

DIET & HEALTHY WEIGHT

We have been told to eat less and move more. Yet, this simple advice has not stopped the annual increase in obesity that directly contributes to the development of type II diabetes, certain cancers and cardiovascular disease (1).

GENESIS OF OBESITY:



1. GENETICS (FTO Gene)

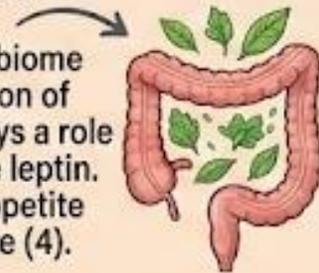
An active FTO gene can increase the risk of having a higher body weight by 1.7 times. Lifestyle habits can either activate or suppress genes that facilitate the propensity towards obesity (2).



2. MICROBIOME DIVERSITY

A decreased microbiome diversity is common in obese patients and can occur from excessive antibiotic use and a high glycemic carbohydrate diet (3).

a. A high fiber diet increases microbiome diversity which leads to production of short chain fatty acids which plays a role in the production of the hormone leptin. The hormone that suppresses appetite and increases energy expenditure (4).



3. CALORIE DENSITY

Diets high in fat, processed foods and simple sugars are calorie dense and promote fat storage (5).

RECOMMENDATIONS:



1. FOCUS ON NUTRIENT DENSITY

Focus on low-calorie dense but nutrient high foods like vegetables and fruits. Plant-based diets can reduce obesity related inflammation biomarkers (7).



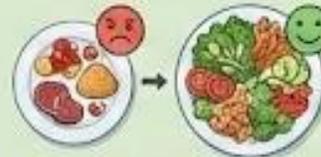
2. ADD FIBER

Add fiber to increase microbiome diversity and to help fill you up like beans, chickpeas, lentils whole grains.



3. USE HERBS & SPICES

Use seasoning with abundant herbs and spices to satisfy the palate, since you will be eliminating or limiting calorie dense processed foods, refined carbohydrates and animal products which all taste good.



4. VOLUME EATING

Most people will eat very small amounts of high calories dense foods daily to try and lose weight, which means they always feel hungry. You have a choice to be creative with the abundant spices and herbs and to eat high volumes of low-calorie dense foods, lose weight and not feel hungry all the time.



5. PROTEIN & SUPPLEMENTS

With a low meat diet make sure your eating a variety of foods with beans and nuts to get adequate protein. Supplements, especially Vitamin B12 and Vitamin D may be helpful, please consult with your primary care physician.

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References: 1. Welsh, A., et al. (2024). 2. Frayling, T. M., et al. (2007). 3. Tseng, C.-H., & Wu, C.-Y. (2019). 4. Mahmoud, R., et al. (2022). 5. Nguyen, X.-M. T., et al. (2009). 6. Marcelin, G., et al. (2019). 7. Eichelmann, F., et al. (2016).