



Obesity Epidemic

Let's start 2021 with a better understanding of obesity and diabetes and why we can clearly refer to them as "epidemic". According to recent studies, it is true that this global epidemic can be linked to our Western diet overloaded with sugars and grains. However, these are not the only pieces of the puzzle when we are looking at the causes and possible solutions to obesity and diabetes. Caloric intake that exceeds energy expenditure (exercise and movement) is a piece of the puzzle but not as important as we once thought. Hint: it's more about the kind of calories we consume. Hormonal imbalances are also pieces of the puzzle especially when looking at insulin and glucagon and how they are influenced by our diets. Research now focuses on obesity and over-consumption of energy dense foods or foods that have a higher glycemic index. We also now have a better understanding of the role that excess omega-6 linoleic acid (LA) has on obesity and chronic diseases. LA is commonly found in seed and vegetable oils such as sunflower, canola, soybean and corn oil. Basically, if we can avoid processed foods, we can avoid

many of these oils. LA makes our fat cells too insulin sensitive instead of insulin resistant. It's important to remember here that insulin is a fat storage hormone. So, what can we do? Increasing our consumption of omega-3 fats is key to balancing our fat intake. Eating foods like salmon, sardines, walnuts, chia seeds, flax seeds, hemp seeds and grass-fed animal products will certainly help. If you find that these foods are not as abundant in your diet, a high-quality omega-3 fish oil is important. Eating more lower glycemic foods, like vegetables and some fruits, in place of energy-dense foods is also important. So, when it comes to looking at the big picture of obesity and diabetes, we need to understand that there may be many factors involved. Looking at caloric intake, energy expenditure, glycemic index of foods, micro and macronutrient deficiencies, food sensitivities and hormonal imbalances are all important. This year, let's start to look at how we may be able to improve the outcome for those struggling with obesity and/or diabetes.

**IMPROVE YOUR HEALTH...
IMPROVE YOUR LIFE!**



Tricia Talerico, D.C., M.S., Nutr.
Nutrition and Weight Loss Center of Ocean
Dow Plaza • 1819 Highway 35 North
Oakhurst, NJ 07755

732-609-3366

www.nutritionandweightlosscenter.com

www.facebook.com/nutritionandweightlosscenterofocan

www.instagram.com/nutritionandweightlosscenter

