

Nutrition Notes
January 2021

We are filled with **GRATITUDE** for your many referrals in 2020!
Wise providers + Health-Focused Patients + Dedicated Dietitians = Improved Health

ELUSIVE HEALTHY WEIGHT

- Oklahoma is among 12 states with an obesity rate exceeding 35%.
- In 1558, Luigi Cornaro, an Italian, wrote the first diet book, titled “Art of Living Long.” He recommended eating 12 oz. of food with 14 oz. of wine per meal.
- The 19th century brought us the first low-carb diet book and first diet diary.
- In 1918, Dr. Lulu Hunt Peters authored the first calorie counting book, titled “Dieting and Health: With Key to the Calories.”
- In 2021, we will be hearing about these diet trends: Mediterranean, Dash, Flexitarian, Intermittent Fasting, Volumetrics, Meal Kits, and Vegetarian.
- Patients frequently want an external solution (diet pills, restricted meals) to lose weight. These individuals need support to shift from an external to an internal locus of control.
- Patients need self-efficacy to consistently apply diet, discipline, and exercise principles.
- Negative self-perception robs our overweight patients of the faith in self to do what it takes to be healthy.
- Negative self-perception is reflected in our patients’ self-talk. In our nutrition counseling, we focus on self-perception, self-efficacy, self-talk, food, and exercise to move our patients to a healthier version of themselves.