

# Eat to THRIVE not just SURVIVE!

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PINK Retreat

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HOUSTON  
**Methodist**<sup>SM</sup>  
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# Outline

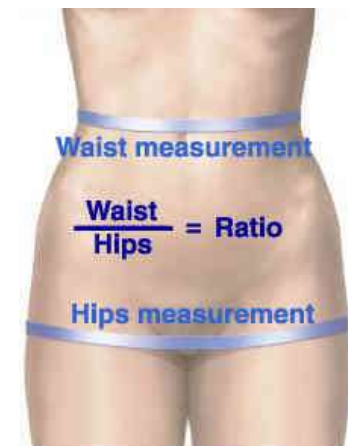
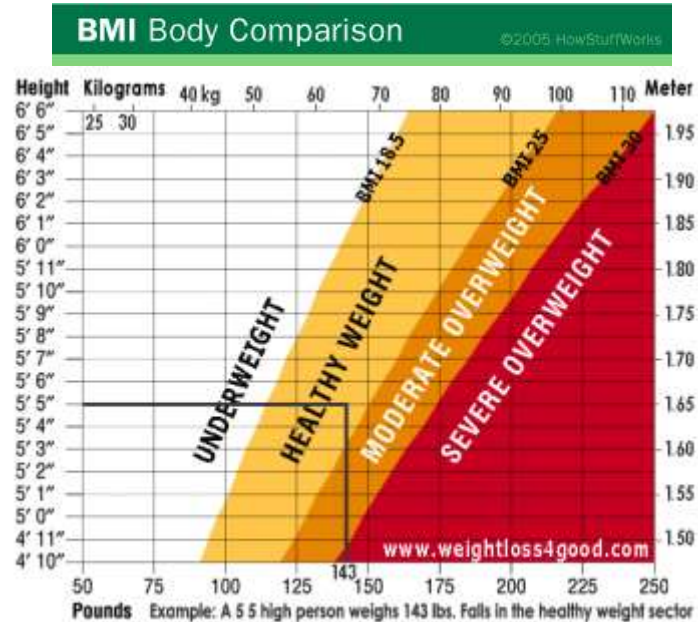
- Why your body composition matters
- Energy balance
- What to eat?
- How to eat?
- What to do?
- How to make it last!
- Frequently asked questions

Why your body composition matters!

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# BMI vs WHR

- **BMI** (Is your weight appropriate for you height?)
  - **Strengths:** Easy, conventional, everyone uses it
  - **Weakness:** DOES NOT TAKE INTO ACCOUNT BODY COMPOSITION!
- **WHR** (Waist to Hip Ratio)
  - **Strengths:** Focuses on body shape, abdominal adiposity, **better indicator for risks of chronic diseases**
  - **Weakness:** Takes time, personal, not conventional.



# BMI vs WHR Guidelines

## BMI Chart

<b>BMI less than 18.50</b>	<b>Underweight</b>
<b>BMI 18.50 - 24.99</b>	<b>Healthy weight</b>
<b>BMI 25.00 - 29.99</b>	<b>Overweight</b>
<b>BMI 30 or more</b>	<b>Obese</b>

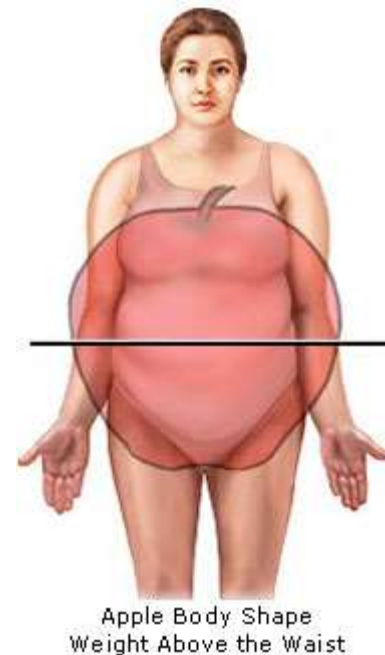
## Waist-to-Hip Ratio (WHR) Norms

Gender	Excellent	Good	Average	At Risk
Males	<0.85	0.85–0.89	0.90–0.95	≥0.95
Females	<0.75	0.75–0.79	0.80–0.86	≥0.86

# Body Shape: Apple vs. Pear



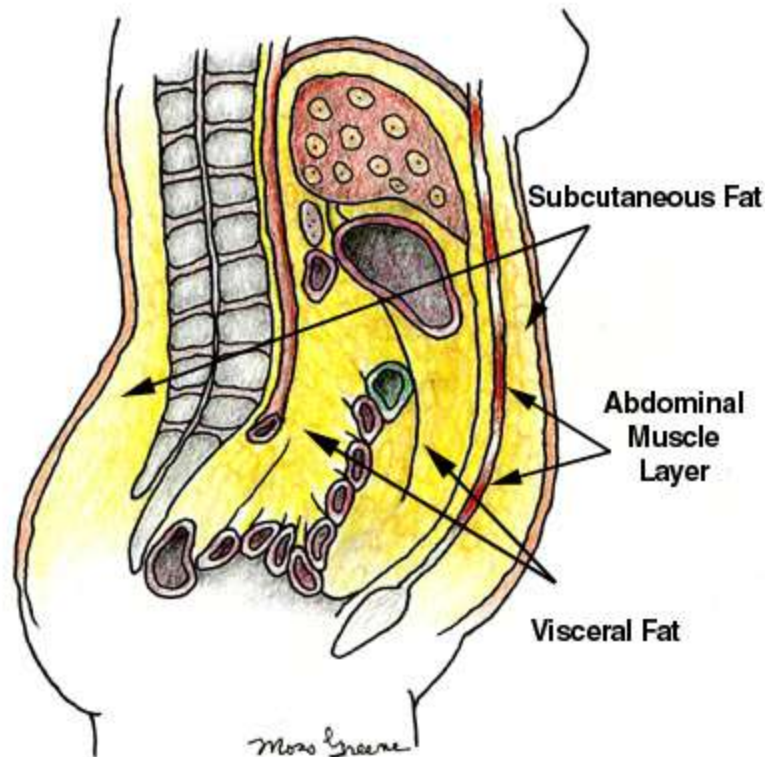
After Menopause



- ↑ Heart disease
- ↑ Diabetes
- ↑ **Breast Cancer**

# What is an Apple Shape?

Apple shape = Abdominal Adiposity = High Visceral Adiposity

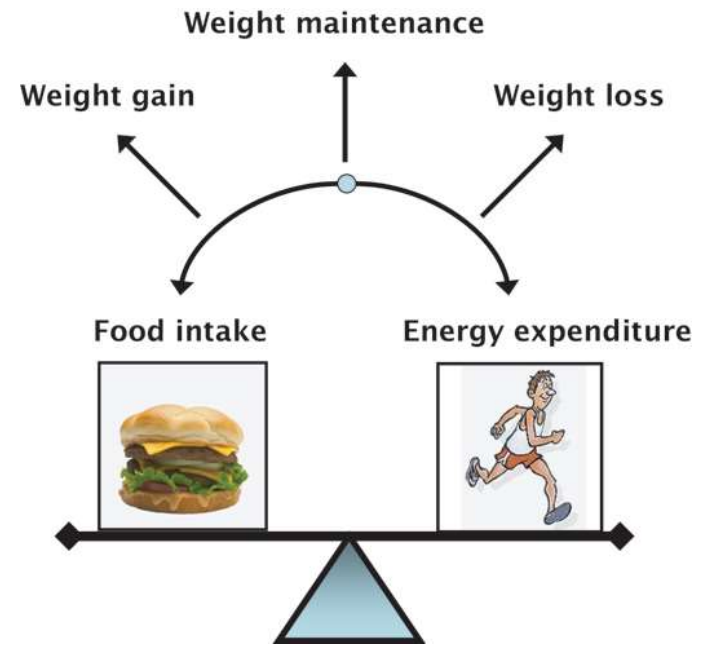


- Visceral fat is **hormonal** fat!
- Subcutaneous fat's only function is insulation and protects vital organs.
- Therefore, more visceral fat means higher hormone levels....specifically **ESTROGEN!** This is more likely to occur as we age and go through menopause.

# How to control your shape

## Energy Balance!

- Positive Energy Balance: Weight gain
  - Eat more
  - Move less
- *Negative Energy Balance: Weight loss*
  - *Eat less*
  - *Move more*





# What affects energy balance?

- Genetics
- Environment
- What you eat (Functional vs. un-functional food)
- How you eat (Mindful eating)
- How much sleep you get (sleep 7-9hrs)
- What you do during the day (active vs. sedentary)
- Medications (Anti-hormonal medications)
- Stress

# What to eat: The Plate Method



## HEALTHY EATING PLATE

The Healthy Eating Plate diagram shows a plate divided into four quadrants: Vegetables (green), Whole Grains (brown), Fruits (red), and Healthy Protein (orange). To the left of the plate is a yellow oil bottle labeled "HEALTHY OILS". To the right is a glass of water labeled "WATER".

**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**FRUITS**  
Eat plenty of fruits of all colors.

**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**  
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# What to eat: Fruits and Vegetables

- Eat more vegetables than fruit!
- Yes, fruit is good for you and has great properties but they are higher in calories compared to vegetables
- Eat more dark green leafy vegetables
- Be mindful on how you prepare your vegetables; *steamed vs. creamed spinach*
- Be mindful on how much salad dressing you use on salads; try lemon juice.
- Be careful when juicing....
  - Should be 2/3 vegetables and 1/3 fruit
  - It adds up
  - Add protein powder or fiber to help make it more filling



# What to eat: Lean Protein

- Eat more plant-based proteins
  - Legumes, lentils, nuts, edamame
- Eat more lean-animal proteins
  - Egg whites, chicken breast, fish
- Be moderate on beef and pork
  - Less than 18oz per week
- Limit processed meat
  - Sausage, bologna, and hotdogs
- Try to have a vegetarian meal as a dinner one night a week....Meatless Mondays!



# What to eat: Grains

- Choose whole grains
  - Brown rice vs. white rice
- Limit processed grains with added sugar
  - Cakes, cookies, and other sweets
- Try alternative grains
  - Quinoa or bulgur
    - These are higher in fiber and protein compared to brown rice!
  - Spaghetti Squash



# What to eat: Fats

- Focus on unsaturated fats: Liquid at room temperature
  - Olive oil, canola oil etc.
- Limit saturated fats: Solid at room temperature
  - Butter, bacon grease, coconut oil
- Avoid trans-saturated fats:
  - *Crisco*, anything that has “hydrogenated oil”
- **Even healthy fats count as calories so use in moderation!**





# What to eat: Dairy

- Focus on the lower-fat milk or consider a milk alternative
  - Soy, Hemp, Almond milk etc.
- Choose Greek yogurt over traditional yogurt
  - Has more protein!
- Buy the unflavored yogurt to avoid extra sugar and calories
  - Flavor your yogurt with fresh fruit to add sweetness
- Focus on lower-fat or skinnier cheeses!



# How to eat: Mindful Eating

- How fast do you eat?
- Do you eat at a table or at your desk?
- Are you eating on the run?
- Mindless Eating.....Everyone is GUILTY of it!
- Why is it bad....because you will eat more than you need to but without the satisfaction !
  - Chocolate Exercise
    - Texture, taste, smell, THINK about it :D
- It takes 20 minutes for your brain to realize you are satisfied!





# How to eat: Mindful Eating Tips

- Treat every meal like a gourmet meal...smell it and enjoy it
- Sit down
- Turn off the TV
- Use the pretty dishes
- Do not multi-task
- Take a break between bites...put your fork down
  - Use chop sticks
- Taste the food
- Have a conversation
- Drink an entire glass of water before you eat and while you are eating
- Fiber is your friend



# How to do: EXERCISE!!!!

- Remember Energy Balance
- **30 minutes of moderate exercise 5x per week OR 75 minutes of vigorous exercise a week! (ACS)**
- More is better!
- Mix it up....try yoga or Pilates
- You have to constantly challenge your body in order to see results
- Work with a trainer!
- Be patient with yourself



# How to make it LAST: Keys to success!

- Don't focus on weight...take measurements
- ACCOUNTABILITY
- Set a goal and make a plan!
  - Examples!
- Work with others
- Include the family
- Be honest about your weakness
- Be patient....it takes 12 weeks to make a lifestyle change a habit!



# Frequently Asked Questions!

- Can I have Soy?
  - Yes, in moderation!
  - Has to come from food
- The alkaline diet
  - Eh...if it helps you eat more fruits and vegetables
- Does sugar/milk feed cancer?
  - No
- Supplements
  - Food is better than pills
- Alcohol?
  - 0-1 drinks per day for women
- Should I buy organic?
  - Definitely consider buying organic animal products
  - Local produce





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