

Newsletter

June 26, 2021



Let's Talk About It:

Today we continue to discuss what makes us feel hungry and what makes us feel full.

Let's quickly review. We learned last week that weight is controlled via a multi-level complex system involving: 1) Gut hormones (stomach and intestine) and 2) Adipose (fat) tissue hormones. These hormones transmit chemical signals into specific areas of the brain to affect hunger, sensory perception, cognition, emotion, and behavior. They increase or decrease hunger and energy expenditure (metabolism). Further we learned that **Ghrelin** is known as “the hunger hormone” because it stimulates you to feel hungry and it is the only known circulating hormone that makes you feel hungry. Some additional facts about Ghrelin are that it's production can be increased by several

factors that include fasting, stress, weight loss, and sleep deprivation, while inhibiting factors of Ghrelin include eating meals, weight gain, leptin, and gastric sleeve surgery.

This week we learn about Leptin, another hormone that controls hunger. **Leptin** is secreted exclusively by white adipose tissue, it circulates in the bloodstream and acts on the brain. It makes you feel satiated and thus helps you lose weight. It is not a fast acting hormone but rather it acts to alter food intake and control energy expenditure (metabolism) over time. Generally the amount of leptin produced is directly proportional to the amount of body fat a person has. When leptin was first discovered it caused a lot of excitement in the medical world, however, it was quickly ascertained that leptin supplements that are taken orally do not cross the blood brain barrier and thus cannot get to the part of the brain (hypothalamus) they act on. It was also learned that people can have leptin resistance or leptin deficiency both of which will cause you to gain weight. Leptin also has other important roles in the body besides weight regulation, it also boosts the immune system, reduces inflammation, and helps create healthy bones. So knowing that supplemented leptin is not effective is there anything that can be done to increase leptin levels or decrease leptin resistance? Actually there is, even though foods rich in leptin don't directly affect the brain they can help regulate both the production of and resistance to leptin.

Foods most likely to interfere with both leptin and ghrelin levels are high in refined grains, added sugar, artificial flavors and/or other synthetic ingredients, especially when a number of these attributes are combined together. Studies suggest that examples of processed and inflammatory foods to limit or avoid in order to regulate your hunger and satiety hormones include: sweets like cakes, donuts, cookies, pastries, brownies and other desserts, soda and sweetened beverages, pizza, white bread, rolls, wraps, pita,

chocolate, candy and ice cream, salty snacks like chips, pretzels and french fries, processed meats and fried foods.

Recommended are foods that make you feel fuller and more satisfied and include **High fiber/high volume foods** (especially all types of fresh and cooked vegetables) — Low-density foods (high in volume, water and fiber) are those that provide the highest nutritional bang for your buck, since they provide lots of nutrients but have the lowest amount of calories. Examples are veggies, fresh fruit, specifically berries, salads, broth-based soups, beans, legumes and whole grains. Many of these are **high-fiber foods** that help control hunger, prevent overeating and increase mealtime satisfaction.

High-protein foods — Since protein helps control hunger and retain lean muscle mass, increasing your protein intake can help you eat less overall and keep your metabolism up. Sources of protein include yogurt (no added sugar), grass-fed beef, wild fish, egg, pasture-raised poultry, legumes and beans.

Healthy fats — Fats are more calorie-dense, but they are necessary for nutrient absorption, making meals taste good, and for controlling hunger hormones. A meal without any fat is unlikely to taste very appealing or to keep you full for very long. Healthy fats include coconut or olive oil, avocado, nuts, seeds or fat found naturally in animal products like dairy, beef, or eggs.

Task For The Week

Over the next week, make a plan to exclude foods that interfere with leptin's actions on the body and to replace them with a food that promotes your body to produce and use leptin normally. Try to make this a permanent change in your diet.

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

1. What food from the inflammatory/processed food list am I willing to give up this week?
2. What food from the recommended list will I replace it with?
3. Did I follow through with my plan to remove one food and replace it with a healthier choice?
4. Did I notice a change in how satisfied I felt after completing my meal?
5. Did I stay full longer?
6. Did I find myself eating less?

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Recipe of the week

Marinated Cucumber Slices

Makes 6 servings

Nutrition Facts Per Serving: Net Carbs 2g, Fiber 1g, Total Carbs 3g, Protein 0g, Fat 0g, Calories 15

Ingredients

Cucumber (2) Med
Distilled White Vinegar $\frac{1}{3}$ Cup
Warm water $\frac{1}{3}$ Cup
Swerve (Erythritol) $\frac{1}{4}$ Cup
Salt $\frac{1}{2}$ Teaspoon
Pepper $\frac{1}{8}$ Teaspoon

Instructions

- Step 1. Wash and slice the cucumbers as thin as you can.
- Step 2. Mix vinegar, water, swerve, salt, and pepper together in a bowl large enough to hold the cucumbers.
- Step 3. Mix in cucumbers and stir well making sure to coat a slices well.
- Step 4. Cover and place in refrigerator to chill for at least 1 hour.
- Step 5. Serve as a side dish or eat as a low calorie, low carb snack.

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Announcements

Vitruvian BodyWorks has Yoga and Pilates classes. Call to sign up and get your first class free. Classes available Mon - Sat. 727-273-2030.

Pilates classes for the week of June 27 - July 3

June 27 - 9 am

June 29 - 9 am and 5 pm

July 1 - 9am and 5:30 pm

July 2 - 9 am

July 3 - 9 am

Yoga classes for the week of June 27 - July 3

June 28 - 10 am

June 29 - 2:30 pm

July 1 - 2:30 pm

July 2 - 9:30 am

Looking for a personal trainer? Vitruvian BodyWorks offers a reduced rate of \$50 for 50 minutes to our active patients, thats a \$75.00 savings. Call the office for more information or to schedule a training session.

Q & A:

Why am I not losing weight as fast as I would like to?

This week we move into part 2 of the multifactorial answer to this question. Last week we looked at the fact that you may be in a plateau and that you may not be eating enough protein and lifting weights as common reasons. Today we look at calorie intake, tracking what you eat, carbohydrates, and food quality.

You are eating too many calories.

Many people who have trouble losing weight are simply eating too many calories. You may think that this does not apply to you, but keep in mind that studies consistently show that people tend to underestimate their calorie intake by an average of 20 - 40% which is a significant amount. Let's do the math on a 1200 calorie diet. $1200 + 20\% = 1440$ and $1200 + 40\% = 1680$. If you are not losing weight, you should try weighing your foods and tracking your calories for a while. Here are a couple helpful resources that I am familiar with and find easy to use: www.myfitnesspal.com and www.carbmanager.com, if there is one you personally like better, get to know it well. Also please share with us which one you use and why you like it.

You are not keeping track of what you are eating.

Awareness of your energy intake (what you are eating) is incredibly important if you are trying to lose weight. Most people don't have a clue how much they're really eating (how much energy they are consuming). Studies show that keeping track of your food intake helps with weight loss. People who use food diaries, tracking apps, or photograph their meals consistently lose more weight than people who don't. Pitfalls of trying to lose weight without food tracking include struggling to meet protein intake goals, which we discussed last week as well as eating too many calories and carbohydrates.



Tracking is very important if you're trying to reach a certain nutrient goal, such as getting 30% of your calories from protein. This can be impossible to achieve if you're not tracking properly.

It is generally not necessary to count calories and weigh everything for the rest of your life. Instead, try out these techniques for a few days every few months to get a feel for how much you're eating. If you find yourself stalling or gaining weight go back to tracking to find out if you are meeting or over-shooting your goals.

You are not cutting back on carbohydrates.

If you have a higher amount of weight to lose and/or you have a metabolic condition such as type 2 diabetes or prediabetes, you may want to consider a low carb diet. This type of diet has been shown to cause up to 2–3 times as much weight loss as the standard “low fat” diet that is often recommended. Finding a sustainable meal plan that you enjoy long term is the key. Low carb diets also have many positives beyond just weight loss. They can also lead to improvements in many metabolic markers, such as triglycerides, HDL (good) cholesterol, and blood sugar, to name a few.

A standard low carb diet as defined by the FDA is less than 100 to 150 grams of carbohydrates per day. However, it is based on 30% to 45% of a 2000 calorie diet which for most women is far and beyond their actual Daily Energy Expenditure (DEE). So if they eat that many calories/carbs, they will gain weight.

To calculate DEE we need first to calculate one's Basal Energy Expenditure (BEE). To do this we use these calculations.

For men: $BEE = 293 - 3.8 \times \text{age (years)} + 456.4 \times \text{height (meters)} + 10.12 \times \text{weight (kg)}$

For women: $BEE = 247 - 2.67 \times \text{age (years)} + 401.5 \times \text{height (meters)} + 8.6 \times \text{weight (kg)}$

The resulting number is then adjusted for energy expenditure using Metabolic Equivalent of Tasks (METs) that are based on activity level. This is all pretty confusing but thankfully there is

an app for that. These are all done automatically by weight loss apps when you set them up and enter your height, weight, age and how active you are. So much easier....

There are many online calculators that can be easily used for a quick calculation. Here is an example you can check out. <https://www.mdcalc.com/basal-energy-expenditure>

To figure out the carbs needed for your DEE, you need to know that there are 4 calories in every carb that you eat. So for a 1200 calorie diet in which you want to get 45% of your calories from carbohydrates, take the number of total calories you want to eat per day and multiply it by 45% to get the number of calories and then divide that number by 4 to get the total grams of carbohydrates you should eat per day .

As an example using a 1200 calorie diet, the range of 30 -45% would look like this.

$$1200 \times 30\% = 360. 360/4 = 90$$

$$1200 \times 45\% = 540. 540/4 = 135$$

So if you want to eat a low carb diet while eating 1200 calories per day, you should eat 90 - 135 carbs per day.

You are not eating whole foods.

Food quality is just as important as quantity. Eating whole foods (foods in their natural form) can improve your well-being and help regulate your appetite. These foods tend to be much more filling than their highly processed counterparts.

Keep in mind that many processed foods labeled as “health foods” aren’t really healthy.

Be sure to read the ingredients on the package and watch out for foods containing extra carbs.

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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