

Franciscan Care Services



Discovering Hidden Carbs and Fighting Cravings

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Giving into a craving....

- A binge that wrecked your calorie count for the day
- Raised your blood sugar
- Brought on guilt



Why do we crave foods that are bad for us?

- Heavily processed foods are designed for you to crave them.



There are many theories why....

- People who are in a low or depressed mood may have a dysregulation in their serotonin levels. These people may crave carbs
- More often than not the reason is behavioral.



Behavioral.....

- We grow into habits with certain foods that we associate with comfort, feeling good, feeling calm, with celebration, with jobs well done, rewards.
- This is established very early in the American Culture



People are tempted by foods that tend to be...

- Crunchy
- Salty
- Fatty
- Sweet
- Chewy
- Smooth, like ice cream and pudding



Are certain people more likely to have food cravings?

- Restrained eaters who restrict dietary choices may or may not be more prone to cravings.
- Researchers don't know if the feeling of being deprived or the desire for food drives a craving



What research shows.....

- When it comes to cravings exercising willpower is related to working a muscle
- Every time you turn down the offer of a food you crave, the muscle may strengthen
- But like any muscle, it can get tired
- To help resist difficult foods, both experts suggest creating friendly environments where you have control



How to stop them



- Distract your brain
 - Set a timer for 10 minutes, then take a walk or make a phone call
- Keep a food diary
 - When you experience cravings, write down where you are, what emotions you feel, and any cues that lead to a binge.

Practice Prevention

- Make sure you're not hitting periods where you're super hungry
- If you eat foods that are healthy for you with a high protein content, there is less of a chance that a craving will surface
- If you are not starving, your brain won't be working against you



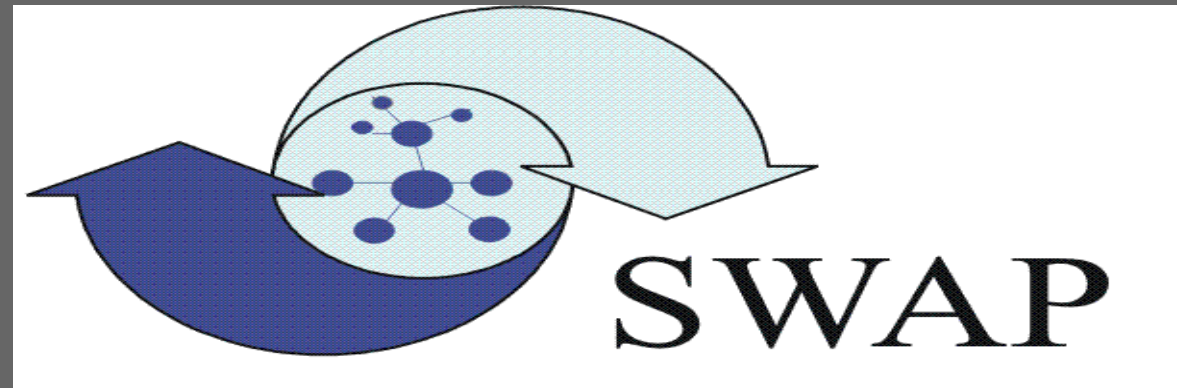
Know Yourself

- Identifying patterns can help you figure out the foods you can manage and those you cannot.
- The idea is to recognize which foods are challenging, then make a plan to eat what you want, but not enough to feel as though you've ruined your eating plan.



Satisfying Swaps

- Swapping a food that you crave for a more healthful alternative may help
- To satisfy a junk food craving, consider whether the treat is salty, sweet, or crunchy, then pick a replacement as close in texture and flavor as possible.



Swap

- Swap Oreo cookies for a tablespoon of fat-free whipped dessert topping between two low-fat graham crackers
- Swap a cinnamon-sugar donut for whole wheat toast with light smear of margarine and dusting of cinnamon and low-calorie sweetener



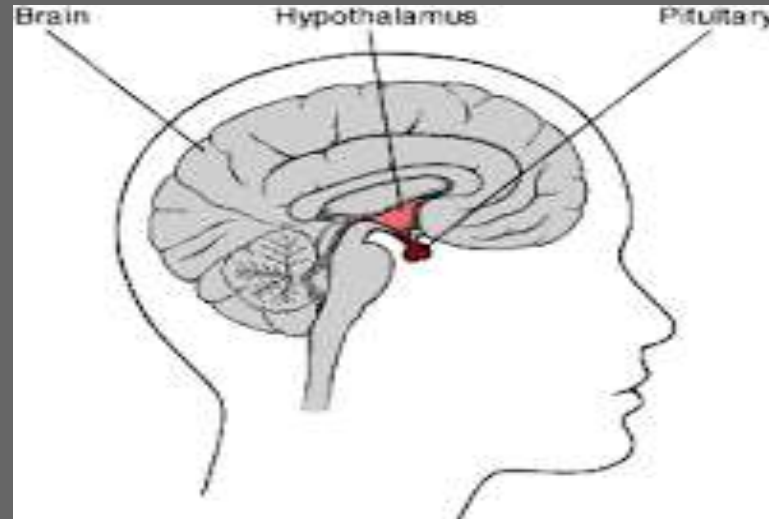
In the overweight and obese....

- Resistance to certain satiety hormones can develop, so these people really may be experiencing more hunger physiologically
- Patients feel better when they hear this....so my hunger is not just in my head or because I don't have enough willpower or that I just love food



Leptin: A satiety hormone

- Leptin is a hormone that's produced by fat cells, and it works to suppress appetite in the brain



Ghrelin: The hunger hormone

- Its secreted mainly from the stomach lining and travels through the blood to your brain, signaling that it's time to eat
- Ghrelin works on a cycle, rising before meals and dropping after meals.
- Ghrelin levels actually are lower in the obese, but they're more sensitive to its appetite stimulating effects.



Dopamine: The reward hormone

- Dopamine directly activates reward and pleasure centers in the brain, which can affect both mood and food intake.
- Eating increases dopamine and increased dopamine with intake of high-fat foods.
- Dopamine levels also rise with sugar intake. Both high fat and high sugar foods can lead to increased appetite, overeating, and weight gain over the long term.



Managing Appetite Hormones

- Eat on a schedule
- Eat a high-protein breakfast
- Eat a mix of macronutrients at meals and snacks
- Seek pleasure from other activities
- Get adequate sleep
- Commit to regular exercise



Common Question from Diabetic Patients

- When looking at the nutrition label, what should I focus on: calories or carbs?
- If you only look at carb grams, odds are you will exceed your calories needs.
- If you restrict your carb intake too much you could miss out on foods that supply important vitamins, minerals, and antioxidants that help reduce the risk of cardiovascular disease.



On the other hand...

- If you look only at calories, you may choose foods that spike blood glucose.



The best tactic....

- Keep an eye on both calories and carbs while following a balanced diet
- Focus on having a lean meat, vegetable, fruit, low-fat dairy item, and whole grains at every meal.
- When using this perspective, nutrition tends to fall in line on its own



CARBS

- Without carefully reviewing food labels, you may be eating or drinking more carb than you think



Hidden Carbs

- Spaghetti Sauces
 - Sugar can boost the carb content of pasta sauces. Most have 14 grams of carb per ½ cup
- Barbecue Sauces
 - Most are made with ketchup, brown sugar, and molasses
- Fat-Free Salad Dressings
 - Extra carbs come from sugar, corn syrup, honey and other sweeteners they use to replace the fat



Hidden Carbs

- Veggie Burgers
 - Vegetables, rice, wheat, black beans, milk powder are how most of these patties are made, which all have carb content.
- Sugar-Free Puddings
 - Sugar-free does not mean carb-free. They may have cornstarch for added texture. Sugar-free gelatin has little to no carb.
- Teriyaki Sauces
 - Regular or brown sugar bumps up carb content.



Hidden Carbs

- Cottage Cheese
 - The milk used to make cottage cheese provides some natural carb, but some brands contain added starches and thickeners that raise carb content.
- Imitation Crabmeat
 - Real crabmeat doesn't contain any carb, but imitation crab contains 11-16 grams per ½ cup because of added sweeteners and wheat starch. Choose canned tuna or salmon for seafood.



- Thank you!!!

