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## 'Fall' into New Habits

- Set small goals, and make them fun! The more difficult and time consuming the activity, the less likely you will do it.
- Take advantage of the crisp air and incorporate a run, walk or hike into your weekly routine.
- With summer ending and a more regular schedule, fit in a nutritious breakfast to get the morning started. Try: **Greek yogurt with 1 small apple (sliced), 4-8 walnut halves, and a touch of cinnamon.**
- Favorite TV show premiering for the season? Make a weekly date with the elliptical, bike, or treadmill instead of watching it from the couch.
- Stock up on delicious, seasonal ingredients to incorporate as snacks and in side dishes: **apples, Brussels sprouts, pears, cauliflower, squash, pumpkin, turnips, pomegranates, parsnips, kiwi, grapefruit, & tangerines.**

## Crowd-Pleasing, Nutritious Thanksgiving Swaps

### Instead of...

**Deep fried turkey or dark turkey meat with skin**

**Green bean casserole** (loaded with high-calorie cream)

**Sweet potato pie** (made with sugar, marshmallows, butter)

**Creamy soup** (high in saturated fat)

**Pecan pie** (very high in calories)

### Try this instead...

Skinless breast meat (saves ~50-100 calories, 8 g fat)

Sautéed green beans with a touch of butter/olive oil, sliced almonds or caramelized shallots

Roasted sweet potatoes or squash. Try adding herbs or a dab of honey

Pureed vegetable soup: 1 Tbsp olive oil + onion/shallot/leek + any vegetable (carrot, butternut squash, zucchini, cauliflower, celery root, e.g.) + herbs/spices + water → PUREE!

Sliver of pumpkin or apple pie



## Ask the dietitian!



*"I've heard that consuming artificial sweeteners can make me gain weight because they are less satisfying than sugar, and thus may increase my appetite. Is this true?"*

The role of nonnutritive sweeteners in the management of obesity is controversial. Saccharine, aspartame, acesulfame-K, stevia, luohanguo extract (monk fruit), neotame, and sucralose are approved by the FDA for consumption. These sweeteners provide little to no calories and are many times sweeter than sugar, so smaller amounts are needed. Human studies have found that **consuming nonnutritive sweeteners in place of sugars reduces short-term calorie intake and body weight**, and there is no indication in humans that they increase appetite. However, questions remain about their effectiveness as a weight management strategy. **My opinion?** Focus on your diet as a whole. Emphasize fruits, vegetables, whole grains, lean proteins, low-fat dairy and healthy fats. Limit added sugars to <100 calories (~6tsp)/day for women and <150 calories (~9tsp)/day for men.



## Trying to Kick Start Weight Loss? Start a Food Journal

*Keeping track of daily food and calorie intake is one of the most effective ways to change behavior. Logging in a notebook, on the computer, or with a mobile application makes us more conscious of our eating habits. In a 2012 study, women most adherent to tracking their daily intake lost an average of 13% of their weight, compared with 8% for those who did not log consistently.*

### Tips for starting a food journal:

- Choose a method that works best for you. Prefer to keep a notepad in your bag? Is a mobile app most convenient?
- Be honest with yourself and take a nonjudgmental stance.
- Be consistent. Try logging for at least a week and try not to skip meals, snacks, drinks or full days.
- Recruit a friend! Some apps allow you to connect with friends, making the weight loss journey more fun and supportive.
- Start weighing and measuring your foods. While it may seem burdensome at the start, that heaping cup of cereal may be two more servings than you originally thought. Soon you'll get better at estimating.
- Also jot down any physical symptoms, emotions, and level of hunger/fullness and satisfaction.



Call us for more information about scheduling an individual visit with one of our endocrinologists or dietitian, joining our 12-week weight control group, or learning about our meal replacement program.

Columbia University Weight Control Center · 212.305.5568 · 161 Fort Washington Ave, 5<sup>th</sup> floor, room 512