




New Year, New Nutrition

UPMC HEALTH PLAN

Maris Altieri, RD
Lori Bednarz, CDE RN
Chef Emily Larsen



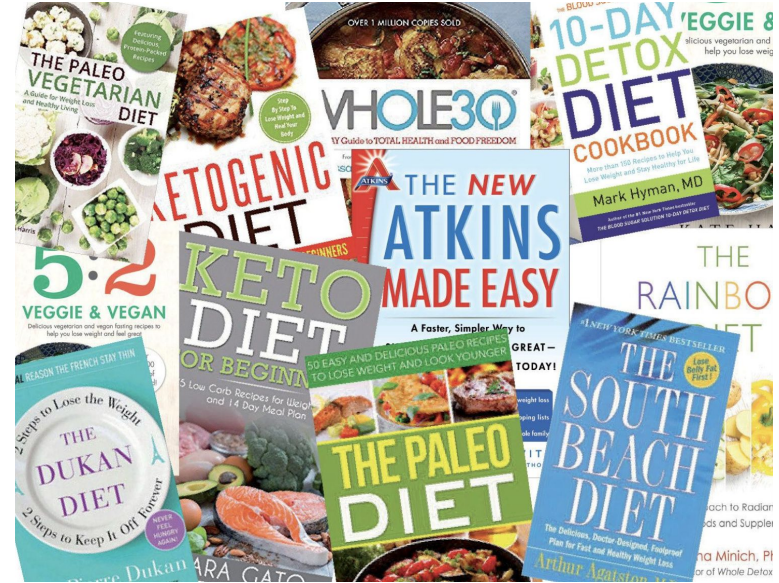
Think about a time you wanted to make a change in your behavior...

How long did it take from the time you first started thinking about a change until the change was made?

Break Free from Fad Dieting

Signs of a fad diet:

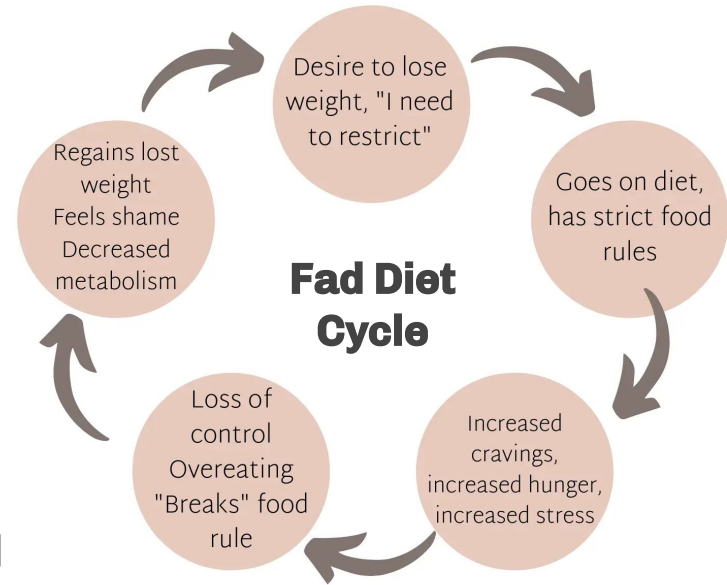
- Claims of fast and easy weight loss
- Eliminates certain food groups or “bad foods”
- Requires the purchase of dietary supplements labeled as fat burners, metabolism boosters, or weight loss aids
- Highlights specific foods, such as grapefruit, maple syrup, or special soup
- Doesn't require exercise
- Tells you that certain foods need to be correctly combined for proper digestion



Why Fad Diets Don't Work

- Nutrient Deficient
- Calorically Inadequate
- Rapid weight loss=muscle and water weight=lower metabolic rate
- Decreased leptin (the satiety hormone)
- Increased ghrelin (the hunger hormone)
- Unenjoyable and unsustainable

Remember: Societal ideal is not tied to biological need



Long-Term Changes with a Mindful Approach

Short-Term Problems	Long-Term Nourishment
Dieting can take the joy and pleasure out of the food experience	Focus on creating a positive experience around your meals.
Start and Stop Mentality	Making choices for yourself that you can realistically sustain for years
Focusing on what you SHOULD do	Focusing on what you COULD do
Doing it “all” at once	Slowly build up your changes and habits over time
Having “off-limit” foods	focus your energy on learning to feel comfortable around certain foods that you might typically overindulge on
One-Size Fits All Approach	Acknowledge your unique body and life

SMART Goals, explained

Specific: Goals that are clear and concise have a greater chance of being accomplished. To make a goal specific, consider the five “W” questions:

- Who: Who is involved in this goal?
- What: What do I want to accomplish?
- Where: Where is this goal to be achieved?
- When: When do I want to achieve this goal?
- Why: Why do I want to achieve this goal?

SMART Goals, explained

Measurable: Decide how you want to measure progress. To make a goal measurable, ask yourself:

- How many/much?
- How do I know if I have reached my goal?
- What is my indicator of progress?

SMART Goals, explained

Achievable: This will help you figure out ways you can realize that goal and work towards it. The achievability of the goal should be stretched to make you feel challenged, but defined well enough that you can actually achieve it. Ask yourself:

- Do I have the resources and capabilities to achieve the goal? If not, what am I missing?
- Have others done it successfully before?

SMART Goals, explained

Realistic: A SMART goal must be realistic in that the goal can be realistically achieved given the available resources and time. It is likely realistic if you believe that it can be accomplished. Ask yourself:

- Is the goal realistic and within reach?
- Is the goal reachable, given the time and resources?
- Are you able to commit to achieving the goal?

SMART Goals, explained

Timely: Should be time-bound in that it has a start and finish date to maintain motivation. Ask yourself:

- Does my goal have a deadline?
- By when do you want to achieve your goal?

Specific

S
G

What
do you want
to do?

Measurable

M
O

How will you
know when
you've
reached it?

Achievable

A
A

Is it in your
power to
accomplish it?

Realistic

R
L

Can you
realistically
achieve it?

Timely

T
S

When exactly
do you want to
accomplish it?

Looking Inward and Celebrating Small Victories!

- Take the time to celebrate each accomplishment nourishes your mind and body.
- Honor internal changes, not just external ones
- Be patient and gentle with your growth
- Small changes > no changes
- Focus on what brings you joy

Self-Love

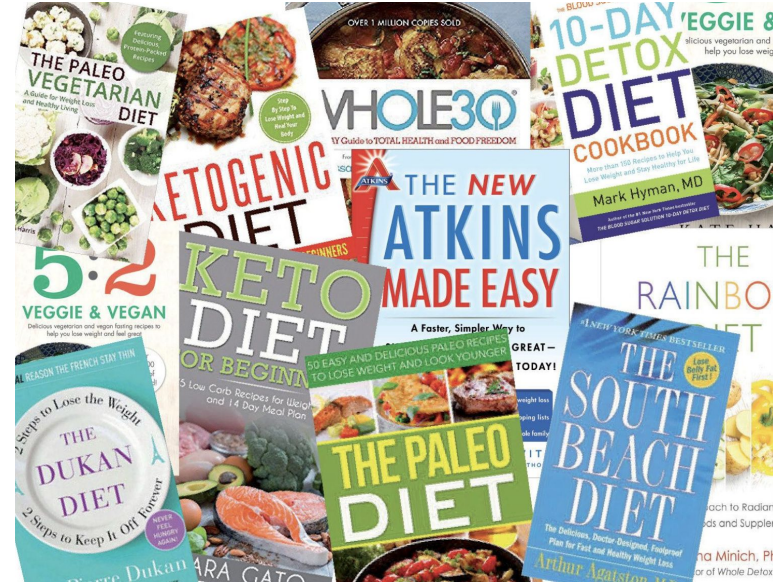


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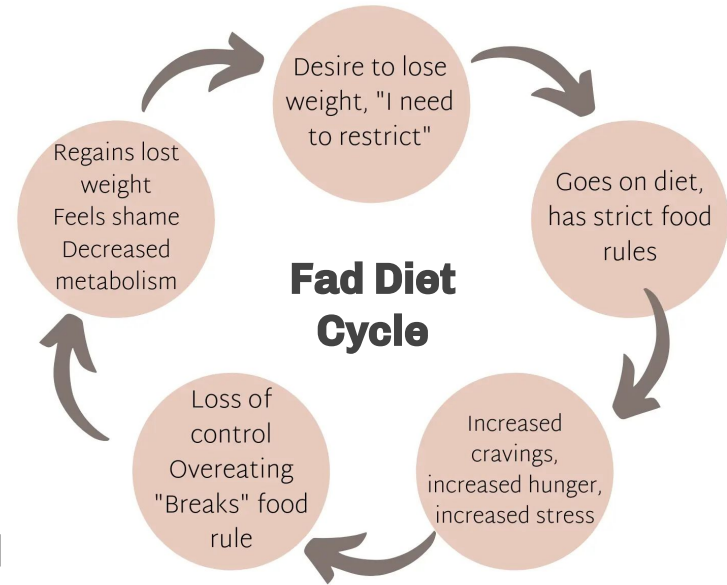
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