

The Weight Control Center Newsletter



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Jump start your **Fall** exercise routine

Over time, boredom with your current activity program may cause you to slip into old habits. One way to prevent this is to add something new. If you've been focusing on aerobic exercise (e.g. walking, bicycling, swimming), consider adding a strength-training program. Increased muscle mass helps protect your body from injury, increases bone strength and makes it easier for your body to burn calories and thus manage weight.

How often should you strength train? Try to exercise each muscle group at least twice per week with at least two days of rest between workouts.

How do I begin? Now that cooler weather is approaching, it's a great time to join a gym and try new classes. Alternatively, purchase light weights and resistance bands for home or try using your own body weight as resistance (e.g. push-ups, squats, sit-ups) while following at-home exercise videos. Recruit a workout buddy to help motivate!



Don't forget about flexibility (e.g. stretching) and balance (e.g. yoga) for optimal health. And lastly, remember to always consult with your doctor before starting a new program. You may also want to meet with a fitness professional to demonstrate safe, effective and fun ways for you to exercise.



Ask the dietitian!



"Should I incorporate meal replacements into my eating plan to help with weight loss?"

Weight loss involves creating a calorie deficit, i.e. taking in fewer calories than you burn. One simple way to help reduce calories is to use a "meal replacement," which is often in the form of a shake or a bar and can take the place of an entire meal or snack. Benefits include: (1) easier weight loss since it contains a fixed amount of calories and helps people feel satisfied, (2) nutritional balance (as it contains complete nutrition and is fortified with vitamins and minerals), (3) reduced preparation time, (4) usually costs less than actual meals, (5) decreased exposure to foods that may tempt overeating, and (6) easy to self-monitor. Despite these benefits, meal replacements are not for everyone. You may decide following a healthful, calorie-controlled eating plan is just as easy and is more enjoyable. Questions on how to incorporate meal replacements into your lifestyle? Meet with one of our providers to individualize a plan that works for you. Typically, replacing just one meal a day is acceptable, however if you'd like to follow a more structured plan, discuss with a weight-management expert to ensure you are meeting your nutrient needs and losing weight safely.

Whole grains for health

We have all heard that whole grains should be part of a healthful diet, but what exactly are "whole grains?" **Whole grains consist of the intact grain kernel: the starchy endosperm, germ, and bran.** Refined grains, on the other hand, have been processed so that only the starchy endosperm remains, removing fiber, iron and other nutrients. Nutrient-dense whole grains include barley, buckwheat, bulgur, corn, farro, millet, oats, quinoa, brown or wild rice, rye, spelt, and whole wheat. So, why are they important for health? They are a good source of nutrients, including fiber, iron, zinc, manganese, folate, magnesium, copper, thiamin, niacin, vitamin B6, phosphorus, selenium, riboflavin, and vitamin A. Fiber is key for weight loss because it helps keep you full and doesn't cause as much of a blood-sugar increase. TIP: a food is 100% whole grain if the only grains it contains are whole grains. Try making at least half of your grains whole grain!



Short on time this fall? Try this WCC-approved, easy slow cooker recipe

Quinoa Pumpkin Chicken Chile

Prep time: 5-10 minutes; Cooking time: 5 hours; Servings: 6-8

Ingredients:

3 chicken breasts, boneless/skinless
1 cup of quinoa (uncooked, rinsed)
One 14 oz can diced tomatoes with green chilies
One 28 oz can crushed tomatoes
One 15 oz can black beans (drained)
One 15 oz can corn (drained)
One 15 oz can pumpkin puree
3 cups low-sodium chicken stock
2 tsp cumin
2 tsp chili powder
1 tsp garlic powder
1 tsp salt
¼ tsp cayenne pepper (if desired)
Optional toppings: avocado, low-fat Greek yogurt, cilantro, jalapeno



Directions:

Place all ingredients in the slow cooker and mix. Cook for 4-5 hours on high (or 6-8 hours on low). Chili is ready when it is thick. Remove chicken to shred, then return and combine. Adjust seasonings as desired and distribute into bowls. Optional: top with sliced avocado, yogurt, cilantro or jalapenos.

Call us for more information about scheduling a visit with one of our providers, joining our 12-week weight control group, learning about our meal replacement program, or getting involved in research.

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