

Weight Management Follow-up Visit  
Name \_\_\_\_\_

OMS 2  
Date \_\_\_\_\_

Current weight \_\_\_\_\_  
Initial weight \_\_\_\_\_  
Last visit \_\_\_\_\_  
Change since first visit \_\_\_\_\_  
Change since last visit \_\_\_\_\_

Medication \_\_\_\_\_  
BP \_\_\_\_\_  
LMP \_\_\_\_\_  
\*UPT \_\_\_\_\_

BMI \_\_\_\_\_  
Body fat % \_\_\_\_\_  
Water % \_\_\_\_\_  
Resting energy \_\_\_\_\_

### Please answer the questions below

What **challenges** or **difficulties** are you having with your weight loss? \_\_\_\_\_

If you are you taking a **medication\***, are you finding it helpful? ☐ yes ☐ no

Any side effects? ☐ **none** ☐ dry mouth ☐ jitteriness ☐ headache ☐ insomnia ☐ nausea ☐ other \_\_\_\_\_

Are you able to take the medication as directed? ☐ yes ☐ no

**If no**, what difficulties are you experiencing? \_\_\_\_\_

**Exercise:** What type and how often? \_\_\_\_\_

How well do you **sleep** at night?

☐ through the night ☐ fall asleep easily but can't stay asleep ☐ difficulty falling asleep ☐ frequent or early morning waking

Are you having any **symptoms** or **physical problems** since starting this program? ☐ **none**

<input type="checkbox"/> hunger	<input type="checkbox"/> fatigue	<input type="checkbox"/> fainting	<input type="checkbox"/> indigestion	<input type="checkbox"/> headache	<input type="checkbox"/> tremors	<input type="checkbox"/> trouble sleeping
<input type="checkbox"/> cravings	<input type="checkbox"/> chest pain	<input type="checkbox"/> short of breath	<input type="checkbox"/> joint pain	<input type="checkbox"/> weakness	<input type="checkbox"/> depression	<input type="checkbox"/> hair loss
<input type="checkbox"/> irritability	<input type="checkbox"/> rapid heart beat	<input type="checkbox"/> diarrhea	<input type="checkbox"/> muscle cramps	<input type="checkbox"/> numbness	<input type="checkbox"/> anxiety	<input type="checkbox"/> cold intolerance
<input type="checkbox"/> lack of control	<input type="checkbox"/> fluid retention	<input type="checkbox"/> constipation	<input type="checkbox"/> rashes	<input type="checkbox"/> dizziness	<input type="checkbox"/> moodiness	<input type="checkbox"/> irregular periods

**Food Diary: Consider WHEN you eat as well as WHAT you eat**

- Instead of labeling your meal as “breakfast” please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

**time of day**      **give me an idea of what you eating in a typical day, including beverages!**


### Weight Maintenance Session #2: Using Journaling or Apps to Achieve your Goals

- 1) Food journaling results in greater weight loss compared to just diet alone.  
☐ true ☐ false
- 2) Including greater details in a food diary has been correlated with more weight loss.  
☐ true ☐ false
- 3) Initially when keeping a food diary, always including details, such as recording the portion size, has been correlated with greater weight loss.  
☐ true ☐ false
- 4) Activity monitors such as FitBit, Jawbone UP and Garmin could lead to a greater amount of activity among users.  
☐ true ☐ false
- 5) Using the food tracker, the “Color My Day” feature along with recipes provided in your patient portal should enhance your goals.  
☐ true ☐ false

1) **Food journaling results in greater weight loss compared to just dieting alone.**

**True.** According to an article published in the Journal of the Academy of Nutrition and Dietetics, women who kept a food journal and dieted lost 6 additional pounds compared to those that just dieted for 12 months. 1. Keeping a food journal either the old fashioned way with paper and pen or with an app will lead to more weight loss. You can share your food journal at each visit so we can review the good or bad choices that were made.

2) **Including greater details in a food diary has been correlated with more weight loss.**

**True.** Try to detail as much information as possible. Track the time of day and places the meal was eaten along with food amount, portion size and degree of hunger prior to the meal. If you are abnormally hungry, you may benefit from the use of an appetite suppressant. You also may find that when you eat at particular restaurants, you tend to make worst food choices than other restaurants. These types of connections could help you in the long run with weight loss and weight maintenance. In addition, make sure to record the “extras”, such as the mayo on the sandwich or the handful of chips at the office. These extras could add up. Pay attention to details when it comes to food choices.

3) **Initially when keeping a food diary, always including food diary details, such as recording portion sizes has been correlated with greater weight loss?**

**True.** It is really important to get into the habit of measuring and recording your portion sizes. Portion size is initially the greatest challenge for many dieters. Start with **two hands full** of leafy greens (or low-glycemic index vegetables). Use the **palm of your hand** for a 3 oz portion of protein at each meal. Add a **thumb full** of healthy fat (olive oil, coconut oil or avocado) to each meal for satiety. Keep the grains and higher glycemic index carbs to the **size of your fist**. By focusing on the nutrients and minding the portions, the calories will take care of themselves!! Over time, it is helpful if you get into the habit of reviewing what you have written in the food journal. The act of acknowledgement and reflection will lead to greater success.

4) **Activity monitors such as FitBit, JawBone UP, and Garmin could lead to a greater amount of activity among users.**

**True.** Using activity monitors leads to a greater level of conscience among the user of how active they are. Aim for 10,000 steps each day, throughout the day. This translates into about 5 miles of walking every day. Walking 10,000 steps daily should lead to less weight regain over time. Challenge your family, friends and co-workers to try to walk more steps daily, weekly, monthly, etc.

5) **Using the food tracker, the “Color My Day” feature along with recipes provided in your patient portal should enhance your goals.**

**True.** Use the tools provided in your HealthTrac app. They have all been designed and clinically proven to enhance overall weight loss success. The “Color My Day” feature is helpful in identifying problem areas. Frequent red days, if not addressed, will usually lead to patients dropping out and ultimate weight loss/maintenance failure. If you are experiencing many red days, consider an appetite suppressant to help control your patients hunger. Also consider the use of meal replacements to help control appetite.

# Sugar is SICKENing Sweet

**To understand how sugar can wreak havoc on your health, take a closer look at how it's metabolized in the body.**

Table sugar (sucrose) consists of two bonded molecules: glucose and fructose. Inside the body, the bond is broken and glucose and fructose are released. The bloodstream picks up the glucose molecule and delivers it to any organ or muscle tissue that needs energy. The fructose molecule, however, can be metabolized only by the liver, which evolved to handle small amounts as early humans stumbled across the occasional stash of honey or bounty of seasonal fruit. These days the average daily fructose intake is 54.7 grams (nearly 14 teaspoons) — far more than the liver can metabolize. Here are some ways that distortion manifests in poor health.

## Obesity and Inflammation

Today, more than 36 percent of American adults are obese and 2 out of three are overweight or obese. Excess calories are not blameless, but the role of fructose may be more significant. The liver has no choice but to turn all that excess fructose into fat. Fructose is a survival nutrient present in foods such as ripe berries that enable mammals, like bears, to gain weight quickly in preparation for hibernation. Fructose puts your body into weight-gain mode.

Sugar consumption is tied to an increase in visceral (belly) fat, high blood pressure, high triglycerides, high blood sugar (a precursor of type 2 diabetes), and high cholesterol. All of these conditions fit neatly under the umbrella term “metabolic syndrome,” an inflammatory fat-storage disorder. Meanwhile, the pancreas, which makes insulin to break down sugar, can become worn out and less able to react quickly and efficiently. Over time, this can lead to type 2 diabetes, which affects some 27 million Americans, including children.

## Heart Disease

Consuming too much sugar may increase the chances of dying from a heart attack, according to recent research that further supports the link between excess sugar and (NOT fat) and poor health. The study, published in 2014 in *JAMA Internal Medicine*, found that people whose sugar consumption made up 25 percent or more of their daily caloric intake had twice the risk of dying from heart disease than people whose sugar intake was 7 percent of their daily calories. This is the first time a study has linked sugar intake to heart disease fatality. The new findings are significant given that heart disease leads to about 600,000 deaths in America each year, according to the CDC. More women die from heart disease than ALL cancers combined.

There are no agreed-upon standards for sugar intake: The Institute of Medicine recommends limiting consumption to 25 percent of daily calories (yes, that is the percentage at which the study found risk of death from heart disease doubles), while the World Health Organization recommends a cap of 10 percent of daily calories. The American Heart Association recommends limiting sugar to 100 calories daily for women and 150 calories for men. Common sources of added sugar include sodas, grain-based desserts, and even such “health foods” as smoothies, protein bars, and commercially made salads.

## Cancer

The Metabolic Theory of Cancer was proposed by Otto Warburg in 1924. He hypothesized that cancer cells progress by the fermentation of glucose (sugar). They in effect hijack the glucose produced by healthy cells as their own source of energy. We see this when a cancer patient has a PET scan. After drinking a sugary beverage, the cancer cells digest the sugar and “light up” on imaging. Since humans and other animals can survive on fat metabolism, by avoiding the intake of sugar, the cancer cells cannot survive. This theory was pushed aside with the genetic theory of cancer but is now coming back in into the forefront of research.

## Nonalcoholic Fatty Liver Disease

Sugary diets are also behind nonalcoholic fatty liver disease, or NAFLD. Again, because the liver is unable to process large quantities of fructose, it stocks it away as fat. This causes the organ itself to become fatty. Not unlike alcohol, excess fat damages the liver. In the early stages of liver disease, the organ becomes inflamed. The scarring that ensues slowly chokes the organ's blood flow. This disease didn't even exist 35 years ago but now, up to 31 percent of adults and up to 10 percent of children have NAFLD. If this trend continues, NAFLD will be the No. 1 reason for liver transplant by 2020.

## Premature Aging

If the above adverse health risks are not enough motivation to give up your sugary beverage or treat, sugar has also been linked to the aging process! Spikes of sugar are known to cause damage to collagen, which can lead to wrinkles and gray hair! Furthermore, a number of studies have shown that impaired glucose tolerance or type II diabetes is associated with impaired cognitive function in older subjects. In addition, they recently found that cognitive deficits are also associated with moderately impaired glucose regulation in young healthy volunteers.

# Cutting Back on Sugar

## Slashing the sweet stuff from your diet

1. **Go natural.** Sugar is sugar but it is better to eat natural sources of sugar over added sugars. Fill up on fresh fruit and vegetables because they contain fiber that slows the rate of absorption of carbohydrates along with improving cholesterol levels, digestion, and satiety to help with weight loss.
2. **Know your portions.** Following a low sugar diet requires some diligence to know how much you should be eating. In general, most people should consume 2 fruits (or 2 cups) and at least 3 cups of veggies per day. On average 1 serving of fruit contains 15 grams of sugar. Ideally, try to space out your servings so that you aren't getting a big sugar rush all at once.
3. **Eat whole and fresh.** Eliminate (or at least limit) fruit juices and dried fruit if you are watching the sugar intake. Generally speaking, just 4 fluid ounces of 100% fruit juice and ¼ cup unsweetened dried fruit is equivalent to 1 piece or 1 cup of fresh, whole fruit.
4. **Learn the label lingo.** Food labels don't differentiate between added and natural sugars, instead it lumps them all together. To get natural sugar sources check the ingredient list to know if there are any added sugars in the product. See the list above.
5. **Set boundaries on the sweet tooth.** Do you have a mean sweet tooth? If so, set limits on when and how you're going to enjoy your sweets. Perhaps plan to have ice cream once per week or possibly include a dark chocolate square after dinner nightly. Setting boundaries around what sweet treats are worth the indulgence, when to enjoy them, and how much to enjoy will keep you from reaching in the office candy jar out of habit or boredom.
6. **Eliminate (or at least eat less) packaged food.** Foods in their whole form are going to be your best bet when it comes to lowering your sugar intake. According to the New York Times, 75% of packaged foods in the U.S. contain added sugar, so you can simplify your sugar doses by keeping these to a minimum.
7. **Pump up the protein.** Eating more protein will keep you amped. Protein takes longest to digest so you will be less likely to crash if you're eating good quality proteins every three to four hours.
8. **Beware of sugar bombs.** Even healthy foods can have sneaky sources of added sugar. Foods like energy bars, lattes, smoothies, juices, enhanced waters, salad dressing, cereals, tomato sauce, and medications are common culprits. Read the labels!
9. **Lower it gradually.** Instead of cutting sugar cold turkey, lower your intakes slowly. If you usually eat sweets after lunch and dinner, start by taking it down to one meal a day.
10. **Clean out the pantry.** If you have tempting foods in the kitchen, you might need to do a little pantry detox. Go out for the ice cream sundae instead of bringing a carton it into the house.

We have been told that it is okay to have sugary, processed foods in our diet as long as we do not have too much and we exercise more. In fact, the mission of the Sugar Association ([www.sugar.org](http://www.sugar.org)) is basically keeping us addicted to sugar:

*All-natural sugar is an important part of a healthy diet and lifestyle. The mission of the Sugar Association is to promote the consumption of sugar through sound scientific principles while maintaining an understanding of the benefits that sugar contributes to the quality of wholesome foods and beverages.*

It's good for business. But it is NOT good for us!

**Read more at** <http://dunnewithdieting.com/weightmanagementvisits/2sugarisnotsosweet.html>