term effects of intermittent fasting and ketogenic diet. Available literature also suggests for further research to ensure efficacy and overall health effects of these diet regimens. The NDAP recognizes that many will still subscribe to these eating pattern regimens despite the lack of substantial evidence. Thus, NDAP recommends that consultation with credible health professionals who have evidenced based protocols. NDAP also recommends close monitoring of any biochemical and physical changes of patients subscribing to these eating pattern regimens, and recommends a sound meal plan that is tailored to one's existing health conditions to prevent nutritional deficiencies or other health complications."

What about other Nutrition OrganizationPosition Statements

ACADEMY OF NUTRITION AND
DIETETICS (United States)



May 2019 “What is the Ketogenic Diet “ by Barbara Gordon RDN,LD

THE BOTTOM LINE

“ The Ketogenic Diet is quite restrictive . Research supports this eating pattern for EPILEPSY when managed along with the health care team since it’s treatment can be very COMPLEX”

However with regards to the KETO DIET as a tool for weight loss, and other health benefits , the JURY IS STILL OUT.”

For personalized weight management plans that meets your individual needs , CONSULT a REGISTERED DIETITIAN NUTRITIONIST.

***** Barbara Gordon RDN, LD is a Director of Dietetic Programs and Clinical Assistant Professor Idaho State University , Chair of the Research Dietetic Practice group of the Academy of Nutrition and Dietetics**

What about other Nutrition OrganizationPosition Statements

ACADEMY OF NUTRITION
AND DIETETICS

(United States)



This eating pattern is not recommended for :

- Pancreatic diseases
- Liver conditions
- Thyroid problems
- Eating Disorders or a history of eating disorders
- Gallbladder disease or those who have had their gall bladder removed

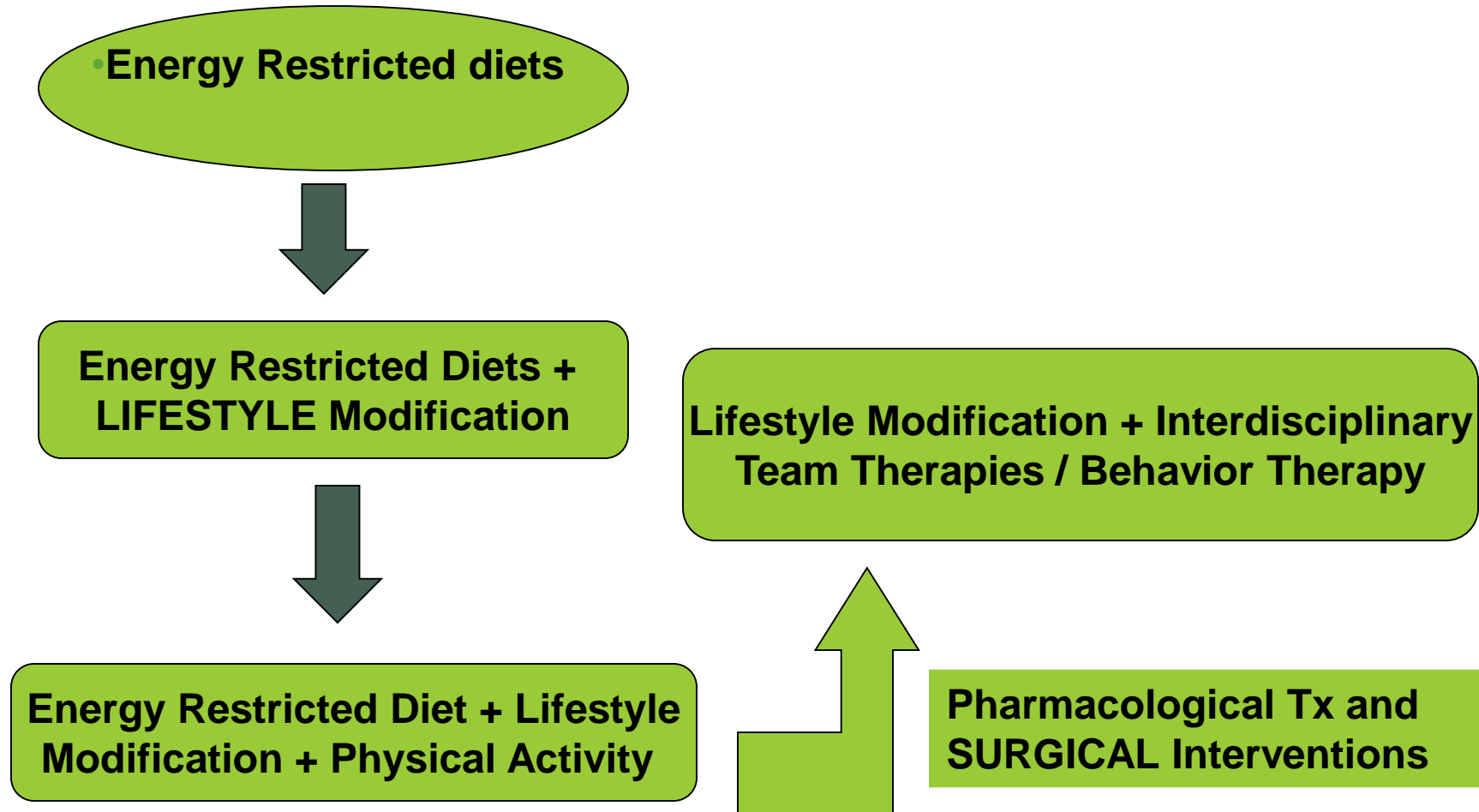
What about
other Nutrition
Organization
....Position
Statements

BRITISH
ASSOCIATION
OF UK
DIETITIANS
(BDA)

The BDA

“ Advocates for a reduction of red
processed meat in the UK Diet,to
be replaced by appropriate plant
based proteins such as beans and
pulses. “

Management of Obesity in Adults



Medical Nutrition Therapy for WEIGHT MANAGEMENT



FOOD CHOICE
CHANGES

NUTRITION
EDUCATION

MAINTAIN
MACRO
NUTRIENT
INTAKE

Food Exchange System

- A POPULAR AND EASILY MANIPULATED METHOD FOR PLANNING A DIET PROGRAM TAILORED TO THE INDIVIDUAL
- 1200 Calories - 1500 Calories

RICE SERVING

1/2 cup or 2 pieces bread

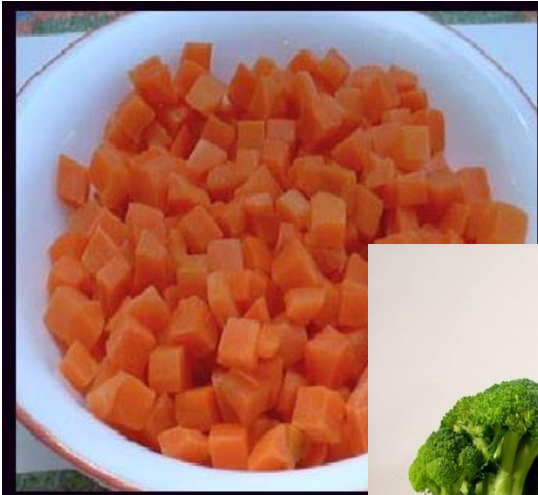


MEAT SERVING

1 matchbox size



VEGETABLES



1/2 cup Carrots



1/2 cup Broccoli



1/2 cup Tomatoes



Bok Choy

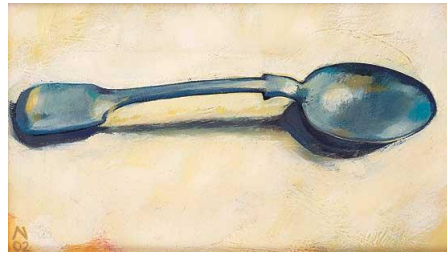
1/2 cup bok Choy



MILK SERVING

1 cup or 4 tablespoons

FAT

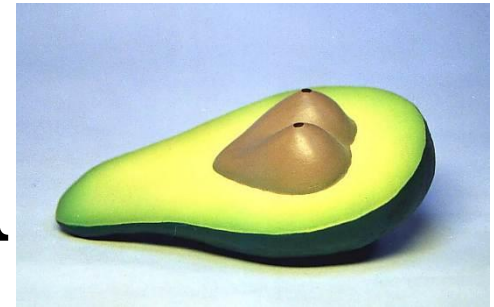


1 tsp Oil



1tsp peanut butter

45kcal



1/2 Avocado (65g)



1 Strip Bacon (10 g)

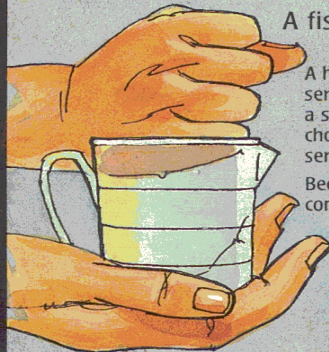
A close-up photograph of a silver spoon tilted, pouring a stream of white sugar granules onto a vibrant red surface. The sugar forms a small pile at the bottom of the frame. The background is a solid, deep red.

SUGAR SERVING

1 teaspoon



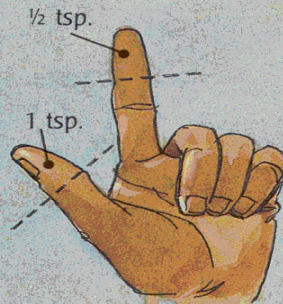
What's a serving?



A fist or cupped hand = 1 cup

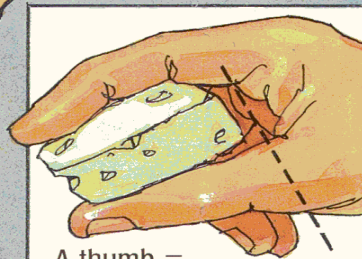
A half-cup of cooked cereal, rice or pasta is 1 serving. For raw leafy greens such as lettuce, a serving is a cup. A 1/2 cup of cooked or chopped raw vegetables or fruit equals 1 serving.

Because of variations in hand size, it is best to compare with an actual measuring cup.



*Your thumb tip = 1 teaspoon

A small portion of peanut butter, butter, mayonnaise, or a swipe of brownie batter are high-in-fat calories. If the amount eaten matches the size of the joint of the thumb, it equals a teaspoon. Three thumb sizes equal a tablespoon. The tip of your index finger is approximately half a teaspoon.



A thumb = 1 oz. of cheese

One thumb-size chunk of cheese equals approximately one ounce. 1 1/2 to 2 ounces of low-fat cheese counts for one of the 2 to 3 dairy servings daily.



A handful = 1 or 2 ounces of snack food

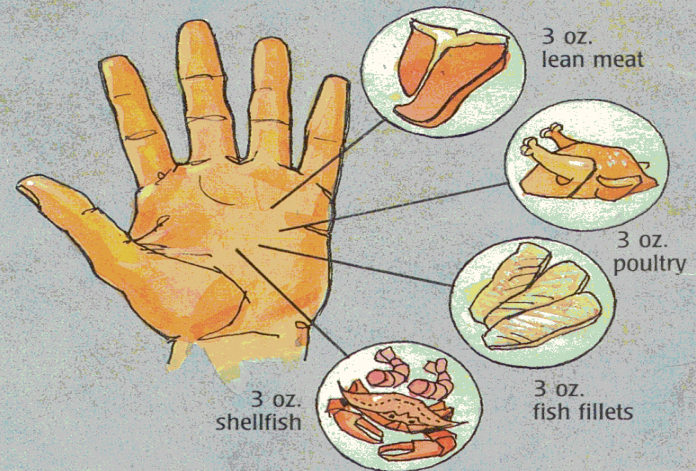
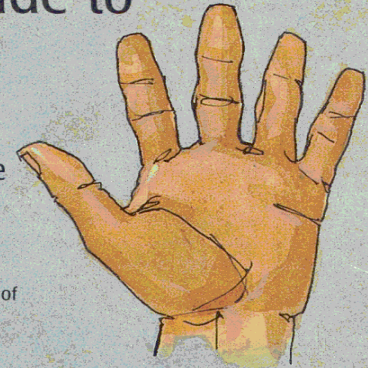
One handful equals one ounce of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.

Hand-y guide to 3 oz. meat portions

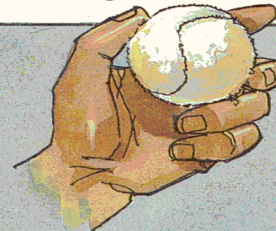
(Double for a single 6-oz. serving.)

Palm = 3 ounces

2 1/2 to 3 oz. compose a serving. Two low-fat servings of meat, fish, shellfish or poultry or a single 6 oz. daily serving is recommended.



A serving of fruit = A medium size piece = 1 tennis ball



Remember:

A serving may differ from a "helping"!!!

Lets have a CALORIE COUNTING Game

GUESS HOW MANY CALORIES



CHINESE CUISINE

Menu	CHO	CHON	FAT	Calories
Crab and Corn Soup (180g)				
Crab 2tbsp	-	8	1	41
Corn 2tbsp	5	41	-	21
Steamed Vegetable				
Steamed Bok Choy (45g)	3	1	-	16
Rice (145g)	42	4	-	181
Main Dish:				
Steamed Lapu-lapu (155g)	-	35	4	182
Mushroom (20g)	1	0.5	-	7
Red Pepper (50g)	3	1	-	16
Onion Leeks (10g)	1	0.2	-	4
Cooking Oil (5g)	-	-	5	45
Fruit Salad:				
Pineapple (50g)	7	-	-	27
Papaya (40g)	7	-	-	27
Cream 2tsp	-	-	10	90
TOTAL	69	50.11	20	612

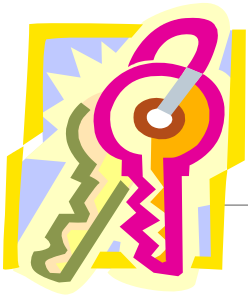
Blazing Mushroom Swiss Burger



BURGER KING – Blazing Mushroom Burger

Dinner-Burger King	Weight	CHO	CHON	FAT	CALORIES
<i>Blazing Mushroom Swiss Burger</i>					
Beef Patty	80g	-	21.3	18.6	228.76
Burger Buns	80g	46	4	-	200
Mushroom	5g	0.33	0.1	-	1.78
Cheese	10g	-	2.28	1.71	24.6
Large Onion Rings	90g	6	2	-	32
Cooking Oil	25g	-	-	25	225
Flour	5g	4.6	-	-	20
Regular Coke	237ml	25	-	-	100
TOTAL		81.93	29.68	45.31	832.14

OTHER HEALTHY REMINDERS FOR A HEALTHY LIFESTYLE



Avoid Addictions

Smoking

Alcohol

Drugs



Twin B – is a smoker



Blood Alcohol Concentration (BAC)

Legal BAC is .08

How many drinks is .08?



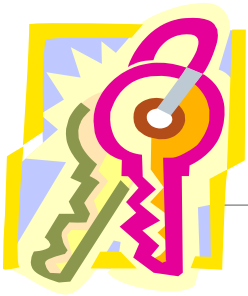
One Drink Is:

One 12 ounce can of beer

One 4 ounce glass of wine

1.5 ounces of distilled spirits
(whiskey, vodka, rum)





Get Enough Sleep

It is important for learning and brain function

It is important for good health



HOW GHRELIN AND LEPTIN WORK IN THE BODY

GHRELIN THE APPETITE STIMULATOR

Ghrelin is released from the stomach, and when elevated, sends a signal to your brain letting you know you're hungry and it's time to eat! Age, gender, blood glucose, and leptin levels can all affect ghrelin levels.



LEPTIN THE APPETITE SUPPRESSOR

Leptin, which is stored and secreted by fat cells, is considered to be the master regulator of hunger. When you eat a meal, leptin is released from fat cells and sends a signal to your brain to let you know you're full and to stop eating.

Behavior Change





**Kumain nang Wasto
at Maging Aktibo...
Push Natin 'to!**

2019 Nutrition Month

Key message:

1. HAVE ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY
2. REDUCE SCREEN TIME TO TWO HOURS OR LESS EVERYDAY
3. EAT THE THREE FOOD GROUPS EVERY DAY FOR VARIETY



50

REASONS to **exercise**

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance & coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life

Be Physically Active Each Day

MAKE YOUR WALK A WORK OUT



**Julia Valentour, MS exercise physiologist
and Program Coordinator**

AMERICAN COUNCIL ON EXERCISE

**“ EXERCISE DOESN'T HAVE TO BE
HARD TO BE EFFECTIVE “**

30 MINUTES CAN BE :

15 MINUTES IN THE MORNING

15 MINUTES IN THE AFTERNOON

Name 3 ways of speeding up our metabolic rates (the way we burn calories in a our bodies):



- Move more (anything from exercise to simply tapping our feet!)
- Eat breakfast!
- Get a good night's sleep
- Eat little and often

Just to share you how I do it

Feb 4 20 mins	Feb 5 25 mins	Feb 6 NONE	Feb 7 20 mins	Feb 8 None	Feb 9 15 mins	Feb 10 NONE
Feb 11 15 mins	Feb 12 10 mins	Feb 13 5 mins	Feb 14 5 mins	Feb 15 30 mins	Feb 16 15 mins	Feb 17 NONE
Feb 18 20 mins	Feb 19 10 mins + 20 mins Swim	Feb 20 30 mins	Feb 21 20 mins	Feb 22 20 mins	Feb 23 NONE	Feb 24 NONE
Feb 25 10 mins	Feb 26 NONE	Feb 27 NONE	Feb 28 20 mins	Feb 29 45 mins		
March 1 15 mins	March 2 NONE	March 3 NONE	March 4 15 mins	March 5 20 mins	March 6 15 mins	March 7 30 mins

In SUMMARY :

ENERGY BALANCE CALORIES IN VS. CALORIES OUT

FACTORS THAT INFLUENCE ENERGY INTAKE



APPETITE
(hormones regulate hunger and satiety)

ENVIRONMENT
(political, economic, sociocultural)

METABOLIZABLE ENERGY
(food calories that are absorbed)

PALATABILITY / REWARD
(texture, flavor, energy density)

PSYCHOLOGY
(mindset, perceived control, stress, self-esteem)

FACTORS THAT INFLUENCE ENERGY OUTPUT

BASAL METABOLIC RATE
(calories used at rest)

EXERCISE ACTIVITY
(cost of exercise)

NON-EXERCISE ACTIVITY
(cost of activity not exercise)

THERMIC EFFECT OF FOOD
(cost of metabolizing food)

Elements on both sides of the equation are influenced by hormones (such as leptin and thyroid hormone), sleep, stress, medical conditions, pharmaceuticals, each other, and more. However, none of these factors actually invalidate thermodynamics. Instead, they influence either how much we eat or how much we burn, which can – in turn – lead to weight gain or weight loss. Adapted from Alan Aragon's CICO scale, www.alanaragon.com.

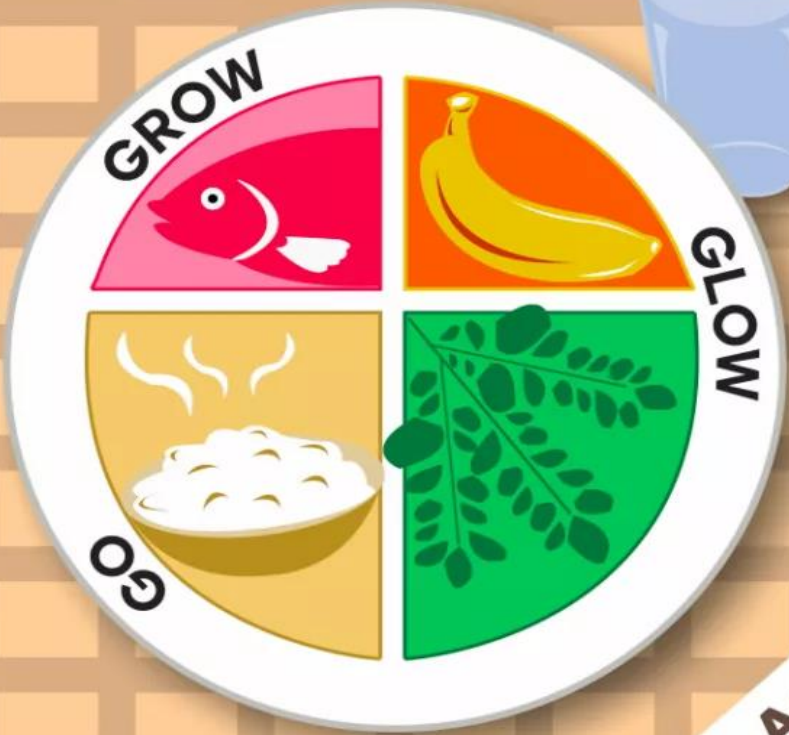
For more info, check out
precisionnutrition.com/can-you-gain-weight-from-eating-too-little



Precision Nutrition

Take home message:

PINGGANG PINOY®
A food guide using a food plate model to show the recommended proportion by food group in every meal.



GO
ENERGY GIVING

GO for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity.

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOW
BODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

WATER

Drink lots of water every day for adequate hydration.

Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

HEALTH TIPS:
Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.
Understand nutrition information on product labels to make smart food choices.

STAY PHYSICALLY ACTIVE!

GROW
BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth, maintenance and repair of body tissues.

Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, milk products and other calcium-rich foods like cheddar and small shrimps for strong bones and teeth.

Adults
19-59 y

*This is intended for healthy Filipino adults, 19-59 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

How do I start ???



**START SLOWLY
BY
CHANGING YOUR
EATING HABITS
ONE AT A TIME**





www.ollh-manila.com
Tuloy po kayo!

For more professional help:

Nutrition Clinic

Monday to Friday

1:00 - 3:00 PM

716-8001 local 2226

Our Lady of Lourdes Hospital

46 P. Sanchez Street , Sta Mesa Manila

Ground Floor , Medical Arts Building