

The 30 Pound Club

Join at drchet.com

June 20, 2010 – Rochester, NY

Dietary Guidelines

The U.S. Department of Agriculture's Dietary Guidelines Advisory Committee released the latest version Dietary Guidelines for Americans (1). It's hundreds of pages long as it describes the nutritional challenges Americans face, explains the nutrition- and weight-related diseases, reviews the research behind the solutions, and then reports the solutions. I'm not going to read the entire document because two statements summarize the entire approach.

First, to address the incidence and prevalence of overweight and obesity of the U.S. population, Americans have to reduce overall calorie intake and increase physical activity. What a concept! Eat less, move more. Why didn't I think of that? And it didn't take me 200 pages to say it. I just can't help the sarcasm because they're stating the obvious.

Second, and this is important, Americans must focus on teaching children about nutrition and promoting physical education in schools. Obvious? Yes. Being done? No. With budget cutbacks, who knows what will happen, but the less we address the issue with children now, the bigger the issue will be later. We can't afford not to do it.

I think that the essence of their recommendation is that we need a massive health and nutrition education program that's geared toward individuals and families. There are already materials out there. Have you heard about the latest version of the Food Guide Pyramid? First established in 1992, it was redesigned in 2005 to include physical activity. But it's meaningless if Americans don't know about it. Some experts don't like it, but it's a place to begin. And nothing will ever change if we're not willing to put some serious coin behind the effort, and so far we haven't shown much inclination to make that commitment.

The problem is that when experts don't like something, they dream up something else. You may have seen NuVal in your grocery store—NuVal is a nutritional scoring system to help consumers make better food choices. It was developed by a very good group of scientists, including some who used to be on the USDA Committee. But it is an entity unto itself—it doesn't tie into the Pyramid. When there is no comprehensive approach to basic health education, what you create is confusion. Once you establish that base, then you can fine tune things with variations in diet suited to genetics and variations in exercise such as interval training. But it has to start with the basics, and if that is the result of the latest Dietary Guidelines, that will be a good thing.

30 Pound Club

There are 10 days left in the six-month challenge I issued at the beginning of the year. I'd like you to let me know whether you reached your goal—you can also let me know if you didn't. You can e-mail me or log on to the [30 Pound Club Group](#) on Facebook. Once again, if you're logged in to Facebook when you click the link, you'll go right to the Group's wall if you're a member and to the Group info page if you're not—and while you're there, you can request membership. If you're not already on Facebook, it's free and easy to join, and then you can participate in the Group discussion on the wall.

I'd really like to hear from more of you on Facebook, especially the men—who've been mostly missing in action on the Group wall. Part of being successful at losing weight or any other big task is taking responsibility and making a strong commitment to getting it done. Posting your thoughts and your results on the Group wall is one way to do that, so let's hear from more of you.

I will tell you that I won't make my weight goal, but I already reached my blood pressure goal. So for those of you who were wondering, I'm going to continue the 30 Pound Club messages for the rest of the year. Remember, it was one and done. I'm not going to abandon you now. I don't like to leave things unfinished, so I'm going to use the rest of this year to reach that 30-pound goal. Join me if you want to stay focused on losing weight and getting fit once, and then maintaining it for life. One and done.

Webinar This Week

If your weight loss isn't what you'd like it to be, one very effective approach is to boost your metabolism. Several factors can affect metabolism including what you eat, how you exercise, and what supplements you take. I'm going to put it all together for you in the webinar called *Metabolism: The Key to Managing Your Weight*. If you aren't reaching your weight goal or have a problem with your metabolism, you need to be in on this. If you market a weight-management program, you'll have a better understanding on how to help people achieve their weight-loss goals. There are still some slots open in both the Tuesday and Wednesday webinars—make sure you reserve your spot today.

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC