

Popular Diets

Presenter:

Jyoti Rau, MD, PhD, ABOM, IBLM

Medical Director

Kaiser Permanente Medical Weight Management Program

Regional Healthy Weight Champion



Today's Discussion

Overview

Typical Diets

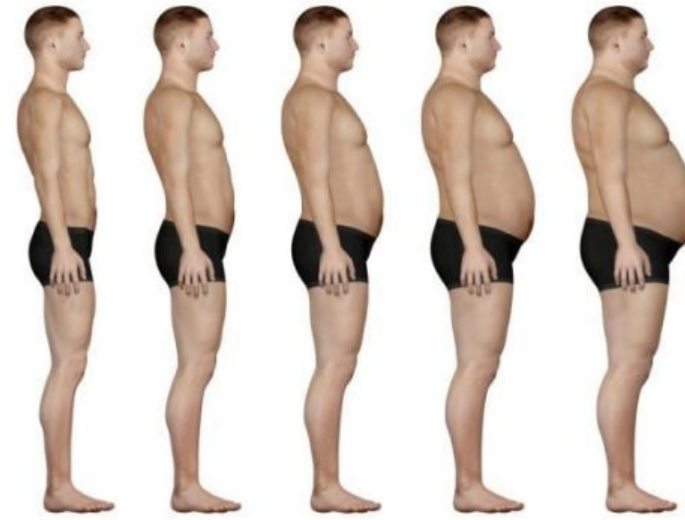
Other Causes of Weight Gain

Lifestyle Medicine/Culinary Medicine

Resources & Reading

Questions

Obesity prevalence



- The prevalence of obesity was 39.8% and affected about 93.3 million of US adults in 2015~2016. [[Read CDC National Center for Health Statistics \(NCHS\) data briefCdc-pdf](#) PDF-603KB]
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer that are some of the leading causes of preventable, premature death. [[Read guidelinesExternal](#)]
- The estimated annual medical cost of obesity in the United States was \$147 billion in 2008 US dollars; the medical cost for people who have obesity was \$1,429 higher than those of normal weight.

Standard American Diet (SAD)

2600 calories. 600 calories sugar. 500 calories of refined flour. 60% processed food.
90% do not get their recommended 5 to 6 servings/day of fruits and veggies.
Artificial colors, etc.



Mediterranean Diet



Paleo Diet



Keto Diet



Whole Foods Plant-Based Diet



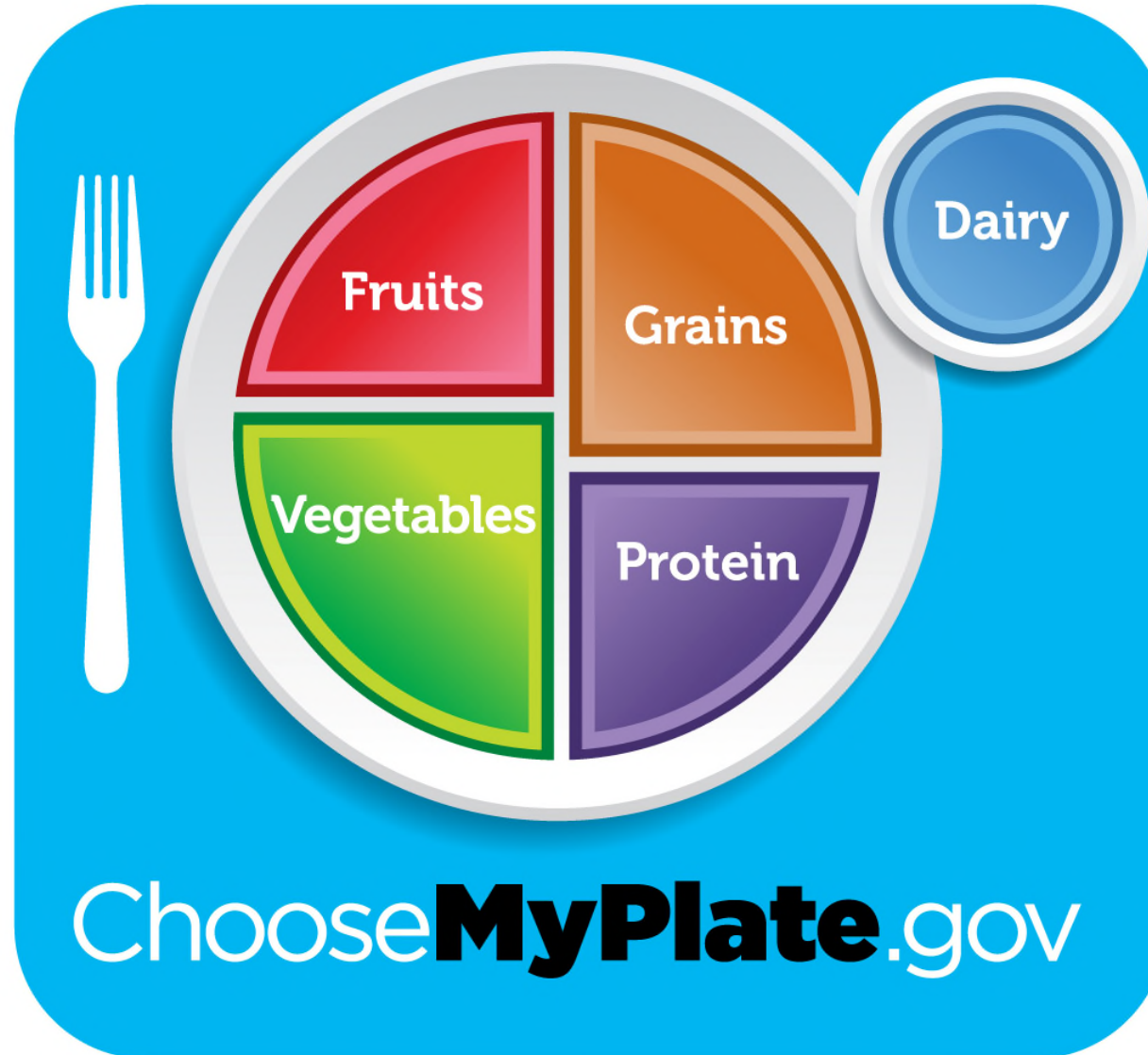
What About Fasting? 16:8, 20:4, OMAD



Understand why you want to lose weight?



“Healthy Plate”



Exercise

- Try to get 150 minutes of physical activity a week, or 30 minutes 5 days a week (unless you have specific medical limitations or restrictions).
- Multiple 10- or 15-minute sessions can equal one long session. Even small amounts of physical activity can improve your health. Build endurance and start slow.
- Regular exercise can significantly reduce your risk for heart disease, stroke, diabetes, osteoporosis, falls and certain cancers.
- Build activity into your normal day.
 - Take the stairs instead of the elevator or park farther away.
 - Run simple errands on foot instead of driving.
 - Bike to work.
- You only need a good pair of shoes to exercise, not a fancy gym membership or equipment. Walking is exercise.
- Incorporate aerobic activity, strength training and flexibility in your exercise routine.
- Make exercise fun!
- Make exercise a habit! Choose the time of day that works the best for you.
- Find a buddy to keep you accountable to exercise. Track your activity using an electronic app on your phone.
- For more resources, visit kpdoc.org/exercise.

Build Good Habits

- Drink water.
- Sleep 8 hours/night.
- Practice mindfulness.
- Decrease stress.
- Improve quality of food, mainly whole foods plant based.



Resources



.mdoweightreg

Doctor Online
The Permanente Medical Group

Search

English

Our Doctors

Staying Healthy

Salud en español

Sign On



Stay Connected
with Your Doctor

Manage & Schedule
Prescriptions
Appointments

View Information
Test results
Past visits
Hospital stays

E-mail Your Doctor
Compose message
View messages

**Preventive Health
Reminders**
Screening tests and
immunizations

**Manage Your
Family's Health**
Learn how
Set up access


Eat well

Be active

Live better



How to Create a Healthy Plate



Recipes for Quick and Easy Meals



The Truth about Juice and Other Sugary Drinks




Eat Smart at Home or Away

Resources




foodforhealth.kaiserpermanente.org





FOOD *for* HEALTH

recipes for life

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Posted December 26, 2018

Top 18 Food for Health Recipes of 2018

Whether it is a cozy soup for a cold winter day, a refreshing spring salad, a zesty summer salsa or a hearty grain dish for the fall, we enjoy sharing...

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Further Reading

- *Food Politics* by Marion Nestle, PhD
- *How not to Die* by Michael Pollan, MD
- nutritionfacts.org
- *Proteinaholic* by Garth Davis, MD
- *Why We Sleep* by Matthew Walker, PhD

Thank you!

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