

Unhealthy Nutritional Habits and the Effects on Heart Health



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Fad Diets



- Atkins Diet
- South Beach Diet
- Vegan Diet
- Ketogenic Diet
- Paleo Diet
- Intermittent Fasting



fad diet:

a diet popular for a time that often promises unreasonably fast weight loss or health improvements

Trend Diets



- Weight Watchers
- DASH Diet
- Therapeutic Lifestyle Change (TLC) Diet

Weight Loss Medications



- **Qsymia**
- **Adipex**
- **Phentermine**
- **Ozempic**



WHAT IS IT?

A FAD DIET PROMISES RAPID WEIGHT LOSS AND OTHER HEALTH ADVANTAGES. MANY OF THESE DIETS INVOLVE ELIMINATING SPECIFIC FOODS OR EVEN ENTIRE FOOD GROUPS.



KETOGENIC DIET

- AIMS TO USE FAT AS A SOURCE OF ENERGY
- ~75% OF THE DIET COMPRISES OF FAT RICH FOOD
- ~5% OF THE DIET COMPRISES OF CARBOHYDRATES



✓ BUTTER, GHEE, WHOLE EGGS, NUTS, BACON, CHEESE, ETC.

✗ GRAINS, LEGUMES, PULSES, FRUITS & STARCHY VEGETABLES



PALEO DIET

- AIMS TO MIMIC THE DIET OF OUR ANCESTORS
- PROMOTES CONSUMPTION OF WHOLE FOODS ONLY
- ANYTHING PROCESSED OR MADE IN A FACTORY IS ELIMINATED



✓ FRUITS, VEGETABLES, NUTS, SEEDS, MEAT, FREE RANGE EGGS, ETC.

✗ MILK, FAST FOOD, SODAS, BEANS, LEGUMES, ETC.

DETOX DIET

- AIMS TO ELIMINATE "TOXINS" AND GUARANTEE RAPID WEIGHT LOSS
- POPULAR FORMS INCLUDE "JUICE CLEANSSES" AND "DETOX TEAS"
- EXTREMELY RESTRICTIVE



✓ PRESCRIBED JUICES / TEAS

✗ ANY FOOD OTHER THAN WHAT IS PRESCRIBED



GM DIET



- AIMS TO INDUCE RAPID WEIGHT LOSS
- A SPECIFIC COMBINATION OF FOODS IS EATEN OVER A 7 DAY PERIOD
- DOES NOT PROMOTE A BALANCED DIET AND ELIMINATES SEVERAL FOOD GROUPS

✓ SPECIFIC FOODS ASSIGNED FOR EACH DAY FOR 7 DAYS

✗ ANY FOOD OTHER THAN WHAT IS PRESCRIBED



How to spot a fad diet



- Here are some telltale signs:
 - Claims of fast and easy weight loss
 - Eliminates certain food groups or "bad foods"
 - Requires the purchase of dietary supplements labeled as fat burners, metabolism boosters, or weight loss aids
 - Highlights specific foods, such as grapefruit, maple syrup, or special soup
 - Doesn't require exercise
 - Tells you that certain foods need to be correctly combined for proper digestion

Fad Diets



- The other problem with fad diets is they can **cause nutritional deficiencies** and lead to a host of additional health problems, including negatively impacting hormonal health and metabolism. Diets affect mental health, too, by causing stress, guilt, and anxiety over food choices.

Keto Diet



- **MYTH:** The keto diet is a healthier alternative to fad diets, because it eliminates carbs as your primary energy source.
- **FACT:** Though studies show keto does work in the short-term, long-term effects are less clear and could even pose some health risks. These include kidney stones and vitamin and mineral deficiencies. More importantly, studies do not show that the keto approach is more effective than a sensible dietary pattern. Most people will regain the weight they lost.
- Typically, people follow modified ketogenic diets, because a true keto diet is extremely hard to plan, due to being mostly fat. These modified versions can still be very effective to lose weight initially — in some cases up to 10 pounds in the first 2 weeks. However, that initial weight loss is mostly water weight from using up your body's carbohydrate reserves.
- Eating moderate amounts of healthy carbs — such as whole grains, legumes, fruits and vegetables — may lower your chance of developing chronic diseases such as diabetes, cardiovascular disease and some forms of cancer.
- **Considering the keto diet?** If you have a significant amount of weight to lose, you may be better off trying a more sustainable weight-loss option under the care of your healthcare provider.

General, Healthful Nutrition Therapy



- There are several benefits to following a general, healthful diet:
 - Depending on your food choices, it could mean less calories, less salt, less added sugars, and less saturated fat and trans fat than many other diets.
 - When you focus on eating more whole grains, legumes, fruits, vegetables, nuts, and seeds, you may improve how much fiber, vitamins, and minerals you eat.
 - It can lower your risk of conditions like diabetes, heart disease, hypertension, stroke, and cancer.

General, Healthful Nutrition Therapy



- Eat at least 5 servings of fruits and vegetables every day.
 - Don't focus only on green vegetables. There are special health benefits to eating blue-purple, yellow, orange, and red vegetables.
- Eat more legumes (like beans and lentils) and more whole grains.
- Try meatless alternatives.
 - In place of meat, you can get your protein from eating eggs, fish, poultry, beans, peas, soy-based foods, and nuts/nut butters
 - Low-fat or fat-free dairy products are also good sources of protein.

General, Healthful Nutrition Therapy



- **Keep your salt intake to a minimum (less than 2300 milligrams per day).**
 - Avoid adding salt, soy sauce or fish sauce to your food when cooking.
 - Eat freshly prepared meals at home. Processed foods and restaurant foods contain more salt.
 - Fresh fruits and vegetables are the best choices for snacks.
 - When shopping, choose the products with lower sodium content.
- **Limit your daily sugar intake.**
 - Sugar can be found in honey, syrups, jelly, fruit juice, and fruit juice concentrate.
 - Limit sugar-sweetened beverages like soda pop and fruit juice, sugary snacks, and candy
 - It's best to avoid products with added sugar, but if you do eat them, read labels carefully so you know how much sugar is in each portion.

General, Healthful Nutrition Therapy



- It is better to eat unsaturated fats than saturated fats. Avoid trans fats as much as possible.
 - Unsaturated fat is found in fish, avocado, nuts, and oils like sunflower, canola, and olive oils.
 - Saturated fat is found in fatty meat, butter, ice cream, palm and coconut oil, cream, cheese, and lard.
 - Trans fats are found in many processed foods, margarines, fried foods, fast food items, convenience foods like frozen pizza and snack foods, and sweets including pies, cookies, and other pastries. Check nutrition labels.
 - When cooking, use vegetable oil instead of animal oil.
 - Boil, steam, or bake your food instead of frying.
 - If you eat meat, remove the fatty part before cooking.

Heart Healthy Eating



To follow a heart-healthy diet,

- Eat a balanced diet with whole grains, fruits and vegetables, and lean protein sources.
- Achieve and maintain a healthy weight.
- Choose heart-healthy unsaturated fats. Limit saturated fats, *trans* fats, and cholesterol intake. Eat more plant-based or vegetarian meals using beans and soy foods for protein.
- Eat whole, unprocessed foods to limit the amount of sodium (salt) you eat.
- Limit refined carbohydrates especially sugar, sweets and sugar-sweetened beverages.
- If you drink alcohol, do so in moderation: one serving per day (women) and two servings per day (men).
 - One serving is equivalent to 12 ounces beer, 5 ounces wine, or 1.5 ounces distilled spirits

Tips for Choosing Heart-Healthy Fats



- Choose lean protein and low-fat dairy foods to reduce saturated fat intake.
- Saturated fat is usually found in animal-based protein and is associated with certain health risks. Saturated fat is the biggest contributor to raised low-density lipoprotein (LDL) cholesterol levels in the diet. Research shows that limiting saturated fat lowers unhealthy cholesterol levels. Eat no more than 7% of your total calories each day from saturated fat. Ask your RDN to help you determine how much saturated fat is right for you.
- There are many foods that do not contain large amounts of saturated fats. Swapping these foods to replace foods high in saturated fats will help you limit the saturated fat you eat and improve your cholesterol levels. You can also try eating more plant-based or vegetarian meals.

Tips for Choosing Heart-Healthy Fats



Instead of...	Try:
Whole milk, cheese, yogurt, and ice cream	1%, ½%, or skim milk, low-fat cheese, non-fat yogurt, and low-fat ice cream
Fatty, marbled beef and pork	Lean beef, pork, or venison
Poultry with skin	Poultry without skin
Butter, stick margarine	Reduced-fat, whipped, or liquid spreads
Coconut oil, palm oil	Liquid vegetable oils: corn, canola, olive, soybean and safflower oils

Tips for Choosing Heart-Healthy Fats



- **Avoid *trans* fats.**

- *Trans* fats increase levels of LDL-cholesterol. Hydrogenated fat in processed foods is the main source of *trans* fats in foods.
- *Trans* fats can be found in stick margarine, shortening, processed sweets, baked goods, some fried foods, and packaged foods made with hydrogenated oils. Avoid foods with “partially hydrogenated oil” on the ingredient list such as: cookies, pastries, baked goods, biscuits, crackers, microwave popcorn, and frozen dinners.

Tips for Choosing Heart-Healthy Fats



- Choose foods with heart healthy fats.
- Polyunsaturated and monounsaturated fat are unsaturated fats that may help lower your blood cholesterol level when used in place of saturated fat in your diet.
- Ask your RDN about taking a dietary supplement with plant sterols and stanols to help lower your cholesterol level.
- Research shows that substituting saturated fats with unsaturated fats is beneficial to cholesterol levels.
Try these easy swaps:

Tips for Choosing Heart-Healthy Fats



Instead of...	Try:
Butter, stick margarine, or solid shortening	Reduced-fat, whipped, or liquid spreads
Beef, pork, or poultry with skin	Fish and seafood
Chips, crackers, snack foods	Raw or unsalted nuts and seeds or nut butters Hummus with vegetables Avocado on toast
Coconut oil, palm oil	Liquid vegetable oils: corn, canola, olive, soybean and safflower oils

Tips for Choosing Heart-Healthy Fats



- **Limit the amount of cholesterol you eat to less than 200 milligrams per day.**
 - Cholesterol is a substance carried through the bloodstream via lipoproteins, which are known as “transporters” of fat. Some body functions need cholesterol to work properly, but too much cholesterol in the bloodstream can damage arteries and build up blood vessel linings (which can lead to heart attack and stroke). You should eat **less than 200 milligrams cholesterol per day**.
 - People respond differently to eating cholesterol. There is no test available right now that can figure out which people will respond more to dietary cholesterol and which will respond less. For individuals with high intake of dietary cholesterol, different types of increase (none, small, moderate, large) in LDL-cholesterol levels are all possible.
 - Food sources of cholesterol include egg yolks and organ meats such as liver, gizzards. Limit egg yolks to two to four per week and avoid organ meats like liver and gizzards to control cholesterol intake.

Tips for Choosing Heart-Healthy Carbohydrates



- Consume foods rich in viscous (soluble) fiber
- Viscous, or soluble, fiber is found in the walls of plant cells. Viscous fiber is found only in plant-based foods—animal-based foods like meat or dairy products do not contain fiber. In the stomach, viscous fibers absorb water and swell to form a thick, jelly-like mass. This helps to lower your unhealthy cholesterol
 - Rich sources of viscous fiber include asparagus, Brussels sprouts, sweet potatoes, turnips, apricots, mangoes, oranges, legumes, barley, oats, and oat bran.
- Eat at least 5 to 10 grams of viscous fiber each day. As you increase your fiber intake gradually, also increase the amount of water you drink. This will help prevent constipation.
- If you have difficulty achieving this goal, ask your RDN about fiber laxatives. Choose fiber supplements made with viscous fibers such as psyllium seed husks or methylcellulose to help lower unhealthy cholesterol.

Tips for Choosing Heart-Healthy Carbohydrates



- **Limit refined carbohydrates**
- There are three types of carbohydrates: starches, sugar, and fiber. Some carbohydrates occur naturally in food, like the starches in rice or corn or the sugars in fruits and milk. Refined carbohydrates—foods with high amounts of simple sugars—can raise triglyceride levels. High triglyceride levels are associated with coronary heart disease.
- Some examples of refined carbohydrate foods are table sugar, sweets, and beverages sweetened with added sugar.

Additional Lifestyle Tips



- Achieve and maintain a healthy weight.
- Talk with your RDN or your doctor about what is a healthy weight for you.
- Set goals to reach and maintain that weight.
- To lose weight, reduce your calorie intake along with increasing your physical activity. A weight loss of 10 to 15 pounds could reduce LDL-cholesterol by 5 milligrams per deciliter.
- **Participate in physical activity.**
- Talk with your health care team to find out what types of physical activity are best for you. Set a plan to get about 30 minutes of exercise on most days.

Questions?



THANK YOU FOR YOUR TIME.