

THIS

IS

JEOPARDY

with

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and

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JEOPARDY

Final Jeopardy

Fact or fiction

Author's premise

Diet features

Science

100

100

100

100

200

200

200

200

300

300

300

300

400

400

400

400

You can eat all the cheese,
meat, and nuts you want
and continue to lose
weight

What is fiction?

Certain foods such as grapefruit,
celery, and cabbage will help you
burn fat and lose weight

What is fiction

Eating late at night or after
8 PM causes more weight
gain than eating during the
day

What is fiction?

For weight loss:

- Wine is better than beer
- Ice cream better than baked potato
- Cream better than skim milk
 - Sour cream better than yogurt

What is fiction?

“There is a chemical
relationship between blood
type and food”

What is ‘Eat For Your Blood Type’
diet?

“A correct ratio of carbohydrate, fat, and protein leads to a metabolic state at which the body works at peak performance and speeds fat burning”

What is ‘Enter the Zone’
diet

“Sugar is toxic to your body,
causing a release of insulin and
stores the excess sugar as body fat”

What is 'Sugar Busters'
diet?

“Ketosis leads to decreased
hunger and a metabolic
advantage to promote
weight loss”

What is 'The Atkins Diet'

This diet has 4 phases

1. Induction: <20g carbs
2. Ongoing weight loss: <60g carbs
3. Premaintenance: gradually increase carbs over 2 months
4. Maintenance: 45-100g carbs

What is 'The Atkins Diet'

This diet has 3 Phases:

Phase 1: (Induction 1200cal, 2 weeks) cut out most carbs

Phase 2: (1200 cal, until reach target weight) includes low glycemic index carbs

Phase 3: Maintenance (1500cal): 30% protein, 25% carbs, 44%fat

What is ‘The South Beach
Diet’?

“All meals should have
40% carbs, 30% fats, 30%
protein”

What is the 'Enter the Zone' diet?

DAILY
Place A Wager
DOUBLE

Recommends a lifestyle
that includes proper
nutrition and adequate
exercise; emphasizes the
balance of all food
groups

What is MyPyramid.gov
(USDA recommendations)

Along with physical
activity, this diet reduces
risks of cognitive
impairment as we age

What is a mediterranean-type diet?

JAMA, Aug 12, 2009 Vol302, #6

Increases LDL

Decreases HDL

Increases triglycerides

What are trans fats?

Fats:

- Saturated*
- Trans*
- Monounsaturated
- Polyunsaturated (omega-3)

Fast food fries:
8g trans fats
7g saturated fats
27g total fat

**shown to increase CVD*

Known to reduce blood pressure
and recently shown to reduce
risk of CHF*

What is 'The Dash Diet'?

**JAMA July, 2009 Vol 302; #3*

Possibly (probably?)
causes weight gain by
causing insulin resistance

What are artificial sweeteners?

- *Science Daily, Feb 11, 2008 (animals)*
- *International Journal Obesity, 2009
(prospective study 303 men/women)*

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