

DIETITIAN'S DISH

WINTER EDITION

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CREATING NEW YEAR'S RESOLUTIONS

With the new year on the horizon, now may be a great time to start thinking about what you hope to accomplish over the upcoming months!

If you can visualize your success, you're headed in the right direction.

Let's strategize!

Sincerely,

Your Weight Center Dietitians

Abeer, Ari, Colleen, and Kathleen



WHEN EXPLORING THIS NEWSLETTER, TRY TO VISUALIZE WHAT HEALTHY LIVING MIGHT LOOK LIKE TO YOU IN 2021.

START WITH SETTING QUANTIFIABLE GOALS FOR YOURSELF. HOW MIGHT YOU FEEL WHEN THIS GOAL IS ACHIEVED?

THESE MIGHT INCLUDE GOALS THAT ARE:

SMART
MEASURABLE
ATTAINABLE
REALISTIC
TIMELY

Keys to Healthy Nutrition

BALANCE AND MODERATION!

Eating healthy doesn't have to be a drag. In fact, it can be delicious AND nutritious! Try these simple tips.

Create a healthy plate! Fill at least half of your plate with fruits and vegetables, then whole grains and protein. Fill up on the good stuff!

Small snacks. Eat small, healthy snacks (like fruits and vegetables) between meals so you can keep manage your hunger. Don't try to "save up" calories for holiday gatherings!

Limit desserts. When it's dessert time, scan the options. Pick what looks most satisfying to you, and have a small sample of each.

Drink in moderation. Try sticking to no more than one, or two for men, beverages containing alcohol. Alternate alcoholic drinks with plenty of water!

Enjoy eating! Don't forget to enjoy the actual meal. Eat slowly. Savor the flavors. Stop when you are no longer hungry and feel satisfied.



Remember, focus on moderation and balance to keep your holidays nutritious and enjoyable!

Yogurt Berry Bark

Ingredients & Directions

1 cup plain Greek yogurt

2 tablespoons honey

1 teaspoon vanilla extract

1 cup of fruit (blueberries, strawberries or favorite fruit)

1. Place Parchment Paper into the cake pan.
2. Mix Greek yogurt, vanilla extract and honey in a bowl.
3. Place greek yogurt mixture onto parchment paper in cake pan and spread evenly. Add fruit on top of yogurt mix.
4. Place in freezer for 2 hours. Crack bar into pieces and enjoy!



THE FRESHNESS CUP

Importance of Hydration

It is especially important to keep up with your fluid intake as the weather gets colder!

1.) Start hydrating early in the day.

Begin your day with a cup or two of water.

2.) Carry a water bottle with you everywhere you go or invest in a reusable water bottle.

It's easier for you to stay on your hydration target when it is in sight and accessible.

3.) Enhance your water with a pop of flavor.

Infuse your drink with fruits, vegetables, herbs or add zero calorie flavor enhancers.

4.) Keep yourself hydrated this winter with a warm tea.

Try adding mint, lemon or ginger to your tea.

5.) Use a straw or a bottle with a spout.

Some have found this helpful for increasing their fluid intake.

Winter Issue Highlight:

CRANBERRY:

These small berries may help to improve immunity and may help with prevention of certain cancers.

They are rarely eaten raw due to their bitter taste. Cranberries are a rich source of various bioactive plant compounds. Some of these may help prevent UTIs.

Rich source of vitamins and minerals including: manganese, copper, and vitamins C, E, and K.



"DIETING" AND THE SET POINT

NAVIGATING THE SET POINT AND OPTIMIZING HEALTH

SET POINT THEORY

The "set point" theory supports the notion that the brain acts to keep your weight within a certain range. A good comparison is to think of a thermostat - despite efforts or opening windows, the room will return to its designated temperature. In this case, despite dieting, our efforts may result in gaining weight back or gaining even more than before. Many report feeling as though their body is working *against* them to keep their body at a higher weight. This cycle can be discouraging for many people. Much of this pattern relies heavily on genetics (essentially, what is encoded in our DNA).

Although genetic contributors to excess weight may be out of our control, there are other factors we can work on to change. To avoid the set point shifting upwards, for example, aim to consistently eat whole, minimally processed foods and enjoy regular physical activity. Highly palatable foods in our environment tend to contain excess fat, sugar, and salt (yes, even 'healthy' takeout foods). With this knowledge, we can work to start implementing lifestyle changes. Stress management strategies and good sleep hygiene are two additional key components which help to manage weight. The Weight Center team is also available to meet with you if needed to help address the "set point" as well as review/provide treatment options for weight loss.



Dieting vs. Lifestyle Change

Dieting May Include:

- Restriction/deprivation
- Ignoring signals of hunger and fullness
- External regulation vs. internal regulation
- Good food, bad foods: All-or-nothing thinking

What Healthy Eating Looks Like:

- Self-nurturing
- Attending to the body's needs and signals
- Eating more healthful, whole foods and less processed foods
- Achieving a healthy balance

STRESS AND WEIGHT

Set yourself up for success

During long periods of stress, changes in hormone levels may lead to altered fat metabolism and increased appetite. Other factors include less time for physical activity and food preparation. Stress, sleep, and weight are all connected. Getting adequate rest enables you to make the best food choices. This means teasing out stress cravings from real hunger. Strive to maintain regular meal times, eat slowly, and pause for fullness cues. Decide on a few healthful snacks and meals that you can buy quickly. Scope out menu options at nearby restaurants for healthful choices. Plan ahead!

Identify your comfort foods.

Keep comfort foods out of the house.

Eat meals regularly.

Practice mindful eating: "Am I really hungry?"

Seek encouragement from family and friends.

Stock up on quick and healthy snacks.

Plan out healthful options at restaurants / ordering in.

Get enough sleep to make the healthiest food choices.

Consider how these words may make you or someone else feel:

"Shouldn't", "Bad", "Guilty", "Cheated." Instead, you could try the following:

COULD, CHOOSE, PROGRESS, LEARNINGS

These words may help to empower you rather than leaving you feeling badly.

Adapted from: Eileen Meyers, MPH, RD, LDN, CEDRD, FAND

(https://besomebody.com/advice/author/eileen_myers/)



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"Beating yourself up will not equip you for meeting long-term goals for health. But more positive emotions might."

-Resolutions: Gratitude, Pride, and Compassion from ConscienHealth

BUILDING SUCCESSFUL MEAL STRUCTURE

A HELPFUL WAY TO BUILD HEALTHY EATING IN YEAR 2021

Plan your meals and snacks ahead of time based on your day-to-day schedule. If you have an early morning, pack your meals the night before. Make a list of the foods you need and plan a routine trip to the grocery store to stock your pantry and refrigerator. Cut up fresh fruits and vegetables as soon as you get home from the grocery store. This will make it easy to grab a snack or cook a meal.

Keep high fiber and high protein snacks on hand (i.e. in your car, purse or briefcase, at your desk) for days when you schedule changes or when you don't have access to your prepared meal/snack.

Cook in bulk. Prepare large batches of grains and vegetables so they are easy to put together for meals. Cook protein ahead of time to include in a salad or sandwich. Keep "easy" foods on hand such as yogurt, cottage cheese, string cheese, hard boiled eggs, nuts, nut butters, vegetable sticks, and whole fruit. These are easy to grab while on the go.

Nutrition Counts:

Moderate protein (20-30 grams per serving). Include fiber (25 grams or more fiber per day). Choose more whole grains. Include healthy fats (e.g. olive oil, canola oil, nuts, avocado, fish). Avoid processed foods (e.g. baked goods, chips, refined carbohydrates).



Reflection Questions:

**Do I skip meals?
Do I graze throughout the day?
When are most of my calories
consumed? Day, night?**

**How might I go about creating
more structure with regular
meal times in ways that work for
me?**

ROLL IN THE NEW YEAR: AT-HOME EXERCISE CHALLENGE

Complete the "roll in the new year challenge" throughout the month of January.

Using a calendar, write your initials for each day you complete a workout!



Directions: roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Challenge yourself! Aim for 5, 10, 15 rolls for a full workout!

Roll a 2: *5 push ups*

Roll a 3: *10 sit ups*

Roll a 4: *15 squats*

Roll a 5: *20 mountain climbers*

Roll a 6: *20 jumping jacks*

Roll a 7: *10 glute bridges*

Roll an 8: *20 lunges (10 each side)*

Roll a 9: *20 side leg raises (10 each side)*

Roll a 10: *30 second plank*

Roll an 11: *30 jumping jacks*

Roll a 12: *20 second wall sit*

Remember when exercising, it is important to go slowly and pay attention to muscle groups to avoid pain and/or injury.



CREATING NEW YEARS RESOLUTIONS

DEVELOP AN ACTION PLAN

For many people, this year has not been easy. When considering goal setting for the future, take barriers into consideration. However, think of ways to work around those barriers.

What do you hope to accomplish?

Activity (estimated time: 5 minutes)

1. Grab a pen and paper.
2. Rank items on numeric scale based on importance to you (health, family, friends, socialization, occupation, etc.)
3. Ask yourself, "What is most important to me?"
4. Next, rank the amount of time you spend on the areas you consider to be important to you.

Now it is time to reflect...

1. Ask yourself, "Am I spending time and consideration on areas that matter most to me?"
2. Are there areas you feel you may be able to dedicate more time and effort to that matter to you?
3. Where does health fall on your list of priorities? What benefits do you see to focusing on your health this year?

These considerations may help you notice discrepancies between the time you spend during the day, the areas you devote more time and attention to, and whether or not this reflects the areas that are most important to you in life.

As always, feel free to reach out to any of the Weight Center Team members for additional assistance, guidance, and support!



We hope you have a wonderful holiday season, and a Happy New Year.

All the best.

*Your Weight Center Dietitians,
Abeer, Ari, Colleen, and Kat*