

# Newsletter

July 24, 2021

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## Let's Talk About It:

Carbohydrates are also known as carbs, we've all heard about them, but what are they really? What is so important about them?

Carbohydrates are the second of the three Macronutrients (Fat, Carbohydrates, Protein) that provide energy for your body. The macronutrients are required by the body to build and repair itself. Look back at last week's Newsletter to read more about fat. Carbs break down into a form of sugar called glucose which is released into the bloodstream to be used as fuel for the body. As a matter of fact your body changes 100% of carbs into Glucose, whereas it changes about 10% of fat into glucose and about 60% of protein into glucose. If more glucose than can be used for energy is available, the body will change the glucose to fat and store it for use another time.

Carbs can be classified as simple (bad) or complex (good).

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Simple carbs are sugar in all its forms including white, raw, brown sugar, corn syrup, high fructose corn syrup, glucose, fructose, sucrose, and fruit juice concentrate.

## ✓ **COMPLEX CARBS**



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## ✗ **SIMPLE CARBS**



Complex carbs are the best-quality carbs. They can be found in berries, vegetables, and whole grains. Berries and vegetables are packed with vitamins, fiber, and antioxidants that are important for good health and well-being. Whole grains have fatty acids, magnesium, B vitamins, folate, and zinc. Fruit and starchy veggies are less desirable but

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do also provide phytonutrients like flavonoids and carotenoids that help prevent disease. Skipping the carbs altogether can lead you to lose out on those nutrients.

How many carbs do you need to be healthy and how do you avoid eating too many?

The American dietary guidelines recommend that the average American get 45 to 65% of their daily calories from carbohydrates. That leaves 35 - 55% to come from fat and protein.

Carbs provide you with calories or energy. Each carb contributes 4 calories so if you are on a 2000 calorie diet, the recommendation using 45% is that you should get 900 - 1,300 of your daily calories from carbohydrates. If you divide the calories by 4 (the number of calories per carb) you get 225 - 325 carbs per day. However a 2,000 calorie diet isn't realistic for most people as a maintenance diet, because individual energy needs should be based on age, height, weight, and physical activity levels, making 2,000 calories more the exception than the norm.

This leads us to question why the nutrition facts on the labels of everything you buy today references a 2,000 calorie diet. Interestingly the standard was not based on any scientific research but rather on the self-reported calorie intake of Americans by the USDA around 1990. During this survey, women reported calorie intakes of 1,600 - 2,200 and men reported 2,000 -3,000, using these numbers some loose rounding occurred and 2,000 calories was settled on as the standard even though these numbers were never actually verified.

Who would actually need a 2,000 calorie diet?

- A 6 foot male who weighs 175 pounds in his 20 - 30's with a healthy BMI who has an office job but goes to the gym three times a week.
- A male or female teenager of healthy weight who plays organized sports and practices or competes several times per week.

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- Healthy weight adults with very active jobs that involve a lot of activity like lifting, walking up and down stairs, walking and generally being on their feet. Think delivery people, construction workers, and fitness trainers.
  - Fit very active adult athletes of all ages, especially endurance athletes.

With these examples in mind, it's easy to understand that most people eat too many calories daily and along with those added calories come too many carbs. Let's take a look at what would be needed for these two example patients to lose weight.

Serina is a 56 y/o female who weighs 170 pounds, is 5' 6 " tall and works at a desk job. Her activity level is light as she takes walks 3 times a week for about 30 minutes. Her BMI is 27.4 Kg/m<sup>2</sup>. Holding all things stable she should be able to lose 1 pound per week eating 1,395 calories daily with 628 calories of those calories from carbohydrates or 157 gm of carbs daily and 2 pounds per week eating 895 calories per day with 402 of those calories coming from carbohydrates for a total carb intake of 101grams of carbs per day. However, were she to increase her exercise to moderate she could consume 1,519 calories with 683 calories from carbs or 171 gms of carbs daily and still lose 1 pound per week and 1,019 calories per day with 458 of those calories from carbs or 114 grams of carbs and still lose 2 pounds per week. If she were to increase the exercise and hold the calories at 1395 calories per day while taking 627 calories from carbs or 156 grams of carbs daily, she would lose 1.5 pounds per week.

Joe is a 45 y/o male who weighs 328 pounds, he is 6' 0" tall. He is in law enforcement, stands a lot but mostly sits so his exercise level is mostly sedentary. He does not exercise on his days off. Holding all things steady, to lose 1 pound per week his calories in take should be 2393 calories daily with 1,076 calories coming from carbohydrates or an intake of 269 grams of carbs per day and to lose 2 pounds per week 1893 calories with 852 calories from carbohydrates or an intake of 212 gm of carbs daily. If he were to start light exercise 3 times a week, he would still lose 1 pound per week eating 2815 calories with 1266 calories from carbs or 211 grams of carbs daily and 2 pounds per week eating 2315 calories with 1041 calories from carbohydrates or 260 carbs per day.

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Of importance to note is that as you lose weight your daily calorie requirements decrease unless you do something like increase your exercise or build more muscle to raise your metabolism to continue to lose weight, you will need to decrease your calorie intake.

The takeaway for today is that most people eat too many carbs because they eat too many foods that are carb rich and thus take in more energy (calories) than they expend on a daily basis. To lower your carb intake, eat foods that contain complex carbohydrates like whole grains, fresh vegetables and fruits. Avoid starchy vegetables, bread, potatoes, pasta, sugar, concentrated juices, highly processed foods like candies, cookies, cakes and ice cream. Make your calories from carbs no more than 45% of your total calorie intake for the day and if you want to see faster results, decrease your carb intake to 30 - 35% while increasing exercise, both cardio and strength training.

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## Task For The Week

Over the next week, make a plan to eat no more than 45% (20 - 30% if you are on keto) of your total calories for each day in carbohydrates. To calculate this take the total number of calories you are assigned to eat per day. As an example I will use 1500 calories.

1. Multiply it times 30% or 0.3:  $1500 \times 0.3 = 450$  calories
2. Divide the resulting percent calories by 4 (the number of calories per carb):  $450/4 = 112.5$  round to 112 carbs.
3. Look up the foods you wish to eat for nutrition facts. For example, google nutrition raw carrot, broccoli and a slice of white bread.

For  $\frac{1}{2}$  cup of chopped carrots the calories are 26, the total carbs are 6 gm, fiber 2 gm leaving net carbs of 4.

For  $\frac{1}{2}$  cup of raw broccoli the calories are 15, the total carbs are 3 gm and fiber is 1 gm leaving 2 net carbs.

For 1 slice of white bread the calories are 66 calories, the total carbs are 13 gm and fiber is 1 gm leaving 12 gm net carbs.

Ask the following questions of yourself, and record your answers in a journal.

1. Did I feel full longer?
2. How soon after eating did I notice a change in my level of hunger?
3. Did I find myself eating less?
4. Did I experienced fewer dips in energy between meals?

[Dr. O's Total Weight Loss Center - Home](#)

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# Recipe of the week

## Tuna Salad

Makes 4 servings

**Nutrition Facts Per Serving:** Net Carbs 1g, Fiber 1g, Total Carbs 2g, Protein 17g, Fat 11g, Calories 172

## Ingredients

- 2. 5 ounce cans of tuna (I prefer albacor)
- 1 Celery Stock (diced)
- ¼ Cup of Mayonnaise
- 2 Tablespoons Red Onion (diced)
- 1 - 2 Tablespoons of Chopped Parsley (fresh)
- ½ Teaspoon Dijon Mustard
- Salt and pepper to taste

## Instructions

Step 1. Drain cans of tuna

Step 2. Add all ingredients to a medium bowl and stir well.

Step 3. Serve plain out of the bowl or wrapped in lettuce

Note: if you like a creamier texture add more mayonnaise.

If you have a recipe you would like to share, please send it to [drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

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## Announcements

Vitruvian BodyWorks is now offering Yoga, HIIT, and Pilates classes. Call to sign up and get your first Yoga or Pilates class free (applies only to Yoga and Pilates). Classes available Sun - Sat. 727-273-2030.

Yoga \$10.00/class, Pilates \$15.00/class, \$15.00/class

Day	Yoga	Pilates	Dr. Q's BootCamp
Sunday	No Class	1:00pm	
Monday	9:00	1:00pm	
Tuesday	5:30	9:00	
Wednesday	No Class	9:00	6:00pm
Thursday	5:30	10:00	
Friday	9:00	5:30	
Saturday	No Class	1:00pm	

Looking for a personal trainer? Vitruvian BodyWorks offers a reduced rate to our active patients. Call the office for more information or to schedule a training session.



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## Q & A:

# What is the difference between hunger and appetite?

There are two reasons that people eat, hunger and appetite. But how are they different?

Hunger is a physiologic reaction by the body that is triggered when it needs food to provide energy. It is the drive to eat and it is normal. Your body tells your brain that your stomach is empty. When your stomach is empty it releases the hormone Ghrelin (remember the hunger hormone?) which makes your stomach growl and you feel hungry.

Appetite is the desire for food. It is often triggered by thinking about food or the sight or smell of it. You can have an appetite when you are not actually hungry or even after you feel full from a meal, this is often what leads to overeating.

Since we are talking about hunger and appetite, I feel it's important to also talk about Fullness. Fullness is the feeling of being satisfied when you are eating. When your stomach is stretched to a certain point, it and the small intestine send hormonal signals to an area of your brain called the hypothalamus to tell it that you are full. Normally, this makes you stop eating and not think about food again for several hours. But as we learned above, appetite can override those normal signals and allow us to eat even when we don't need the extra calories. To ensure that you stop eating when you are full, eat mindfully. This means that you should eat without distractions such as while reading or watching tv, eat slowly savoring the taste of the food as you eat, chew your food well, and listen to your body and stop eating when you feel full/satisfied.

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Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

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