

Diet is a “Four-Letter” Word

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Obesity

- Disease related to either “sick fat” or “fat mass”
- Not only willpower
- Set-point theory
- Current treatment: diet, exercise, medications, appliances*, surgery
- *not available here and not covered by insurance

Lose weight, Gain weight

- Set point theory
- What happens when you yo-yo
- Another idea?

- Think of an infant – how do they know when to eat and when not to? We were all infants once!

From Am I Hungry.com

The Hunger and Fullness Scale

Ravenous	Starving	Hungry	Pangs	Satisfied	Full	Very Full	Discomfort	Stuffed	Sick
1	2	3	4	5	6	7	8	9	10

Ideas

- Protein Controls Hunger (activated PYY)
 - 30 grams is about what the body can absorb in a 2 hour period
 - If you eat 30 grams of protein for breakfast, you eat on average 400 calories LESS the rest of the day
 - 1 egg = 7 grams; ¼ cup cottage cheese = 7 grams; 1 oz of meat = 7 grams; 1 oz of cheese = 7 grams

Ideas

- Sugar is really not our friend
- Sugar causes insulin to be released, insulin is a hormone released from the pancreas that causes fat to be deposited.
- Artificial sweeteners can also cause an insulin release, so they are not “better”. The ones that DO NOT are aspartame, erythritol, and stevia extract.

Ideas

- More on sugar
- For weight loss <20-25 grams daily
- Sugar cereals idea: use the non-sugared formula (ie. Corn flakes instead of frosted flakes) and add your own sugar, don't drink the milk.
- Frosted Flakes have 12 grams of sugar in $\frac{3}{4}$ cup
- 1 tsp of sugar = 4 grams; so you'd have to use 3 tsp of sugar on $\frac{3}{4}$ cup of corn flakes to have close to the same amount of sugar.

Ideas

- 4 Really Test (also from amihungry.com)
- Apple Test
- Counting down your senses (5 things you see, 4 colors you see, 3 sensations you feel, 2 things you hear, 1 thing you smell)