

Eat Like an Expert
October 27, 2010
Living your Diet
Shop Smart (Part 1)

*Note: We will meet one week after Veritas classes end to make up the missed class.
Last class: November 10 in Pasteur Hall 109 (current classroom) from 2:00-3:30 PM.*

Reading: Textbook

Chapter 10 – Planning to Eat Smart

Chapter 11 – Savvy Shopping

Chapter 9 – Ensuring your food supply

1. Living Your Diet – Review diet analysis from My Pyramid Tracker

Calories – To gain or lose weight, change the number of calories you eat or amount used in exercise **or both**. A change of 500 calories per day leads to a loss or gain of about 1 pound per week. (See Chapter 2 – Your Healthy Weight)

With age, you need fewer calories than a younger individual (less muscle)

2. Calories come from 4 sources

Protein – 4 calories per gram

Carbohydrate – 4 calories per gram

Fat – 9 calories per gram

Alcohol – 7 calories per gram

There are no calories in vitamins or minerals. Supplements may have some calories if the supplement is bound with carbohydrate or sweetened with sugar.

Most foods are a combination of calorie sources.

You may get a different value for calories if you add up the number of grams of protein, fat, or carbohydrate on the label and compare with the declared value. The label is not false, but manufacturers ‘rounded’ the fractions to the nearest whole number. They also ‘round’ the number of calories to the nearest 5 or 10 calories.

Protein – large amounts are not necessary. We need less than ½ gram for every pound of weight. But many of us eat more than 1 gram per pound.

Carbohydrate gives us energy and fuels our brain. We should get 60-65% of our calories from carbohydrate. Carbohydrates include starch (pasta, bread, potato, corn), sugar (table sugar, fructose, milk sugar) and dietary fiber (indigestible or partially-digestible carbohydrates that improve digestion (‘roughage’) and help lower cholesterol.

Whole grains are preferable to refined carbohydrates for several reasons:

- (1) they contain a greater assortment of vitamins and minerals
- (2) they have more fiber (the bran is stripped off during refinement)
- (3) for unknown reasons, consumption of whole grains is associated with better blood sugar (glycemic control), greater satiety (more filling), and reduced risk of certain cancers.

Fat includes saturated fat (solid at room temperature, like lard, some vegetable shortenings, butter, meat fat, chocolate). Fat also includes poly-unsaturated fat (found

largely in vegetable oils like soybean oil, sunflower oil, corn oil) and mono-unsaturated fat (found in olive oil and canola oil). Most saturated fat will raise our LDL-cholesterol. Unsaturated fats lower LDL-cholesterol. Mono-unsaturated fats also do not lower good cholesterol. Trans fats (partially hydrogenated oils) raise LDL-cholesterol; they act like saturated fat.

L(ousy) DL-cholesterol
H(appy) DL-cholesterol

Food labels are required to put the amount of total fat, saturated fat and trans fat on the labels.

You should get 25-30% of your calories from fat, most of it from healthy oils. If you eat 2,000 calories per day, this is about 6 teaspoons of healthy oil per day. All fats have the same number of calories, regardless of being saturated or unsaturated.

Alcohol contributes calories but has not additional nutrients. Nevertheless, for those who drink alcohol, moderate alcohol consumption is associated with beneficial effects on blood cholesterol. It may lower your risk of strokes, reduce the risk of gallstones and lower the risk of diabetes. However, the key is moderate.

Moderate alcohol intake means:

Men ages 66+ - Maximum 3 drinks per occasion, maximum 7 drinks per week
Women – Maximum 3 drinks per occasion, maximum 7 drinks per week

What is a drink?

Beer: 12 ounces

Wine: 5 ounces

80-proof distilled spirits: 1.5 ounces

3. Vitamins and minerals of concern

- Calcium – important for both men and women; recommended intake (age 51+) is 1,200 mg per day. (one cup of milk has ~300 mg calcium)
- Vitamin D (fortified in milk and some yogurt, provided by sun, current thinking 2000 IU per day but current official recommendation 400 IU to age 70, 600 IU 70+)
- Vitamin K (limited in those on certain drugs)
- Vitamin B₁₂ (challenges to absorption as we age)

Marilyn Schorin, PhD, RD

Schorin Strategies, LLC

email: schorin@schorin-strategies.com OR mschorin@gmail.com