



New Year, New You—The Best Diet for Your New Year

It's time to get rid of that excess weight that crept on through the holiday season. Start your year on the right foot. To lose weight and keep it off, it is important for you to find a personalized plan that is right for your medical history, preferences and lifestyle. Use these tips to get you started!

7 Tips to Lose Weight and Keep it Off

- 1. Keep a Food Log.** Studies show that if you write down what you eat you are more likely to be successful in losing weight and keeping it off. One study showed that people keeping a food log six days per week lost twice as much weight as those who kept a log one day or no days per week. You can even keep food logs on apps like My Fitness Pal or Lose It.
- 2. Fill up on fiber.** Fiber fills you. Aim for at least 25 grams per day. Meet this goal by consuming 3 vegetables, 2 fruits, beans, nuts, seeds, and make most of your grains whole!
- 3. Eat succulent foods.** Succulent foods contain at least 75% water by weight, which is great when it comes to filling you up. While plain water can move through you quickly, water found in food stays in your stomach and makes you feel fuller for longer, allowing you to eat less.
Best succulent foods = apples, oranges, berries, onions, spinach, cauliflower and mushrooms.
- 4. Indulge daily!** Research shows that allowing yourself a portion controlled treat with less than 150 calories per day helps you stick to your diet.
- 5. Use smaller plates.** Using smaller plates is a visual weight loss tool that can help you feel more satisfied with less food. It also helps to eat more slowly. It takes 20 minutes for your stomach to have a conversation with your brain and tell it that you are full!
- 6. Reward yourself.** Reward your successes with non-food related treats to motivate you to stay on track.
- 7. Stick to it.** It takes 21 days for a new activity to become a habit and 6 months for it to become part of your personality. Stick to your plan and be as consistent as possible if you want the results to last!

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



Roasted Brussels Sprouts

Ingredients:

- 1 1/2 pounds Brussels Sprouts
- 3 Tbsp. olive oil
- 3/4 tsp. kosher salt
- 1/2 tsp. freshly ground pepper

Instructions:

Preheat oven to 400 degrees F. Cut off brown ends of sprouts and pull off any yellow outer leaves. Mix them in a bowl with oil, salt and pepper. Pour them on a sheet pan and roast for 35-40 minutes, until crisp on outside and tender on inside. Shake pan from time to time to brown evenly. Sprinkle more kosher salt (optional). Serve immediately.

Adapted from Food Network

Our Nutritionists

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