Uncover Which Nutrition Plan Fits Your Health Goals Transcript

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Nutrition and Weight Loss Basics

Hi, doctor Frank of a here. And I want to talk to you about nutrition. So you'll often hear from people that when it comes to weight loss, nutrition is key.

And this is absolutely true. At the same time, you'll hear lots of different nutrition strategies. And that is absolutely the case in this summit you are hearing about low carb ketogenic diet, plant based diets, intermittent fasting, fast mimicking diets.

And you're probably wondering to yourself, which is the right diet?

Choosing the Right Diet for You

Well, first I'd like to offer the fact that there are some common themes in these nutrition strategies that we're going to talk about briefly. The other thing that you want to realize is different things truly do work for different people.

There's a wonderful study out of Jama that compare very different diets. It compared Ketogenic or Atkins diets at the time to the Ornish, which is a very low fat, plant based diet.

The zone diet and Weight Watchers. And what it found is that people lost weight correlated with how well they stuck to the diet. So one of the most important things when you're selecting a nutrition plan is a plan you can stick with.

The more consistently you follow whatever nutrition plan you choose, the more weight loss results you'll have. And then that correlated with some of the health benefits they were looking for in the study.

The more weight you loss, the more health benefits you had.

Common Themes Across Diet Plans

And so very clearly different types of diets can give you weight loss and can give you health benefits. But how well you're able to stick to the diet is key.

Another key feature is whether or not you have insulin resistance, and that may have a big impact on how well you handle carbohydrates and what sort of nutrition plan and what foods you eat.

Other hormones can definitely have an impact. Your gut microbiome. Your lifestyle. How often you eat. Your stress level. Lots of things we don't understand.

And so there's lots of different things that are going to affect whether a diet works for you and whether it works for you at this point in your life.

And they all absolutely can work. I recommend all of them to my patients on a daily basis, but I customize which one for the patient in front of me. What's going to make sense for them?

But you know, there's some really key things on all of these nutrition plans. And I think you're going to hear a lot of these themes over and over again in the summit.

The first, which I heard more than anything else in the summit, was to limit ultra processed foods. Ultra processed foods not only have lots of chemicals in them that are probably disrupting the metabolic system in our body, but they are also specially formulated by food scientists to make you over eat them.

So these are things that are so processed you couldn't make them in your house even if you tried things like Cheetos and Oreos. These are foods that are ultra processed, and we want to limit these, whether we're doing a keto diet or a plant based diet.

We also want to therefore eat more whole food. We want to eat more fresh produce. We want to eat the whole food. Things we can recognize, things our grandparents and great grandparents would have known what they are.

We want to eat more vegetables.

Supplements and Protein Support

These are high in fiber, low in calories, low glycemic, and pretty much endorsed by all of the different plans. And we want to be intentional about what we eat.

And I think that's what that Jama study shows. The more we stick to a plan and our intention and avoid things we shouldn't eat, the better our health is going to be.

One bit of an exception to some of this is the role of supplements, particularly protein supplements. These can be really valuable and are something I recommend very frequently to my patients in order to help them reach their protein goals without eating too many calories.

They're also quick and convenient, and I think these fit under that category of being intentional. We're all going to eat some processed foods and possibly even some ultra processed foods, but we need to be intentional about those foods and make sure they fit into our big picture of our nutrition, weight, and health goals.

Personalized Nutrition and Next Steps

So when it comes to nutrition, there is no one size fits all. Different plans are going to work for different people, and I hope that as you listen to this summit, you're going to find a plan that fits best for your lifestyle and your health goals.

Afterwards, you're going to have an opportunity to work with me in a master class where we can dive deeper into some of the information I provide about nutrition.

Of course, you can join the waitlist to work with me one on one. And there's going to be the GLP Strong manual for those of you who are on a GLP medication and need a little bit more support on what you should and shouldn't be eating on those medications.

So lots of tools for you if you want more nutrition support. But please recognize that different things work for different people. And all of these plans have a role.

It's really figuring out what works for you.