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Part 1: So many diets, which one is best?

While it's inconclusive which diet is the best choice for weight loss, there are a few similarities between many of the popular diets that may help you lose weight.

Tip 1: Eat breakfast. Research shows those who eat a low fat, low sugar, but high fiber breakfast eat less *later* in the day and are able to maintain their weight. Try 1 cup 1% cottage cheese and 1 cup raspberries or 1 *small* oatmeal with ½ cup sliced strawberries and 3 walnuts.

Tip 2: Use Meal Replacements. Frozen entrees made by Healthy Choice and Kashi or protein shakes like Ensure High Protein or Muscle Milk are calorie controlled and convenient to keep your calories in check. Add an apple and/or vegetables to add bulk, filling your stomach with less calories. If you're too busy to enjoy your lunch make sure it's lower calorie. Many people eat high calorie convenience foods, but hardly remember it!

Go To It: In a food diary, record all food and drinks consumed to see where you can make changes.

Tip 3: Snack between meals. However, make sure it's a balanced snack between 100 to 200 calories. Choose your snack from food groups you haven't eaten yet. Examples are 0% Fage Greek Yogurt to fulfill dairy requirements, baby carrots and hummus to fulfill vegetable intake or 1oz (24 almonds) for healthy fat. All examples have been shown in studies to reduce belly fat. It's suggested to eat every 3-5 hours.

Keep in mind, one of the keys to lose weight **and** maintain it, is to find a plan that's realistic for your lifestyle. A study in the *2008 International Journal of Obesity* found that it didn't matter what diet people followed, but how closely they followed it.

Read next season's newsletter about the *techniques* for effectively cutting calories.

Spring into Action!

Most of us need to *increase* our *overall daily activity by reducing our time spent sitting!* It's estimated that the average American sits 8 hours a day.

Although most health benefits occur with at least 150 minutes (30 min for 5 days) of moderate to vigorous activity per week like walking, **prolonged sitting** regardless of time spent working out has been shown to still be **associated with premature death.**

Researchers speculate that sedentary lifestyle and structured physical activity affect health through independent pathways, so we need to find ways to include **both** cardio and increased daily movement to improve our overall health.

Execute it: 1. Use a pedometer as a motivator to increase activity 2. Challenge yourself to climb the stairs 1-2 times more per day 3. Set a reminder to get off your chair every 60-90 minutes to walk for 5-10 minutes especially if feeling stressed or fatigued (it'll likely increase productivity) 4. Sit on a large exercise ball while watching TV. Try it for 5 to 10 minutes and work up to 30 minutes.



Roasted fennel

Fruits & vegetables are fiber-rich slower release carbs that when added to meals to reduce starch serving will help you fill up and avoid slumps in blood sugar.

Delicious Springtime Produce

Roast it: Shake in a 1-gallon freezer bag freshly sliced **fennel** and **leeks** with fresh **garlic**, olive oil & lemon juice. Roast at 425°.

Steam it: Fresh **artichokes** and **baby spinach** with fresh garlic.

Grill it: Brush fresh **asparagus** and **red potatoes** in olive oil. (Save time, double amount to add to another meal.)

Blend it: Fresh **strawberries**, **mango** & **mint** with 1% milk and protein powder for a fast and refreshing breakfast.

Replace it: Top sandwiches and burgers with sliced **avocado** instead of cheese & mayo. (2 tbsp/2 small slices/1 oz= 50 cal)

Google it: For any vegetable that's new to you, i.e. "roasted fennel" or "fresh artichokes." You will find fast, healthy & delicious recipes!

Serve it: **Cherries** and **strawberries** with 0% Greek yogurt and a natural zero cal sweetener like Stevia as a snack or dessert.

Call us for more information or to schedule an appointment with one of our endocrinologists or dietitian.
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