

EAT RIGHT BOSTON

Newsletter



S U M M E R 2 0 1 6

WEIGHT LOSS SUCCESS STORIES

We've all heard the stories of people who have lost weight and kept it off and may wonder what the secret to their success is. The National Weight Control Registry (nwcr.com) is an organization that tracks long-term, weight loss maintenance statistics. Established in 1994, it was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. They are currently tracking over 10,000 individuals.

It's probably no surprise that the registry consists of more women (80%) versus men (20%). They use questionnaires and surveys to communicate with the "weight maintainers." This allows them to evaluate what makes them succeed while others don't. They examine their behavioral and psychological traits, as well as lifestyle/tactic strategies.

Here are some statistics, as shared on their website:

- Weight losses have ranged from 30 to 300 pounds, and range from rapid weight loss to very slowly (longest is a 14 year period).
- Average weight loss is 66 pounds.
- Duration of successful weight loss has ranged from 1 year to 66 years with an average of 5.5 years.
- 45% have lost weight on their own vs. 55% with the help of a program.
- 78% eat breakfast every day.
- 75% weigh themselves at least once a week.
- 62% watch less than 10 hours of TV per week.
- 90% exercise, on average, about 1 hour per day.
- 98% report some dietary modification.
- 94% increased their physical activity; a lot walk as their primary form of exercise.



Happy Summer!

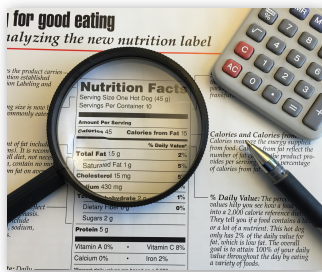
What says it better than a trip to the ice cream shop? I love visiting a friend down in Groton Long Point, CT in the summer. It reminds me of my own childhood. No hustle and bustle. Just lots of kids riding bikes and being kids! Just how vacations are meant to be. Enjoy yours!

Sophie Kamveris



NUTRITION LABEL UPDATE

The US Food and Drug Administration (FDA) is the governing body that oversees the Nutrition Facts label on all packaged foods (except meats and poultry—that's the USDA's domain). In 2014, they decided it was time to re-evaluate the label and consider modifying it to make it more consumer-friendly. In July 2015, the FDA issued a proposed rule that would: (1) require declaration of the percent daily value (%DV) for added sugars; and (2) change the current footnote on the Nutrition Facts label. Amongst some of their discussions, they have proposed updating the serving sizes and changing the format of the nutrition facts label to make calories, serving sizes and percent daily value more prominent. As was true for the 2015-2020 Dietary Guidelines (DGA) changes, the public is given a period of time to submit their comments. This public forum is now closed.



Similar to the DGAs, the changes proposed to the Nutrition Facts label are based on the latest information in nutrition science, public health agency consensus reports, and recent public health and nutrition surveys. As a result, FDA is proposing to change some of the nutrients of public health significance. They want to add some nutrients that Americans aren't getting enough of, which would put them at risk for chronic diseases. Potassium is one nutrient they may add to the label, while Vitamins C and A may be omitted because the data doesn't support any deficiencies in these nutrients.

Another proposal is changing the Daily Value criteria; these are noted as %DV on labels. Some values are based on maximum nutrient amounts (like saturated fat) while others are based on a nutrient requirement (like iron). I personally don't find a great value on % DVs, as they do not represent a general guideline for all consumers. Maybe this will improve.

Regarding increasing the serving sizes on labels, here's an example: instead of the current ½ cup of ice cream serving size, it would increase to a 1-cup serving. On one hand, if consumers use the portion at its stated amount, then 1 cup of ice cream now has 500 calories and maybe they will think twice about eating it? Or maybe they will cut it in half and the portion they take will end up being the current ½ cup size for 250 calories? Or maybe they will just eat it all because the serving size says it's okay? Researchers from Georgetown University conducted several experiments published in the journal, *Appetite*, and concluded that “the proposed increase in serving size on Nutrition Facts panels could lower the consumption of high calorie foods.” I guess we will wait and see.

By law, the standard serving size on a food label is supposed to reflect what people actually eat, not what they should eat. The current serving sizes reflect amounts of foods commonly consumed, but are based on dietary intake surveys conducted in the 1970s and '80s. The portions also need to be reported in common household measures as packaged; not prepared ones. Which brings me back to what an ounce of dry pasta actually is; especially if you don't have a weight scale to measure it on.

To date, nothing has been done. In fact, as of April, the FDA said they are working on finalizing rules this year to update the nutrition facts panel before it looks at what claims can be made on the food label.

ANATOMY OF A GRANOLA BAR

I get a ton of questions on granola bars. Anyone that has visited my office knows that when I get the question, I pull out a bag of bar wrappers. Even I get overwhelmed by them. And honestly, I don't have the time to wander up and own the grocery store aisles looking at them all. So, I did the next best thing and I polled my fellow dietitians on the criteria that they use when suggesting these bars to their clients.

Most of the dietitians were in agreement regarding a short ingredient listing and minimally processed. One pointed out that a ten year old should be able to read and recognize the ingredients. They preferred sources of whole foods (nuts, seeds, dried fruits, honey; as opposed to protein isolates, chicory root, stevia, etc.) with less than 6 grams of sugar. Sugar alcohols and non-nutritive sweeteners got a thumbs down from a few. Here is their compilation:

Desirable Criteria:

- Short ingredient list (less than six is ideal)
- Protein sources: nuts, seeds, whey, soy (least desirable); 5 grams or more

- Fiber source: 100% whole grains (ex. oats, barley), nuts, seeds; but note that chicory root extract (inulin) is not well tolerated by those with GI upset; 3 grams or more.

- Sweeteners: honey, maple syrup, stevia

Not Desirable Ingredients:

- Palm oil or palm kernel oil
- Partially hydrogenated oils
- Corn fiber
- Maltodextrin or polydextrose
- Sucralose, sugar alcohols, Nutrasweet
- Inulin (with GI issues)

Like my colleagues, I always like to go with the bars that have the least ingredients in them and the ones that I can actually recognize as real food. So, seeds, nuts and dried fruits are on the top of my list, as well. I also look for adequate protein in a bar, as it helps to stabilize blood sugar and promotes satiety, and staves off hunger.

Larabars have been my go-to for this reason. (Full disclosure, I do receive free samples from them as being a part of the Ambassadorship program). But I really do like them! They travel well and have a variety of flavors. They don't have any glazes or a coating that will melt in hot temperatures, so they are perfect for outdoor activities like hiking and biking. One bar averages 200 calories

and has 3-5 grams of fiber and 4-6 grams of protein.

88 Acres is new to the market. I have a special place in my heart for start up companies from Boston (Dorchester, specifically). They are gluten-free, non-GMO (love that!) and nut free. Again, 200 calories for a bar with 3 grams of fiber and 6 grams of protein and free of glazes and coatings that will melt. They are in Whole Foods. The Chocolate Sea Salt is yummy!

KIND bars got some press when I asked dietitians. Most agree that that the ones with less sugar (4-5 grams) are best choices but I do find their bars are harder to chew. Anyone with dentition issues will be challenged. One bar has 200 calories, 7 grams of fiber, and 6 grams of protein. They are gluten-free, non-GMO, low glycemic, and no sugar alcohols. But, their product has chicory root added into it, so not all intact fiber. Plus, it has soy and palm kernel oil. Not a fan for all of the above reasons but they sure do taste good.

Luna Fiber is a "soft-baked, fruit-filled bar with 7 grams of hunger-curbing fiber," per the wrapper. It's 70% organic, Hmm...couldn't go another 30%?

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Anatomy of a Granola Bar (continued):

It has 110 calories, with 1 gram of protein. Its ingredients are too long to note, so it gets a big X in my book. Plus, it has syrup and inulin in the first few ingredients. Next!

Clif Bars tout 4 grams of fiber and 10 grams of protein but come in at the higher end for calories (240). They are a chewier bar and probably work well for an outdoorsy person. They do contain soy and have a much longer ingredient listing.

Powercrunch reminds me of a KitKat bar. It has 200 calories with 1 gram of fiber and 13 grams of protein, which is a whey blend. It is covered with a glaze, so will not fare well in hot weather. It is also sweetened with stevia leaf extract, which is a more natural sugar. I do like it as a lighter bar option.

The original Think Thin bars are not my favorite. Too dense. Their nut bars taste better but have a lot more ingredients added into them that include soy and chicory fiber.

The Atkins Bar has 250 calories, 9 grams of fiber (mostly manufactured), 17 grams of protein and don't get me started on the list of unidentifiable ingredients that go into them!

Regarding some of the cereal bars, like Nature Valley crunchy bars. One bar has 95 calories and 1 gram of fiber and 2 grams of protein. Not much nutrition there. I suggest a

tablespoon of nut butter on top to make it more nutritious. Their Protein Chewy bar has 10 grams of protein and 5 grams of fiber but upon reading the ingredients it has soy, whey, and chicory root in it with a whole host of other sugars. Not my fave. Their Roasted Nut Crunch Bar has 6 grams of protein (just nuts) and 3 grams of fiber. Much better but they look deadly to your teeth. Cascadian Farm Oatmeal Raisin has 80 calories, 1 gram of fiber, and 1 gram of protein. Their chewy nut bars have 250 calories, 3 grams of fiber, and 9 grams of protein, which includes nuts and pea protein. Much better. The whole line is organic!

Kashi makes a lot of bars. Their cereal bars ooze sugars as far as I can see but they do use whole grain flour. Their crunchy bars are filled with whole grains with 3 grams of fiber but lack in protein (1 bar has 2 grams). They have a new product, GOLEAN® Plant Power Dark Chocolate Cashew Chia bars. They have 4g fiber, 8g protein (pea and the nuts/seeds), are non-GMO, vegan, and Fair Trade USA Certified cocoa. Much better!

Heard enough? Me too! When all else fails, make your own, like one of my patients did! Thanks, Chris. They look yummy!



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