Diabetes and Fad Diets: making them work for you and your patients

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‘Fad’ Diets are not new....

- 1558- *The Art of Living Long* - a popular diet made up of flattened potatoes drenched in vinegar
- 1863- *The Banting Diet* by William Banting- 1st low carb diet
- 1900’s- *Fletcherism* by Horace Fletcher- "chewing craze" eat anything but chew 100 times to prevent weight gain
- 1915- Hospital DM Diet: no food for 48 hours, give 1 oz of whiskey every 2 hours for 12 hours with black coffee
- 1918- *Diet & Health: With Key to the Calories* - Doctor Lulu Hunt Peters published this first diet bestseller
- 1920's- calorie counting craze took off
How many diet books have been published today?

576,228 (or so) - David Katz

Mission for today

- Take a look at the good, the bad, and the really ugly diets that exist in the market today
- Review current research and evidenced-based guidelines that relate to diabetes and obesity
- Provide tips for helping pts make healthy, safe and sustainable food choices that ultimately will allow them to manage their weight and their DM
Disclosures

- None
- Currently work for the NCQA recognized Diabetes Education Program (DEP) with NNI
- The DEP is fully funded by Novo Nordisk
- Today’s content is based on my professional opinion that has been formed by my recent literature review of the topic and over 25 years of experience in the field of nutrition, obesity, and diabetes

Obesity in 2013

- ~671 million obese people in the world (2013)

Most Obese Country in the World (2014)

- Kuwait = 42.8%
The US is the 8th most obese country in the world

~78.6 million obese adults (34.9%) in US

Some groups in the US are affected more by obesity than others:

- Highest rates are non-Hispanic blacks (47.8%)
- Hispanics (42.5%)
- Non-Hispanic whites (32.6%)
- Non-Hispanic Asians (10.8%)

Diabetes

- How many people in the world currently have DM?
  347 million people had diabetes (9%) in 2013
  (1985= only 30 million people had diabetes in the world)

- How many people in the US currently have DM?
  Over 29.1 million people or 9.3% of the population have diabetes

Diabetes and Weight

- 85% of Americans with DM are obese
- 7-10% weight loss (14-20lbs) causes insulin action to improve by 55-90%
- Benefits are greatest when PWD lose weight within the first 5 years of diagnosis

#1 recommended goal from WHO, AAFP, ADA, AADE, AACE, AND (and several others) is:
“achieve and maintain healthy body weight”
But….if you have diabetes, the odds are against you

- Hormone deficiency: GLP-1, thyroid, estrogen
- Insulin resistance/excess glucagon
- Excess insulin production in T2 (storage)
- DM Meds: insulin, TZDs, SUs
- Non-DM Meds: steroids, antidepressants
- Inactivity
- Sleep deprivation
- Environment full of calorically dense foods with added sugar, salt, fat

Money spent on trying to lose weight

- Americans spend over $60 billion annually trying to lose weight
  - Books
  - Gyms
  - Weight Loss Programs
  - Pills & potions
  - Medications
  - Surgery
  - Fad Diets

What is a Fad Diet?

Difficult to define, “fad” is not a scientific term

Best definition:
“A fad diet is a diet you do not like. It is the other guys diet. It is a diet that promises to outperform any “healthy” diet” – Richard Feinman from SUNY
How do you help your pts recognize a fad diet?

- Magic or miracle foods that burn fat or cure diabetes (or other chronic disease)
- Bizarre quantities of one food or type of food
- Promises dramatic, quick results
- Rigid meal plans
- Recommend specific food combinations
- Have some quirky feature, which hardly anybody naturally adheres to

How do you identify a fad diet? (cont)

- Often diet does not mention the role of exercise, sleep, or stress management in weight management
- Often appose most guidelines published by nutritional establishments, medical associations and/or other health advisors (ADA, AACE, AHA, AND, ACS)
- Usually sells books, products, prepackaged foods, and/or supplements
- Usually not based on scientific evidence or they contain partial truths

Faddiet.com

Cabbage Soup Diet
The cabbage soup diet is the king of all fad diets. Popular, Nutritional Decent, and Fairly Easy.

South Beach Diet
Naming Your Diet After A Place Where Skinny People Vacation...Brilliant.

The 1 Day Diet
If You Know You Will Quit After 1 Day, Go With This One And Be A Success!

The 3 Day Diet
If You Think You Can Last For 3 Days, Here Is The Diet Plan For You.

The Hollywood Diet
If You Want To Drink Juice Instead Of Eating, This Fad Diet Is For You.

Lemonade Diet
Also Called A Master Cleanse - For The Strong Of Spirit And Weak Of Mind.

2 Day All You Can Eat Diet
Seven Days of Weird Portions of Strange Foods. How Can It NOT Work?

Amputation Diet
If You Need To Lose Weight Fast At All Costs, Like To Win A Bet, Here Is The Plan For You.
Most common types of diets

- Fasting Diets
  - 5:2 Diet
  - Fast Diet
- Very Low Calorie diets (<800 calories)/Liquid Diets
  - The Rotation Diet
  - The Last Chance Diet
  - Cambridge Diet
  - Slim-Fast
  - NutriSystems
  - Herbalife
- Juicing Diets
  - Diet Pill/Herbal Diets
  - Dexatrim Natural
  - Hydrocut
  - Metabolife 356
  - Caffeine Pills and Caffeine Powder
  - Ephedrine

Types of diets (cont)

- Meal plans
  - Jenny Craig
  - Weight Watchers
  - Nutri-Systems
- Low Carb diets
  - Pritikin Principle
  - The Good Carb Revolution
  - Dr Dean Ornish: Eat More, Weigh Less
  - Save-Your-Life Diet
  - Forks Over Knives

Types of diets (cont)

- Detox diets
  - 1-Day Detox Diet Plan – Shape Magazine
  - 3 Day Juice Cleanse
  - 7-Day Detox Plan- body and soul
  - 10-Day Detox Diet -Dr Oz Show
  - Detox Diet Plan by Prevention
  - Master Cleanse
- Caveman diets
  - Paleo Diet
  - Stone Age Diet
- Can't categorize diets
  - Blood Type
  - Alkaline Cure
  - VB6 Diet
  - Raw Food Diet
  - Macrobiotic Diet-vegan
  - 3 hour Diet
Where to look to find information about Today's Most Popular Diets

- Google – Most popular diet books sold in 2014
- Fox News Top diet books (updated once a year) [http://www.foxnews.com/leisure/2014/01/13/top-10-diet-books/]
- Amazon Best Diets Sellers (updated hourly) [http://www.amazon.com/Best-Sellers-Books-Diets-Weight-Loss/gbs/books/4613]
- US News and World Report releases annual list of the world’s most popular diets and then have a panel of experts rank the diets on several different categories [http://health.usnews.com/best-diet]
- MedlinePlus

**Nutrition for Weight Loss: What You Need to Know about Fad Diets** (American Academy of Family Physicians)

Today's Top Ten Most Popular Diets

1. The Fast Diet
2. Eat to Live
3. What Are You Hungry For?
4. Crazy Sexy Diet
5. The Emotional Eater’s Repair Manual
6. Practical Paleo
7. French Women Don’t Get Fat
8. Grain Brain/ Gluten Free Every Day/Wheat Belly
9. 17-Day Diet
10. 20/20 Diet: Dr Phil

What are the most popular diets being tried by your patients with diabetes?

- Low &Very Low Carb Diets
- Paleo Diet
- Gluten Free Diet
- Fasting Diets
- Anything-Dr. Oz-says weight loss plan
FOOD DECISIONS BASED ON BELIEFS OR RELIGION
- Can not convince someone to change their religious beliefs and often cannot convince a person to change their food beliefs
- Ask questions to determine the strength of their food beliefs
- Use MI to capture their motivation to make a healthy behavior change
- Avoid challenging their food beliefs
- As long as the diet is not hurting them, remember the placebo effect
- We can work with most belief systems

FOOD DECISIONS BASED ON SCIENCE OR EVIDENCED BASED
- Make food choices based on scientific discoveries
- Skeptical about quick fixes
- Willing to constantly update their understanding of food and health based on scientific discoveries
- Usually go to HCP or RD to decipher headlines about food and health
- These patients are willing to have their health and dietary beliefs challenged by scientific discoveries to help them adjust their behaviors accordingly

Diet Review will include
- Beliefs & Claims
- Pros
- Cons

Let’s talk carbs
How many carbs do the experts recommend?

- Joslins: 40% Carbs, minimum of 130g/day
- ADA: no % yet no less than ~130 g/day
- AAFP: 40-60% Carbs
- AACE: no less than 90-120 g/day
- RDA: >/=130 g/day
- AND: 45% calories from carbs (DM)
- IoM: >/130 gms/day

Low-Carb Diets Defined

- High-Carb Diet: >45% of calories from carbs
- Moderate Low-Carb Diet: ~26-45% of calories from carbs, but at least 80-130 g/day (avoid ketosis)
- Very Low-Carb Ketogenic Diet (VLCKD): <10% of calories from carbs or <50-80 g/day, promote ketosis

VLC Diets

- The 100
- The New Lean for Life weight loss program
- Most Paleo diets
- Dukan Diet
- Dr Atkins-Diet Revolution
- Drinking Man's Diet
- Calories Don't Count Diet
- T-Factor Diet
- The Stillman Diet
- The Doctor's Quick Wt Loss Diet
- The Complete Scarsdale Diet
- The Carb Addict's Diet
- Protein Power
- Sugar Busters
- Dr Sears- The Zone Diet
- South Beach Diet
- Magic Mayo Diet
- The Complete Scarsdale Medical Diet
Beliefs of the Low Carb Diet:

- Carbs promote insulin production and insulin causes insulin resistance and weight gain
- If you don’t eat carbs you will burn mostly fat for fuel vs the sugar in you blood
- Ketosis means your burning fat for fuel and therefore you will lose wt faster
- Humans used to survive on ketones yet we have adapted to use glucose for fuel because of our carb-dense Western diet (Paleo)

Low Carb Diets: Pros

- Moderate carb restriction has been shown to help decrease weight, BP, lipids, and A1c
- Usually these diets focus on label reading and portion control which helps dieters be more conscious eaters
- Some of these LC diets promote that carbs from whole foods versus processed
- We can work with patients on low carb diets to help ensure they are eating enough fiber, micronutrients, and enough carbs to prevent ketones

VLC: CONS

- Causes ketosis during induction period (<80gms)
- Increase risk of hypoglycemia and for DKA (T1)
- Ketosis causes excess sodium excretion and water loss, which is responsible for most of the weight loss that dieters experience
- Urinary excretion of ketones also results in increased urinary losses of calcium, magnesium, and potassium
- Increased risk of postural hypotension
- Diets have been linked to hypothyroidism, increased LDL and TGs
VLC: CONS

- Ketosis causes lack of energy, sluggishness, constipation, gas, headaches, bad breath and higher than normal levels of protein in the body
- May worsen kidney function for those with kidney impairment; increase risk of kidney stones
- Not safe for athletes, children, pregnant women or people on SU or insulin
- Deaths - 16 yo girl died of a ventricular fibrillation arrest after following a VLC diet for 2 weeks - had severe hypokalemia/hypocalcaemia; several deaths reported in 1970s from following liquid prot diets which caused E-lyte imbalances
- Cognitive function impairment has been demonstrated during the induction phase of many VLC diets

What can we do with Low Carb Diets?

1. Congratulate patient for deciding to make changes to their diet
2. Ask pt to define “low carb” “bad carbs” “evil”
3. Ask pt to list foods that must be avoided
4. Discuss the pros of their diet of choice
5. Ask for permission to review the dangers of the diet (cons)
6. Ask whether the pt is willing to try an alternate diet?
7. If not, review ways to add a few ‘magical’ carbs from whole foods to help the pt get a minimum of 80-130 grams per day

PALEO DIET
Beliefs of the Caveman Diet or Paleo Diet

- No calorie counting
- Eat foods from Paleolithic era - prior to farming, domesticated animals, processed foods (2.6 million-12,000 yrs ago)
- Eat lean meats, fruit, non-starchy veggies, nuts (except peanuts)
- Don’t eat starchy veggies, dairy, grains, beans or processed food because they didn’t exist during this era
- Recommends exercise

Caveman Diet (example)

- Stage One - 2 wks, large glass of water in am, graze on fresh fruits and unsalted nuts, at end of day eat one large meal of whatever you want
- Stage 2 - 2-6 wks, continue with the water/fruit ritual in the am, fast during the day except water, at end of day eat meat, eggs, berries, root veg (no potato) and nuts
- Stage 3 - continue water routine and evening feast, but eat unprocessed foods during the day

Paleo: Pros

- Encourages its followers to eat whole, organic foods and avoid refined, processed foods
- Encourages regular exercise
- If followed - diet tends to be low in added sugar and salt
Caveman/Paleo: Cons

- Average life expectancy of humans during the Paleolithic Era was ~33 years (if you lived through teenage years you might live to be 54y/o)
- Theories are not based on science--many of the plant foods and nearly all of the animal foods consumed during the Stone age are now extinct
- Anthropologist believe data supports that our ancestors most likely ate a low-fat, high fiber diet, mostly plant based
- Long term results unproven

Caveman/Paleo: Cons

- Diet promotes ketogenesis as a healthy way to burn fat (same cons as VLC diets)
- Limits many nutrient dense food sources: all legumes-peanuts, all dairy, starchy veg, all grains/gluten-(low in many vits/min)
- Diet is difficult to maintain, can be expensive
- Eating one large meal per day is not ideal for PWD

GLUTEN FREE CRAZE

The most dangerous foods according to dietary experts:

- Saffir
- Poisonous mushrooms
- Lead
- Uranium
- White bread
GLUTEN FREE

Sales for gluten free foods have doubled in last 4 years (>23 billion) along with gluten/grain free diet books:

- Against All Grain by Danielle Walker
- The Frugal Paleo Cookbook
- Wheat Belly
- The Grain Brain
- The Paleo Kitchen
- The How can It Be Gluten Free Cookbook
- Gluten Free Every Day
- Gluten-Free Guide for Guys
- You Still Won’t Believe It’s Gluten
- The Gluten-Free Bible

Gluten Free: Claims and Beliefs

Claims: most people are gluten sensitive and if they stop eating gluten they can get rid of digestive problems, eczema, chronic fatigue, headaches, infertility, ADHD, autism, depression, chronic inflammation, thyroid disease, wt gain and diabetes.

BELIEFS: gluten (protein in wheat, rye, barley) is a new food to the human race and most of us have not yet adapted to digesting it therefore we should avoid it in order to be healthy and cure all the problems above.
- Gwyneth Paltrow follows this diet

Gluten Free

AVOID
- Wheat
- Barley-Malt (beer)
- malt flavoring
- modified food starch
- Rye
- Triticale (wheat-rye)
- Durum flour
- Farina
- Graham flour
- Kamut
- Semolina
- Spelt
- Oats (contaminated)

OK
- Amaranth, Arrowroot
- Beans (kidney, black, soy, navy, pinto, etc.)
- Buckwheat
- Corn and pure corn tortillas
- Flax
- Gluten-free baked products (made from corn, rice, soy, nut, teff and/or potato flour)
- Kasha, Millet
- Polenta
- Potatoes and sweet potatoes
- Quinoa
- Rice (brown or wild rice is best)
- Sorghum, Soy, Tapioca
- Fruits, vegetables, low-fat dairy products, beans, eggs, nuts, and lean meat, poultry, fish
10% of people with T1DM have celiac disease
- It is critical for the 1% of the population that have celiac disease to follow this evidenced-based diet
- May help the 5-6% of the population that have a genuine gluten sensitivity
- Not dangerous if monitored closely by RD or HCP in the nutrition field
- Followers are forced to read labels and be more conscious about what they eat

No evidence to support there are any health benefits of a gluten free diet for people that do not have any gluten sensitivity or intolerance
- Taking out gluten often means adding something else that is lower in fiber and protein and higher in sugar and sodium
- There is a significant number of gluten free junk food items that have been added to the market in last 4 yrs (girl scout cookies, bagels, muffins)
- Can be expensive and difficult to follow
- Often diet is low in fiber, high in processed fats, high in added sugar and low in taste

Many people are not gluten-sensitive but are actually sensitive to fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAPs)
- This group of carbs don't get broken down and absorbed in the small intestine; instead they pass into large intestine and can cause GI distress - diarrhea, bloating, pain, flatulence, constipation in some people
High FODMAP Foods

- Legumes
- Garlic, onions, asparagus, artichokes, sugar snap peas, celery, sweet corn
- Apples, mangoes, pears, peaches, plums, watermelon, cashews, pistachios
- Wheat, barley, rye
- Soft cheeses, cow’s milk, cream ice cream, yogurt

FODMAPs: PROS/CONS

**PROS**
- Helps 10% of population that are sensitive to FODMAPs
- Helps decrease symptoms for ~70% of people with IBW

**CONS**
- The fermentation of foods high FODMAPs help stimulate growth of healthy bacteria in our gut
- Low-FODMAP diet is associated w changes in the microbiota that may impair digestive health

Fasting Diets

- The Fast Diet-5:2 Diet
- 8 Hour Diet
- Intermittent Fasting is a popular spiritual discipline for many religions (Muslim, Christians, Jewish)
- GET FASTING in the FOOTSTEPS of JESUS
- Juice Fasting
- Master Cleanse
- Water Fast- 2L H2O for 1-40 days
Fasting Diets: PROS vs CONS

**PROS**
- Encourages more conscious eating
- No food restrictions on non-fasting times
- Less restraint needed
- Most encourages lean protein and low glycemic load foods during the ‘fasting’ period

**CONS**
- Not rec’d for people on insulin or SU, nursing or pregnant women, or with anyone that has an eating disorder
- Limited research to support health benefits of intermittent fasting
- Side effects include: increased irritability, daytime sleepiness, sleeplessness, dehydration, BP changes, hypoglycemia, decreased concentration

The “Oz Effect”
- Dr Oz is a doctor and heart surgeon endorsed by Oprah
- His TV personality and title gives him an ability to dramatically boost sales and drive scam artists to pop up overnight using false and deceptive ads to sell questionable products
- He states he has 6 “trusted partners”: Aquaphor, Eucerin, Metamucil, Omron, Schiff and Walgreens
- Advertisers watch his show and market their products based on many of his false claims he makes and it works (iChill)

Top 10 Dr OZ Weight Loss Products
1. Forskolin “lightning in a bottle” and “a miracle flower” (root)
2. FBCx- Fat Binding Complexer-“effective wt loss tool” (fiber)
3. Raspberry Ketones- “number one miracle in a bottle to burn your fat” (compound in red raspberries)
4. Yakon Syrup- “a metabolism game-changer” (root from S America that can be used as sugar substitute)
5. Saffron Extract- “miracle appetite suppressant” (spice)
6. Sea Buckthorn
7. Capsiberry
8. Garcinia Cambogia
9. African Mango Seed
10. Green Coffee Bean extract ($50)
The FTCs bureau of consumer protection sued the supplement companies that DR Oz supported on his show for their deceptive weight loss claims.

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- Dr. Lindsey Duncan and his companies, Pure Health LLC, Genesis Today Inc., were found guilty and are barred from making deceptive claims and must pay $9 million back to consumers.

- Applied Food Sciences had to pay $3.5 million last Sept (company that sponsored the green coffee bean study).

- Researchers found that more than half of Dr. Oz’s rec’s either had no evidence behind them or contradicted best-available evidenced based rec’s.

PWD BEWARE OF DIETS THAT INCLUDE ANY OF THE FOLLOWING:

- Detox Diets
- Single food item diets (grapefruit, cabbage soup, phases of glycemic index diets)
- Fasting Diets
- VLCD (less than 800 calories/day)
- Recommend you avoid mixing foods
- Recommend elimination of large food groups
- <800 calories/day (unless medically supervised)
- All-liquid diets
- Supplements/Powders/Potions

Dangerous Diets

Cotton Balls

So soft and fluffy,
So sweet and kind.
How I love you,
And my thin thighs.
The cravings have faded,
The cravings have died.
I wish you were there,
When I cried.
World's Dumbest/Unhealthiest Diets

- The Cotton Ball Diet - they fill you up and are high in fiber
- The HCG Diet - take pregnancy hormone injections or pills+ 500 kcal /d
- Tapeworm Diet - travel to Mexico, pay a "clinic" ~$2,000 to ingest a beef tapeworm cyst, the cyst allows a tapeworm to grow inside your intestinal tract and cause rapid weight loss
- K-E Diet weight loss method-continuous feeding tube of 800 kcals/day for 10 days
- Breatharian Diet - can live off of air and sunlight
- Alcorexia/Drunkorexia Diet - save up food calories to binge drink
- K-E Diet weight loss method
- Urine Therapy - "urotherapy", includes drinking your own urine for cosmetic purposes and overall wellbeing, claim is that the urea component of urine can have anti-cancer effects (followed by Bear Grylls-only one to admit it)
- The Clay Cleanse Diet - ingest a spoon of clay a day to remove toxins and help you detox and stay in shape (lead, arsenic)
- SkinnyMe Teatox - drink colon-cleanse teabags for 14-28 days
- Sleeping Beauty Diet - sedate self for 2-3 days (Elvis)
- The Lemon Detox Diet - Drink lemon detox for 10 days: 4 cups of salt water each morning, a cup of herbal laxative tea at night, and 6 to 12 glasses throughout the day of the "lemonade"—a concoction of fresh lemon or lime juice, maple syrup, cayenne pepper, and water (600kcal)

WHAT WORKS?

- AACE/ACE
- ADA
- National Weight Control Registry
- DPP
- US News and World Report
AACE/ACE Guidelines for DM/Obesity/CVD:

- Use multidisciplinary team - MNT/RD
- Avoid fad diets
- Goal is 5-7% wt loss x 6-12 months
- Include food from all food groups
- <7% calories from saturated fat (?)
- <100 calories from added sugar for women
- <150 calories from added sugar for men
- 45-65% carbs or at least 90-120 gms/day primarily from unprocessed carbs; 20-35 gms of fiber/day
- Fatty fish 2x/week; <2 servings red meat/week
- Limit or avoid intake of sugar-sweetened beverages

ADA Standards of Medical Care (2015)

- PWD should receive DSME and DSMS (ADA/AADE)
- All individuals with DM should receive individualized MNT
- Limit the amount of sedentary time - no more than 90 min spent sitting at a time (move more than 30 min/5x/week)
- Maintain the pleasure of eating while limiting food choices only when indicated by scientific evidence
- Limit or avoid intake of sugar-sweetened beverages

ADA Standards of Medical Care 2015 (cont)

- Consistent carb intake diet is rec'd
- Fat quality vs quantity seems to be most important (more MUFA & Omega-3 FA and less SF, TF)
- No clear evidence to support one eating pattern or one optimal macronutrient distribution
- However, there is evidence that the DASH, Mediterranean, Low-fat, Lower-carb, Vegan, and Vegetarian Diets have evidence to support that they are effective in managing diabetes and weight
National Weight Control Registry

Members have lost an average of 73lbs and maintained the loss for more than 5 yrs
- \( \geq 1 \) hr physical activity per day
- Eat low-calorie, low-fat diet
- Eat breakfast regularly
- Self-monitor weight and keep food journals
- Maintain consistent eating pattern
- Catch 'slips' before they turn into sig gains

Top Ten Healthiest Diets for PWD: How were they chosen?

These diets were reviewed by a panel of health experts on the following areas:
- Ease of following the diet
- Nutritious
- Safe
- Effective for weight loss
- Effective for diabetes management and heart disease

Top Ten Healthiest Diets for PWD for 2014

- DASH Diet
- Biggest Loser Diet
- Engine 2 diet
- Flexitarian Diet
- Mayo Clinic Diet
- Ornish Diet
- Vegan Diet
- Vegetarian Diets
- Mediterranean Diet
- DPP

- Encourage pts that want a 'new' diet to try one of these diets
Use MI to help individualize the person’s diet to meet their nutritional needs and beliefs

“Congratulations on making the decision to change your diet to help control your DM and weight”

“Tell me more about why you chose this particular diet”

“What are your expectations of this diet” (outcomes, difficulty, health, A1c, etc)

“What are some of the pros and cons of this diet?”

“Can I offer you some feedback on the diet you have chosen to follow?”

“Can I help you identify a few additional pros/cons of this diet?”

“There are some special dietary considerations for PWD – is it ok if we discuss these now?”

“Are you willing to make a few exceptions to the dietary restrictions of this diet to ensure your diet is healthy and safe?

Help patients set personalized goals that include a list of very small daily behavior changes that will ultimately help them create many of the following healthy habits:

1. Consistently take prescribed diabetes meds yet try meds that are either weight neutral (MET, DPP4-i, AGi), or cause weight loss (PRAML, SGLT-2, GLP-1) and change the tx if not meeting A1c goal w/in 3 months

2. Sit less and move more (sit <90 min at a time, move >30min/d);Move at least 2-3 min after each meal

3. Sleep better (6-8 hrs of high quality sleep)

4. Stay well hydrated (>4-6 cups/day)

5. Focus on what you want to eat/do vs what you don’t want to eat/do

Teresa’s Top Ten Tips (habits) for Weight Management for PWD
### Teresa’s Top Ten Tips for Weight Management for PWD (cont)

<table>
<thead>
<tr>
<th>Tip</th>
<th>Description</th>
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<tbody>
<tr>
<td>6.</td>
<td>Have a plan for what you want to eat before eating it</td>
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<td>7.</td>
<td>Eat breakfast regularly then enjoy a snack or a meal every 3-4 hours (include carbs)</td>
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<td>8.</td>
<td>Eat sitting down, at a table, from a small plate/bowl</td>
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<td>9.</td>
<td>Eat slowly, focus on the smell, the taste and the texture of the food</td>
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<td>10.</td>
<td>Monitor behaviors/outcomes: food journal, weekly weight checks, BG monitoring, goal tracker</td>
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**CELEBRATE small successes!**

### THANK YOU!

*Move more and*

*“eat real food, not too much, mostly plants” ~ Michael Pollan*

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### EXTRA SLIDES
History of “Diets”

- Hippocrates believed the underlying principles of health were food and exercise
- 1558: *The Art of Living Long* by Lord Byron became a popular diet; made up of flattened potatoes drenched in vinegar
- 1863: The Banting Diet by William Banting first low carb diet
- 1900's: Fletcherism by Horace Fletcher- “chewing craze” eat anything but chew a min of 300 times- theory was you can’t gain weight from undigested food (liquids)
- 1915: Hospital DM Diet: *After admission do not give any food for 48 hours to determine the severity of the diabetes. Give 1 oz of whiskey every 2 hours for 12 hours with black coffee (prior to discovery of insulin in 1921)*

History of diets (cont)

- 1918: Count Calories. Doctor Lulu Hunt Peters published the first diet bestseller *Diet & Health: With Key to the Calories* - she urged women to view food as calories and rec less than 1200 calories per day
- 1920's: calorie counting craze took off; along with the focus on how women could get/keep a boyish figure; the cigarette diet "reach for a Lucky instead of a sweet"; diet pills, diet gums, & laxatives; contraptions to burn fat
- 1930's: *The Hay Diet* by William Hay- don’t eat starch and protein together

History of diets (cont)

- 1950's: *Cabbage Soup Diet* creator is unknown, remains in use today
- 1972: *Diet Revolution* by Robert Atkins, based on his own weight-loss experiments, sold 10's of millions of copies, 30 yrs later *New Diet Revolution* sold even more (VLCD)
- 1981: *The Beverly Hills Diet* by Judy Mazel believed William Hay and told followers that the order in which we eat food is the main problem and this confuses our enzymes that digest our food and causes weight gain, also rec’d fat-burning pineapple; only fruit for 10 days
History of Diets (cont)

- 1997 - The Blood Type diet; *Eat Right for Your Type* by Peter D'Adamo, a naturopath claims we must eat according to our blood type.
- 2000's The Dukan Diet by a French GP Pierre Dukan - sold 8 million copies.
- 2012 - The fasting diet - also called the 5:2 Diet; UK Dr Michae Mosley published *the benefits of fasting; The 2 Day Diet* - by Michelle Harvie - dietitian, Tony Howell - prof of oncology at Manchester Univ.

*(Calories & Corsets: a History of Dieting over 2,000 years by Loise Foxcroft)*

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**Popular Diabetes Diets 2014: How do they rank**

**NOT RECOMMENDED**
- The Fast Diet
- Body Reset Diet
- Dukan Diet
- Paleo Diet
- Acid Alkaline Diet
- Zone Diet
- Glycemic Index Diet
- Medifast
- Nutrisystem
- Atkins
- Eco-Atkins
- South Beach Diet
- Slim Fast
- Weight Watchers
- Flat Belly Diet

**RECOMMENDED**
- Biggest Loser Diet
- DASH
- Engine 2 Diet
- Flexitarian Diet
- Mayo Clinic Diet
- Ornish Diet
- Vegan/Vegetarian Diet
- Mediterranean-Style
- Volumetrics Diet
- TLC Diet - Therapeutic Lifestyle Changes
- DPP

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**8 hour diet**

**Overview:**
Eat only during an 8 hour period per day and fast the other 16hrs. You can eat what ever you want during the 8 hour period.

**CLAIMs/BELIEFs:**
Kick starts your metabolism, causes "speedy" weight loss while allowing you to eat whatever you want, during fasting period your body will burn more fat.
The Fast Diet or 5:2 Diet (2013)

- Eat ‘normal’ 5 days/week then fast on 2 non-consecutive days/week
- On fasting days: women should eat <500 calories/day and men <600 calories/day
- Recommend calories on fasting days come from lean protein and low glycemic foods
- Eat whatever you want on the non-fasting days

17 Day Diet

Author: Dr Mike Moreno FM
Diet Endorsed by: Dr Phil, The Doctors
Type of Diet: Low-carb, Low-Calorie (1200cals)
Theory: Metabolic Confusion will cause your body to burn fat and lose wt, 4-17 day cycles

- **Cycle 1: Accelerate.** Jump start the program and facilitate rapid weight loss, cleansing, and fat burning. Discourages fat storage.
- **Cycle 2: Activate.** During this cycle you will "reset" your metabolism.
- **Cycle 3: Achieve.** Develop healthy eating habits, and develop a new understanding of how to eat carbs.
- **Cycle 4: Arrive.** Considered the maintenance phase and the culmination of what was learned in the first three cycles. On weekends, you have freedom to enjoy just about anything you like.
- If you are not to your goal wt by end of cycle 4 then repeat another cycle
17 Day Diet

CONS
- Rapid wt loss claims 10-15 lbs in 17 days
- No science to back up metabolic confusion theory
- May be confusing for pts to follow

PROS
- Encourages ‘healthy’ fats and ‘healthy’ carbs, lean meats, eliminates fried and processed foods most days
- Encourages 17 min of exercise per day
- Spanish version
- One-time cost of book
- Encourages less sugar

French Women Don’t Get Fat: Overview

Advises you to practice the French lifestyle of savoring your food (including chocolate, bread, cheese, and wine), controlling portions, walking, drinking lots of water, eating a variety of fresh foods, adding healthy staples like Greek yogurt and, most importantly, enjoying ourselves.
A cookbook was also published

Skinny Bitch in the Kitchen: Overview

- Vegan lifestyle
- War against the evils of the food world: meat, dairy and simple carbs
- Vegan recipes that don’t taste like “crap”
Substitute Yourself Skinny: Overview

- Enjoy your favorite foods with less calories by using low-fat, fat-free, sweeteners, less sugar and by eating more vegetables and fresh herbs.

WAIT DIET

Weight A & Intensive Treatment by Joslins Overview:
Diet tested on PWD; 1500 kcal women, 1800 kcal for men, 40-45% carb, low glycemic carbs, 25 gms fiber mostly veg/some fruit, meal replacements for B/L, SMART goals, not all kcals are the same
Evidence it works:
- Average weight loss=24 lbs x 12 weeks
- Cut meds by 50-60 %
- Decreased visceral fat, increased HDL, increased insulin sensitivity, lowered glucose levels by 40%
- 21% of participants stopped using insulin during 12 week study

Eat to Live: Overview

- Eat tons of greens
- Do not eat animal products, sugar, processed foods
- Unlimited fruits, vegetables and beans
- Zero calorie counting
3- hour diet

- Jorge Cruise developed this diet to loose belly fat, he claims he lost 40 lbs on this diet
- Eat small portions every 3 hours
- Exercise is optional
- Theory is that eating constantly will keep your metabolism continually running at a high rate and burn more fat and prevent your body from going into starvation mode
- No prohibited foods only portion restrictions
- Fried Chicken, candy bars, bacon and red meat are all allowed
- Promises cortisol levels will drop within 2 weeks along with 10 lbs
- Snacks range from 50-100kcal

3-Hour Diet: Pros

- Eating small portions every 3 hours is an effective way to control BG levels
- No bad foods, just bad portions
- Encourages a balance between C-P-F
- Encourages fruits and veggies

3-Hour Diet: Cons

- Frequent eating can be dangerous for individuals that have many food triggers-these indiv can gain sig wt if they are exposed to food triggers every 3 hours
- Does not address exercise or quality of your food choices
- Not based on science
Celebrity Diets in 2014

- Urine Therapy - "urotherapy" followed by Bear Grylls (only one to admit it)
- Paleo Diet - Followed by Miley Cyrus, Matthew McConaughey
- Sugar Free Diet - Tom Hanks, Alec Baldwin
- VB6 Diet - followed by Beyonce and Dita Von Teese
- Clay Cleanse Diet - followed by Zoe Kravitz