

Calories for losing, maintaining or gaining weight

This is a recorded webinar

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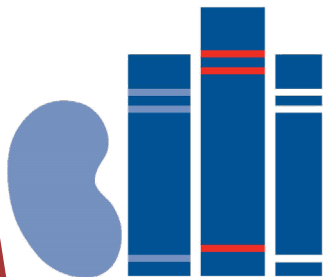
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Welcome

- Thank you for joining the DPC Education Center webinar to learn more about calories to loose, maintain or gain weight in any stage of kidney disease.
- This program is for your information, and you will need to talk to your health care team about your specific situation.
- Please complete the brief feedback form at the end of the program which also provides a way to suggest additional topics for the future.



Presenter



- ▶ María Eugenia Rodríguez, MS, RD, CSR
- ▶ Live in Puerto Rico
- ▶ Board Certified Specialist in Renal Nutrition since 2014
- ▶ Have worked with
 - ▶ dialysis patients since 2009
 - ▶ early CKD in private practice since 2013
- ▶ Founder of ME Nutrition Services, PSC



<https://menutritionpr.com>

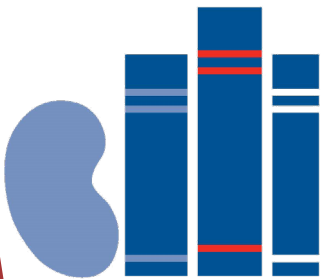


IG, TikTok, YouTube @nutricionrenalpr
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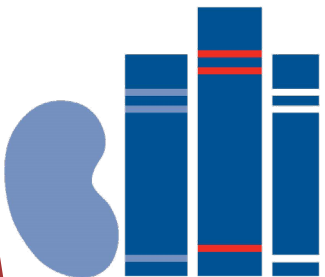
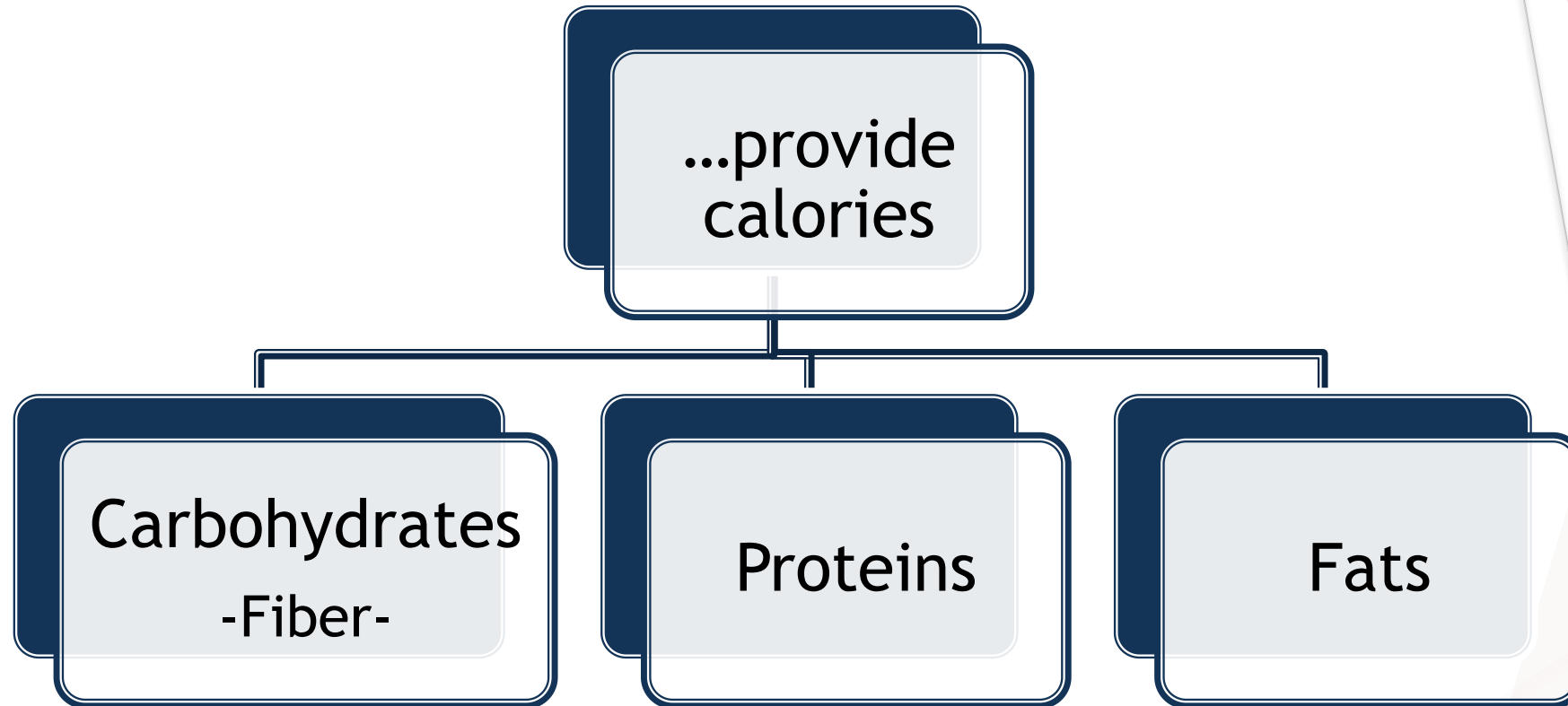


Objectives

- ▶ Describe where do calories come from
- ▶ Explain how many calories do you need
- ▶ Discuss strategies to achieve your goal



Foods ...



Nutrition Label

$$8 \text{ g} \times 9 \text{ calories/g} = 72$$

$$37 \text{ g} \times 4 \text{ calories/g} = 148$$

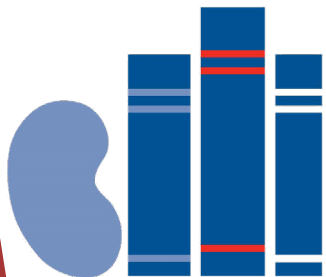
$$3 \text{ g} \times 4 \text{ calories/g} = 12$$

$$232$$



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



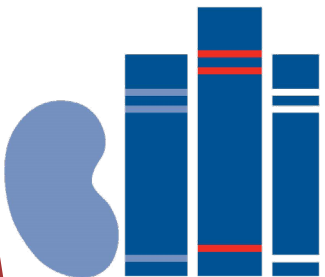
Food Groups

Proteins

- ▶ 75 calories in 1 ounce
- ▶ 85 calories in 1 ounce cheese
- ▶ 110 calories in ½ cup beans
- ▶ 190 calories in 1 ounce nuts

Grains

- ▶ 80 calories per serving
 - ▶ 1 slice bread
 - ▶ 1/3 cup rice, pasta, quinoa
 - ▶ ½ cup oatmeal
 - ▶ 1 small tortilla



Food Groups

Vegetables

- ▶ 25 calories in ½ cup

Fruits

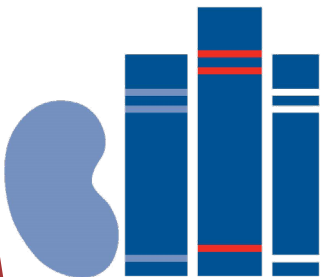
- ▶ 60 calories in ½ cup

Dairy

- ▶ 60 calories in 4 ounces

Fats

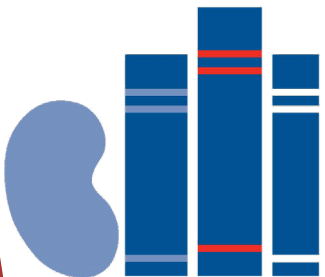
- ▶ 45 calories per serving
 - ▶ 1 tsp oil, butter
 - ▶ 2 tsps. mayonnaise
 - ▶ 1 TBSP cream cheese
 - ▶ 2 TBSP half & half



Estimate of Calories (Sedentary)

	Women	Men
26-40 years	1,800	2,400
41-50 years	1,800	2,200
51-60 years	1,600	2,200
61 years+	1,600	2,000

Dietary Guidelines for Americans, 2020-2025



¿How to divide calories in a day?

1800 calories

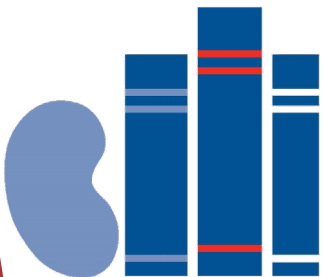
3 Meals: 500 calories

2 Snacks: 150 calories

2200 calories

3 Meals: 600 calories

2 Snacks: 200 calories



¿How many calories do I need?

Loose weight:

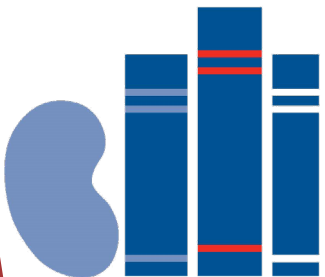
↑ Exercise

↓ Intake of
Calories

Maintain
current
weight

Gain weight:

↑ Intake of calories



My Weight

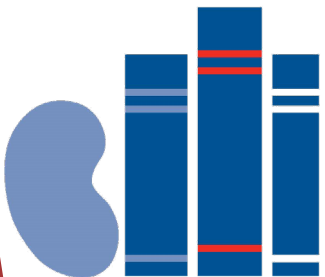
▶ Body Mass Index

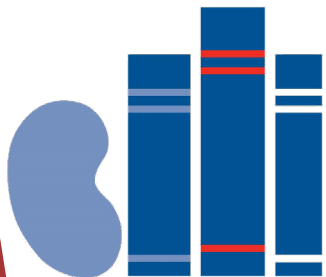
▶ $(703 \times \text{pounds}) \div (\text{inches}^2)$

Categories	Adults	Adults 65+ years
Underweight	< 18.5	< 23
Healthy	18.5 - 24.9	23 - 30
Overweight	25 - 29.9	> 31
Obesity	> 30	

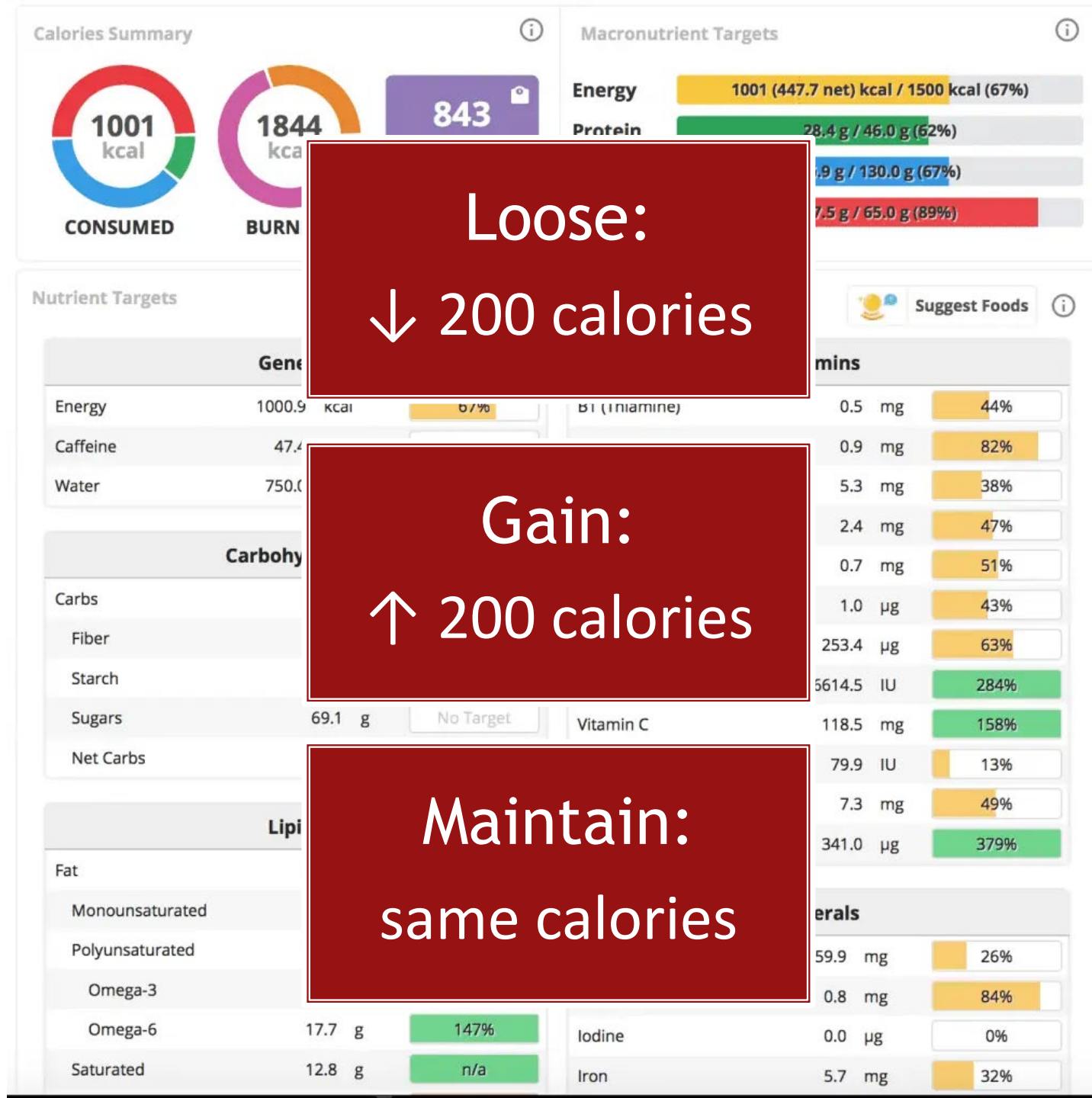


Strategies to reach your goal





Record your foods Cronometer



Strategies to reach your goal

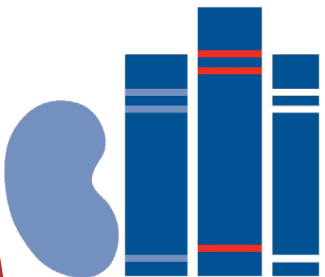
- ▶ Loose weight

 - ▶ 10% in 6 months

 - ▶ Example: 200 lbs → 20 lbs → 3-4 pounds per month

- ▶ Gain weight

 - ▶ Be consistent in adding extra calories daily



Strategies to reach your goal

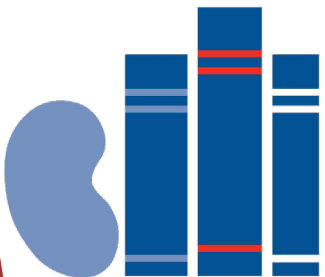
▶ S.M.A.R.T Goals

- ▶ Specific
- ▶ Measurable
- ▶ Action-oriented
- ▶ Realistic
- ▶ Time-bound

Eat ½ cup of
vegetables at
lunch 5 times a
week

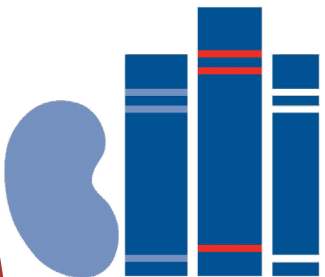
Walk 30 minutes
during the
morning 3 times
per week

Make a new
recipe once a
week



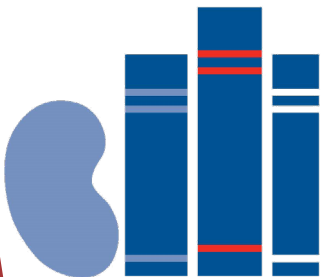
Strategies to loose weight

- ▶ Choose wisely when eating out
- ▶ Cook more at home
- ▶ Fill half of your plate with vegetables
- ▶ Limit sweets, desserts, sugary beverages, alcoholic beverages



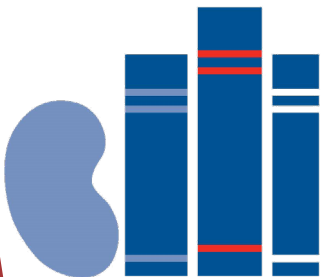
Strategies to loose weight

- ▶ Eat slowly. Stop eating when you feel satisfied.
- ▶ Use snacks only when you feel hungry in between your meals
- ▶ Include high fiber foods
- ▶ If possible, measure your body fat
 - ▶ Women: 21-36%, Men: 12-25%



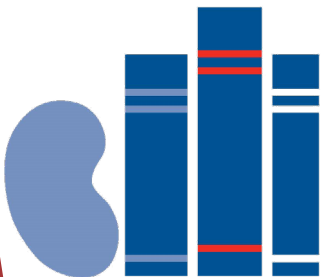
Strategies to gain weight

- ▶ Eat 3 meals
- ▶ Add high-calorie snacks
- ▶ Add oils to your foods (1 TBSP = 150 calories)
- ▶ Leave your veggies towards the end of the meal



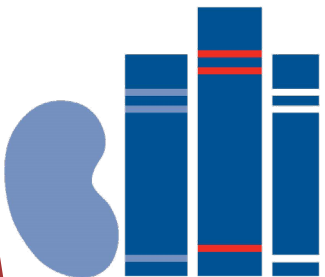
Strategies to maintain your weight

- ▶ Observe your current habits
- ▶ If you increase or decrease your physical activity, you will need to adjust your calories
- ▶ Enjoy your favorite foods considering the portions you usually eat
- ▶ Assure sleeping 7-9 hours
- ▶ Manage stress



Conclusion

- ▶ Establish your goal weight
- ▶ Write 2-3 small goals to start
- ▶ Be patient; the importance is to go in the right direction
- ▶ A healthy diet is more than calories
- ▶ Look for professional healthcare provider if you need more support



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