

Hypothalamic Obesity-A Nutritional Approach

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Real Kids Come in All Shapes and Sizes!

Teach

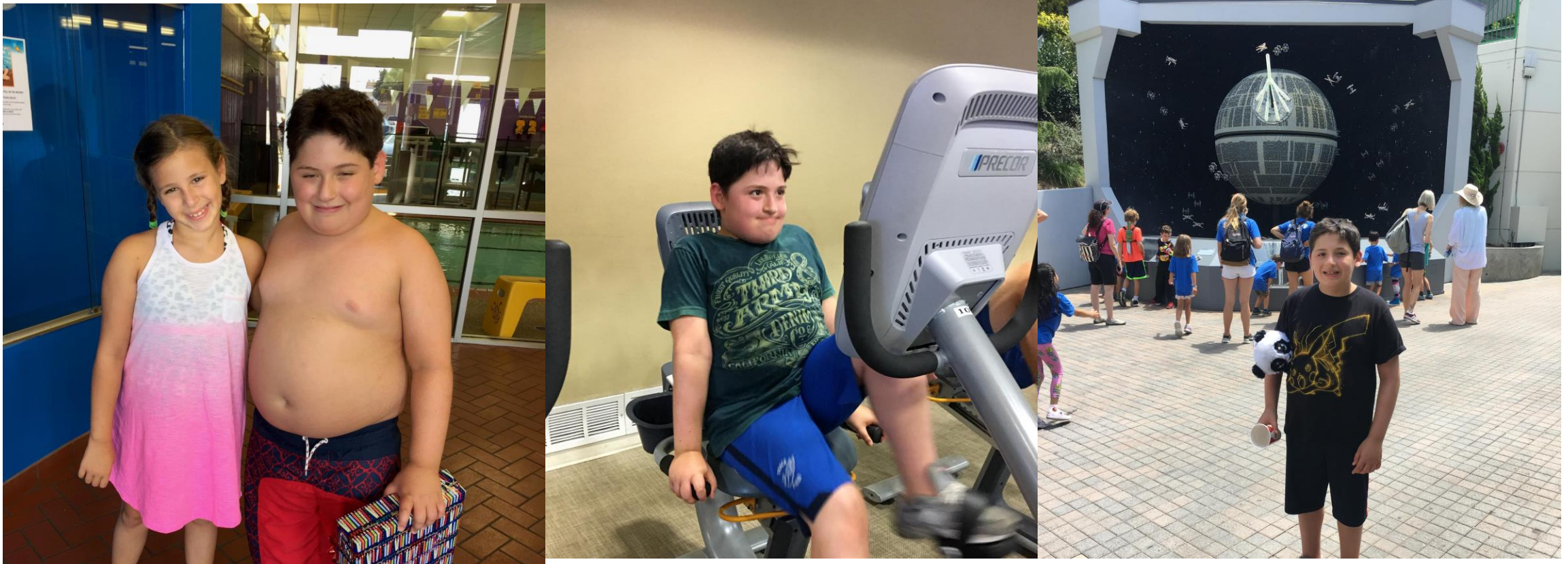
Teach your children to accept size diversity in themselves and in others

Value

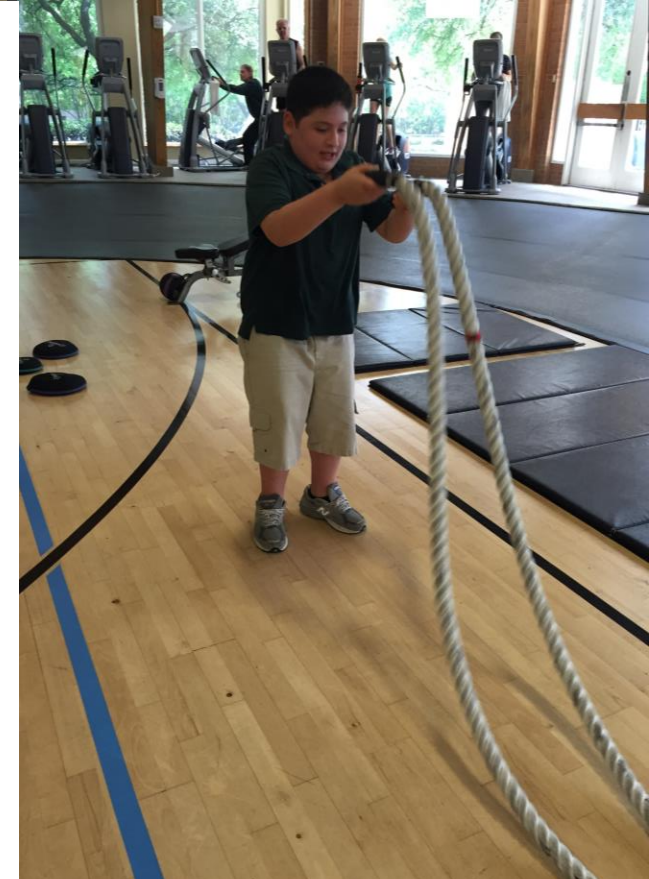
Value health and well-being over weight or image

Don't weigh

Don't weigh your child more than once a week (once a month is even better)



Does Hypothalamic Obesity Respond to Diet and Exercise?



More Muscle = Higher Metabolism

Exercise is vital

Focus on building lean body mass

Weights, circuit training, yoga, Pilates

Three times a week minimum

Some cardio is important



What do these foods have in common?





Man-made, uber-processed foods

What do these foods have in common?

- Fat-free
- Man-made
- First ingredient is often flour or sugar
- Made -up names
 - "twists"
 - "straws"
 - "Goldfish"
 - Shelf-stable for weeks or months
 - Sugar or flour is one of the first 5 ingredients



Man-made “foods” are driving the obesity epidemic in this country. We have forgotten what real food is.....

.....this is "fake food."

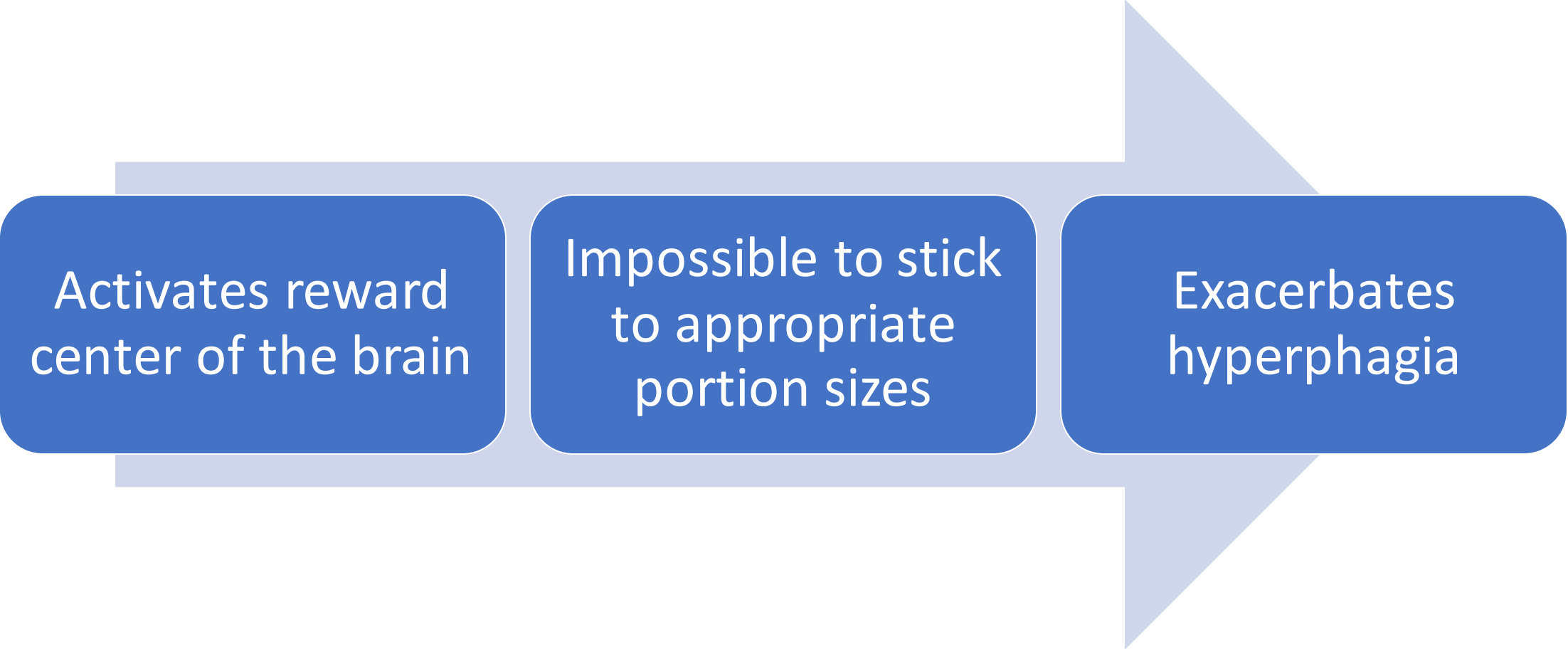




Sugar can be Addictive

- Activates pleasure centers of the brain
- Increases cravings for more sugar
- Impossible to stick to appropriate portion sizes
- Exacerbates hyperphagia
- Added to almost all man-made foods
- Increases triglycerides
- Contributes to fatty liver disease
- Limit fruit to 3 small servings per day (fructose is a type of sugar)

Man-Made Foods and Sugar



Activates reward
center of the brain

Impossible to stick
to appropriate
portion sizes

Exacerbates
hyperphagia

Nature-Made Food ("real food")

- Food that grows from the earth or comes from an animal (and has not been changed much)
- If it grew or lived, it's okay to eat!
- Meats
- Vegetables
- Fruits
- Legumes
- Nuts
- Seeds
- Intact whole grains
- Starchy Vegetables
- Cheese
- Unsweetened yogurt



Nature-Made Food

Naturally high in
fiber or fat which
slows digestion
and minimizes
insulin secretion

More likely to result in
satiety

May be less likely
to overeat due to
low sugar
content



Nature-Made Food- Examples

Once man starts changing what nature has made, we run into trouble. Avoid man-made food as much as possible.

"There is a spectrum of carb tolerance"

-Jeff S. Volek, RD, PhD

Low

(older, more fat-mass, less muscle mass, medical issues)

Medium

(Active job, young adult, moderate exercise)

High

(Youth, athletic, body composition (more muscle mass), genetics)



Children
with HO
have a very
low “carb
tolerance”



- Slower metabolism
- High fasting insulin levels- body is programmed to store energy, not burn it
- High insulin levels drive weight gain and hunger
- The most effective way to limit insulin secretion is to limit carbohydrate intake
- Learn to carb count

Meals and Snacks



15-20 grams of carb (around ½ cup)

Whole intact grains
Legumes
Unsweetened yogurt
Fruit
Starchy Vegetables



2-4 ounces protein

Animal protein (meat, fish,
poultry, etc)
Cheese
Nuts
Tofu



Non-starchy Vegetables

½ cup – 3 cups raw or ½-
1.5 cups cooked at a time



Small amounts of fat

Oil, butter, ghee
Seeds
Salad Dressing
Cream cheese
Sour cream
Coconut
Olives

Including healthy fat (and sometimes less healthy fat) is important!

- Fat is satisfying
- Fat stimulates little, if any, insulin secretion
- Fat delays gastric emptying leading to satiety
- Fat slows digestion which slows insulin response when eaten with carbs
- Limit fat to reasonable amount 1 tsp-1 tbsp at a time
- Healthy fat is preferable over saturated fat
- Focus on counting CARBS and limiting SUGAR, not grams of fat



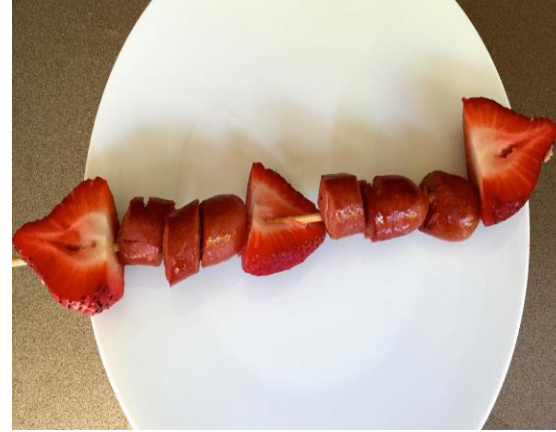
Let your child snack on non-starchy veggies between meals and snacks

- Avoid food fights when hungry between meals and snacks
- Okay to add SMALL amounts of fat or protein, such as parmesan cheese or oil to cook or add flavor; limit to 1 tsp - 1 tbsp a few times a day
- Low in carbs so they can eat larger portion sizes; high fiber content lowers glycemic index
- Raw or cooked; it does not matter!
- You know your child best....NSV may need to be limited to ½-3 cups raw (½-1.5 cups cooked) at a time.





Teach your child to use a food scale. Weighing their food ensures that they are not eating too much (or too little).



Snack Ideas

Barriers to weight maintenance

- Environment
 - School – often have parties and give candy for rewards
 - Parties – always too much food, buffet-style, usually high sugar and large portion sizes,
 - Social gatherings – always food involved
 - Restaurants – HUGE portion sizes
 - Friends – we cannot control what other people keep in their homes
 - Siblings
 - Siblings who are picky eaters make eating healthy particularly challenging
- Time
 - Working parents
 - Single parents
 - Tired parents
- Money
 - Clean eating is expensive

Tips:

Environment

- School- Send your child lunch; don't let them purchase it at school b/c healthy options are limited and no one is monitoring portion size
- Parties/Social gatherings- find out what will be served before the party, bring veggies, make a plan, positive reinforcement
- Restaurants- look at menu and agree to entrees before going, go to healthy restaurants, only eat out once a week if possible, avoid buffets, order appetizers instead of entrees or share meals.
- Friends- only allow your child to go to a friend's if you know the parents will respect what your child can and cannot eat.

Time/Money

- Meal kits
- Hire a teen or college student to prep and prepare meals (care.com, Scratch app, etc).
- Have older siblings prep and help prepare meals as part of their chores
- Prepare all meals on Sundays or any day you have off work 😊
- Farmers' Markets, Natural Grocery Stores, canned and frozen fruits, veggies and legumes are less expensive and healthy



Portion Distortion

Positive Reinforcement for extinguishing undesired behaviors

Undesired behaviors:

- Eating out of the trash
- Stealing food
- Trading food
- Eating off other's plates
- Sneaking food
- Tantrums over food

Positive reinforcement:

- Non-food reward is best
- Positive reinforcement using food may work for some but not for others
- Positive reinforcement using food is NOT the same as using food as a reward IF:
 - Only the parent is offering the positive reinforcement and is in control of what food and how much is offered
 - Really just teaching our kids to delay their cravings and desires until the appropriate time, which is an important life skill

Positive
Reinforcement
can also be
used to
encourage
desired
behaviors

Star Charts

Reward ideas:

- 15 minute chair massage
- Movie alone with mom or dad
- Toy or book under \$15

Desserts or “Treats”

- Dessert once a week works for some; for others any sugar makes hyperphagia and cravings worse
- Avoid low-fat and fat free desserts; avoid “sugar-free” desserts
- Serving size is PARAMOUNT; ½ cup
 - 1 scoop ice cream (ask for a child's size!!!)
 - 1 small slice of cake
 - 1 small cookie or donut
 - 1 small brownie
 - “paleo desserts”
 - Dark chocolate is always preferable to milk chocolate
- 1-2 dark chocolate Hershey’s Kisses or 5-7 dark chocolate chips mid week is okay too.

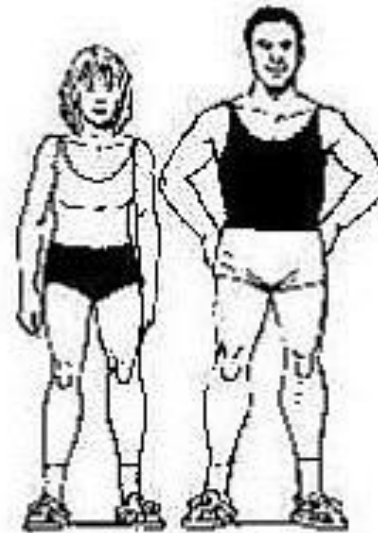


We are born with 1 of 3 body types

- Endomorphs
 - Smooth, round body
 - High levels of fat-mass
 - Pear or apple shaped physique
 - Have to work hard to lose weight
 - Slower metabolism
- Mesomorphs (muscular)
 - Madonna
 - Arnold Schwarzenegger
- Ectomorphs (long and lean)
 - Toby Maguire
 - Kira Knightly



Endomorph



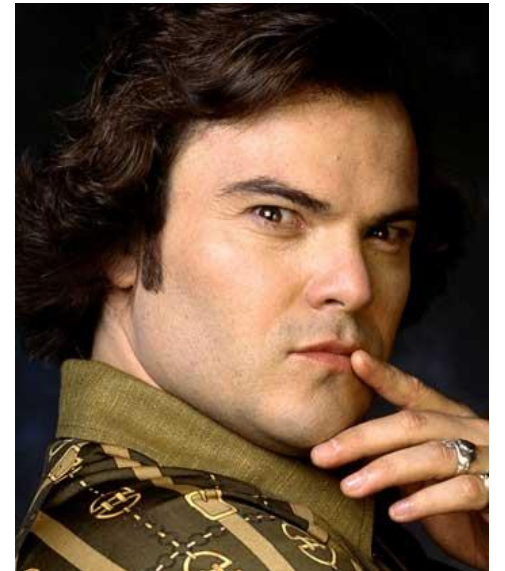
Mesomorph



Ectomorp

Famous Endomorphs!

- Our children are endomorphs and that's okay!!!
- You cannot change your body type! You inherit it



Realistic Expectations and Promoting a Healthy Body Image

Your child may never reach an “IDEAL BODY WEIGHT” and that is OKAY!!!

Your child can be overweight and still be healthy!

Focus less on the number on the scale and more on the importance of their bloodwork and blood pressure being in a “healthy range.”

We love them just the way they are!

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Suggested Reading

- *Hungry for Solutions, A Mother's Quest to Defeat Hypothalamic and Childhood Obesity*, by Marci Serota, RDN
- *Real Kids Come in All Sizes*, by Kathy Kater
- *In Defense of Food*, by Michael Pollan
- *Consuming Kids*, by Susan Linn