

## Overview of Weight Control

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Today there are a number of diets promising results of health and weight loss almost immediately after beginning the diet. All too often people start weight loss programs thinking only of shedding pounds as the main reason for the diet. In contrast looking at food as a means to overall health is better than just looking at food for weight loss. Healthy eating is a constructive way to make lifestyle changes, such as those involved with a diet. Many of these diets deem foods as bad, good, allowed or fattening. Following the Food Guide pyramid can successfully lead to healthy eating behaviors. The pyramid does not grade foods, but instead give you a whole picture in which to see how each food fits into your life and aid in meal planning. Physical activity, although often recommended by diets, is equally important as what you eat. More than 60 percent of U.S. adults are either overweight or obese, according to the Centers for Disease Control and Prevention (CDC). With the percentage of overweight and obese at more than half of the population, it's no wonder why all these diets are so popular.

One very popular type of diet these days is the low carbohydrate diet. The Atkins diet has been around since the 70's and has recently regained a great deal of popularity. Diets low in carbohydrate and high in protein also tend to be high in fat. High fat diets can increase risk of heart disease along with certain types of cancer. High protein diets are also very risky for certain members of the population, such as those with kidney disease. High protein diets produce ketones as an alternative to glucose as energy for body cells. The body must get rid of the ketones, which puts strain on the kidney. Diabetes and hypertension are risk factors for renal disease, which many people in the U.S. have. If people with diabetes and hypertension go on these low protein diets it will put even more strain on their kidneys, and may put them at higher risk for developing kidney disease.

Many people find it more difficult to keep the weight off than to actually lose the weight in the first place. The National Weight Control Registry (NWCR) is a program designed to keep track of those who have lost 30 pounds or more for at least a year. The program looks at their approaches to weight loss and ways of maintaining the loss. The registry currently includes information for more than 3,000 American adults who have kept off the weight for a year or longer. According to the NWCR the losers have four behaviors in common; they eat a low-fat, high-carbohydrate diet, monitor themselves by weighing in frequently, are very physically active, and eat breakfast. If you would like more information about the National Weight Control Registry you can check out their website at:

[http://www.lifespan.org/services/bmed/wt\\_loss/nwcr/](http://www.lifespan.org/services/bmed/wt_loss/nwcr/)