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Weight loss advice to steal from the world's best diets

<https://www.today.com/health/9-easy-tips-all-best-diets-t106942>

- Hydration: Starts with hydration...
- Sugar: you should be checking food labels and avoiding sugar. The best diets out there will all agree on this...
- Vitamins and Minerals: The best diets include loads of vitamins, minerals and phytonutrients. Many of them act as antioxidants in the body. They

help to **reduce inflammation and oxidative stress** caused by free radicals. This, in turn, helps fight everything from cancer to heart disease to degenerative nerve diseases — and even weight gain. When you reduce inflammation, your cellular processes and metabolism can function at their best.

- Takeaways from Jeff
 - We can speak to hydration, of course
 - Saying no to added sugar... This is important for us, and leads to a few natural questions:
 - Are competitive/substitute options adding sugar or not? I think most have some sugar, with exception fo Super and obviously black coffees.
 - To what extent are flavored RTDs out there violating this sugar thing.. Is it just 9g is the norm, or more?
 - And what about at-home options, like Coffee Mate? What about a splash of oat milk? Splash of fat free milk?
 - How bad is sugar, really? Are there any memorable or salient points there?
 - Eating calories - not sure on this one. It sounds like calories aren't that bad? Maybe I should read further on that one...
 - Getting plenty of vitamins and minerals..

Sneaky sugars: Which foods have the most hidden sweet stuff?

<https://www.today.com/health/what-are-added-sugars-added-sugars-hide-foods-don-t-t165413>

- The average American eats about 22 teaspoons of added sugars every day.
- That's a lot of sugar when you look at current guidelines for health. The American Heart Association currently recommends that women limit

total added sugars to 6 teaspoons, or 25 grams, per day, while men stick with 9 teaspoons, or 36 grams, per day.

JB: Holy shit.... So American Men are supposed to have 9 teaspoons of sugar a day.. 36 grams.. And women at 6tsp or 25grams.... However, most americans consume 22 teaspoons... which is 88grams....

How much sugar is too much?

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much#:~:text=American%20adults%20consume%20an%20average,the%20recommended%20amount%20for%20women.>

- American adults consume an average of 77 grams of sugar per day, more than 3 times the recommended amount for women. This adds up to around 60 pounds of added sugar annually – that’s six, 10-pound bowling balls, folks!
- Studies show that 80% of shoppers come across conflicting nutritional data and 59% doubt the choices they’re making for their families. What consumers aren’t confused about, though, is the need for a healthy change.

Beverages are the leading category source of added sugars (47% of all added sugars):

- soft drinks – 25%
- fruit drinks – 11%
- sport/energy drinks – 3%
- coffee/tea – 7%

And, as you might guess, snacks and sweets are the next biggest contributor of added sugars at 31%.

AHA Sugar Recommendation

To keep all of this in perspective, it's helpful to remember the American Heart Association's recommendations for sugar intake.

- Men should consume no more than 9 teaspoons (36 grams or 150 calories) of added sugar per day.
- For women, the number is lower: 6 teaspoons (25 grams or 100 calories) per day. Consider that one 12-ounce can of soda contains 8 teaspoons (32 grams) of added sugar! There goes your whole day's allotment in one slurp.

The good news is that the added-sugar message is breaking through, and many American adults crave a change. In fact, research suggests that 77 percent of Americans are striving for less sugar in their diets. And 7 in 10 consumers are willing to give up a favorite sugary product in favor of finding a healthier alternative. The willingness is there. For now, your best defense is education.

Are you dehydrated? 9 signs to watch out for

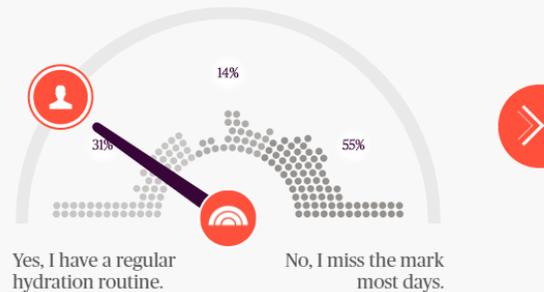
<https://www.today.com/health/are-you-dehydrated-9-symptoms-lookout-t93151>

the American Journal of Public Health found that more than half of all children and adolescents in the U.S. aren't getting enough water.

LIVE POLL ● 1 242 VOTES

Do you drink enough water throughout the day?

It's pretty clear to you.



The best way to prevent this from happening is to meet your daily hydration needs, for women, **the National Academy of Sciences recommends 2.7 liters of water a day (about 11.4 cups), and for men, 3.7 liters (15 cups). Try to drink more water if you've spent excessive time in the sun, or exercising.**

Free radicals, antioxidants and functional foods: Impact on human health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>

NYT: **Make 2020 the Year of Less Sugar**

<https://www.nytimes.com/2019/12/30/well/eat/sugar-diet-healthy.html>

- While you might think you're not eating much sugar, chances are you're eating a lot more than you realize. Added sugar lurks in nearly 70 percent of packaged foods and is found in breads, health foods, snacks, yogurts, most breakfast foods and sauces. The average American eats about [17 teaspoons of added sugar](#) a day (not counting the sugars that occur naturally in foods like fruit or dairy products). That's about double the recommended limit for men (nine teaspoons) and triple the limit for women (six teaspoons). For children, the limit should be about three teaspoons of added sugar and no more than six, depending on age and caloric needs.
- Dr. Lustig believe that the case against sugar is as strong as the case against smoking or excess alcohol.
- A 15-year study found that eating high amounts of added sugar doubles the risk of heart disease, even for people who aren't overweight. Added sugar has also been implicated in an increased risk for Type 2 diabetes, cancer, stroke and even Alzheimer's disease.
- But the fructose found in ultraprocessed foods and beverages is concentrated from corn, beets and sugar cane, and much or all of the fiber and nutrients have been removed. Without the fiber to slow it down, your body gets a big dose of fructose that can wreak havoc.
- And when you read food labels, look for added sugar in disguise. "One should keep in mind that added sugars go by many different names like 'brown sugar,' 'beet sugar,' 'agave nectar' and 'honey,'" says Dr. Frank Hu, chair of the department of nutrition at the Harvard T.H. Chan School of Public Health. "But don't be fooled by these names, because they are all added sugars with similar metabolic effects and extra calories."

Sugar: The Bitter Truth

<https://www.youtube.com/watch?v=dBnniua6-oM>

The 7-Day Sugar Challenge

<https://www.nytimes.com/programs/sugar-challenge>

Can Artificial Sweeteners Keep Us From Gaining Weight?

<https://www.nytimes.com/2020/08/20/well/eat/artificial-sweeteners-sugar-weight-gain-diet-weight-loss.html?searchResultPosition=7>

- But whether using them can prevent weight gain — a problem many people are struggling with during the coronavirus lockdowns — has long been an open question.
- Debate over the impact of artificial sweeteners on health and body weight has raged for decades. Some of the earliest concerns were sparked by animal research in the 1970s that suggested that artificial sweeteners could cause cancer. But later studies in humans disputed those claims, and the American Cancer Society, which reviewed the evidence in 2016, among other groups, contend that there is no clear evidence of a link between low-calorie sweeteners and cancer in humans.
- Randomized clinical trials, which are more reliable, have generally shown that diet sweeteners help prevent weight gain. A clinical trial published in the New England Journal of Medicine found that when children who consumed sugary beverages were assigned to drink artificially sweetened beverages, they had less weight gain and fat accumulation after 18 months than children who continued drinking sugary beverages.
- The latest study by Dr. Ludwig and his colleagues is among the most rigorous on the subject to date. Its findings support advice issued by health groups like the American Heart Association, which in 2018 [published a science advisory](#) stating that using low-calorie sweetened beverages could be an effective strategy for weight loss, especially for people who are habitual consumers of sugary beverages, which are the largest source of added sugars in the American diet.

- Not all sugar created equal: The groups that drank beverages containing sucralose, aspartame or Reb-A, a derivative of stevia, saw little change in their weight. But people who consumed beverages sweetened with sugar or saccharin, which is marketed as Sweet’N Low, experienced “significantly increased body weight” after three months.
- Dr. Robert Lustig, an obesity expert and professor emeritus at the University of California, San Francisco, said that artificial sweeteners confuse the body: Their sweet flavors send a signal to the brain and the digestive system to brace for a flood of sugar. But when those calories never arrive, it can send hormones like insulin out of whack, over time leading to metabolic dysfunction, he said.
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Types and Amounts of Nonnutritive Sweeteners Purchased by US Households: A Comparison of 2002 and 2018 Nielsen Homescan Purchases

<https://pubmed.ncbi.nlm.nih.gov/32739278/>

Artificial sweeteners induce glucose intolerance by altering the gut microbiota

<https://pubmed.ncbi.nlm.nih.gov/25231862/>

This Study on Nearly Half a Million People Has Bad News For The Keto Diet

<https://www.sciencealert.com/study-on-half-a-million-people-has-bad-news-for-keto-diet>

- Other low-carb weight-loss diets that fall into this category include paleo, Atkins, Dukan, and Whole 30. Nutrition experts say that besides their potential for harm, these popular diets are really hard to follow.
 - JB Note: Do Google Searches for “Coffee for Whole 30” etc. etc.
- Finally, low-carb diets make it easy to neglect key nutrients like magnesium, calcium, and potassium that can be plentiful on less restrictive diets with fresh, high-carb foods like beans, bananas, and oats.
- In study after study, survey data from around the world has shown that people who stick to limited amounts of meats, dairy, and processed foods while fueling up on fiber-rich plant-based foods including vegetables, whole grains, nuts, and, yes, even carb-heavy beans have some of the best health outcomes. Seidelmann describes their diets as being rich in "whole foods."
- "It is not a common pattern to eat very low-carb, strictly plant-based," Seidelmann said. "At least in the Western world, it tends to be more animal-based. That just is what it is."
- People on low-carb diets often turn to more butter and meat for sustenance, which can increase blood pressure and, in the case of processed meats, contribute to cancer.

The Whole30 Program Rules

<https://whole30.com/whole30-program-rules/>

The Whole30 Program Rules

Yes: Eat real food.

Eat meat, seafood, and eggs; vegetables and fruit; natural fats; and herbs, spices, and seasonings. Eat foods with a simple or recognizable list of ingredients, or no ingredients at all because they're whole and unprocessed.

No: Avoid for 30 days.

✘ **Do not consume added sugar, real or artificial.** This includes (but is not limited to) maple syrup, honey, agave nectar, coconut sugar, date syrup, monk fruit extract, stevia, Splenda, Equal, Nutrasweet, and xylitol. If there is added sugar in the ingredient list, it's out.

Keto Diet Leaflet

https://www.dietdoctor.com/wp-content/uploads/2018/12/Keto-for-beginners_folder_181214.pdf

Paleo 101

<https://paleoleap.com/paleo-101/>

- Consider supplementing with vitamin D and probiotics. Levels of magnesium, iodine and vitamin K2 should also be optimized. Iodine can be obtained from seaweeds. You probably don't need a multivitamin or other supplements.
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Hottest Diets Of 2020

<https://www.forbes.com/sites/jennifercohen/2020/01/23/hottest-diets-of-2020/#1886d34a5b35>

- Volumetrics Diet
 - While many diets are very complicated, the Volumetrics diet is quite simple. Created by Barbara Rolls, Ph.D., who is a professor of nutrition at Penn State University, the strategy is to eat foods that provide the most amount of nutrition for the least amount of calories.
 - On this diet, food is categorized into four different groups from least energy-dense (examples include broth, non-starchy vegetables and fruits) to most energy-dense (those treats we have trouble resisting like cookies, chocolate, and butter). The goal is for the majority of your diet to consist of lower-density foods.
- Keto
 - The keto or ketogenic diet works because it's high in fat, which makes it very satiating, but very low in carbohydrates. Reducing carbs allows your body to go into ketosis.
- Vegan
 - So she recommends that vegans stay vigilant about eating whole foods with adequate amounts of calcium, B12, zinc and iron.
 - As with many diets, meal prep and planning in advance is the easiest way to stay on track. And if you want to indulge in a sensible portion of vegan ice cream every now and then, that's perfectly okay too.
- Flexitarian
 - If a vegan diet is next level vegetarian, flexitarian is one step below that. It's an easier and more realistic approach to eating. This diet can help you lose weight because the goal is to limit calories by

eating mostly veggies, whole grains, fruit and plant-based proteins.

- A new study showed that flexitarians had a lower BMI as well as lower rates of metabolic syndrome compared to subjects who regularly consumed meat.
- Raw Food
- Probiotic-Rich
- Intermittent Fasting
 - Intermittent fasting is great for any lifestyle. It's easy and simple to follow. Start with a 12 hour fast (overnight) and increase it over time to 14, 16 and even 20 hours. Everyone is different so finding a healthy balance is always the best option for you! If you are hungry, make sure you eat. A little trick to new fasters: drink a glass of water right when you wake up in the morning.
 - Whoever told you breakfast was the most important meal of the day may have been lying. Intermittent Fasting proves to be a beneficial reason to skip breakfast or at least to push it off a few hours.

Volumetrics Diet Overview

<https://www.everydayhealth.com/diet-nutrition/the-volumetrics-diet.aspx#how-it-works>

- “Volumetrics is one of my favorite diets because it’s more about eating than dieting,” says Andrea Giancoli, MPH, RD, a nutrition communications consultant based in Hermosa Beach, California. “People like to eat, and research has shown that when you eat high-water-content foods, such as a green salad with a lot of vegetables or soup, you eat less [calories].”
- A number of studies have examined how energy density of food — or the ratio between how much energy (calories) a food provides and how much it weighs — can affect weight loss and weight maintenance. For example, a carrot, which contains a lot of water, would have a low energy density, since it does not contain a lot of calories for how much it weighs.

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