

## PLATEAUS AND MAINTENANCE

**Weight Loss Plateau** – the dieter's curse! The majority of people will experience a period when the scale just does not move. Some plateaus last for few weeks, others for months. Sometimes, you may lose a little focus after the initial gung ho part of your weight loss plan. You may find yourself sneaking in a cookie here or there or not exercising as much as you did in the beginning. If you find your weight is at a standstill, it may be time to get back to the food records, weighing and measuring foods, and refocusing on your exercise goals.

Another reason for a plateau is that your body is adjusting to the new weight. My advice would be to stay focused with your diet and exercise regimen. It is common for dieters to get frustrated at this point and give up. What does it matter if I have this extra portion I'm not losing weight anyway! If they had stayed patient for a little longer, the scale would have started to drop again.

Finally, if you have been on a low carb diet, it is very common to experience a plateau after a few weeks. It is likely that you have lost a fair amount of weight during those first weeks. Much of this weight loss is from water. As the weeks go by, your body begins to hold onto some water. This can look like weight gain on the scale or at least no weight loss. After a few weeks, your weight should start to drop again.

Here are some tips for breaking through a weight-loss plateau and/or losing those last ten pounds:

- **Get the food records out again.** Record all those bites. Weigh and measure foods. It is possible that your portion sizes are getting larger.
- **Try to change your diet a little.** If you are eating three meals a day, try to eat six mini-meals. If you are on a low fat diet, try a lower carb diet for a few weeks. If you are eating late at night, try to stop eating at 7-8 p.m. If you are enjoying a glass of wine or two a day, try to cut out all alcohol for a few weeks. If you eat a light breakfast and a large dinner, try to reverse this.
- **Change your exercise program.** If you've stopped losing weight, it may be time to start exercising more or increasing your workout intensity. Try a new form of cardio, make some of your cardio sessions longer, or add in weight training if you are not already doing so. Increase the intensity of your cardiovascular or aerobic exercise by adding short bursts of higher-intensity movement, such as sprinting. These intervals should last 30 to 60 seconds and be followed by less intense exercise for two or three times the length of the burst. Start by adding one or two of these intervals to your routine, then increase the number as you improve your conditioning. You can also work out with a friend or a personal trainer. This may motivate you to pick up your pace.
- **Be patient!** Most plateaus will break.

## The Key to Keeping the Pounds Off

As many seasoned dieters know, losing weight is the easy part. It's keeping it off that's difficult. Unfortunately, most people who lose weight regain it.

Maintaining weight loss is difficult because it is hard to make permanent changes in behavior. It's easy to eat less and exercise more for a few days or a few weeks, but the key is making permanent changes.

Most of us will eventually stray from our diets. The key to keeping the weight off is not to beat yourself up after straying, but to understand why you strayed in the first place. Common causes of lapses include negative emotions, interpersonal conflict, or a change in routine. The trick is to catch the lapse before it causes you to fall back to all your old habits. Try to learn from it so it will not happen again.

While keeping the weight off can be difficult, it is far from impossible. The National Weight Control Registry has been tracking successful losers in hopes of learning how long-term weight loss is achieved. Today, there are 5,000 Americans listed in the registry. They have lost an average of 66 pounds and kept it off for 5.5 years. While the study has shown that there is no consensus on the best way to lose weight, it appears that most "successful losers" have four types of behavior in common:

1. Most "successful losers" eat a low-calorie (average 1400 calories a day) and low-fat diet (average 24% fat) to maintain weight regardless of what type of diet they consumed while losing the initial weight.
2. They weigh themselves frequently or keep a food journal (as long as 20 years after the weight loss)
3. They eat breakfast almost every day.
4. They exercise for about an hour a day, burning about 2,700 calories per week. That's about 12,000 steps or five to six miles a day of walking. Walking was the most popular form of exercise; 89% of registry participants used both diet and physical activity to lose weight. Only 10% used diet alone, and 1% used exercise alone.

# KEEP DIET COLORFUL WITH THIS GROCERY LIST

Bring this to the store and pick up at least 2 items from each color every week!



## Blue-purple

- black currants
- blackberries
- blueberries
- dried plums
- eggplant
- elderberries
- Plums
- purple peppers
- Purple figs
- Raisins
- red cabbage
- red grapes

## White-green

- bananas
- brown pears
- cauliflower
- chives
- dates
- garlic
- ginger
- leaks
- mushrooms
- onions
- parsnips
- potatoes
- scallions
- shallots
- turnips

## Yellow-green

- artichokes
- arugula
- asparagus
- avocados
- broccoli
- brussels sprouts
- cabbage
- celery
- cucumbers
- endive
- green apples
- green beans
- green cabbage
- green grapes
- green onions
- green pears
- green peppers
- honeydew melon
- kiwifruit
- leafy greens
- limes
- okra
- peas
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

## Yellow-orange

- apricots
- butternut squash
- cantaloupe
- carrots
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- papayas
- peaches
- pears
- persimmons
- pineapple
- pumpkin
- rutabagas
- squash
- sweet corn
- sweet potatoes
- tangerines
- yellow apples
- yellow peppers
- yellow summer or winter squash
- yellow tomatoes
- yellow watermelon

## Red

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- radishes
- raspberries
- red apples
- Red cabbage
- Red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelon

## The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

## Healthy reasons to eat a rainbow of colorful fruits and vegetables

**Red fruits and vegetables** are colored by natural plant pigments called "lycopene" or "anthocyanins." Lycopene in tomatoes, watermelon and pink grapefruit, for example, may help reduce risk of several types of cancer, especially prostate cancer. Lycopene in foods containing cooked tomatoes, such as spaghetti sauce, and a small amount of fat are absorbed better than lycopene from raw tomatoes.

Anthocyanins in strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants that protect cells from damage. Antioxidants are linked with keeping our hearts healthy, too.

**Orange/yellow fruits and vegetables** are usually colored by natural plant pigments called "carotenoids." Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Scientists have also reported that carotenoid-rich foods can help reduce risk of cancer, heart disease and can improve immune system function.

One study found that people who ate a diet high in carotenoid-rich vegetables were 43 percent less likely to develop age-related macular degeneration, an eye disorder common among the elderly, which can lead to blindness.

Carotenoids also may be good for your heart. One study found that men with high cholesterol who ate plenty of vegetables high in carotenoids had a 36 percent lower chance of heart attack and death than their counterparts who shunned vegetables.

Citrus fruits like oranges are not a good source of vitamin A. They are an excellent source of vitamin C and folate, a B vitamin that helps reduce risk of birth defects and helps keep our hearts healthy.

**Green fruits and vegetables** are colored by natural plant pigment called "chlorophyll." Some members of the green group, including spinach and other dark leafy greens, green peppers, peas, cucumber and celery, contain lutein. Lutein works with another chemical, zeaxanthin, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy. Together, these chemicals may help reduce risk of cataracts and age-related macular degeneration, which can lead to blindness if untreated.

The "indoles" in broccoli, cauliflower, cabbage and other cruciferous vegetables may help protect against some types of cancer. Leafy greens like spinach and broccoli are also excellent sources of folate, a B vitamin that helps reduce risk of birth defects and helps keep our hearts healthy.

**Blue/purple fruits and vegetables** are colored by natural plant pigments called "anthocyanins." Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease. Other studies have shown that eating more blueberries is linked with improved memory function and healthy aging.

**White fruits and vegetables** are colored by pigments called "anthoxanthins." They may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure and may help reduce risk of stomach cancer and heart disease. Some members of the white group, like bananas and potatoes, are good sources of the mineral potassium, too.





## 100 ways To Eat Healthier\*

Maintaining a healthy weight depends on achieving energy balance – balancing the amount of energy burned and the food consumed in your day. To stop weight gain, most Americans need to do just two simple things:

- ADD 2000 MORE STEPS EACH DAY
- EAT 100 FEWER CALORIES DAILY

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more!

Just make small changes each day and you'll see how easy it can be to achieve energy balance.

\* Tips are meant to help reduce daily caloric intake. No one tip, by itself, will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

### BREAKFAST

Give your day a healthy start with these breakfast tips:

1. Select nonfat or 1% milk instead of whole milk
2. Use a small glass for your juice and a small bowl for your cereal
3. Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll
4. Choose light yogurt made with no-calorie sweetener
5. Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
6. Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal
7. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
8. Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese

9. Substitute no-sugar-added jelly or jam for the sugar-rich varieties

10. Select lean ham or Canadian bacon in place of regular sausage or bacon

11. Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat

12. Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute

13. Make your sandwich with light, whole-wheat bread

### LUNCH/DINNER

Try these ideas for lighter lunches and downsized dinners:

14. Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat

15. Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese

16. Prepare tuna or chicken salad with fat-free mayonnaise

17. Grill your sandwich using nonstick cooking spray instead of butter

18. Stuff a pita pocket with more fresh vegetables, less meat and cheese

19. Pick waterpacked tuna instead of tuna packed in oil

20. Select a portion-controlled frozen entrée in place of a burger and fries

21. Trade regular butter for light whipped or low-calorie butter substitute

22. Make a pizza with half the cheese

23. Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size

24. Substitute fat-free sour cream in recipes

25. Choose 1% cottage cheese in place of regular

26. Skim the fat off soups, stews, and sauces before serving

27. Leave 3-4 bites on your plate





# 100 ways To Eat Healthier

**28.** Substitute 2 tablespoons reduced-calorie salad dressing for regular

**29.** Choose a low calorie frozen grilled sandwich or panini to replace a butter rich grilled cheese

**30.** Trim all fat from beef, pork, and chicken

**31.** Enjoy your salad without the croutons

**32.** Bake, broil, or grill chicken and fish rather than frying

**33.** Choose 3-4 ounce meat portions (the size of a deck of cards)

**34.** Remove the skin from chicken

**35.** Reduce cooked rice and pasta by 1/2 cup

**36.** Grill portabello mushrooms as a main or side dish in place of meat

**37.** Use 1 tablespoon less butter, margarine, or oil in your recipe

**38.** Reduce the amount of cheese in casseroles and appetizers

**39.** Season steamed vegetables with fresh lemon and herbs instead of butter

**40.** Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when stovetop cooking

**41.** Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing

**42.** Eat slowly to make your meal last and reduce your urge for second helpings

## DESSERTS

You don't have to eliminate desserts to cut 100 daily calories... instead, try these ideas:

**43.** Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion

**44.** Make your own root beer float with sugarfree root beer and sugar-free, fatfree ice cream

**45.** Freeze blended fresh fruit into a sorbet for a refreshing dessert

**46.** Leave the cone at the counter; have a single dip ice cream scoop in a cup

**47.** Choose your piece of sheet cake from the middle, where there's less icing

**48.** Top angel food cake with berries instead of icing or chocolate sauce

**49.** Cut a half slice of cake or pie

**50.** Dish up slow-churned reduced calorie ice cream in place of regular ice cream

**51.** Enjoy a dish of fresh fruit in season instead of custard or pudding

**52.** Choose apple, peach or blueberry over pecan or cream pie

**53.** Follow the low fat directions when preparing brownie, cake, and cookie mixes

**54.** Share your dessert with someone else

**55.** Select a cupcake rather than a standard slice of cake

**56.** Substitute half the oil in a recipe with applesauce when baking

## BEVERAGES

Try these lower calorie thirst quenchers:

**57.** Substitute diet soda for regular soda

**58.** Pay attention to serving sizes, some cans and bottles contain 2 or more servings

**59.** Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk

**60.** Quench your thirst with bottled water or diet iced tea instead of soda from the vending machine

**61.** Opt for the small or medium drink instead of large

**62.** Select nonfat (skim) or 1% milk instead of whole milk

**63.** Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup





# 100 ways To Eat Healthier

**64.** Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water

**65.** Drink light beer — limit yourself to 1 or 2 — instead of regular

**66.** Request diet mixers (cola, tonic water, ginger ale)

**67.** Choose no sugar added fruit Juices

**68.** Choose light beer or wine instead of frozen or fruit-based alcoholic drinks

**69.** Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup

## SNACKS

Curb your hunger with these healthy snack ideas:

**70.** Freeze grapes or watermelon wedges for a popsicle-like treat

**71.** Blend a smoothie made from no fat yogurt, skim milk and fresh fruit instead of ice cream

**72.** Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container

**73.** Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag

**74.** Try raw vegetables instead of tortilla chips with salsa

**75.** Try baked chips in place of the regular variety

**76.** Enjoy canned fruit packed in water or its natural juice instead of heavy syrup

**77.** Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball, or eat just half of a bigger piece of fruit

**78.** Replace cookies with cubed and whole fresh fruit kebobs

**79.** Be dip savvy: Dip apples in low-fat caramel, celery in fat-free cream cheese, carrots in fat-free ranch dressing and fruit in yogurt

**80.** Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit

**81.** Eat just 1 of the granola/snack bars in the package and share the other or save it for later

**82.** Have 1 less handful of mixed nuts

**83.** Satisfy your chocolate craving by opting for 1 small "fun size" candy bar

## DINING OUT

Whether you're whipping through the drive thru or going out for a special occasion, try these ideas for cutting calories when dining out:

**84.** Munch on a small bag of microwave popcorn with no added butter

**85.** In place of a chocolate bar select a sugar-free, fat-free chocolate pudding

**86.** Ask for the bread basket to be removed from the table as you sit down

**87.** Ask for a cup of soup rather than a bowl

**88.** Select minestrone or other broth-based soups over cream-based soups

**89.** Skip the super-size promotions

**90.** Order a vinaigrette dressing rather than a mayonnaise based dressing

**91.** Ask for croutons to be removed from your salad

**92.** Try a low calorie frozen pizza instead of your usual take-out

**93.** Substitute steamed vegetables for the potato, rice, or pasta side dish

**94.** Select an appetizer as your main dish; add soup, salad, or vegetable side dish

**95.** Skip the free chips with your sandwich or sub order

**96.** Ask for a half-portion or don't eat everything on your plate

**97.** Use fresh lemon to season fish instead of tartar sauce

**98.** Choose a side salad instead of fries when ordering fast food

**99.** Select grilled chicken in place of breaded and fried

**100.** Ask for sauce and salad dressing on the side; eat enough to enjoy the flavor, but leave most of it behind

# BREAKFAST: WHY IS IT SO IMPORTANT?

## Q. Why is breakfast the most important meal of the day?

**A.** A healthy breakfast refuels your body and replenishes your blood sugar (glucose), giving you the energy necessary to start a new day. In addition, a growing body of evidence indicates that breakfast is good for both your physical and mental health. Studies show that people who eat breakfast — especially a healthy breakfast — are more likely to:

- **Consume more vitamins and minerals and less fat and cholesterol during the day.** While the reason is unclear, one study claims that increasing daily eating frequency is associated with consuming more favorable nutrients and fewer less favorable nutrients, such as dietary cholesterol.
- **Have better concentration and be more productive throughout the morning.** Researchers believe this is due to replenishing glucose, the brain's main energy source.
- **Control their weight.** There are several theories behind the association between eating breakfast and controlling weight. Researchers speculate that eating breakfast may reduce hunger later in the day, or that it may cause eaters to choose less-dense foods at later meals. Eating breakfast regularly may simply be an indicator of someone who adopts a low-calorie, low-fat diet.
- **Have more strength and endurance.** People who eat breakfast — and thus have higher energy levels — may engage in more physical activity than may people who don't eat breakfast.
- **Have lower cholesterol, which reduces the risk of heart disease.** Research has shown that people who eat breakfast consume less dietary cholesterol than do people who don't eat breakfast.

While eating breakfast is important for all ages, breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

A healthy breakfast should consist of a variety of foods. To make a healthy breakfast each day, choose one item from at least three of the following four food groups:

- **Fruits and vegetables.** Consider fresh, whole fruits and vegetables, fruit or vegetable smoothies, or 100 percent juice without added sugar.
- **Grains.** Choose whole-grain rolls, bagels, hot or cold whole-grain cereals, or low-fat bran muffins.
- **Dairy.** Consider skim milk, low-fat yogurt cups or low-fat cheeses, such as cottage and natural cheeses.
- **Protein.** Choose hard-boiled eggs, peanut butter, lean slices of meat and poultry, or fish, such as water-packed tuna or slices of salmon.

## Q: How important is breakfast for weight control?

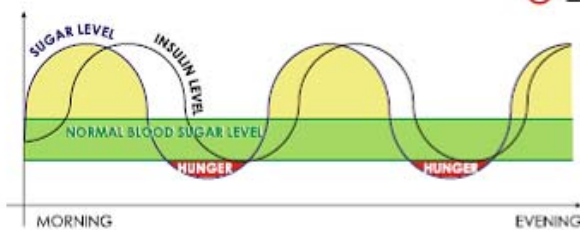
**A:** It might seem logical that skipping breakfast would mean fewer calories and easier weight control, but it doesn't seem to be true most of the time. Studies show that frequently skipping breakfast is linked with higher body mass index (BMI), a measure of overweight. Of course, it's possible that skipping breakfast doesn't cause overweight; perhaps this is how people who are already overweight try to lose weight. Research suggests that people who eat breakfast are less likely to snack impulsively later on, and tend to do less overeating



throughout the rest of the day. Some of the studies show that high-fat, high-calorie, meat-centered breakfasts are also linked with greater overweight. But a good breakfast will energize you, satisfy hunger through the morning, and provide antioxidant vitamins and phytochemicals that add up to help protect you against cancer and heart disease. Start the day with whole-grain bread or cereal, some fruit or vegetable, and a modest amount of protein. You can get protein from peanut butter on whole-grain toast, nuts added to cereal, low-fat cheese melted on an English muffin, yogurt, or milk, to name just a few options.

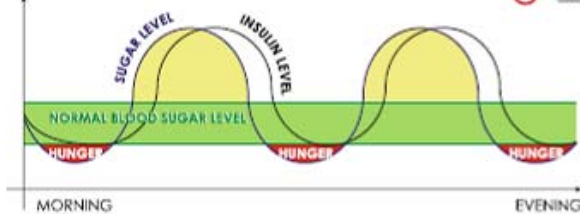
## HEALTHY BREAKFAST: FEEL GOOD AND CONTROL YOUR WEIGHT

### ⊗ Carbs-based breakfast



In the morning simple carbohydrates (*sugary refined cereals, white breads, toasts, etc*) cause an immediate surge of blood sugar level which results in a substantial emission of insulin. The insulin removes sugar from blood turning its excess into fat. The result is a decreased level of blood sugar, and thirst for more carbs. This cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

### ⊗ Skipping breakfast



When you skip breakfast, blood sugar drops below the normal level, you experience cravings and a drop of energy. You again revert to simple carbohydrates to achieve a quick surge of blood sugar and to overcome hunger and a drop of energy. Simple carbohydrates will cause an immediate surge of blood sugar level and a substantial insulin emission. The insulin removes sugar from blood turning its excess into fat. Then this cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

### ☑ Balanced protein-based breakfast



Such a breakfast supplies our body with all vital nutrients and energy without increasing blood sugar and insulin levels. It helps to avoid dependence on carbs during the day. In this way, appetite stays under control, cravings for carbs (*snacks, chocolate, pastry, junk, soft drinks, etc*) diminish and the body uses its own stored fats to get more energy.