Participant Guide

Diet Frustrations: Why Your Diet May Not Be Working for You

Concern
Real help, real experts, real fast.

Agenda

- Differences between dieting and healthy lifestyles
- Top 6 reasons why dieting fails
- Choices that make eating healthy easier
- Questions & Answers
- Resources

Diet vs. Dieting

DIET: Nutritious food & beverages consumed daily

- Maintain healthy lifestyle while consuming nutritious foods
- Long-term

DIETING: Food plan used to lose weight or change consumption of certain foods/drinks (increase, decrease, eliminate)

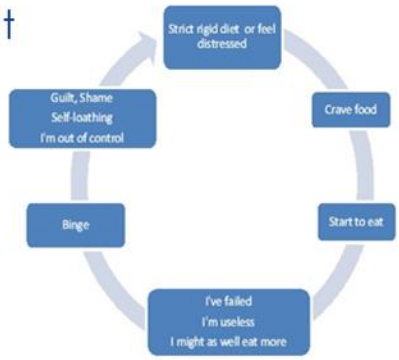
- Cut food groups
- Not easily maintained
- Short-term

Top 6 Reasons Dieting Fails

1. Diet is too strict
2. Dieting is temporary fix
3. Unrealistic expectations
4. Slowed metabolism
5. Eating wrong foods
6. Diet is not right for you

1. Your diet is too strict

- Most diets eliminate some food group: low fat, low carb, sugar free, low calorie, dairy free
- Low fat diets can lead to sugar cravings
- Most people binge, cheat or overeat restricted foods after diet ends

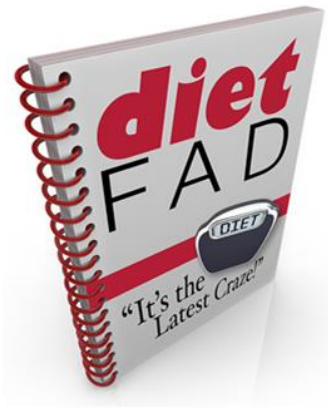


Common Fad Diets

Keto Diet
- Low carb < 50g carbs/day
- High fat, high protein
- Rapid weight loss

Paleo Diet
- High in meats, eggs, fish, vegetables
- Low in grains, legumes, dairy

Low Carb Diet
- < 130g carbs/day
- High in protein, vegetables, fiber



Common Fad Diets

Vegan Diet
- Eliminates animal products (meat, fish) & byproducts (dairy, eggs, cheese, honey)

Zone Diet
- 30% fats, 30% protein, 40% carbs
- Encourages complex carbohydrates, eliminates refined grains & oils

DASH Diet
- Whole fruits, vegetables, grains
- Limits sodium, sugar

2. Dieting as Temporary Fix

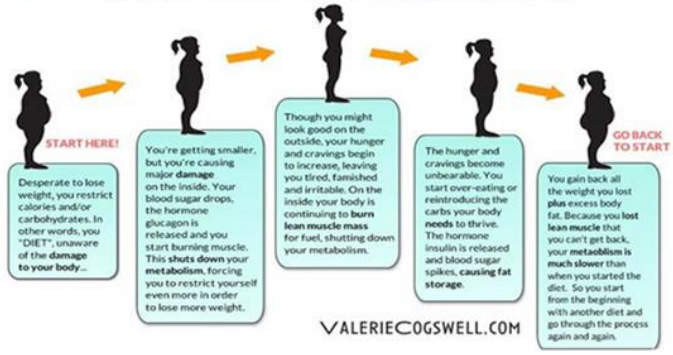
Quick fixes don't work

- Dieting for a few weeks/months then reverting to old habits/poor eating - counteracts weight loss

Yo-Yo Dieting

- Dieting for a period, reverting to original diet, then trying new diet
- Stresses metabolism
- Loss of lean muscle mass, increase in body fat
- 1/3 of yo-yo dieters gain more than originally lost after diet ends

Dangers of Yo-Yo Dieting



3. Unrealistic Expectations

"Need Now" era

- Want immediate results
- Lose motivation, commitment

False Advertisements

- Claims for immediate results – unsafe, unhealthy, untrue
- Social media depicts weight loss as easy
- TV, Facebook ads influence thoughts about weight loss

Slow weight loss more likely to become long-term weight loss

4. Slowed Metabolism

Diets that reduce caloric intake, increase physical activity, or put body at calorie deficit result in slowed metabolism

- Body wants to survive
- Calorie deficits put body into starvation mode
  - Decrease in BMR & metabolism
  - Increase in fat storage
  - Decrease in lean muscle mass

Not consuming enough can interfere with daily life

- Fatigue, foggy thinking, lack of energy, agitated, headache

5. Eating Wrong Foods

Know what food labels mean

- Most diets focus on "diet" foods labeled as light, fat-free, lean
  - Light: 1/3 less calories compared to original
  - Fat-free: 0.5g of fat (or less) per serving
  - Lean: less than 10g of fat per serving
  - Sugar-free: 0.5g of sugar (or less) per serving

Many of these foods packed with excess sugar, sodium, additives, artificial sweeteners, flavorings to improve taste

Eating whole fruits, vegetables, grains, dairy recommended

Nutrition Facts
Serving Size
1 Container (150g)
Calories 80
Calories from Fat 0

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Potassium 160mg	5%
Saturated Fat 0g	0%	Total Carbohydrate 6g	2%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 10mg	3%	Sugars 6g	
Sodium 50mg	2%	Protein 15g	30%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0%

INGREDIENTS: CULTURED GRADE A NON FAT MILK.
CONTAINS ACTIVE YOGURT CULTURES.

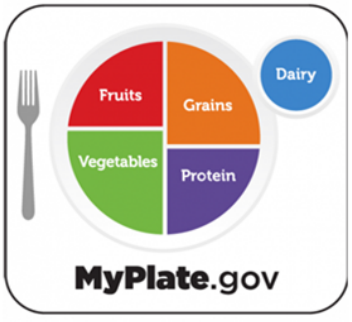
6. Choose a Plan That Works for You

- Consider all your health issues (thyroid, cardio, diabetic)
- Take lifestyle into consideration
- Consider your age, how much you work out
- Stress level a key factor in weight loss. How much stress are you under?

Make a Healthy Lifestyle STICK

- Start with small changes
- Focus on whole fruits, vegetables, grains
- Choose lean meats, fish, & protein sources
- Read food labels
  - Be aware of unknown ingredients
  - Look for added sugars
  - Trans fat in food if "hydrogenated" or "partially hydrogenated" oils
- Don't eliminate, eat in moderation
- Control portion sizes
- Get regular physical activity

My Plate



- MyPlate icon is designed to remind Americans to eat healthfully
- Illustrates the five good groups using a familiar visual – a place setting
- The USDA website offers tools and information at www.ChooseMyPlate.gov

POP QUIZ

[ ] What top diets do you hear other people trying? What have you heard about those diets?

[ ] True or False: Reducing caloric intake will increase my metabolic rate?

[ ] True or False: Cutting out all carbs for two months will result in long-term weight loss?

[ ] What should you look for when reading a food label and why?

[ ] True or False: Weight loss supplements help you lose weight and are not harmful to your health?

Additional Resources

- Dulloo, A. G. Pathways from dieting to weight regain, to obesity, and to metabolic syndrome: an overview. Wiley Online Library. Volume 16, Issue 51 http://doi.org/10.1111/obr.12250
- The Dangers of Yo Yo Dieting: A Smart Guide for Men & Women on the Dangers of Yo-Yo Dieting. Valeriecogswell.com/images
- Food Labeling Laws & Regulations https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm2006828.htm
- MyPlate. www.choosemyplate.gov

Confidential Life Balance Solutions at No Cost To You

Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

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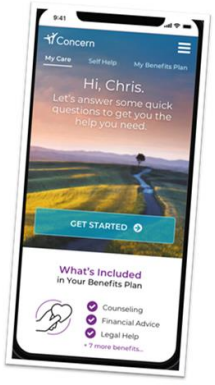
Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.