

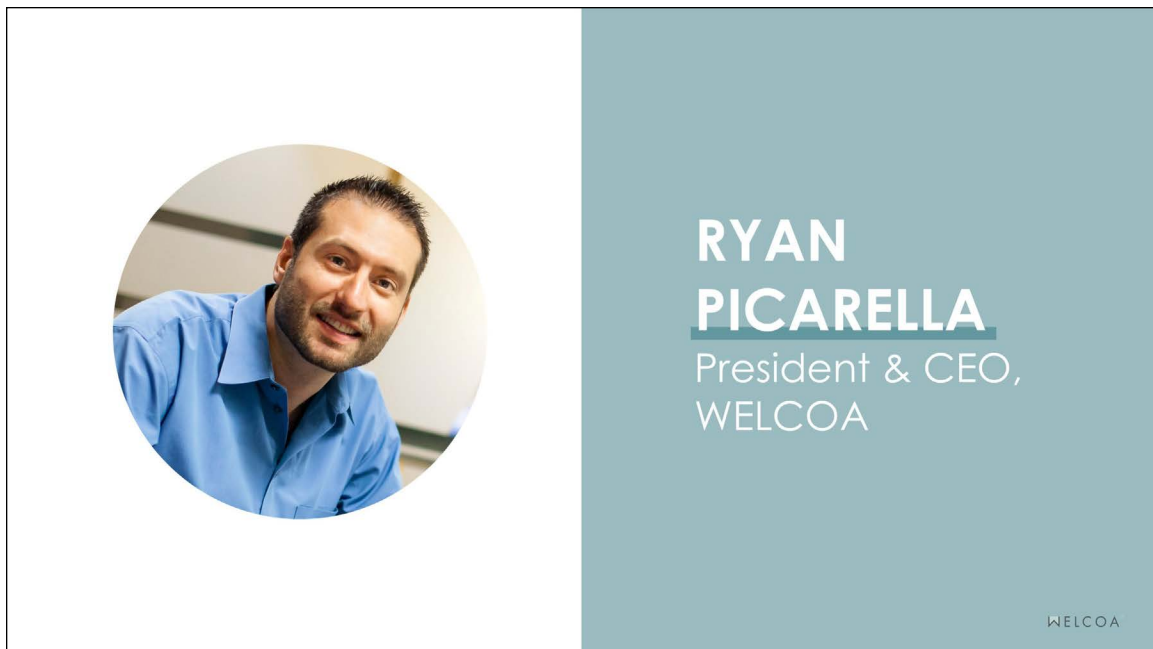
PPN Webinar – Are Your Employees Eating Enough to Lose Weight?

Diana Fleming, PhD, LDN - Nutritionist and Coach - Full Plate Living

Ricky Seiler, Employer Network Manager - Full Plate Living



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Are Your Employees Eating
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DIANA FLEMING, PHD, LDN
Nutritionist & Coach,
Full Plate Living



RICKY SEILER
Employer Network Manager,
Full Plate Living

WELCOA*

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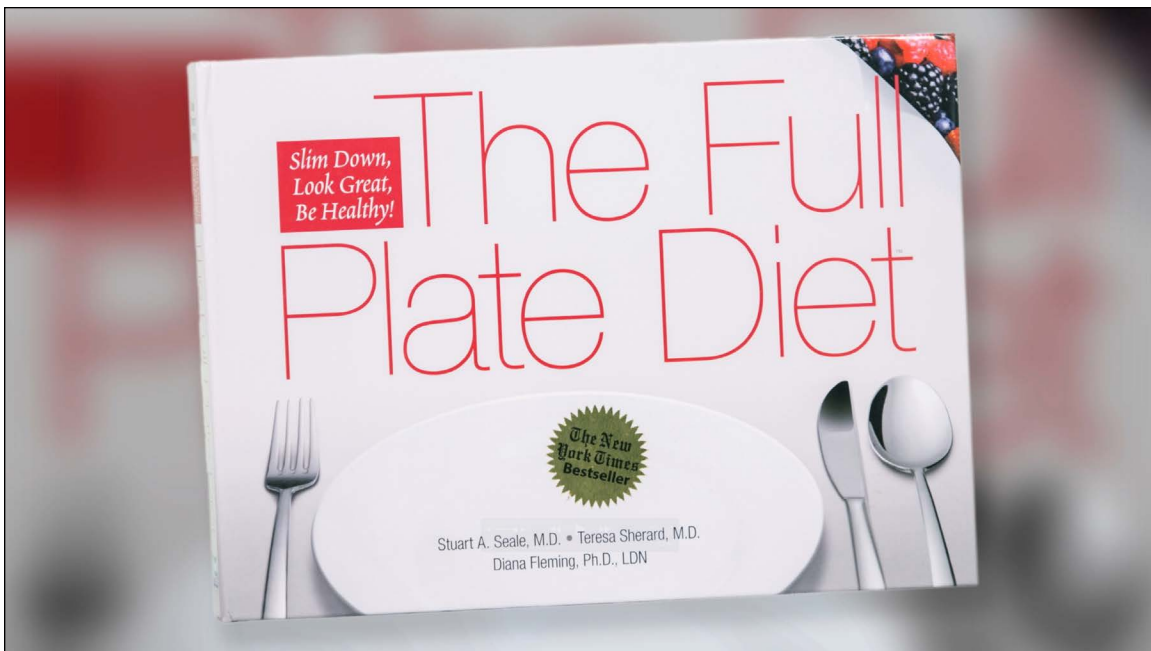
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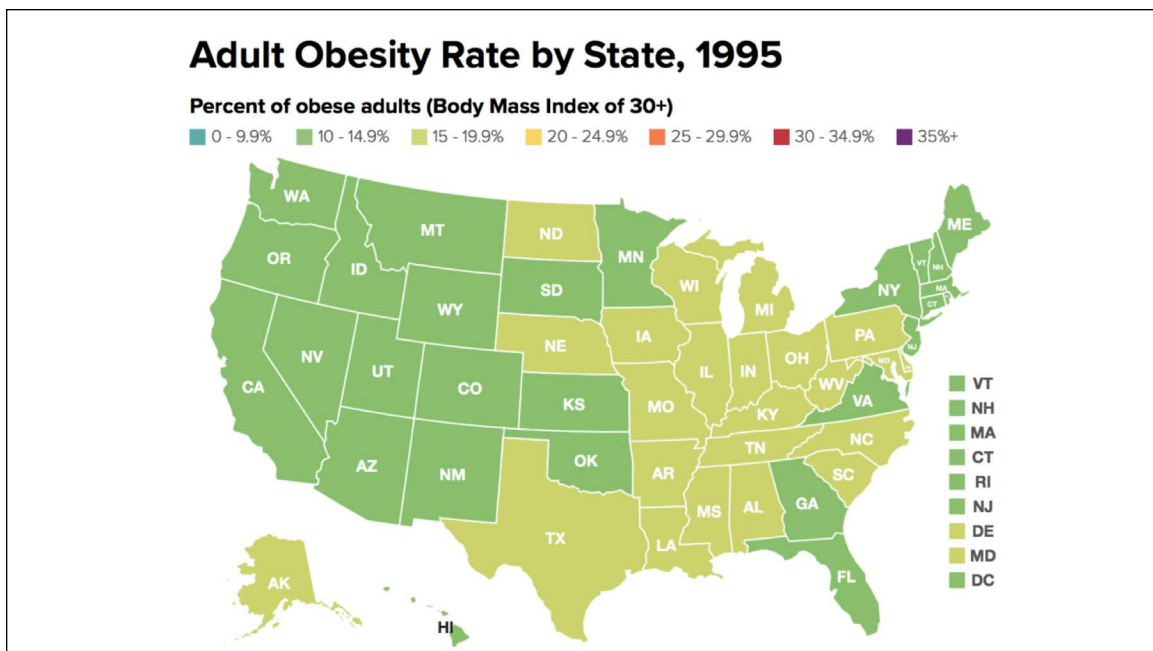
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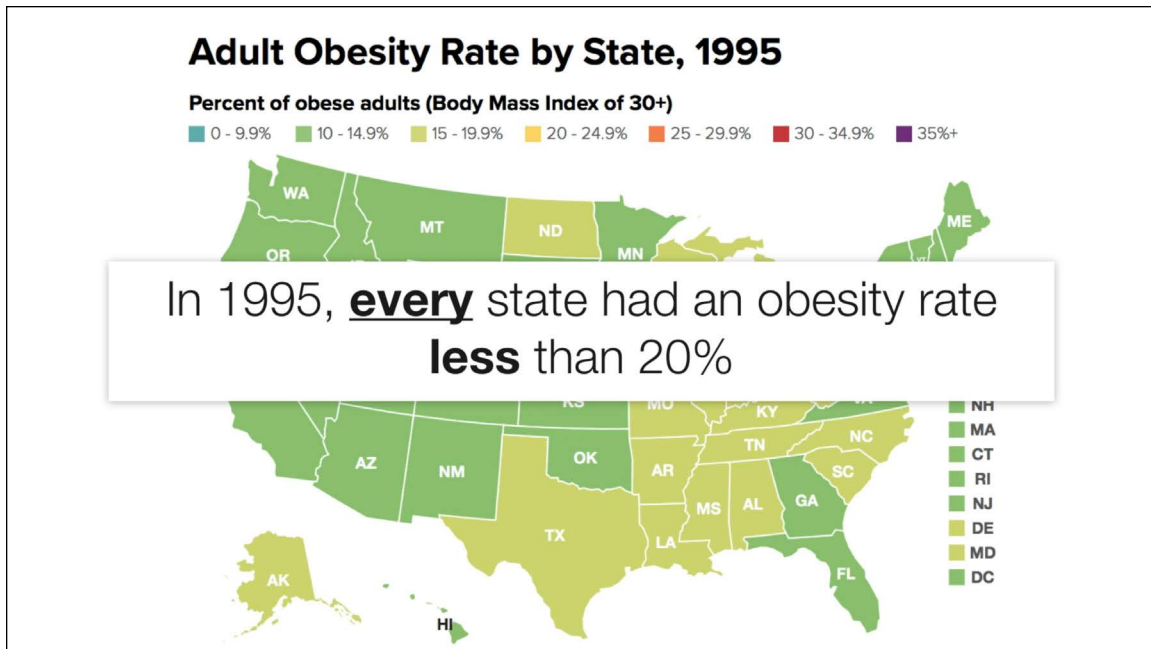


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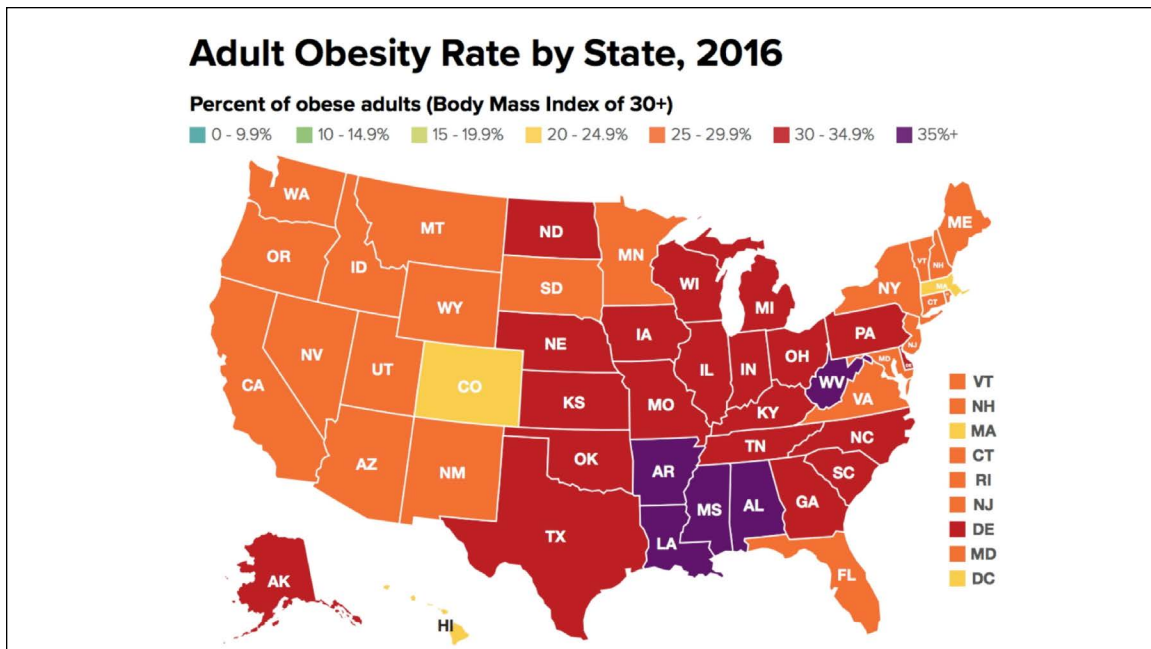
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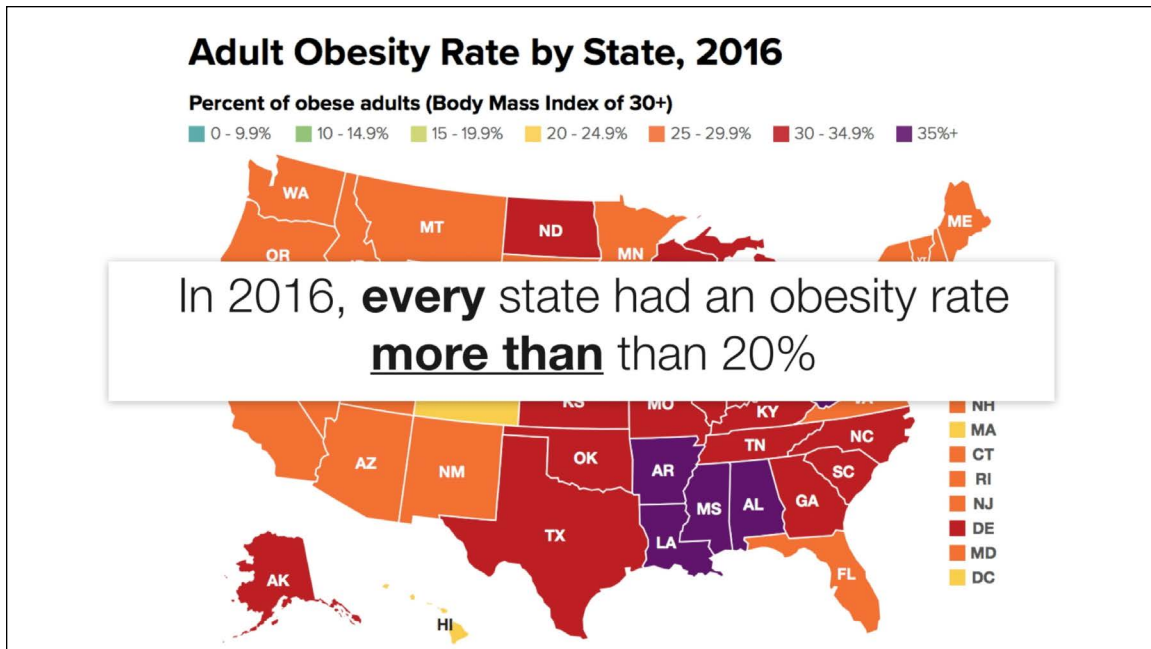


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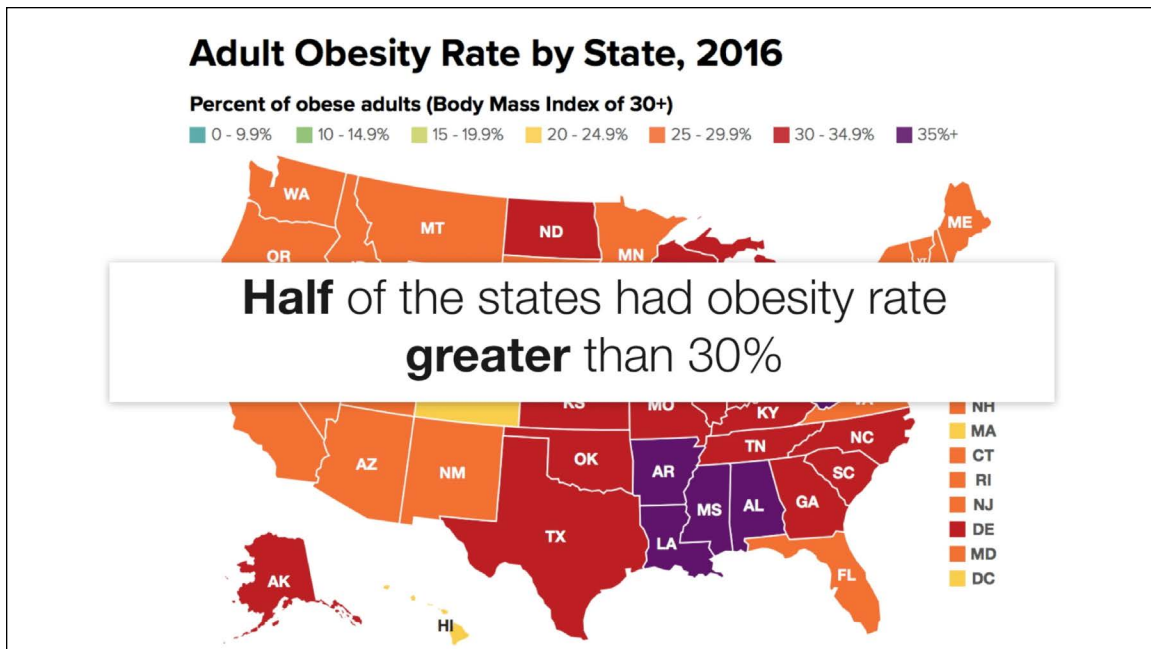
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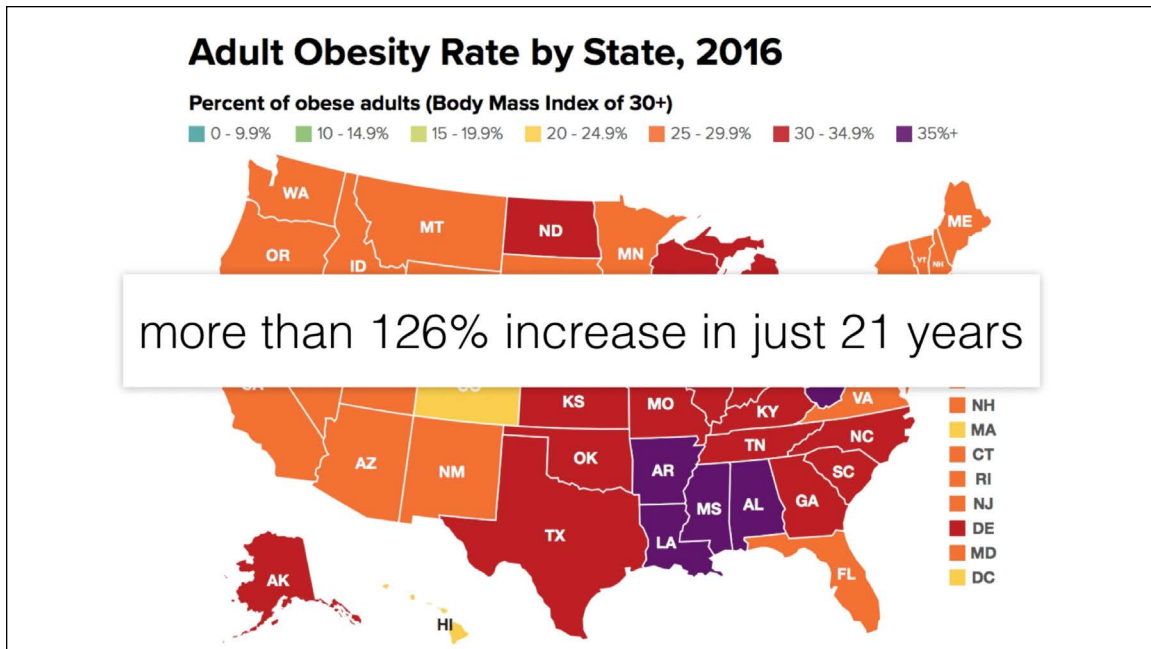


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HEALTH · OBESITY

40% of U.S. Women Are Now Obese

[f](#) [t](#) [e](#)

By **ALEXANDRA SIFFERLIN** June 7, 2016

TIME Health For more, visit [TIME Health](#).

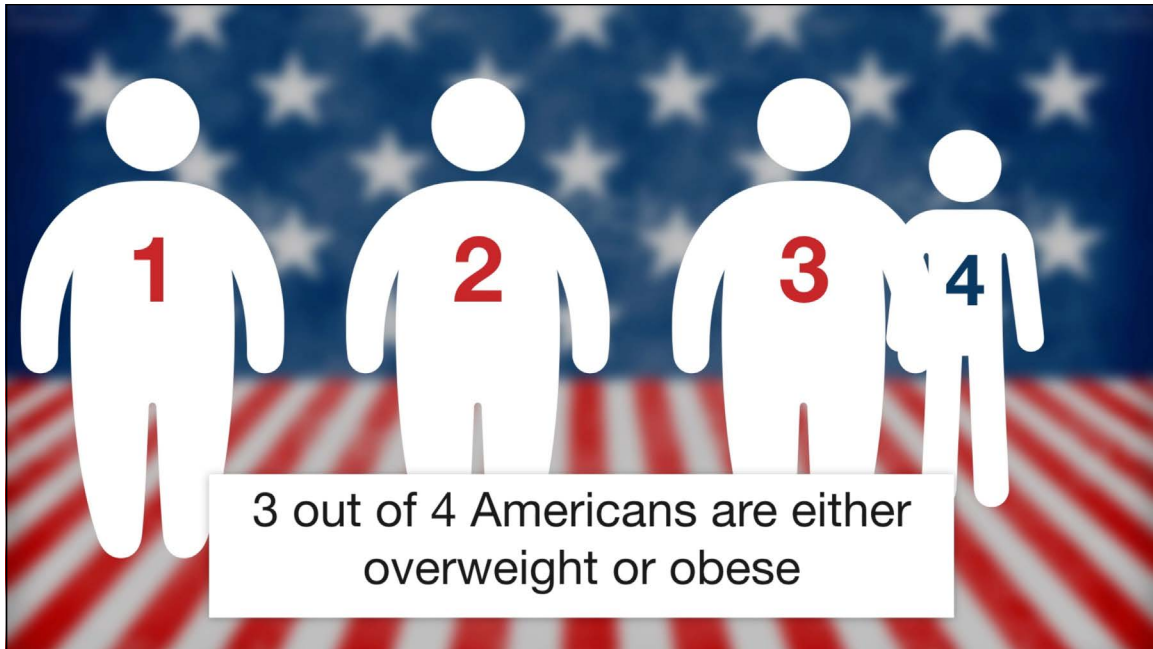
The number of Americans who are **overweight or obese** continues to reach shocking highs, with **some estimates** that more than two-thirds of American adults are now overweight or obese. Now, a **new study** reveals that while obesity rates in men have plateaued, rates have continued to rise among women.

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Being overweight or obese:

- increase absenteeism
- health insurance claims & rates go up
- employee productivity goes down

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MARCH 26, 2018 · BY CAITLIN DOW

Extra pounds means extra cancer risk

You probably know that excess weight increases your risk of type 2 diabetes and heart disease. But did you know that it also increases your cancer risk?

"The evidence is extremely clear that excess weight increases the risk of cancer," says Walter Willett, professor of epidemiology at the Harvard T.H. Chan School of Public Health. "I would give it a 99 percent-plus certainty."

Willett co-authored a recent report on obesity by the International Agency for Research on Cancer.¹

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13 cancers are associated with overweight and obesity

- Meningioma** (cancer in the tissue covering brain and spinal cord)
- Adenocarcinoma of the esophagus**
- Multiple myeloma** (cancer of blood cells)
- Kidneys**
- Uterus**
- Ovaries**
- Thyroid**
- Breast** (post-menopausal women)
- Liver**
- Gallbladder**
- Upper stomach**
- Pancreas**
- Colon and rectum**

MARCH 26, 2018 · BY CAITLIN DOW

Extra pounds m

You probably know of type 2 diabetes a that it also increase

"The evidence is extremely says Walter Willett, profess Public Health. "I would give

Willett co-authored a recent Research on Cancer.¹

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13 cancers are associated with overweight and obesity

Meningioma (cancer in the tissue covering brain and spinal cord)

Thyroid

Breast (post-menopausal)

Adenocarcinoma of the esophagus

What can you do about it?

Gallbladder

Upper stomach

Pancreas

Colon and rectum

Ovaries

Uterus

Kidneys

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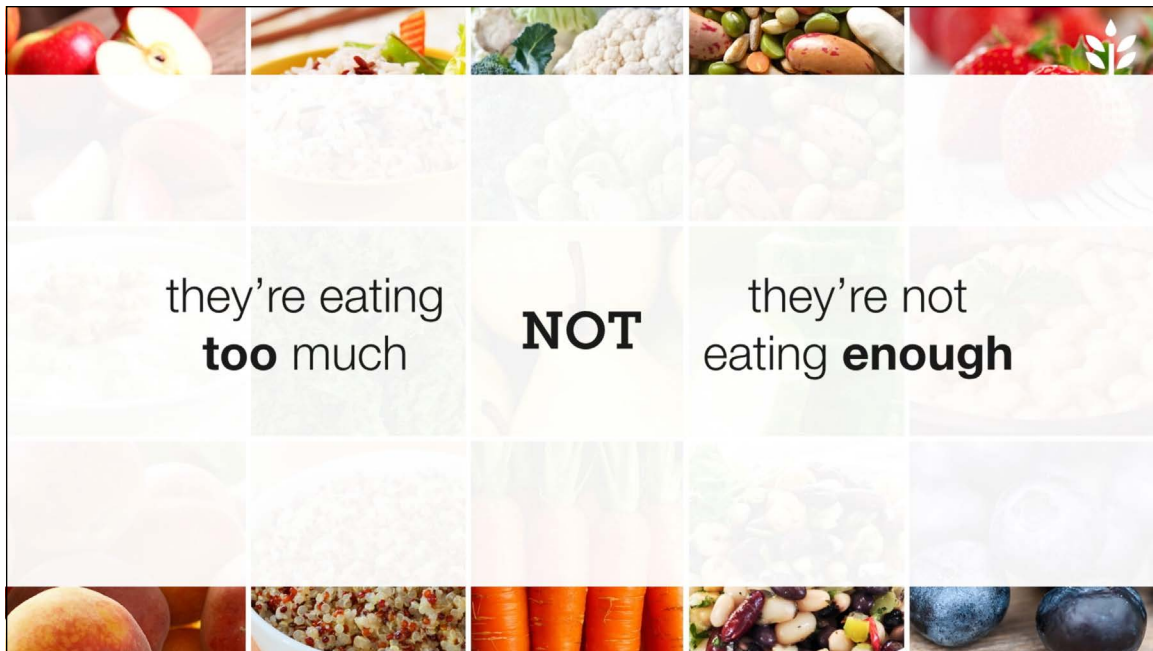
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Myth #1

Because it's hard to out-exercise your calorie intake

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160 calories

1.5 miles

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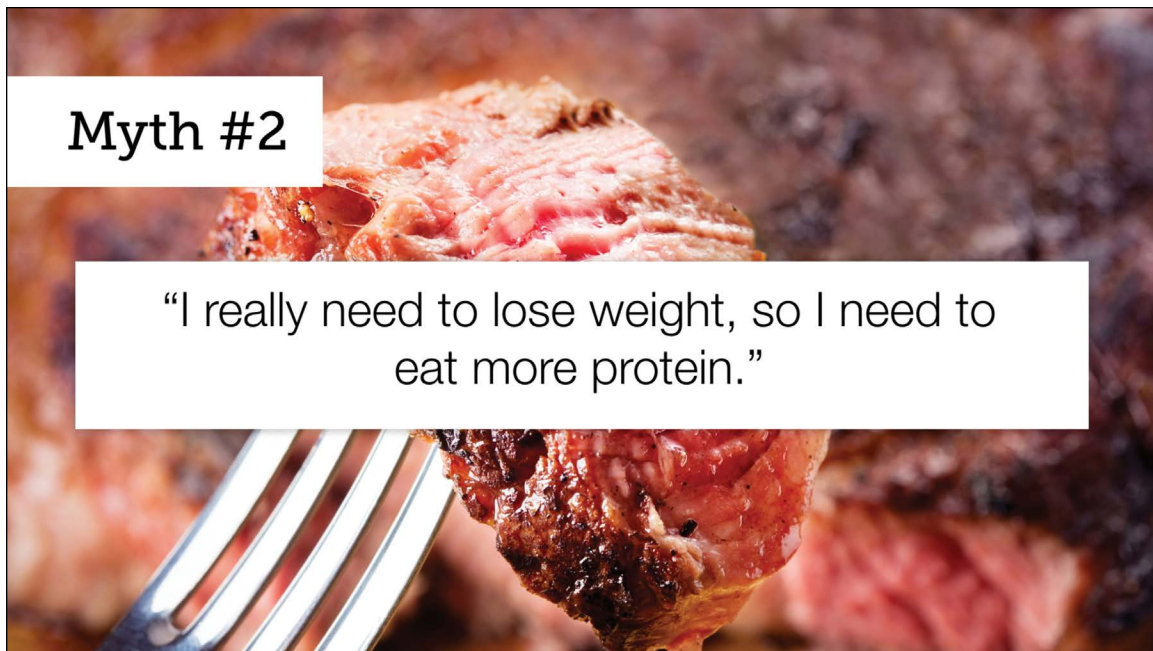
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Myth #2

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Myth #2

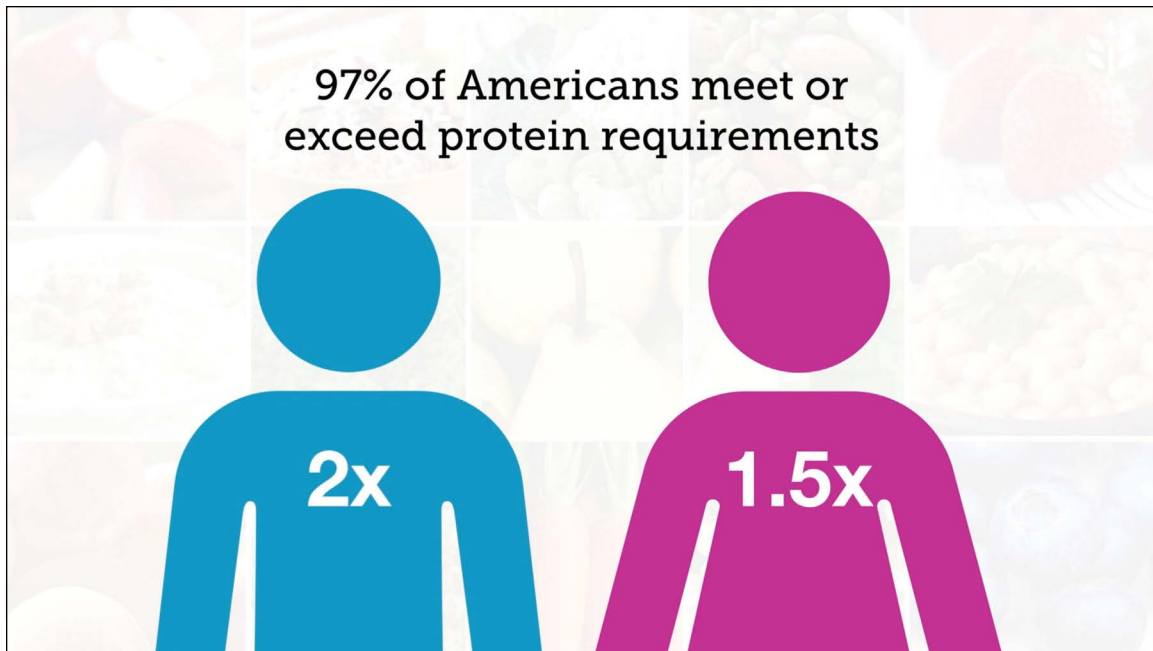
“I really need to lose weight, so I need to eat more protein.”

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Empty space for notes.



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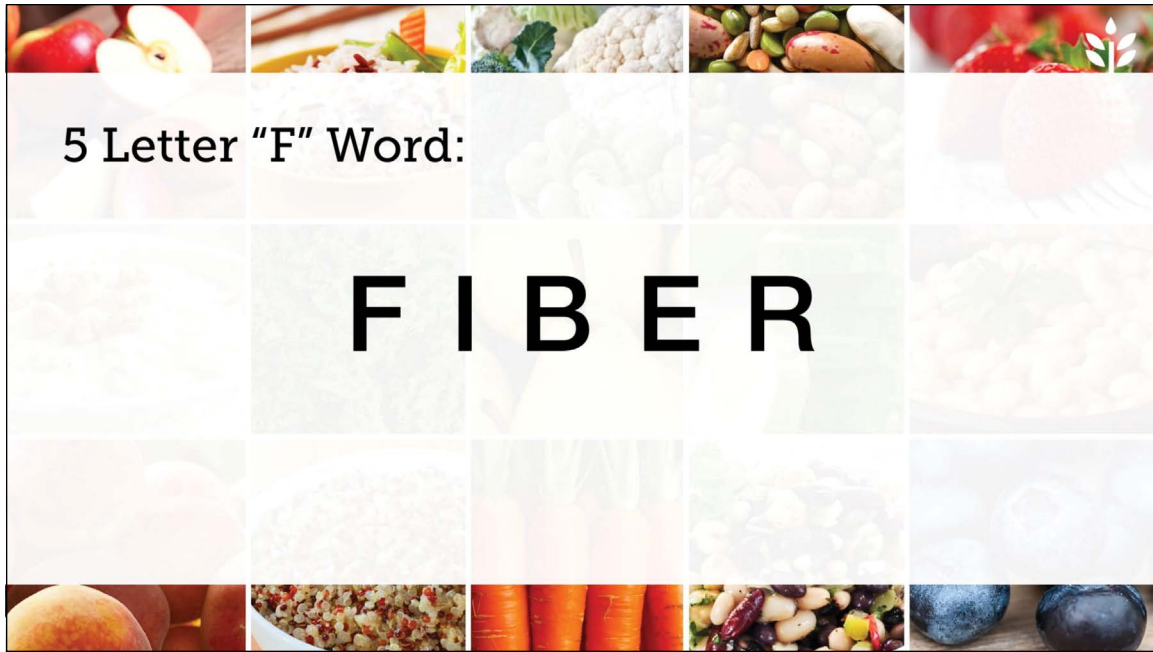


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5 Letter "F" Word:

F I B E R

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5 Letter "F" Word:

**Only 3% of Americans eat
the **minimum** recommended
amount of fiber**

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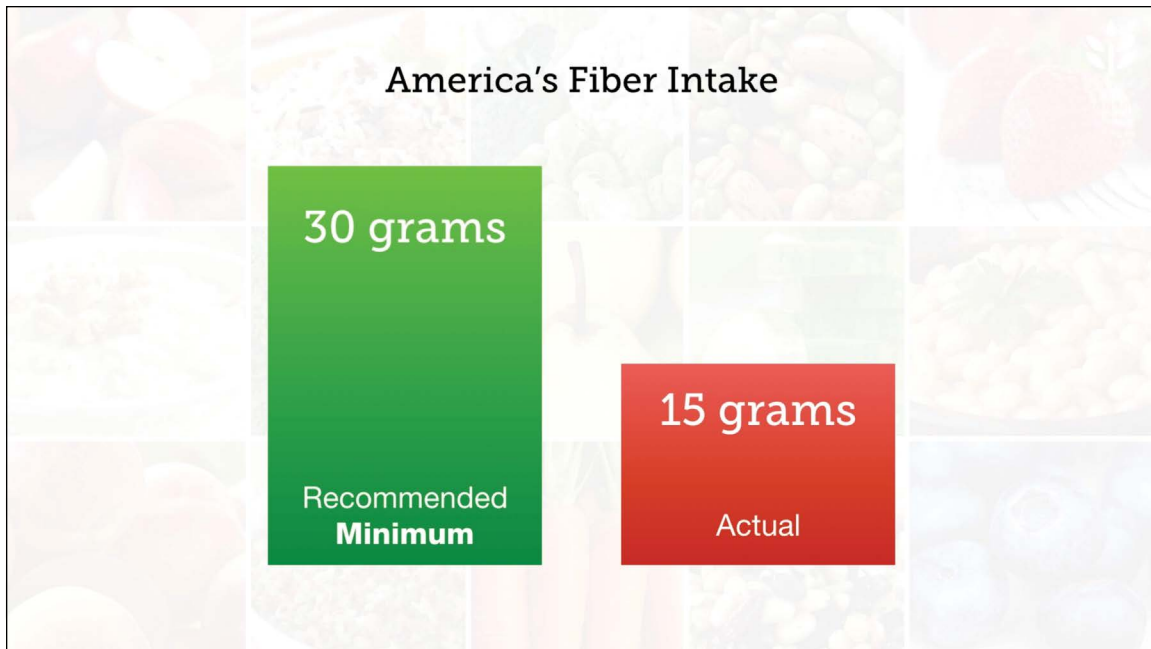
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NOT fiber supplements
fiber drinks
fiber bars

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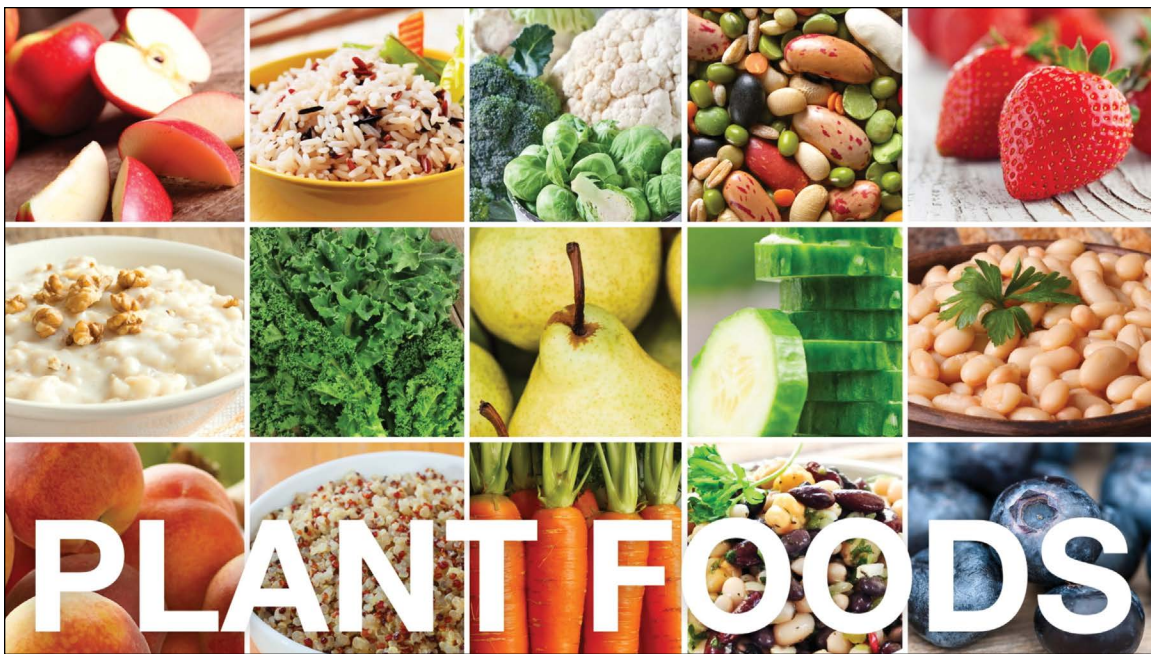
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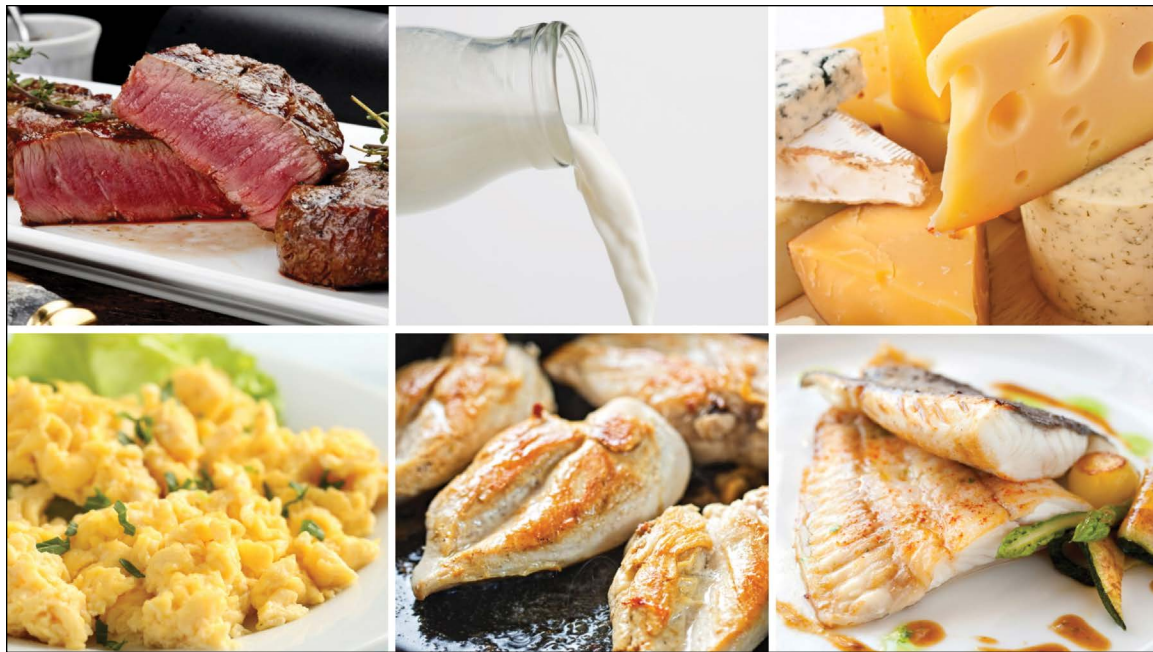
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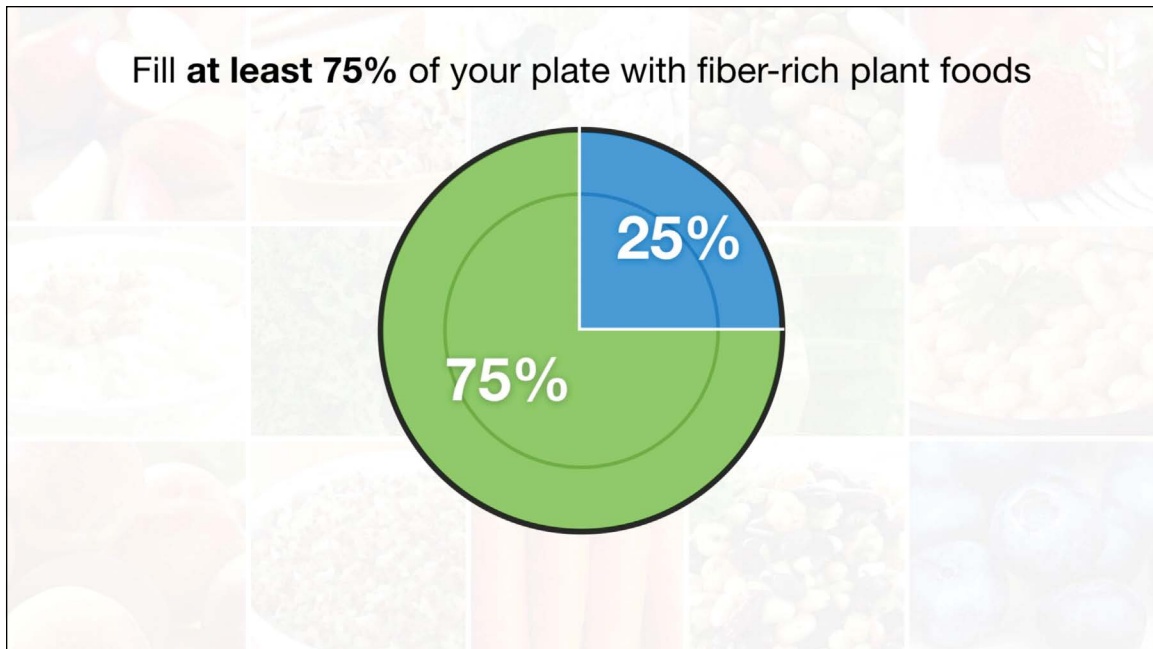


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Home » Harvard Health Blog » Making one change — getting more fiber — can help with weight loss - Harvard Health Blog

Making one change — getting more fiber

Making one change - getting **more fiber** - can help you **lose weight**

... shortage of ways to try to get there: You can count calories, carbs, or points. You can cut back on fat or sugar. You can try any number of popular diets that forbid certain foods, or focus on just one (the grapefruit diet, anyone?). Any of these approaches might work for you. Or they might not — in large part because they are complicated.

A study published in today's *Annals of Internal Medicine* suggests that something as simple as aiming to eat 30 grams of fiber each day can help you lose weight, lower your blood pressure, and improve your body's response to insulin just as effectively as a more complicated diet.

Researchers from the University of Massachusetts Medical School compared the

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The screenshot shows the top of a Medical News Today article. The header includes a menu icon, 'NEWSLETTER', the site name 'MEDICALNEWS TODAY', a search bar, and 'LOG IN'. The main headline is 'Eating more dietary fiber linked to lower risk of type 2 diabetes'. Below the headline is a white box with the same headline. The article text begins with 'The researchers also found that the link may not be through body weight rather than directly.' It mentions the study was published in *Diabetologia* and uses data from the EPIC-InterAct study. A grid of 15 different types of grains and seeds is shown. A 'SPOTLIGHT ON: Diabetes' banner is at the bottom right.

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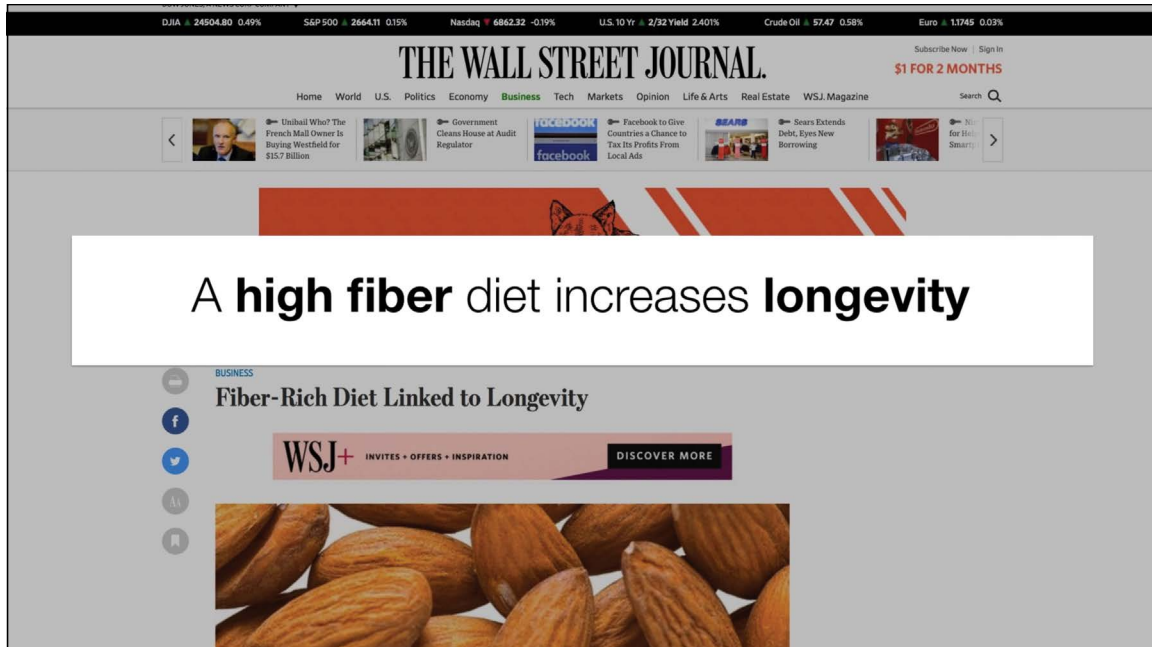
The screenshot shows the top of a Physicians Committee for Responsible Medicine article. The header includes the site name, a search bar, navigation links (HOME | ABOUT | EVENTS | BLOG), and social media links. The main headline is 'A high fiber diet also protects against several kinds of cancer'. Below the headline is a white box with the same headline. The article text begins with 'tumors of the colon and rectum.' It mentions the U.S. Polyp Prevention Trial (1991-1998) and a study published in the *American Journal of Epidemiology* in 2009. A grid of 15 different types of grains and seeds is shown. A 'FOOD FOR LIFE Cancer Project' logo is visible.

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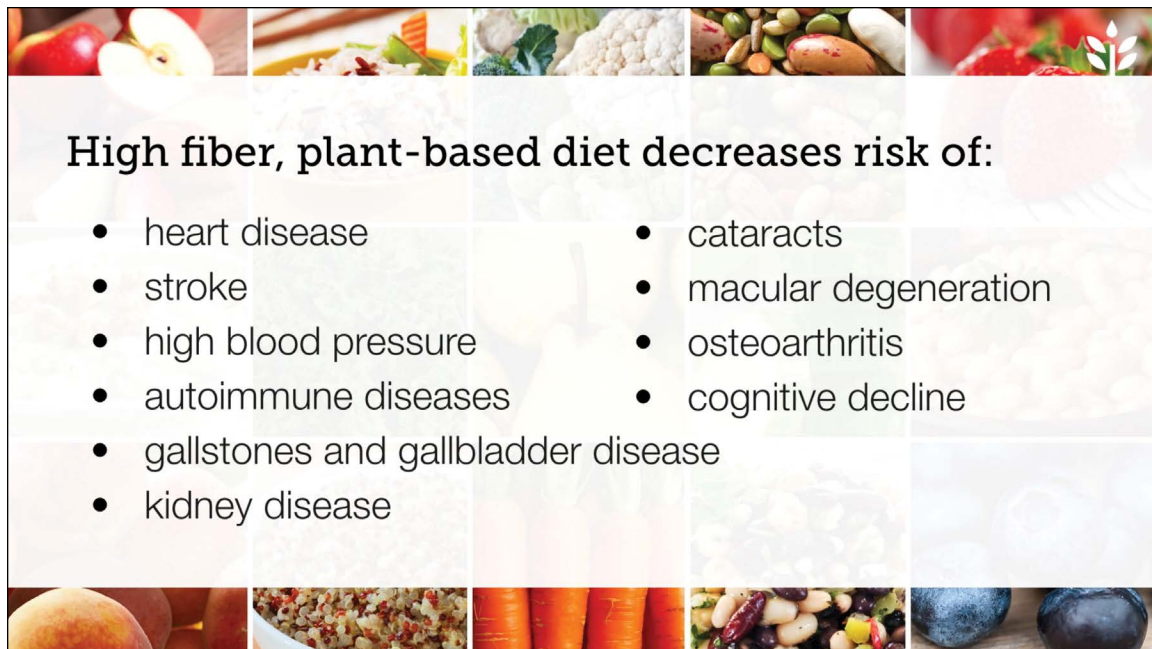
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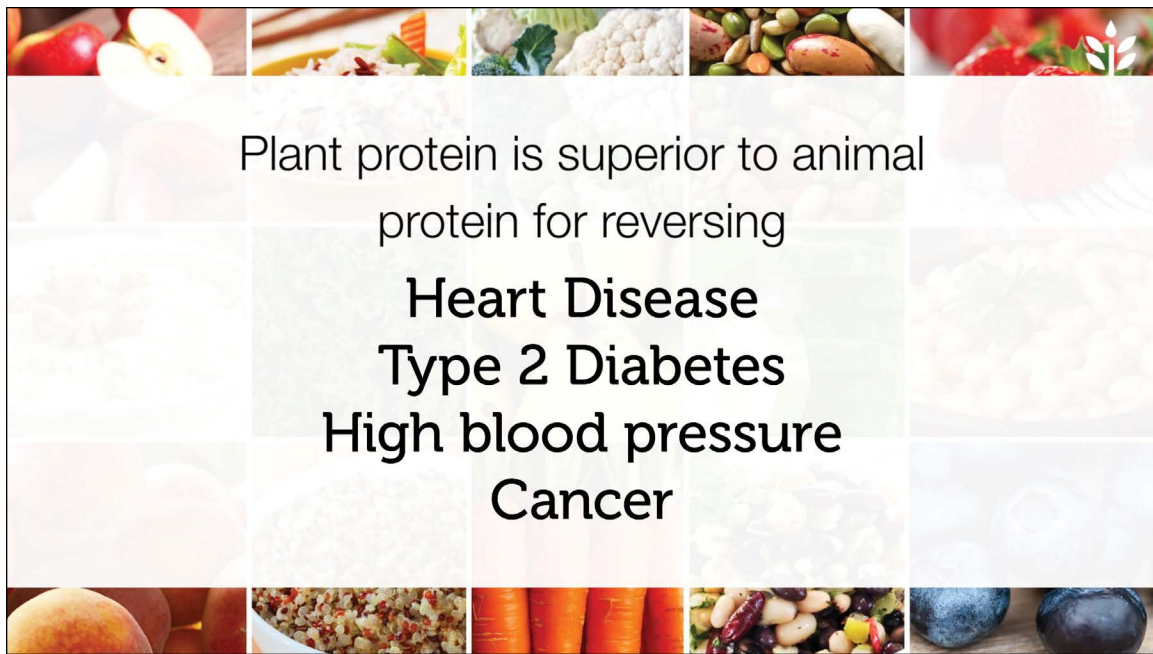
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the **most important** thing is to **eat more** fiber-rich plant foods

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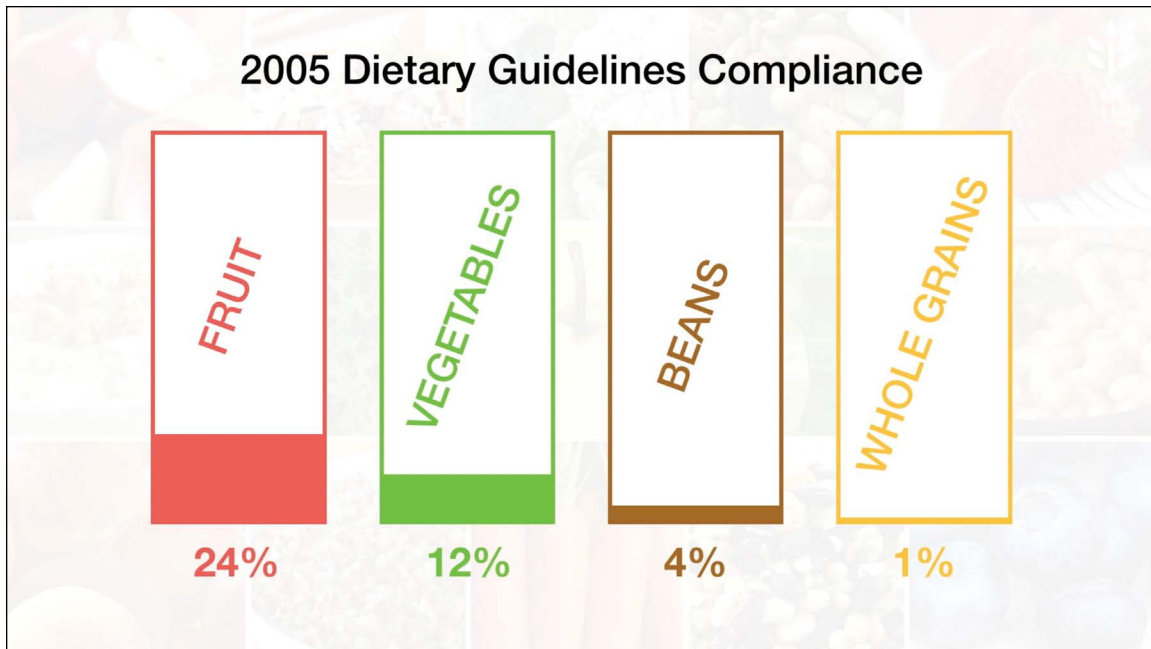
Plant protein is superior to animal protein for reversing
Heart Disease
Type 2 Diabetes
High blood pressure
Cancer

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Eat More Fiber-rich Foods:

to lose weight
to gain greater health
to lower our risk of heart disease,
diabetes, and cancer

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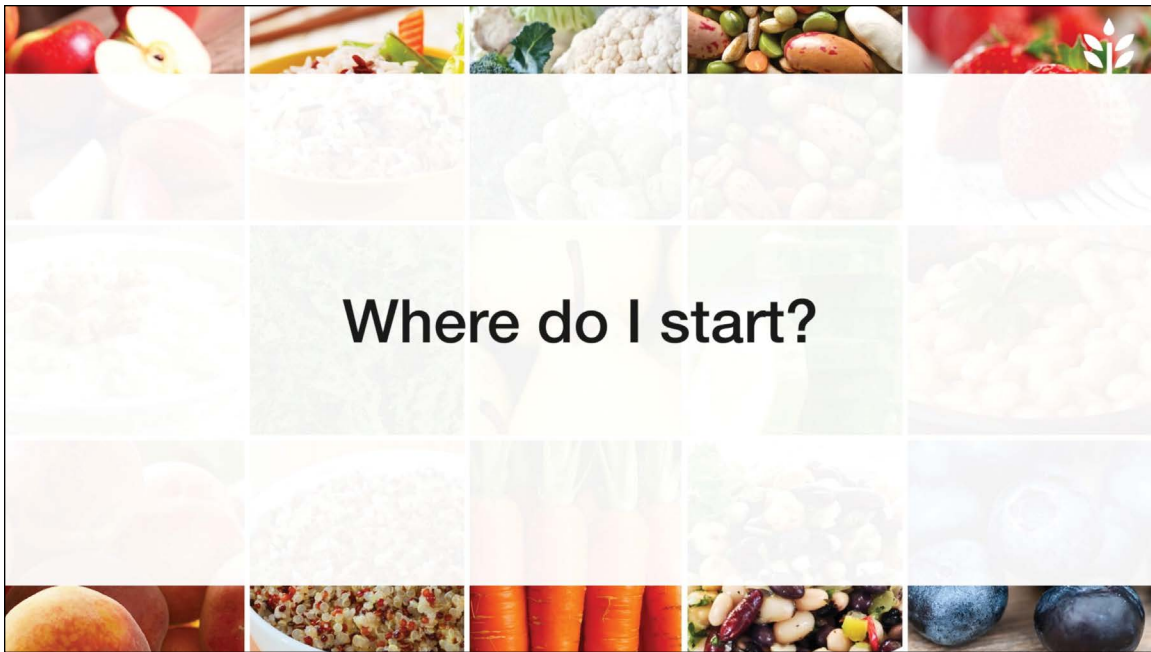
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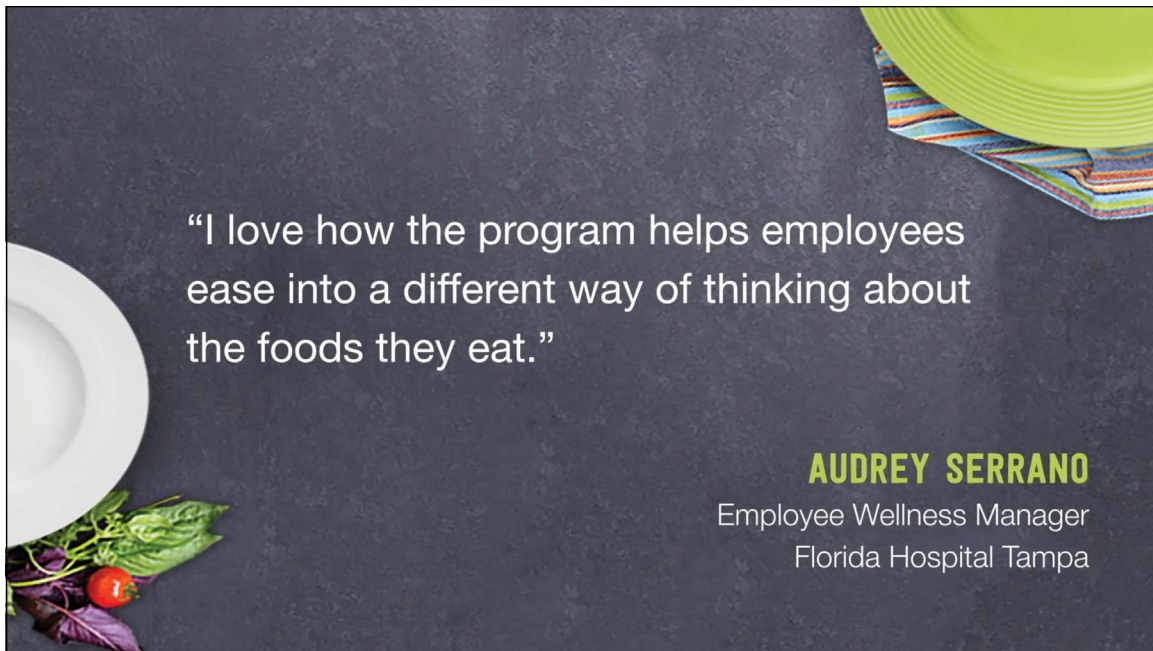


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Diana Fleming, PhD, LDN - Nutritionist and Coach - Full Plate Living

Ricky Seiler, Employer Network Manager - Full Plate Living



“I love how the program helps employees ease into a different way of thinking about the foods they eat.”

AUDREY SERRANO
Employee Wellness Manager
Florida Hospital Tampa

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They change **too many** things **too fast**, get discouraged, and give up

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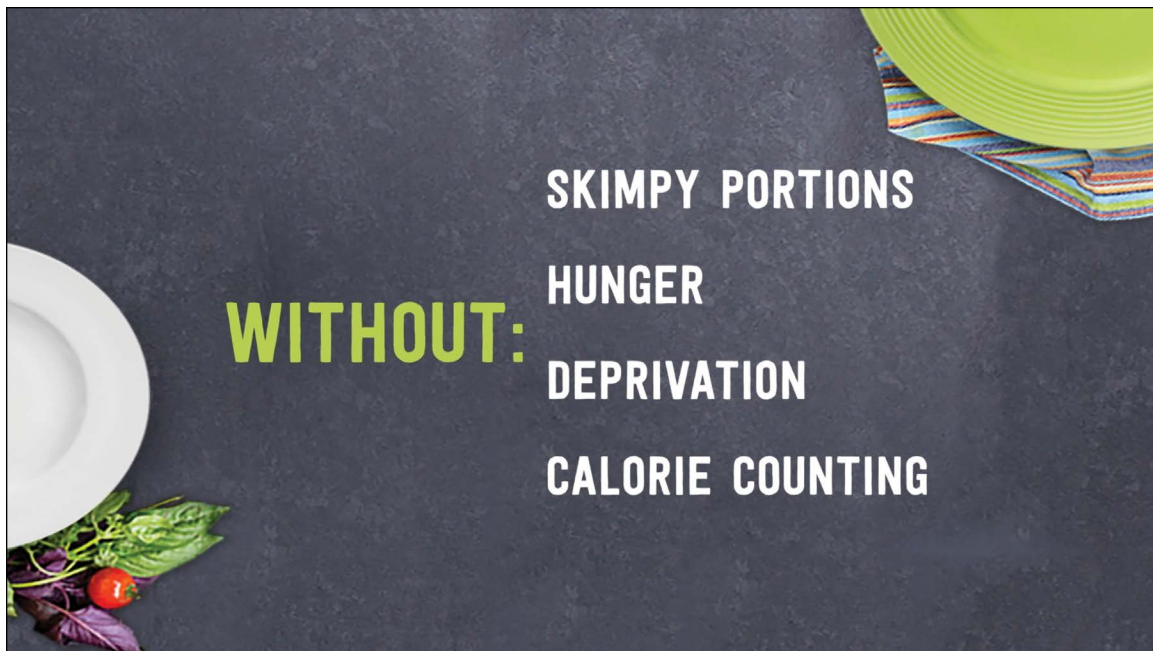
Ricky Seiler, Employer Network Manager - Full Plate Living

“I think the biggest thing for those of us trying to lose weight is that we **always feel** like we are dieting. But you will not feel that way with Full Plate Living. You’ll feel like you are living, **enjoying life** and **not deprived.**”

~Kristi



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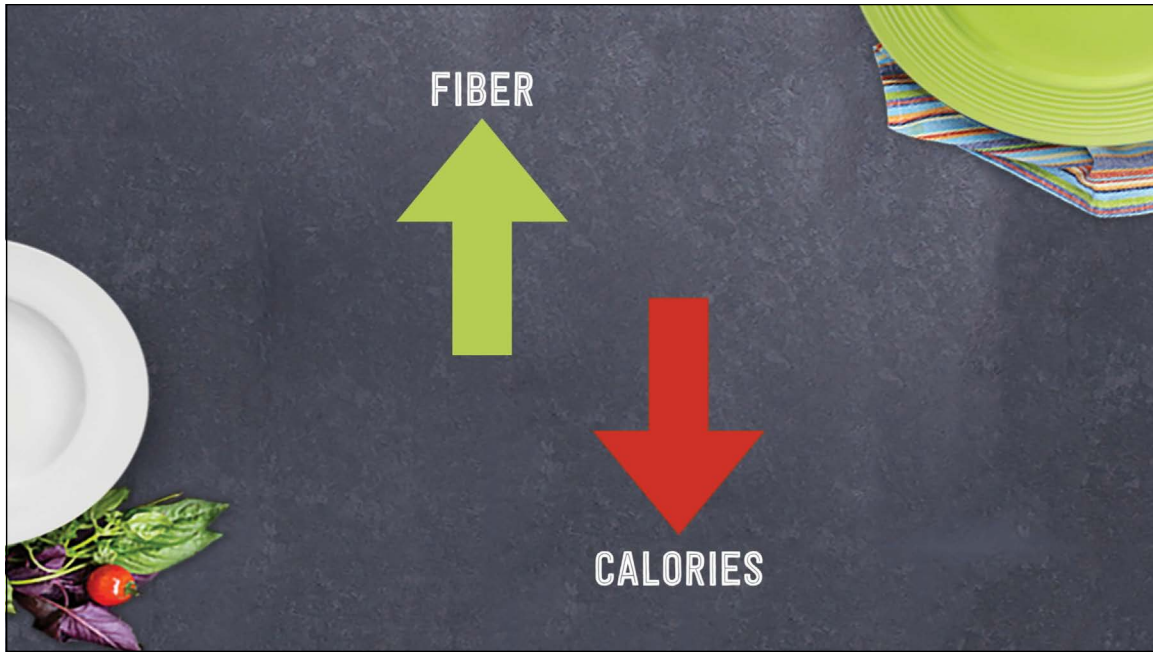
- SKIMPY PORTIONS
- HUNGER
- DEPRIVATION
- CALORIE COUNTING

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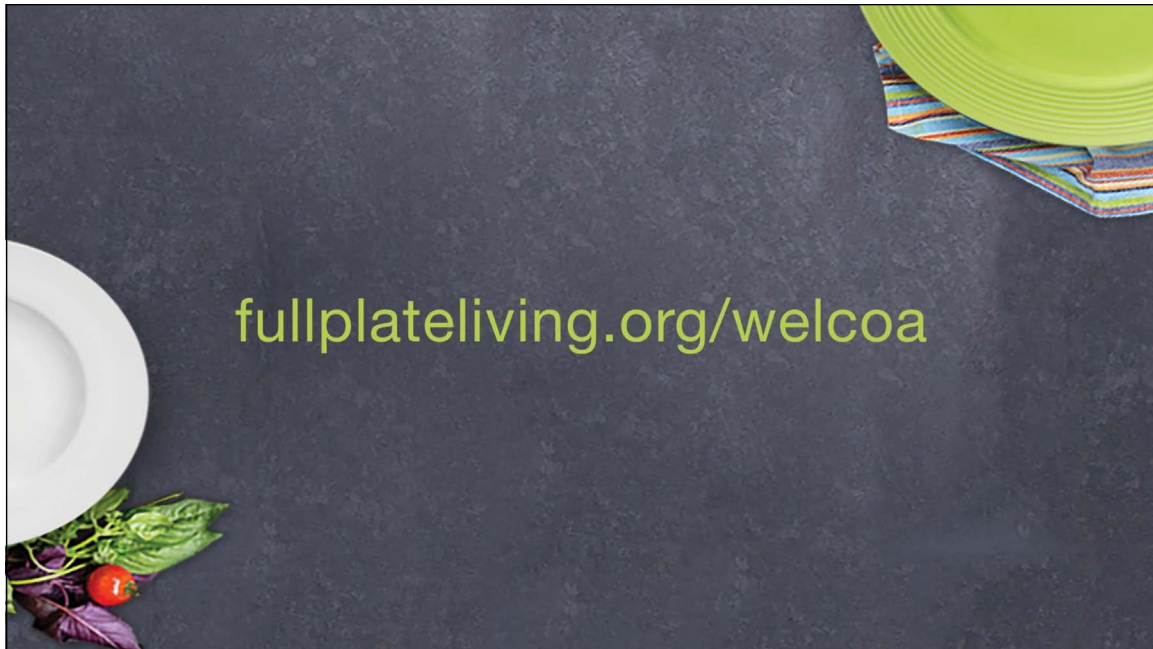


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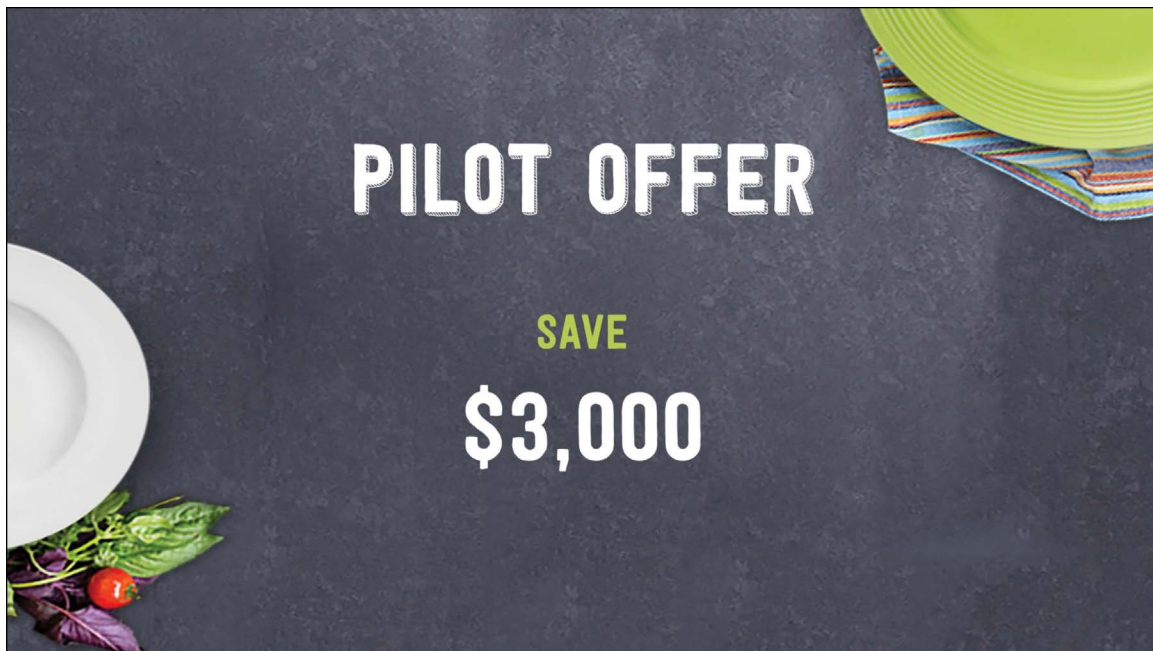
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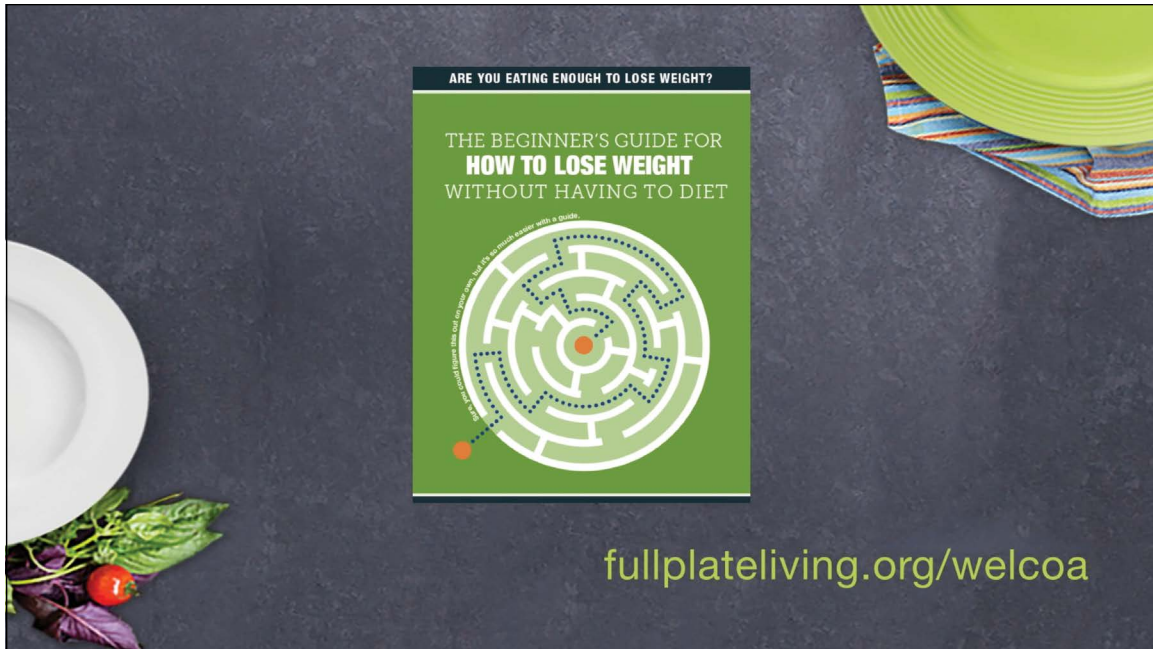


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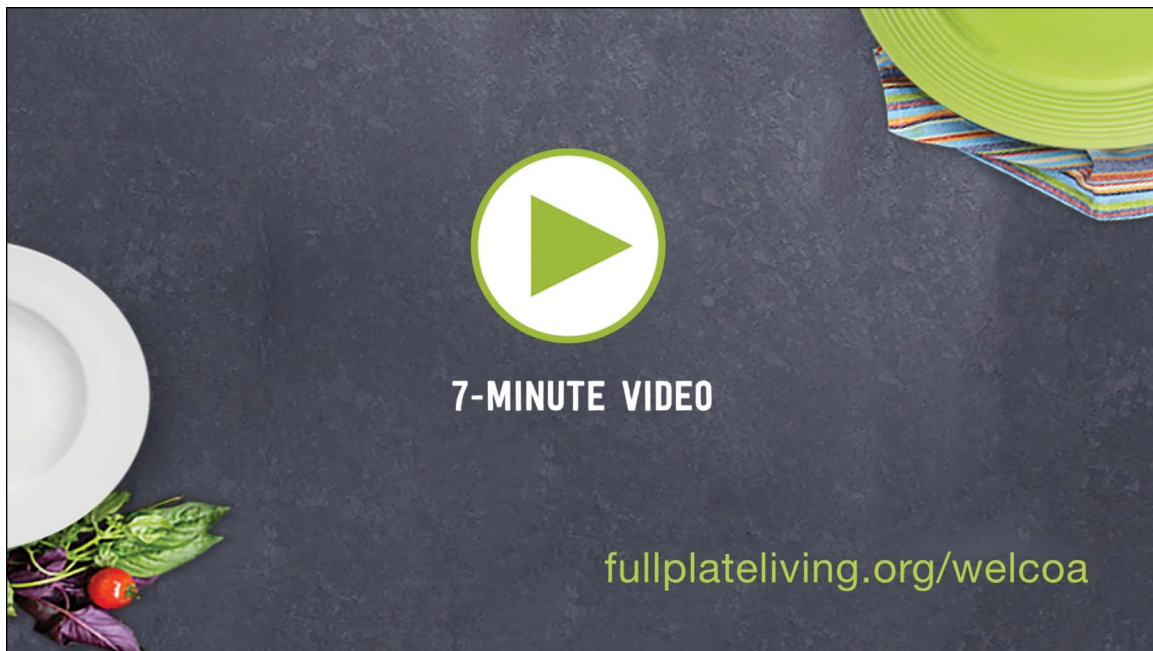
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ARE YOU EATING ENOUGH TO LOSE WEIGHT?

THE BEGINNER'S GUIDE FOR
HOW TO LOSE WEIGHT
WITHOUT HAVING TO DIET

7-MINUTE VIDEO

fullplateliving.org/welcoa

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Where's the Fiber?

fullplateliving.org/welcoa

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