

Total Health Is as Easy as Finding Your Body Type
Finally, a Solution to the "One Diet Fits All" Myth!

DIFFERENT BODIES



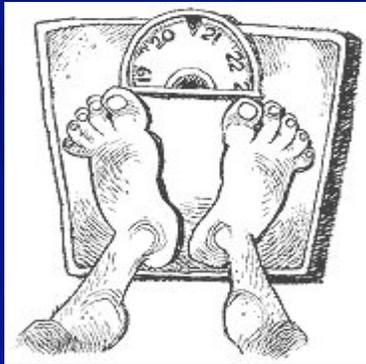
DIFFERENT DIETS

Discover a Health and Diet Plan That Fits You

Carolyn L. Mein, D.C.

Introduction

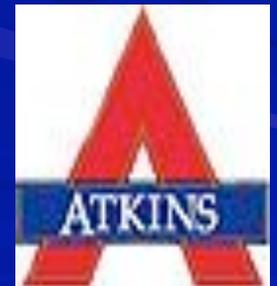
What is a Diet?



What makes a Diet Famous?



Why are there so many diets to choose from?

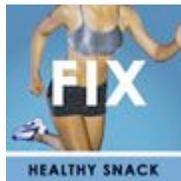


Three Primary Purposes for Supplementing Food Intake

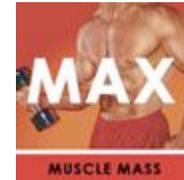
- Health
- Altering body composition
- Increase performance



Goal Menu



Food Group	Exchange Amount		Pro	Carb	Fat	Calories
Meal 1						
Starch	3.00	2.25 cups Cereal-Kelloggs Corn Flakes	4.6	48.4	0.2	218.8
Milk-Skim & Very Low Fat	2.00	2.00 cups Milk-Nonfat/Skim	16.7	23.8	0.9	171.0
Fruit	1.00	0.50 cup Applesauce-Unsweetened	0.2	13.8	0.1	52.5
Fruit	1.00	0.50 each Banana	0.6	13.8	0.3	54.3
Total			22.1	99.8	1.4	496.6
Percent of Calories			18%	80%	3%	
Meal 2						
Starch	0.50	1.50 each Cracker Graham	0.8	8.3	1.1	45.0
Milk-Skim & Very Low Fat	1.00	1.00 cup Milk-Nonfat/Skim	8.4	11.9	0.4	85.5
Fruit	2.00	1.00 each Banana	1.2	27.6	0.6	108.6
Other Carbohydrates	2.00	2.00 scoops Apex High Performance	20.0	30.0	2.0	220.0
Total			30.3	77.8	4.1	459.1
Percent of Calories			26%	68%	8%	
Meal 3						
Starch	2.00	2.00 pieces Bread-Whole Wheat	5.4	25.8	2.4	137.8
Meat-Lean	2.00	2.00 oz-wt Chicken-Breast-Roasted	16.9	0.0	4.4	111.7
Fruit	2.00	1.00 each Apple w/Peel-Large	0.4	32.4	0.8	124.8
Vegetable	0.50	0.50 each Tomato-Medium Whole	0.5	2.9	0.2	12.9
Total			23.3	61.1	7.7	387.2
Percent of Calories			24%	63%	18%	
Meal 4						
Starch	2.00	0.80 each Bagel-Oat Bran-Small	6.1	30.3	0.7	144.8
Milk-Skim & Very Low Fat	1.50	1.50 cups Milk-Nonfat/Skim	12.5	17.9	0.7	128.3
Total			18.6	48.1	1.3	273.1
Percent of Calories			27%	71%	4%	
Meal 5						
Starch	3.00	1.20 cups Rice-Brown-Long Grain-Cooked	6.1	53.8	2.1	259.7
Meat-Very Lean	1.00	0.50 cup Beans-Refried/Frijoles-Canned	6.9	19.5	1.6	118.4
Meat-Lean	2.00	2.00 oz-wt Chicken-Breast-Roasted	16.9	0.0	4.4	111.7
Vegetable	1.00	0.50 cup Beans-Green Snap/String-Cooked	1.2	4.9	0.2	21.9
Starch	2.00	1.00 each Tortilla-FatFree Large-Mission 98	5.0	35.0	3.0	170.0
Total			36.1	113.3	11.3	681.8
Percent of Calories			21%	66%	15%	



Slim-Fast Plan

- Proven Results
- Balanced Nutrition
- Mix & Match Your Favorite Foods



The Real Deal

Four Keys to Success

- Nutrition
- Activity
- Support
- Self-Motivation



Some Important Things

- Sugar Substitutes
- Water
- Exercise

Sugar Substitutes

- Aspartame / Equal
- Saccharine / Sweet n' Low
- Sucralosa / Splenda

Water

- Function
- Sources
- Recommendations

Exercise for Weight Control

- Make an exercise plan
- Find an exercise buddy
- Choose your type of exercise

Dean Ornish Diet

- Biography
- How It Works and What To Eat
- Is The Diet Healthy

Pros: Dean Ornish Diet

■ Reverse Heart Disease

- Preventative Diet
- Reversal Diet

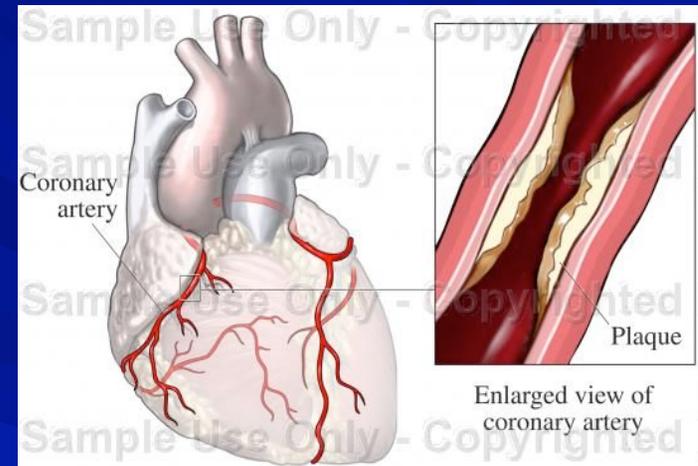
■ The objectives of the diet are:

- Reduction of blockages in coronary arteries;
- Improvement of blood flow through the heart;
- Reduction in angina.
- Reduction in serum cholesterol levels; and
- Improvement in exercise capacity

Pros:

(continued)

- Reduce Angina symptoms
- What is Atherosclerosis
- What Does The Reversal Diet Do
 - Blood Cholesterol
 - High Blood Pressure



Cons: Dean Ornish Diet

■ Low in Fat

- Does not provide sufficient amount of fatty acids
- The diet excludes fish

■ What is the importance of Fish in Diets

■ Omega 3-fatty acids

- decrease risk of arrhythmia
- Decrease the growth rate of atherosclerotic plaque
- Lower triglycerides levels
- Lower blood pressure

Jenny Craig Diet

The Jenny Craig method is a three level plan to help people lose weight and keep it off(or so they claim)

How it works

The three elements:

- Food
- Body
- Mind

What you can eat with Jenny Craig

- Breakfast, Lunch, and dinner
- Based on the USDA food pyramid contain 60% carbohydrate,
- 20% protein, and 20% fat.



Pros: Jenny Craig



- Balanced diet
- Easy to follow
- Good menu variety
- Encourages exercise
 - 30 min/day,
 - 5 days/wk

Cons: Jenny Craig

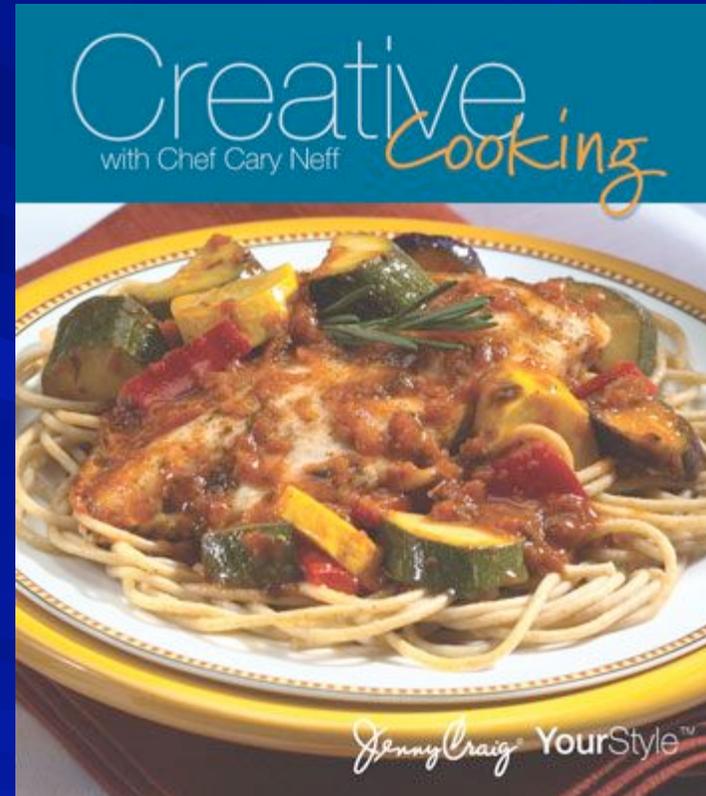
- Program is expensive.
 - Member fee of \$20 - \$55
 - \$65/wk for meals, \$18/month for supplements.
 - Buy your own fruits & veggies.
- Costs add up to \$400 for the 1st month alone.
- Time consuming.
 - Weekly Visits w/personal consultant whom are not experts.



Cons:

(continued)

- Portion sizes are too small.
 - Calorie count can be as low as 1000 calories.
 - Leading to hunger & loss of lean body mass.
- Supplements may be required.



Grapefruit Diet



■ Breakfast

- Grapefruit or 8 oz Juice (unsweetened)
- 2 Eggs
- 2 Slices of Bacon

■ Lunch

- Grapefruit or 8 oz Juice
- Salad with any Dressing
- Meat any amount

■ Dinner

- Grapefruit or 8 oz Juice (unsweetened)
- Salad with any Dressing (1 packet)
- Meat any amount
- Coffee or Tea

■ Bedtime Snack

- 8 oz Tomato Juice or 8 oz of Skim Milk

Benefits Of Grapefruit Diet

- Grapefruit and Nutrients
- Curb Appetite
- Cut down on Carbohydrates
- Increase Self-esteem
- Maintaining Weight Off



Grapefruit Diet Calorie Intake

- Breakfast - 247 Calories
- Lunch - 479 Calories
- Dinner - 583 Calories
- Bedtime Snack 41 – 108 Calories
- **TOTAL 1309 -1417 Calories**

*Source:
USDA Food and Nutrient
Database for Dietary*

Activity Level

Gender	Age	Sedentary	Moderately	Active
Female	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Consequences Of Grapefruit Diet

- Boring Selection of Available Foods
- Not Enough Vitamins and Minerals
- High Saturated Fat and Cholesterol
- Low/High Calorie Intake
- False Expectations for Realistic Healthy Weight Loss

Cabbage Soup Diet

- A seven day diet
- The cabbage soup diet is base on a fat-burning soup that contains negligible calories.
- The cabbage soup can be eaten any time you get hungry



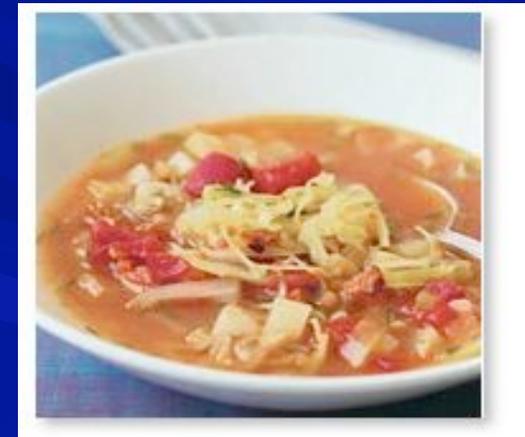
Ingredients for Cabbage Soup Diet

- 6 large green onions
- 2 green peppers
- 1-2 cans diced tomatoes
- 1 bunch celery
- 1 package Lipton onion soup mix
- 1-2 cubes of bullion (if desired)
- 1 head cabbage



Some Extra Things

- A do-it yourself diet
- It's quite good as a short term break from the average junk-food diet. In addition, home made a good weight loss food. Although any vegetable soup will do-and is reasonably filling.
- Affordable
- Not very complicated to follow



Dieting and fad diets

- Dieting- is the practice or habit of eating (and drinking) in a regulated fashion.
- Fad Diets

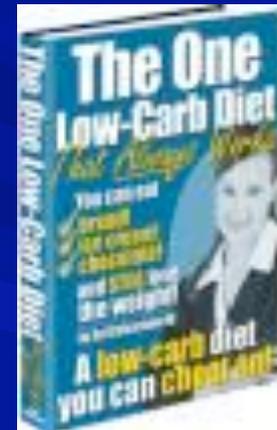


Morale:

Yes, enjoy your fad diet, however look at how silly you are after its over. Think for a second is it really worth reducing your food intake?



Low Protein & Low Carb Diets



Low Carb And Low Protein Basics

■ Popular low Carb diets:

- Dr. Atkins New Diet Revolution
- Four Day Wonder Diet
- Calories Don't Count
- Enter The Zone

■ Characteristics

- Generally less than 100 grams of carbs per day
- Primarily work in the short run because they limit total food intake, compared to diets that simply limit calorie intake

Popular Low Protein Diets

- The Rice Diet
- The Maximum Metabolism Diet
- Eat More, Weigh Less

Characteristics:

- Generally less than 20% of calories from fat
- Limited or restriction of animal protein sources
- Very high carbohydrates

Remark: People get bored with this type of diet very quickly.

The low protein diet

Pros

- It allows recreational athletes to take in enough calories to train and recover. When people lose weight by controlling carbohydrates, they take in enough protein for muscle development and generation to allow for the training benefits to occur.
- If you restrict just your caloric intake, you'll lose fat and muscle.

Pros

(continued)

- It can be quite effective for many people who can commit to this eating style.
- People look at it as a magic solution, for the person who is highly active, there are better options.
- For some overweight people, the diet's appeal is obvious. They can lose weight without ever stepping on a stair climber or exercise mat.
- The majority of people who have tried this type of diet want to lose body weight, but not necessarily commit to vigorous exercise.

The low protein diet

Cons

- Experts dismiss the argument, saying too much fat intake causes excess insulin, and carbohydrates are not responsible for weight woes.
- The fact is too many calories versus expenditure makes you fat. If you overdo it in the protein area, you too will gain weight.

Cons

(continued)

- Dehydration
- Gout
- Constipation
- Weakness
- Dizziness
- Nausea
- Kidney woes are potential troubles.
- Protein is often higher in fat, which bumps the risk of heart disease.

Cons

(continued)

- The diet forces a person to metabolize and also could cause some electrolyte depletion, which the body sweats out during exercise and which needs to be replenished.
- That doesn't mean protein-rich diet plans are without merit.

Low Carb Diet Pro's

■ Why do people follow the Low-Carbohydrate diet?

Many people expect to have better success with weight loss and control of blood pressure, blood sugar, and blood cholesterol levels. Advocates of the diet believe that high amounts of carbohydrates lead to increasing

- Problems with obesity
- Diabetes
- Other health problems

■ Benefits:

- People with insulin resistance syndrome
- Lowers insulin in type 2 diabetes patients
- Lowers blood triglycerides (blood fats)
- Raise HDL (good) cholesterol
- May improve blood sugar control
- Increase loss of weight & body fat

Low Carb Diet Con's

- May result in higher calorie intake from fat. Which could lead to more difficulties with overweight, high cholesterol levels, and heart disease risk.
- Critics acknowledge that low-carbohydrate dieters do experience significant weight loss. However, they argue that these diets often have a diuretic effect (promote water loss), therefore, the weight loss is due to water loss, not fat loss.

Low Carb Diets

■ Best Results:

- The human body works best with a diet that includes some carbohydrate. Recently a Recommended Dietary Allowance for carbohydrate was set at a minimum of 130 grams per day.
- This would represent 26% of the calories in a 2,000-calorie-per-day diet, which would still be considered a low-carb diet, but would avoid the potential hazards of more restrictive diets, including the symptoms of ketosis (nausea, weakness, dehydration, light-headedness, and irritability) and loss of body protein.
- A low-carbohydrate diet should emphasize healthful carbohydrate sources. Whole grains, fruits, and vegetables supply fiber and many important micronutrients.

Diseases That Require Nutritional Therapy

Low protein diet for renal failure patients

- Protein along with the liver produce ammonia.
- Renal failure patients have decrease kidney function.
- The kidneys can no longer excrete the acids.
- Acid could become toxic to the body.

Low Carb Diets For Obesity

- Carbohydrates and fats cause obesity.
- Carbohydrates stimulate hunger.



Low Carb Diets For Patients With Diabetes

- Carbohydrates turn into sugar.
- Sugar stimulates insulin production to an already depleted system.



NutriSystem Mission

NutriSystem, Inc. provides a weight loss program based on quality foods and a nutritionally balanced meal plan; individualized counseling is the core of commitment that customers always have the privacy, support and knowledge needed to reach and maintain their goal weight.

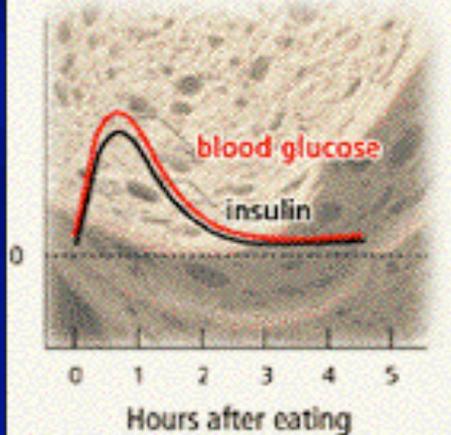
NutriSystem

- Program Effectiveness
- Meal Plan
- Food
- Ordering
- Shipping

Glycemic Index

"Good" Carbohydrates

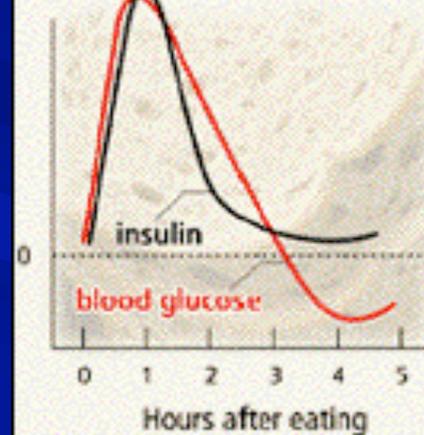
Slowly digested carbs



Stable Blood Sugar Levels

"Bad" Carbohydrates

Too quickly digested carbs



Body Stores Fat

About NutriSystem

- 1972
- Website
- Live counseling



Six Programs

- Women's Program
- Women's Program (Over 60)
- Men's Program
- Men's Program (Over 60)
- Type II Diabetic Program
- Vegetarian Program



South Beach Diet

- About the diet.
- How it started.
- How it works.



South Beach Diet Phases

- Phase 1
- Phase 2
- Phase 3

South Beach Diet provides....

- A fully interactive dieting experience
- Tools to track your weight, phase, and diet goals
- A personal meal planner and nutrition tool
- Member questions answered by Dr. Agatston
- Support from a community of thousands like you
- Delicious and healthy recipes, including hundreds for vegetarians
- The flexibility and support to help you succeed
- PLUS: An automated shopping-list generator, our exclusive Beach Buddies program, and much more!

For \$5 a month, billed quarterly (\$65 total).
Minimum four-week charge of \$20, which is non-refundable.

NutriSystem Pro's

- Nutrisystem claim they have a lot of diabetics on the program who do very well and experience better health on the program.
- Features low Glycemic Index foods
- Easy to follow, abundant food selection
- Works well in tandem with family members
- Dieters report substantial weight loss numbers (15+ pounds)
- Local offices and toll-free numbers
- Wide variety of plans
- Advantages for busy dieters due to convenience of home delivery
- Good documentation of meals on website

NutriSystem Con's

- Beware that NutriSystem can substitute food items based on availability. We are questioning NutriSystem on their policy regarding this as it can be inappropriate if you suffer from food allergies or sensitivities.
- More expensive than regular grocery food
- Some individuals are dissatisfied with taste and quality control of meals
- Complaints about Maltitol as sugar substitute in desserts
- Customer Service at times unresponsive.

South Beach Diet Pro's

- Promise of losing 8-13 pounds in 2 weeks.
- Doesn't require dieter to measure what they eat in ounces, calories or anything else - the meals should be of normal size enough to satisfy your hunger. Simple and easy to follow no counting of calorie or carb needed.
- 3 phase structure which allows dieter to switch easily from one phase to another.
- Good carbs and good fats consumed can help improve hearth condition and cholesterol level.
- No limit of food intake, just eat until you are satisfied
- Plenty of delicious recipes

South Beach Diet Con's

- Diets could become boring
- Fruits - with exception of berries, citrus and melons are highly restricted even in the maintenance and can't be eaten for breakfast.
- Pasta must be whole grain even in maintenance phase, and foods such as bananas and baked potatoes are off limits, because they have natural sugars or starches that Agatson contends cause hunger.
- Hard to stick on for dieters who crave for variety.
- The food can take considerable time to prepare.

Contacts

- NutriSystem:

<http://www.nutrisystem.com>

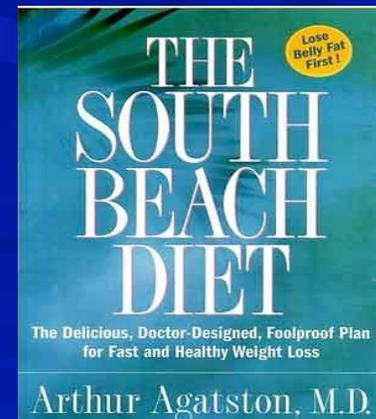
1-800-321-THIN

- South Beach Diet

<http://www.southbeachdiet.com/public/>

Information on South Beach Diet

- Developed By A Cardiologist,
Arthur Agatston
- Emphasizes On “Good Carbs And
Fats”



Three Phases of South Beach Diet

■ Phase I

- Rapid Weight Loss
- Two Weeks Long
- Carbohydrates Severely Limited

■ Phase II

- Reintroduce The Right Carbohydrates
- Remain On This Phase Until Desire Weight Loss Has Been Reached

■ Phase III

- Maintenance - Diet For Life

Benefits/Pros

- Reduces Insulin Resistance
- Controls Appetite, No Calorie Count
- Enhances Blood Sugar In Diabetics
- Lowers LDL, Raises HDL
- Diseases Risk Reduction, Good Health

Disadvantages / Cons

- Meals Are Expensive
- Long Preparation Times
- Weight Loss Due To Water Loss Not Fat Loss
- Does Not Promote Exercise

In Comparison to Atkins

- Often Incorrectly Compared To Atkins
- Less Restrictive Than Atkins
- Both Have Phases
- Does Not Limit Carbohydrate Intake

Atkins Nutritional Approach Diet



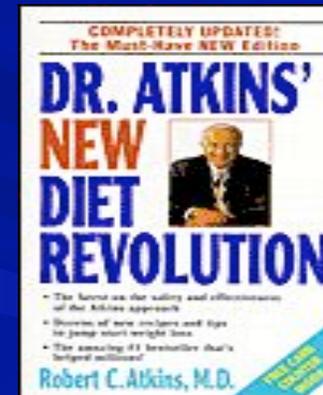
What is the Atkins Diet?

- The Atkins Diet promise
- Dr. Robert C. Atkins, M.D.
- Hyperinsulinism
- Important elements



How the Diet Works

- Restricting Carbohydrates
- Ketosis
- Ketones
- Results: Weight Loss



Four Phases of the Atkins Diet

- Phase One: Induction
- Phase Two: Ongoing Weight Loss
- Phase Three: Pre-maintenance
- Phase Four: Lifetime Maintenance

Atkins Diet Advantages

- Eat Unlimited Amounts Of Proteins And Saturated Fats
- Rapid Weight Loss
- Reduces Appetite
- Alleviates Health Issues

Atkins Diet

Disadvantages

- Not Suitable For Long Term Diet
- Lacks Fresh Fruits And Vegetables
- Must Take Vitamins
- Can Not Eat Foods Such As Potatoes, Pasta, Rice
- Chances Of Getting A Heart Attack if Used For A Long Period Of Time
- Expensive

Conclusion:

if you apply these five factors for food control, you will be better off. These are: caloric intake, variety, balance, adequacy, and moderation. Of course, a 20-minute exercise daily would be perfect!