



Lifestyle Management
Associates



Continuing Education, Certification, Coaching



Lifestyle Management Associates



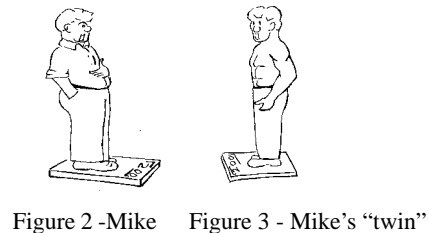
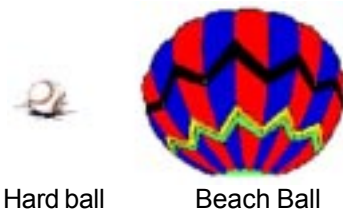
Ten Session Outline

1. DIETS DON'T WORK

All diets are a “big fat lie.” The diet industry is a \$54 billion industry with a 95% failure rate. Despite all our “diet foods” we are still getting fatter. Despite all the money spent yearly on dieting, 66 percent of Americans are overweight today, compared to 58 percent in 1983. If this weight increase were considered a disease, it would be an epidemic.

Dieting doesn't work for many reasons. First, no one can sacrifice forever. Caloric restriction, in and of itself, leads to binge-eating episodes. Second, low-calorie diets produce tired, cranky people. Third, low-calorie diets utilize lean muscle as an energy source—hence fat burning machinery is lost. The scale goes down but is destined to go right back up when food restriction ends. When the weight is gained back, it's all fat. The only known method of permanent weight loss is exercise and healthy eating.

So why doesn't dieting work? All diets look at scale weight. Weight does not determine size. The following objects weigh the same.



You can think of the hard ball as muscle and the beach ball as fat. Both objects weigh 4 ounces. As you can see they are very different in size. Mike and his twin brother both weigh the same. Again, as you can see the scale does not indicate size. And when you diet, you are concerned about your size, aren't you. We are going to ask you NOT to weigh yourself during this program, but rather we will perform body composition analysis. The goal is to become the HARD BALL not the beach ball.

2. READING LABELS

Whole Grain

An example of misleading labeling by the FDA is the legal definition associated with whole grain. In 2005 General Mills announced that all their cereals are “made from whole grain”. The definition “made with whole grain” does not require a specified amount; hence, the amount of whole grain in the product may be very little or a lot. When comparing the ingredients listed on former products versus the new products, it is apparent that the only thing that has changed is the label. An excellent source of whole grain means that the product must contain at least 16 grams per serving (most serving sizes are 30 to 55 grams). A good source means there can be as little as 8 grams per serving. Multigrain can be a mixture of grains and can be mostly refined. You can Visit www.wholegrainscouncil.org for recipes and more information about whole grains, and where to find them in foods.









Dairy

You buy 1% milk. You believe the product is 99% fat free. You read the label which indicates that the product has 2 grams of fat per 100 calorie serving. Hence, 1% milk is 18% fat by calories. The 1% fat refers to the percent fat by volume. Milk contains water and other non-caloric constituents. One percent milk is 1% fat by volume and 18% fat by caloric content. Whole milk is 3.3% fat by volume, but is 49% fat by caloric content (8.2 grams of fat per 150 calorie serving).

Example 2: A label of ground beef states that it is 85% lean. This does not mean that the product is 15% fat by calories. The 85% lean refers to fat content by weight (not by calories). Beef that is 85% lean can be 45 to 50% fat by calories.

NUTRITION INFORMATION PER 3-OZ BROILED PATTIE

						
% LEAN GROUND BEEF	75%	80%	85%	90%	93%	90% SIRLOIN
Calories	220	200	180	150	140	160
Protein	21g	21g	22g	23g	20g	21g
Carbohydrates	1g	0g	0g	0g	0g	0g
Total Fat	14g	13g	8g	6g	7g	8g
Saturated Fat	8g	7g	5g	4g	2.5g	3g
Cholesterol	80mg	70mg	55mg	50mg	55mg	60mg

75% lean:

14 grams of fat x 9 cal/gram = 126 calories from fat

126/220 = 57% fat by calories



Fat Free / Calorie Free

The nutrition label on a can of Pam fat free cooking spray reads: serving size 1/3 second, calories 0, calories from fat 0. A side panel compares the fat in the Pam spray to the fat in butter. In a one second spray, Pam has 7 calories while a tablespoon of butter has 104 calories. A low fat alternative to be sure, but 7 calories per second does not mean calorie free. The can contains 702 (1/3 second) servings, in other words, 234 seconds, hence the can contains 1638 calories (234 seconds x 7 calories/second). The labeling law states that if the serving size contains 1/2 gram of fat or less it can be called non fat, and if the serving size contains less than 5 calories per serving it can be called calorie free. So the 1/3 second serving size fulfills the legal requirements.

Fat Free / Calorie Free

Promise Ultra fat free has 5 calories per tablespoon. Calories from fat are 5. Hence, Promise Ultra Fat Free is 100% fat.



HIDDEN TRANS

The same fat labeling law applies to trans-fats. Trans-fats are partially hydrogenated vegetable oils, turning oily foods into semi-solid foods. They are used to extend shelf life of products; put into pastries, cakes, margarine and some fast foods; can raise levels of 'bad' cholesterol; and even a small reduction in consumption can cut heart disease. They have no nutritional benefit.



Lite

Cool Whip Lite is 1/2 the fat of Cool Whip; however, Cool Whip is 100% fat and the Lite is 50% fat.

Glycerin

The label on a “Pure Protein” bar reads: calories 250, grams of fat 4 (36 calories), grams of protein 13 (52 calories), grams of carbohydrates 30 (120 calories). However, when you add up the calories it only adds up to 208 calories, not 250 calories as stated on the label. Where are the other 42 calories? Glycerin (also glycerol) has a sweet taste and is an added ingredient which is neither a carb, protein, or fat; but is an alcohol. The FDA now require manufacturers to add these calories to the sugar content in the Nutrition Facts Panel because they act like sugars in the body.



Nutrition Facts			
Serving Size: 1 Bar (60g)			
Servings Per Container: 1			
Amount Per Serving			
Calories 220	Calories from Fat 80		
		% Daily Value*	
Total Fat 9g			14%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 27g			9%
Dietary Fiber 11g			44%
Sugar 1g			
Sugar Alcohol 4g			
Protein 17g			34%
• Vitamin A 25%	• Vitamin C 25%		
• Calcium 35%	• Iron 10%		
• Vitamin E 15%	• Vitamin K 15%		
• Thiamin 15%	• Riboflavin 15%		
• Niacin 15%	• Vitamin B6 15%		
• Folate 15%	• Vitamin B12 15%		
• Biotin 25%	• Magnesium 15%		
• Phosphorus 10%	• Pantothenic Acid 15%		
• Zinc 15%	• Selenium 15%		
• Chromium 10%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

The Fallacy Behind “Net Carbs”

Initially Atkins products were pulled from the market by the FDA for not adhering to proper labeling (see glycerin above). The products did not indicate the amount of carbohydrates and were not in compliance with the labeling laws. Dr. Atkins, being a brilliant marketing expert, decided to take a chance that people would not read the label. He then created a new term, called “net carbs”. He added this term to his label. He decided to take the total carbohydrates and subtract fiber and alcohol and come up with “net carbs”.

Dangerously Close

The FDA does not evaluate terms placed on labels outside of the nutrition facts panel. The fact that Atkins has placed this 3 gram logo in the Nutrition facts label is dangerously close to illegal. The terms – net carbs, impact carbs and non-impact carbs have not been evaluated by the FDA. So why doesn't the FDA step in if there is no science behind these terms? These terms violate no laws. The FDA can only step in such terms can be shown to be harmful.

3. STRESS

Many of the stresses of daily life appear to be mere annoyances; however, when stacked up they can cause serious health problems. Even if you eat perfectly and exercise diligently, constant stress causes the body to break down. Stress can cause stomach problems, headaches, muscle tension, high blood pressure, or back ailments, and can eventually lead to disease. Stress drains the body of its energy reserves and leaves it weakened, aged, and vulnerable to disease. The heart beats faster, breathing changes, blood pressure increases, serum cholesterol increases, more acid is secreted in the stomach, and muscle proteins are broken down for energy. Yes, that precious muscle that you work so hard to build gets broken down to provide energy. Stress can also produce anxiety, panic, depression, or insomnia.



There's got to be a better way to cope!

Stress reduction must be part of your fitness program if you are to remain healthy. So how do you recognize stress? Do you have problems falling asleep or staying asleep? Do you grind your teeth? Do you experience indigestion or diarrhea, or twitching muscles. Are you unable to concentrate on a task? Is your hair falling out? These are some of the signs of stress.

So how do you reduce stress in your life. Experts indicate that stress is perceived. You can either change the situation or perceive it differently. For example, you are in traffic on your way to work. You feel angry, your muscles tense, your breathing increases, you may begin sweating, your knuckles may turn white. You can't do anything to change the situation. But you can change the physiological responses. You can do some deep breathing, and learn to accept the situation. Getting to work a little late will not kill you - but the physiological responses due to stress can.

Other ways to reduce stress include meditation, deep breathing, visualization, progressive relaxation, stretching and aerobic exercise.

To begin meditation, simply find a comfortable place free from distractions and concentrate on one soothing image or word. Staying focused helps you prevent negative thoughts from intruding, which will reduce stress.

Stress causes shallow breathing which limits oxygen intake. Take several deep breaths exhaling through your mouth, then inhale deeply through your nose. Hold your breathe for 5 seconds, then exhale again through your mouth. Repeat 5 times and you will feel the stress leaving your body.

You can take a mini-vacation in your mind by visualizing a place where you feel relaxed. Close your eyes and think of your favorite place. Experience the smell and feel of your favorite place. Even a five minute "vacation" can work wonders.

Progressive relaxation helps you recognize areas of stress. Lie in bed and begin tensing and relaxing each muscle group in your body. Start with your face and shoulders, tensing all muscles, then relaxing them. Do this throughout your whole body until you finally tense your whole body and then relax. Stretching and aerobic exercise can also reduce stress.

STRESS REDUCTION WORKSHEET

Remember, stress is a response - a response that you can change. You are in much greater control than you ever realized. Managing stress is taking control, not letting life control you.

What are your stress levels at home and/or at work? On a scale of 1 to 10 (10 being high) what number would you give your stress level at work and at home? If you have stress levels of 7 or above, your body is breaking down.

Stress at home: _____

Stress at work: _____

Pick a stressful situation that you face on a regular basis. Using the suggestions from the stress reduction handout, list three ways you can make that occurrence less stressful.

Situation:

Solutions:

1. _____

2. _____

3. _____

EATING OUT

Eating out can produce panic when you are beginning to make new lifestyle changes. You can make wise choices when eating out; but it's not easy. It can be a very confusing, difficult task. Remember to stay away from cream sauces and fried foods, and don't be fooled by "sautéed" foods. Foods usually soak up loads of butter or oil when sautéed.

Here are some hints you need to be aware of when eating out:

- a. Read the menu carefully. Look for key words such as creamy, crunchy, or au gratin, which signify that the food is probably high in fat. Tempura is the Japanese way of saying "deep fried."
- b. Grilled, broiled, poached, and steamed are low-fat ways of cooking, but they are by no means a guarantee that no fat was added. **YOU NEED TO ASK IF FAT WAS ADDED.**
- c. If soup is on the menu, it's your job to ask if the soup was made with milk or cream. If you're ordering pasta, you need to ask if the pasta was tossed with oil before the sauce was added.
- d. Always ask for dressings on the side; you now have control over how much fat is added to your food.
- e. Many restaurants are now offering low-fat alternatives to their regular menu. Don't be afraid to ask.
- f. Ask about portion sizes. Don't be afraid to ask that half the portion be put aside to take home.
- g. In an Italian restaurant, order pasta with a tomato sauce. Ordering an entree that's largely spaghetti, or linguini, will more than likely keep the fat calories below 30%. Chicken marsala usually has oil or butter added; veal parmigiana has approximately 44 grams of fat; cheese ravioli is almost 40% fat; lasagna has over 50 grams of fat; and Fettuccini Alfredo has over 90 grams of fat.
- h. In a Chinese restaurant, order extra rice; the more rice the less fat. Ask for "steamed" vegetables, and don't be afraid to order extra servings. Use your fork or chopsticks to lift the food out of the sauce onto your rice and vegetables, leaving excess sauce, egg, and nuts behind.
- i. Don't be fooled in a Mexican restaurant. Tortilla chips are 47% fat; refried beans are 39% fat; cheese nachos are 62% fat; while beef and cheese nachos with sour cream are 59% fat. Mexican rice is not as low-fat as white rice from a Chinese restaurant, but is still an acceptable choice (15% fat). Chicken fajitas are also an acceptable choice at 26% fat. Some Mexican restaurants, such as Chili's, are now offering lower-fat alternatives. So don't be afraid to ask.
- j. Don't be fooled into thinking that alcoholic beverages are O.K. because they are not fat calories. Alcohol calories (although not fat calories) are turned into fat by the body. So if you decide to have a drink, skip the dessert.

You can obtain nutrition information from many restaurants by visiting their websites. Center for Science in the Public Interest (CSPI), editor of the Nutrition Action Healthletter, has wonderful hand-outs and information on eating out. You can visit their website at www.cspinet.org.

EATING OUT - SAMPLE MENU

	Calories	Fat Grams
Appetizers		
shrimp cocktail	156	1.5
mozzarella sticks (5)	460	28
nachos (ground beef, cheese, olives and sour cream)	635	39
oysters on the half shell (6)	120	2
buffalo wings (6)	471	33
oysters Rockefeller	355	26
Soups		
chili	310	10
lobster bisque	220	15
minestrone	100	1
lentil soup	140	2
gaspacho	45	0
Salads		
Caesar	310	26
garden (dressing on the side)	65	3
Cobb salad with grilled chicken (entree)	280	14
taco salad (entree)	850	52
Oriental chicken salad (entree)	750	49
Sandwiches		
turkey club	596	36
tuna salad	720	43
bacon cheeseburger	610	33
roast beef	270	11
chicken salad	517	32
veggie burger	330	10
fish fillet	450	20
Sides		
french fries (med)	370	20
onion rings (med)	310	14
Entrees		
lasagna	960	21
porterhouse steak (20 oz)	960	32
chicken Marsala	460	7
broiled salmon	175	10
roasted chicken and rice	435	16
chicken pot pie	750	34
combo burrito (chicken, beef, cheese)	413	17
Desserts		
pumpkin pie	400	25
carrot cake	625	28
angel food cake with fruit	250	0
chocolate mousse	380	32
chocolate brownie sundae	1130	57
Beverages		
soft drink	150	0
wine	160	0
Irish coffee	280	11
pina colada	260	3
beer	150	0

EATING OUT - SUBSTITUTIONS

Eliminate fat and calories with simple substitutions:

High Calorie Item	Substitution	Calories Saved
1 cup whole milk	1 cup 1% milk	50
1 cup heavy cream	1 cup skim evaporated milk	640
1 cup sour cream	1 cup plain low-fat yogurt	375
	1 cup plain low-fat cottage cheese	305
4 Tbsp mayonnaise	4 Tbsp reduced-calorie mayo	240
	4 Tbsp plain low fat-yogurt	364
1 cup white sauce	1 cup ricotta cheese (skim)	250
2 Tbsp margarine	2 Tbsp light margarine	103
1 cup of oil or butter	1 cup applesauce (cakes, cookies, etc)	1400
1 whole egg	2 egg whites	29
4 oz ground beef	4 oz ground turkey	182
	veggie burger	230
4 oz deli ham	4 oz deli smoked turkey	48
4 oz beef tenderloin	4 oz pork tenderloin	72
4 oz tuna in oil	4 oz tuna in water	180
1 oz potato chips	1 oz baked chips	30
	1 oz light popcorn	10
	1 oz pretzels	42
1 cup vanilla ice cream	1 cup frozen yogurt (low- fat)	130
	1 cup sherbet	70
	1 cup sorbet	90
	1 cup no-fat yogurt	230
2 chocolate chip cookies	2 fig newtons	80
	13 animal crackers	70
	graham crackers (8 sections)	80
1 Snicker's bar	1 peppermint pattie	100

WATER

The importance of adequate water intake should not be minimized; a person can survive for long periods of time without food, but not without water. Water is inorganic and forms the major part of almost every body tissue. The amount of water that must be consumed is enormous relative to other nutrients: 6 to 8 cups or about 2 liters per day. Water provides the environment in which nearly all the body's activities occur. Water participates in almost all metabolic reactions and is the medium for transporting molecules into and out of cells. Water lubricates joints and acts as a shock absorber. Water is contained in the eye as well as in the spinal cord.

Water constitutes 55 to 60 percent of an adult's body weight. Thirst acts to provide needed water; however, it lags behind the body's need. Therefore, responding to thirst will not remedy a water deficiency. Because of this, it is important to include large amounts of water each day. A general water requirement is difficult to establish since needs are so variable; water recommendations are expressed in proportion to the amount of energy expended under average environmental conditions.

General water recommendations under average environmental conditions are as follows: 1.0 to 1.5 ml water per calorie expended (1 ml = .03 ounces). For example, if a person expends 400 calories during exercise, that person should drink 400 to 600 ml, or 12 to 18 ounces. If a person expends 2000 calories per day, he or she should consume 60 to 90 ounces of water per day.

Water naturally suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake causes fat deposits to increase, while increasing water intake can actually reduce fat deposits. Also drinking water, is the best treatment for fluid retention. Fluid retention shows up as excess weight. The best way to overcome the problem of water retention is to give your body what it needs, plenty of water. Overweight persons need more water since larger people have larger metabolic loads. An additional glass of water for every 25 pounds of excess weight is recommended.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps sagging skin that usually follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water can help relieve constipation. When the body doesn't get enough water, it siphons what it needs from internal sources. The colon is one primary source for water siphoning and the result is constipation.

Preferably, water should be cold. Cold water is absorbed into the system more quickly than warm water.

CAFFEINE AND ALCOHOL

Caffeine:

Don't feel guilty about your cup of coffee in the morning; don't even feel guilty if you have a second cup (but remember what a cup looks like). However, large doses of caffeine are catabolic and cause similar physiological responses to those caused by stress. If you drink a "liter" of cola, 3 large Dunkin Donuts Coffees, and a few alcoholic drinks at night, it will be impossible to build muscle since all these factors actually break down muscle. So, do keep caffeine intake to reasonable amounts.

Alcohol:

Alcohol is a DRUG (a substance that can modify one or more of the body's functions). From the moment alcohol enters the body, the tiny molecules need no digestion and are quickly absorbed. About 20 percent of the alcohol molecules are absorbed right through the walls of an empty stomach and can reach the brain within a minute. The stomach produces a small amount of an enzyme that breaks down alcohol (alcohol dehydrogenase) and can thus reduce the amount entering the blood. The amount of this enzyme is genetically determined. Men have more of this enzyme than women. When the stomach is full of food, the molecules have less chance of being absorbed as quickly and the influence on the brain is delayed.

Contrary to popular belief, alcohol is not a carbohydrate. To metabolize alcohol the body must turn it into a fat; hence, it is not a fat but is stored as fat in fat cells.

Another large sabotaging effect of drinking alcohol daily (even in small amounts) is that it reduces the number of calories your body utilizes every day. So not only are the calories non-nutritive, but they also slow down metabolism. For individuals with a lot of fat to lose, simply drinking alcohol daily can prevent success.

As for the touted health benefits of alcohol, the original studies examining possible cardiovascular benefits of alcohol were based on men (Physicians Health Study, 1982). But when similar studies were reproduced in women, a direct relationship between alcohol consumption and increased risk of breast cancer was observed. It is now known that higher intake of alcohol is directly associated with increased risk of prostate cancer in men, as well as increased risk of certain other types of cancer. When weighing the benefits and risks of alcohol consumption, a host of other important risk factors - including high blood pressure, cigarette smoking, diabetes, body weight, physical activity, and lipid abnormalities - must also be considered.

ALCOHOL - CONTINUED

A summary of the latest evidence concerning the possible benefits of alcohol reveals that light to moderate consumption confers the greatest benefits without increased risk for certain types of cancer. In middle-aged men this benefit is seen as one drink per day. The Nurses' Health Study results revealed similar benefits in women, but at a consumption of 1/2 drink per day.

Alcohol Content of Some Favorite Drinks

	total cal.	carb cal.	alcohol cal.
12 oz. beer	150	50	100
12 oz. lite beer	100	24	76
Apr. brandy (3-4 oz.)	65	-	65
80 pr. whiskey (1.5 oz.)	95	-	95
90 pr. whiskey (1.5 oz.)	110	-	110
7 oz. red wine	150	20	130
7 oz. white wine	160	30	130
7 oz. dry vermout	210	10	200

FIBER

Fibers are the structural parts of plants. Most are complex carbohydrates. Fibers can also be classified according to their solubility in water. Two types of fibers include soluble and insoluble. In general, water soluble fibers dissolve in hot water and occur in high concentrations in fruits, whole grains, oats, barley, legumes, and some vegetables; water insoluble fibers are found in higher concentrations in vegetables, wheat, and cereals.

It is important to include both types of fiber in your diet. Water soluble fibers delay the stomach's emptying and the transit of chyme through the intestines; they have also been shown to lower blood cholesterol levels. Water insoluble fibers accelerate the transit time of chyme and increase fecal weight. In the body both types of fiber slow starch breakdown and delay glucose absorption into the blood.

The benefits of including adequate amounts of fiber in the diet are many. A large Harvard Study involving 69,000 female nurses, and other smaller studies, confirm that fiber appears to lower the risk of heart disease (23% reduction in women, and a 36% reduction in men). Other benefits of fiber include its ability to slow the conversion of carbohydrates into sugar in the blood. Refined products, such as white rice, white bread, etc., have much of the fiber removed. Digestion of these foods resembles the digestion and absorption of simple sugars. Research suggests that an extra 14 grams of total fiber per day can lower both systolic and diastolic blood pressure by about 2 points in normotensive individuals, and even more in hypertensive individuals. Such a decline lowers heart attack risk by 5 percent, and stroke risk by 8 percent.

Fiber can also help in weight loss. In several studies, an addition of fiber resulted in an average of 4 extra pounds of weight loss over a two - to three -month period.

While not conclusive, research seems to suggest that soluble fiber in the gut may indirectly inhibit the formation of blood clots. Individuals that eat lots of fiber have lower levels of clot-promoting compounds. The evidence concerning fiber and colon and breast cancer is conflicting. Insoluble fiber may reduce the risk of colon cancer by speeding potentially cancer-causing waste through the colon, enlarging the stool, and diluting their concentration. Also the fermentation of insoluble fibers in whole grains appears to create cancer-fighting chemicals. As for the benefits of fiber in breast cancer reduction, the evidence is hopeful, but inconclusive.

Fiber can help prevent diverticulosis (pouches forming in the wall of the colon). Researchers once believed that fiber caused diverticulosis, but recent research indicates that it's the opposite. Fiber can actually help prevent diverticulosis by warding off constipation. Constipation results in an increase in colonic pressure that contributes to pouch formation.

It is better to rely on foods for fiber than supplements. Fiber-rich foods, such as fruits, vegetables, and whole grains, also reduce the risk of heart disease due to other factors (antioxidants, no saturated fat, etc.).

Individuals can easily increase fiber intake by:

1. Switching to whole grain breads. Most breads called "wheat" or "multigrain" are made from refined flour. To make sure the product is whole grain, look on the label for: whole wheat or 100 percent whole grain; whole wheat flour listed as the first ingredient; or at least 2 grams of fiber per slice.
2. Switching from white flour to whole grain flour in baking.
3. Choosing brown rice over white rice.
4. Substituting whole, unpeeled fruits for fruit juices.
5. Adding beans, barley, and other whole grains to soups.
6. Eating cold salads that combine cooked whole grains, or beans with chopped raw vegetables.
7. Beginning to make meatless meals with beans, vegetables, and meat substitutes, such as soy.

Be sure to increase fiber in your diet SLOWLY. Intestinal cells change size, shape, and the enzymes they produce depending on your diet. Increasing slowly will allow the body to produce the enzymes necessary to digest fiber and will minimize discomfort, bloating and gas.

Estimate the amount of fiber in your diet in the coming week using the following worksheet. This is also an excellent time to count servings of fruits and vegetables. To reduce your risk of all forms of cancer, and help maintain a healthy GI tract, try to incorporate 7 to 9 servings of fruits and vegetables daily.

FIBER WORKSHEET

	Soluble Fiber	Insoluble Fiber	Fruits	Veggies
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Recommended intake of fiber:		
	Men	Women
Adults under 50	38 grams	25 grams
Adults over 50	30 grams	21 grams

One Serving
Vegetables 1 cup raw leafy veggies 1/2 cup other veggies, cooked or chopped raw 3/4 cup vegetable juice
Fruits 1 med apple, banana, orange, etc. 1/2 cup chopped, cooked, or canned fruit 3/4 cup fruit juice (not best choice)

SUPPLEMENTS

We, as consumers, are responsible for our own health when it comes to dietary supplements. President Clinton, on October 25, 1994, signed the Dietary Supplement Health and Education Act “acknowledging that millions of consumers believe dietary supplements offer health benefits and that consumers want a greater opportunity to determine whether supplements may help them.” With the passage of the DSHEA, supplement manufacturers were given “carte blanche” to market supplements without regulation. The Council of Responsible Nutrition, an organization of manufacturers of dietary supplements hailed this act as a “landmark change.” **Landmark change it is!**

Before 1994, the original definition of a supplement was a product that contained one or more of the essential nutrients. After DSHEA, the definition of a supplement was changed to “any product intended for ingestion as a supplement to the diet.” This definition now includes liquid, pill, capsule, or tablet forms of vitamins, minerals, herbs, botanicals and other plant-derived substances, amino acids and concentrates, metabolites, constituents and extracts of these substances. Under the DSHEA, the FDA can only step in when the supplement has been shown to be unsafe. **The FDA does not authorize or test dietary supplements.** For example, in June 1997, the FDA proposed, among other things, to limit the amount of ephedrine alkaloids in supplements and provide warnings because dangers such as dizziness, changes in blood pressure, changes in heart rate, chest pain, heart attack, stroke, hepatitis, seizures, psychosis, and death occurred. Ephedra is now banned.

In its 1998 statement, the FDA warns that dietary supplements are not replacements for conventional diets. The FDA also warns that: **It must not be assumed** that all natural means safe, (poisonous mushrooms are all natural); **it must not be assumed** that what is stated on the label is actually in the bottle; and just because the accompanying literature makes claims about the safety and health advantages of the supplement, **it must not be assumed that these claims are true.**

As consumers, we must become educated about nutritional supplements if we are to make informed choices concerning safety and efficacy. In order to make informed choices we must understand a truly basic principle of human biochemistry. The biochemical term is “homeostasis.” Homeostasis is balance - all chemical reactions in the human body must remain in balance in order for us to survive. Our bodies have a tremendous capacity to return to homeostasis. For example, without homeostasis, drinking carbonated beverages would produce large changes in the pH of the blood stream. Small changes in pH cause death. However, the body has a tremendous buffering system (chemical reactions) which does not allow the large changes to occur. In other words, homeostasis is the response of the body to maintain a constant pH by utilizing or producing other molecules that will return the internal conditions to “normal.” In many instances, this is not simply one chemical reaction, but hundreds, even thousands of reactions. Hence, something so simple as drinking carbonated beverages causes the body to respond through chemical reactions to maintain constant internal conditions.

The supplement industry is now a \$16 billion industry. There is no watchdog agency overseeing the industry, hence responsibility rests on consumers and manufacturers. Before ingesting any supplement (or drug) consumers must ask:

- Is this product safe?
- If safe, is it effective?
- If effective, is it necessary for health?
- What happens if I am one that suffers the supplement’s serious side effects (5% die, 2% liver damage, etc.)?

HOW TO CHOOSE A SUPPLEMENT

Since the passage of the 1994 DSHEA there are no regulatory agencies overseeing the supplement industry. There are, however, three certifying agencies that consumers can look to for quality assurance.

The first is USP (United States Pharmacopeia). When a drug is approved, USP, by law, sets up the standards for manufacture, storage, transport, etc. for the drug. Manufacturers are audited and can be fined or the product removed if they do not live up to the USP standards. USP standards for supplements are voluntary; i.e. the manufacturers do not have to comply with these standards. The USP insignia guarantees that the product was developed, manufactured, and dispensed following the USP guidelines.

ConsumerLab.com is not a regulatory agency, but rather a testing organization with a website seal of approval that manufacturers can use if they measure up to this organization's high standards. A physician and former natural-products chemist from the FDA founded ConsumerLab.com. Funded by private investors rather than supplement manufacturers, ConsumerLab purchases products for testing from a selection of the top-selling brands. ConsumerLab tests for identity and potency, not effectiveness. Consumers can learn if a product actually contains the ingredient listed on the label. However, it does not answer the question of whether or not the product works. Products are listed on the ConsumerLab.com website.

NSF (National Science Foundation), a not-for-profit, non-governmental organization, is the world leader in standards development, product certification, education, and risk-management for public health and safety. For more than 59 years, NSF has been committed to public health, safety, and the environment. NSF is now testing bottled water, vitamins, minerals, herbs/botanicals, amino acids, and sports supplements. These products must demonstrate conformance to currently recommended industry GMP's (Good Manufacturing Practices) for dietary supplements. You can visit www.nsf.org for free information about which supplements passed their rigorous testing.

So when deciding on which supplement to buy, be sure the brand has either USP, ConsumerLab, or NSF certification listed on the label.

Overdosing on supplements can be just as detrimental to your health as being deficient. Look for 100% of the DRI on the label (not 1000%).

A multivitamin/multimineral is a good idea (no one eats perfectly everyday). However, it can not replace healthy eating. The nutrients in foods work in combination. When isolated in supplements they do not reduce our risk for disease.

Vitamin E - 200 to 400 IU's is also suggested, and possibly calcium if you do not get enough calcium from foods.



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USP-Verified Dietary Supplements

What the USP-Verified Mark Means on a Supplement Label

The distinctive USP-verified mark represents that USP has rigorously tested and verified the supplement, to assure the following:

1. What's on the label is in fact in the bottle—all the listed ingredients in the declared amount.
2. The supplement does not contain harmful levels of contaminants.
3. The supplement will break down and release ingredients in the body.
4. The supplement has been made under good manufacturing practices.

USP is an independent, not-for-profit organization. No other organization in the U.S. that tests supplements is recognized in federal law as the nation's official standard-setting body for medicines and supplements. USP standards are enforceable by the FDA.

Why It's Important to Know What USP-Verified Assures

1. **Integrity** Tests based on USP standards have shown that contents of many supplements sold in retail stores don't match the label and that some supplements contain significantly less or more than the claimed amount of key ingredients. There may be a serious health risk when supplements taken to prevent a specific health problem do not contain ingredients in appropriate quantities. You must be sure of the identity and amount of ingredients in your supplements if you want to be sure you're getting value for your money.
2. **Purity** Some supplements may contain lead, mercury, other heavy metals, pesticides, bacteria, molds, toxins, or other potentially harmful contaminants. You must be sure these contaminants are not present at levels that can cause health problems.
3. **Dissolution** If a supplement does not break down properly to allow its ingredients to dissolve in the body, it means you won't get the full benefit of its contents. It's important for you to know that the supplement has been tested against recognized standards, as the USP-Verified mark indicates.
4. **Safe manufacturing** Assurance of safe, sanitary, well-controlled, and well-documented manufacturing and monitoring processes is proof that the supplement manufacturer is quality-conscious and concerned for your well-being.

Learn about USP's rigorous process to verify supplements.

Find out about USP's professional education program on dietary supplements.



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Highlights

The USP Dietary Supplement Verification Program: Helping Pharmacists and Consumers Select Dietary Supplements
Read about USP's dietary supplement verification program in U.S. Pharmacist.

See a list of USP-Verified dietary supplements.

Contact Information

Questions on dietary supplements? Email usp@usp.org or call +1-301-616-8273.

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HOW TO CHOOSE A SUPPLEMENT

- ❑ Since the passage of the 1994 DSHEA there are no regulatory agencies overseeing the supplement industry. There are, however, three certifying agencies that consumers can look to for quality assurance.
- ❑ Multivitamin: Look for USP on the label or NSF (National Science Foundation). Take with food.
- ❑ Look for 100% of the DV for Vitamin D, B vitamins, and 20 micrograms of vitamin K, copper, zinc, iodine, selenium, chromium.
- ❑ Look for 5,000 IU's of Vitamin A with 40% in the form of beta carotene. More than 6,000 IUs of vitamin A increases the risk of fractures in people over 50
- ❑ If calcium supplement is necessary take a separate supplement.
- ❑ Iron: pre-menopausal women look for 100% of DV of iron. Men and post-menopausal women need only 45% of DV. Individuals with Hemochromatosis must avoid supplements with iron.
- ❑ Words you do not need to see on the bottle: high potency; senior formula, stress formula, starch-free, natural, or slow-release, enzymes, hormones, amino acids, PAVA, ginseng or other herbs.
- ❑ Strict vegetarians: B12, zinc, iron, and calcium
- ❑ Women of childbearing age: 400 IUs folate

TEN COMMANDMENTS FOR FAMILY MEMBERS

Dear Family Members,

I have decided to commit to a healthy lifestyle program. These changes are important to me - I want to live a long, healthy life. I have been told, and I believe, that it is actually selfish not to take care of myself. If I get sick the entire family will suffer.

Your help will be tremendously appreciated.

TEN COMMANDMENTS FOR FAMILY MEMBERS

1. Periodically ask me if there is anything you can do to help me in my quest for health.
2. Be open to trying new foods.
3. Never ask me how much I weigh.
4. Never be a “saboteur.” Saboteurs make statements like: “Oh, you don’t have to exercise today; you can eat that - you’ve lost enough weight; you’re getting neurotic about this”. Saboteurs also ask questions such as: “Why are you eating that - I thought you were on a diet; how are you going to lose weight eating that way; why aren’t you exercising today?”
5. Work with me to find solutions to problem foods in the home. There is always a solution. Possible solutions include: hiding the problem food; finding substitute foods that I don’t like; going out to eat the problem food rather than having it in the house.
6. If you bring problem foods in the home, please do not leave them hanging around to “tempt” me.
7. Allow me the personal time I need to complete this program: time to exercise, time to shop for healthier foods, time to “de-stress.”
8. Please become a team player in my quest for health.
9. Periodically ask me if there is anything you can do to help me in my quest for health.
10. Encourage me when I feel overwhelmed.

MOTIVATION

I'm sure most of us as we look back on our lives and experiences have all known someone who died prematurely - taken from this life long before old age. Some of these deaths were not preventable. The death of Princess Diana filled the world with sadness and grief. Here was a charismatic woman who overcame such odds as bulimia, and even national scorn. After years of suffering, she had begun to experience happiness; and then, in an instant, she was pulled from the world - and at such a young age. How unfair!

Five days after the death of Princess Diana, Mother Theresa died at the age of 87. Most of us were equally saddened by her death; yet there was not that same sense of tragedy. After all, Mother Theresa lived a long and productive life. All generations will remember both women, one name will convey tragedy while the other will convey the essence of life - we are born and we die.

This section is not about death, but about life. The statistics indicate that most of us will live to see old age. That's the good news. The bad news is that some of us will acquire one or more forms of a chronic disease, either disabling us or reducing the quality of our lives. The Journal of the American Medical Society indicates that chronic disease is on the rise, affecting nearly 100 million Americans in 1995. By the year 2020 this figure is expected to reach 134 million.

Our nation is in jeopardy - chronic diseases are occurring in epidemic proportions. The Surgeon General, in conjunction with The American College of Sports Medicine and the Center for Disease Control, has issued a call to action. Many of the chronic diseases affecting Americans can be reduced, and in some cases eliminated. But Americans are not responding to this call. Why? Americans are among the brightest people in the world. Why are we not making the changes necessary to improve the quality of our lives?

I believe the answer lies in the way we, as Americans, view life. Our top priority is making a living; a necessity to be sure. Without food, shelter, and clothing, life becomes painful - pleasure and joy are lost. Our hectic lifestyles prevent us from taking the time to contemplate what is truly important. We have Daytimers under our arms helping us to make the most of every moment. We have email and pagers, all in the name of maximizing efficiency. But there comes a time when we must ask ourselves, "Where in the world are we going?" Without direction, we simply continue to run around in circles.

This handout is designed to help you stop running long enough to take a look at where you are going. The good news is, we do have control over how *our* story will end!

Steven Covey in his book, *The Seven Habits of Highly Effective People*, defines the word "responsibility" as the ability to choose our responses. All effective people are what he calls "proactive." Proactive people take charge and act, versus "reactive" people that allow themselves to be acted upon. In essence, this means that as human beings we can choose to take responsibility for our own lives.

"Our behavior is a function of our decisions, not our conditions," Covey says. We all have the ability to choose our responses. We can become responsible, i.e. response-able. Responsible people do not blame circumstances, conditions, or conditioning for their behavior. Persons in the blaming stages are reactive and cannot be successful in long-term health and weight management. It will always be something or someone else's fault. This can be a very difficult concept to accept emotionally, especially for people who have experienced years of misery in the name of circumstances. But each of us must come to grips with ourselves and be able to deeply and honestly say "I am what I am today because of the decisions I made yesterday".

MOTIVATION - CONTINUED

This personal response-ability is not about time management. The underlying problem is “self-management”. The biggest decision, and it is a decision, is to decide to take control of our lives and ultimately our health. We must each individually open our own “gate”. (Covey)

At this point, if you are still in the blaming stages (it’s your boss’s fault, or your spouse’s fault, or your childrens’ fault, etc.) I suggest you *study Steven Covey’s book before continuing*. And I do mean “study.” You will never be successful in long-term health if you remain in the blaming stages.

Are you reactive or proactive? Proactive people can be differentiated from reactive people by looking at the language they use:

REACTIVE LANGUAGE

There’s nothing I can do.
That’s just the way I am.
He makes me so mad.
I have to do that.
I must.
I can’t.
If only.

PROACTIVE LANGUAGE

Let’s look at our alternatives.
I can choose a different approach.
I control my own feelings.
I can create an effective alternative.
I choose.
I prefer.
I will.

Becoming proactive requires listening to your internal voice, i.e., examining the scripted language from the accumulation of your past experiences. Take the time now to examine this language. Begin to recognize your reactive phrases. How often do you use these reactive phrases. You can distinguish reactive phrases by the word “have” and proactive phrases by the word “can”:

“HAVE” LANGUAGE

I don’t have the time.
I have too many obligations.
I have no will power.

“I CAN” LANGUAGE

I can make the time.
I can set priorities.
I can keep promises to myself.

Take the time now to identify several difficult situations that you have experienced. Listen carefully to the phrases you use. Change these reactive phrases into proactive ones, and keep the list handy so that you can review it often. Now visualize yourself using these new proactive phrases. Actually visualize the situations that cause you to use reactive phrases and change those situations in your mind using positive, proactive phrases. Use great detail and visualize the situation many times, each time using your new proactive phrases. Now when that situation actually occurs you can implement your newly learned responses, rather than the old scripted ones. New scripting is not easy. As with any change of habits, it’s a process that takes time. Remember to be kind to yourself. Recognizing the problem is the beginning of the solution.