Nutrition

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Overview

1. Why focus on nutrition?
2. MyPlate
   - Foods to incorporate into diet
   - Correct portion sizes
1. General nutrition and shopping tips
2. Common medication side effects and nutritional interventions
3. Ways to avoid weight gain
What did you bring for lunch today?

Would you consider it healthy? Why or why not?
Why Focus on Nutrition?

- Poor quality food intake
- Dietary deficiencies or excesses
- Depression, mood swings, poor concentration or fatigue develop
- Aggravates mental conditions
Why Focus on Nutrition?

How Nutrients Help with Brain Health

• The body uses certain **proteins** as raw materials to make the neurotransmitters that regulate a person’s mood.

• **Carbohydrate** increases the transport of beneficial proteins into the brain.

• Certain **fats** (omega-3 fatty acids from fish) become part of the membranes of brain cells and control many processes.

Poor nutrition can contribute to depression by limiting the availability of these nutrients, although many other factors influence brain chemistry, too.
MyPlate
Fruits

• Consists of any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
• When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
• Most fruits are naturally low in fat, sodium, and calories.
• Vary your fruit choices since fruits differ in nutrient content.
• Rich in nutrients vital for health:
  - Potassium → helps maintain healthy blood pressure
  - Dietary fiber → helps reduce cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes
  - Vitamin C → important for growth and repair of all body tissues
  - Folate (folic acid) → helps the body form red blood cells
Tips to Fruits

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Cut-up fruit and dried fruit makes a great snack.
- As a snack, spread peanut butter on apple slices or top plain fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.
- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try unsweetened applesauce as a lower calorie substitute for some of the oil when baking cakes.
- At dinner, add crushed pineapple to coleslaw, or include orange sections or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.
Vegetables

• Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
• Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, and/or cholesterol.)
• Rich in nutrients vital for health:
  - Potassium \(\rightarrow\) helps maintain healthy blood pressure
  - Dietary fiber \(\rightarrow\) helps reduce cholesterol levels and may lower risk of heart disease and type 2 diabetes
  - Vitamin C \(\rightarrow\) important for growth and repair of all body tissues
  - Folate (folic acid) \(\rightarrow\) helps the body form red blood cells
Vegetables

• Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils.
• These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc.
• They are similar to meats, poultry, and fish in their contribution of these nutrients. Therefore, they are considered part of the Protein Foods Group. However, they are also considered part of the Vegetable Group because they are excellent sources of dietary fiber and nutrients such as folate and potassium.
Tips to Vegetables

• Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
• Stock up on frozen vegetables for quick and easy cooking in the microwave.
• Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
• Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider red or green pepper strips, broccoli florets, or cucumber slices.
• Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
• Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
• Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
• Vary your veggie choices to keep meals interesting.
• Try crunchy vegetables, raw or lightly steamed.
Grains

• Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
• At least half of all the grains eaten should be whole grains.
• Rich in nutrients vital for health:
  - Dietary fiber → helps regulate bowel function and provides a feeling of fullness with fewer calories
  - B Vitamins (thiamin, riboflavin, niacin, and folate) → play a key role in metabolism by helping the body release energy from protein, fat, and carbohydrates.
  - Minerals (iron, magnesium, and selenium) →
    - iron is used to carry oxygen in the blood
    - magnesium is used to build bones and release energy form muscles
    - selenium protects cells from oxidation and also important for a healthy immune system
Tips to help you eat Whole Grains

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in a casserole or stir-fry.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.
Tips to help you eat Whole Grains

• Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.
• Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
• Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

<table>
<thead>
<tr>
<th>Whole Grain ingredients</th>
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</thead>
<tbody>
<tr>
<td>Brown Rice</td>
</tr>
<tr>
<td>Buckwheat</td>
</tr>
<tr>
<td>Bulgar</td>
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<tr>
<td>Millet</td>
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<tr>
<td>Oatmeal</td>
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<tr>
<td>Popcorn</td>
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<tr>
<td>Quinoa</td>
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<tr>
<td>Rolled Oats</td>
</tr>
<tr>
<td>Whole-grain barley</td>
</tr>
<tr>
<td>Whole-grain corn</td>
</tr>
<tr>
<td>Whole-grain sorghum</td>
</tr>
<tr>
<td>Whole-grain triticale</td>
</tr>
<tr>
<td>Whole oats</td>
</tr>
<tr>
<td>Whole rye</td>
</tr>
<tr>
<td>Whole wheat</td>
</tr>
<tr>
<td>Wild rice</td>
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</tbody>
</table>
MyPlate
Protein

• All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds
• Diets that are high in saturated fats raise “bad” cholesterol levels in the blood. These include fatty cuts of beef, pork, and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats such as regular bologna and salami; and some poultry such as duck. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
• A high intake of fats makes it difficult to avoid consuming more calories than are needed.
Protein

- Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease.

- Rich in nutrients vital for health:
  - Protein → function as building blocks for bones, muscles, cartilage, skin, blood, enzymes, hormones, and vitamins
  - B Vitamins (niacin, thiamin, riboflavin, and B6) → help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
  - Vitamin E → serves as an antioxidant to help fight free radicals that cause cell damage and is also important in maintaining a healthy immune system
  - Minerals (iron, zinc, and magnesium)
Tips for making wise choices

• Choose lean cuts of meet including:
  - Beef → round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts and ground beef that is at least 92% lean/8% fat.
  - Pork → pork loin, tenderloin, center loin, and ham.
  - Poultry → boneless skinless chicken breasts and turkey cutlets
• Buy skinless chicken parts, or take off the skin before cooking.
• Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.
• Vary your protein sources
Dairy

• All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

• Rich in nutrients vital for health:
  - Calcium → used for building bones and teeth and in maintaining bone mass
  - Potassium → help to maintain healthy blood pressure
  - Vitamin D → maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones.
  - Protein
Tips for making wise choices

• Choose low-fat or fat-free dairy options to reduce saturated fat intake and keep blood cholesterol levels healthy. Also, a high intake of fats makes it difficult to avoid consuming more calories than are needed.
• If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.
• Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
• Have fat-free or low-fat yogurt as a snack (recommend plain yogurt topped with real fruit to reduce sugar content).
• Make a dip for fruits or vegetables from yogurt.
• Make fruit-yogurt smoothies in the blender.
• For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
• Top cut-up fruit with flavored yogurt for a quick dessert.
• Top a baked potato with fat-free or low-fat yogurt.
• Top casseroles, soups, stews, or vegetables with shredded reduced-fat or low-fat cheese.
• Top a baked potato with fat-free or low-fat yogurt.
Oils

- Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients.
- Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health – called "essential fatty acids."
- The MUFAs and PUFAs found in fish, nuts, and vegetable oils do not raise LDL ("bad") cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of vitamin E in typical American diets.
- While consuming some oil is needed for health, oils still contain calories (about 120 calories per tablespoon). Therefore, the amount of oil consumed needs to be limited to balance total calorie intake.
ChooseMyPlate.gov

MyPlate Daily Checklist
Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—"MyWins"—to make healthier choices you can enjoy.

Food Group Amounts for 2,000 Calories a Day

<table>
<thead>
<tr>
<th>Food Group</th>
<th>2 cups</th>
<th>2 1/2 cups</th>
<th>6 ounces</th>
<th>5 1/3 ounces</th>
<th>3 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td></td>
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</tr>
</tbody>
</table>

Focus on whole fruits
Focus on whole grains that are fresh, frozen, canned, or dried.

Make half your grains whole grains
Choose variety of color and type.

Make half your grains healthy grains
Include whole-grain foods for leading the Nutrition Facts Panel and ingredients list.

Make half your protein
Make up your protein food to include protein lean and fish, seafood, nuts and seeds, and legumes and poultry.

Make low-fat or fat-free milk and yogurt
Choose fat-free milk, yogurt, and soy beverages (e.g. milk) to cut back on your saturated fats.

MyPlate Daily Checklist (formerly Daily Food Plan)

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>CALORIE LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 2-3</td>
<td>1,200</td>
</tr>
<tr>
<td>Ages 4-8</td>
<td>1,600</td>
</tr>
<tr>
<td>Ages 9-12</td>
<td>1,800</td>
</tr>
<tr>
<td>Ages 14+</td>
<td>2,000</td>
</tr>
</tbody>
</table>

SuperTracker
The SuperTracker can help you plan, analyze, and track your diet and physical activity.

USDA Mixing Bowl
What’s Cooking

Adult BMI Calculator

1. Height:
   - Feet:
   - Inches:

2. Weight:
   - Pounds:

Calculate
Avoid Portion Distortion

A fist or cupped hand = 1 cup
1 cup = ½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese
Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.

Handful = 1-2 oz. of snack food
Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

Palm = 3 oz. of meat
Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.

1 tennis ball = ½ cup of fruit and vegetables
Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.
Good Nutrition Tips

1. Focus on foods rather than specific nutrients
2. Eat the rainbow (aka nutrient dense foods)
3. Eat regularly (3 meals and 1-2 snacks) each day
   - Don’t skip meals
   - Plan for lunch and snacks
   - Don’t go longer than 5 hours without eating while awake
4. Eat more healthy fats
   - Omega-3 fats found in fish, seeds, nuts, canola oil, flaxseeds, and soy
5. Avoid sugar highs
6. Exercise on a regular basis, make sure it's attainable
7. Practice mindfulness
   - Avoid eating too fast, in too large a quantity, or while doing something else
   - Mindful eating exercise
Tips at the Grocery Store

1. Plan ahead
   - Have list ready and shop on a full stomach
2. Spend the most time in the produce section
3. Shop the periphery of the store
   - 90% basic food products located on sides and across the back of the store
   - Reduce impulse to buy unhealthier, processed foods
4. Beware of false advertising
   - “Natural foods” label
     - By law, must contain at least 10% natural ingredients
   - Read list of ingredients instead
5. Choose “real” foods that contain few ingredients
Reading Food Labels

Start by checking the Serving Size and Servings Per Container

Know labeling loopholes. If there is 0.5 g or less trans fat per serving manufacturers do not have to list it here

Know what you want to maximize (Fiber and protein)

Know what you want to minimize or avoid (sugar and sodium)
Reading Food Labels

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>10%</th>
<th>15%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>25%</td>
<td>40%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
<td>8%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
<td>20%</td>
</tr>
</tbody>
</table>

*Amount in 1 serve. As Prepared contributes an additional 70 Calories (5 Calories from Fat), 330 mg Sodium, 12% Total Carbohydrates (6 g Dietary Fiber, 2 g Sugars), 4 g Protein.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| Calories: | 2,000 | 2,500 |

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Less than 65g</th>
<th>80g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Textured soy protein, dehydrated vegetables (tomatoes, onions, garlic, red bell peppers, celery, jalapeño peppers), corn meal, barley flakes, soy sauce powder (wheat, soybeans, salt), spices, brown rice syrup solids, sea salt, expeller pressed canola oil, yeast extract, miso powder (soybeans, rice, salt), natural flavor, vinegar powder, citric acid.

Read the ingredients list and look out for hydrogenated and partially-hydrogenated oils, interesterified fats, high fructose corn syrup, artificial ingredients, MSG, nitrates and nitrates.
Foods to have on hand

Vegetables
- Carrots, celery, green pepper, cabbage, broccoli, cauliflower, apples and oranges keep in the refrigerator for up to 2 weeks without spoiling or losing significant amounts of nutrients.

Fruit
- Frozen fruit juice keeps indefinitely.
- Dried fruits can be added to whole grain hot cereals to add sweetness or they can be used for snacks (watch portion size - high in calories).

Dairy
- Low-fat or Greek yogurt keeps longer than milk and can be used on cereal along with fruit.
- Cheese keeps longer than milk and is a good source of calcium. Choose low fat cheese to decrease the calories and the amount of saturated fat in the diet.
Foods to have on hand

**Protein**
- Keep small cans of pinto beans, garbanzos, black beans, chicken, tuna, turkey, and salmon on hand to make a quick casserole or sandwich.
- Nuts, sunflower seeds and pumpkin seeds make good snacks. If kept in the refrigerator, they do not spoil. The calorie content is high, so use sparingly.

**Grains**
- Whole grain cereals such as shredded wheat and Grapenuts keep long periods of time and can be used with yogurt and/or fruit as a snack as well as for breakfast.
- Whole grain hot cereals such as oatmeal take only 5-10 minutes to prepare and when eaten with low-fat milk or yogurt they provide a high protein breakfast.
- Whole grain pasta and rice also keep for long periods and can be cooked in short periods of time.
- Popcorn is a quick snack that is high in nutritive value and if air popped provides only 25 calories per cup.
Preparing Nutritious Foods

- **Avoid using prepackaged** seasoning mixes because they often contain a lot of salt.
- **Use fresh herbs** whenever possible. Grind herbs with a mortar and pestle for the freshest and fullest flavor.
- Add dried herbs such as thyme, rosemary and marjoram to dishes for a more pungent flavor – but use them sparingly because they’re powerful.
- **Use vinegar or citrus juice as wonderful flavor enhancers** – but add them at the last moment. Vinegar is great on vegetables, such as greens; and citrus works well on fruits, such as melons.
- **Mrs. Dash** and other spices that don’t contain salt are great alternatives
Preparing Nutritious Foods

Cooking Methods
Instead of frying foods – which adds unnecessary fats and calories – use cooking methods that add little or no fat, like these:

• **Stir-frying.** Use a wok to cook vegetables, poultry or seafood in vegetable stock, wine or a small amount of oil. Avoid high-sodium (salt) seasonings like teriyaki and soy sauce.

• **Roasting.** Use a rack in the pan so the meat or poultry doesn’t sit in its own fat drippings. When making gravy from the drippings, chill first then use a gravy strainer or skim ladle to remove the fat.

• **Grilling and broiling.** Use a rack so the fat drips away.

• **Baking.** Bake foods in covered cookware with a little extra liquid.
Preparing Nutritious Foods

Cooking Methods

• **Sautéing.** Use a pan made with nonstick metal or a coated, nonstick surface, so you will need to use little or no oil when cooking. Use a nonstick vegetable spray to brown or sauté foods; or, as an alternative, use a small amount of broth or wine, or a tiny bit of vegetable oil rubbed onto the pan with a paper towel.

• **Steaming.** Steam vegetables in a basket over simmering water. They’ll retain more flavors and won’t need any salt.
Recipe Ideas

Great resources to find easy, nutritious recipes:
1. MyRecipes.com
   - Includes nutrition facts with all recipes
   - Ellie Kriger (Food Network, RD)

Have a recipe but no nutritional information?
Enter in your ingredients into SuperTracker: https://www.supertracker.usda.gov/myrecipe.aspx
Should you be taking nutritional supplements?

If consuming dietary supplements:
Ensure supplement is providing 100% but not more than 300% of recommended daily requirement

Who would benefit from supplements?
• Those deficient in specific nutrients
• Postmenopausal women → Calcium with vitamin D (NOT with iron)
• Those above age 50 → Vitamin B12

Bottom Line → No research studies support taking large amounts of vitamin supplements to prevent or treat depression.
Medication and Nutrition

Common Side Effects and Steps to Take

<table>
<thead>
<tr>
<th>Side Effect</th>
<th>Steps to Take</th>
</tr>
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<tbody>
<tr>
<td>Dry Mouth</td>
<td>adequate water intake, non-caloric beverages, sugar-free gum, moist foods</td>
</tr>
<tr>
<td></td>
<td>(fruits, casseroles), tart foods</td>
</tr>
<tr>
<td>Weight Gain</td>
<td>hot beverages, high fiber foods (raw vegetables, dried fruit, whole grains), light exercise</td>
</tr>
<tr>
<td>Constipation</td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td>bananas, rice, applesauce, yogurt (without artificial sweeteners), avoid &gt;½ cup of milk and artificial sweeteners</td>
</tr>
<tr>
<td>Nausea</td>
<td>small and frequent bland meals, avoid high fat foods and strong aromas</td>
</tr>
</tbody>
</table>
Medications Most Likely to Lead to Weight Gain

- **Clozaril, Seroquel, and Zyprexa** - increase insulin resistance, and therefore lead to weight gain
- **Remeron** - Alpha-2 receptor blocker
- **Depakote** - an acidic chemical compound
- **Paxil** - SSRI
- **Sinequan (doxepin), Tofranil (imipramine), and Pamelor (nortriptyline)** - short- and long-term weight gain
- **Nardil (phenelzine), Parnate (tranylcypromine), and Marplan (isocarboxazid)** - MOAIs

http://psychcentral.com/blog/archives/2013/06/28/you-will-gain-weight-on-these-6-psychiatric-medic
What Causes Weight Gain?

- Increased Insulin resistance
- Blocking of receptors- acetylcholine, histamine
- Increased appetite
Avoiding Weight Gain

- Don’t skip meals
  - can lead to overeating at a later time
- Have healthy snacks available
  - pre-cut vegetables, fruit, air popped popcorn, etc.
- Look for non-caloric beverages
- Reduce temptations in home
- Listen to body cues
  - Why are you eating?
  - How are you feeling?
  - Chew and eat slowly
- Keep a food record
  - Record time, food eaten, hunger, and emotion
Medication/Nutrient Interactions

Alcohol
St. John’s Wort
Tyramine
After learning about eating healthy...

Do you still consider the lunch you brought today as healthy?

What are some changes you could make to make it healthier?
Questions?