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## Tips for Maintaining your Weight Loss

Maintaining your weight after a successful weight loss can be daunting, but with behavior changes, healthy habits and plenty of support, it is far from impossible! Here are some of our top tips:

**Get Active.** Find an exercise routine you enjoy, and make it a priority. Start with small, attainable goals such as briskly walking 15 minutes 5 days a week, and work your way up to 150 minutes of moderate-intensity aerobic activity a week. Eventually aim for 60 minutes 5 days per week for a total of 300 minutes per week.

**Start journaling.** Research consistently shows the benefit of regular food logging to maintain your healthy eating habits.

**Find support.** Recruit family and friends to support your healthy lifestyle. You can also continue with your weight control program during maintenance. A recent study showed that intervention after weight loss slowed weight regain.

**Check in.** Weighing yourself regularly can help you stay on track.

**Choose fiber.** Fiber helps you feel full, so you're less likely to overeat. Sources include vegetables, fruits, whole grains, legumes, and nuts.

**Be mindful.** Determine your desire to maintain your weight, and think about what motivates you to be your healthiest.



## The Power of Pulses

**What are "pulses?"** Pulses are the edible seeds of plants in the legume family – they include **beans, peas and lentils**.

**Nutrition benefits:** Pulses provide protein, fiber and several vitamins and minerals such as iron, zinc, folate and magnesium.

They have a low glycemic index (i.e. they cause a lower and slower rise in blood glucose) and can increase feelings of fullness. The fiber in pulses helps manage weight, control blood sugar levels, and aid in digestion. Including pulses in a heart-healthy diet can **help reduce elevated blood cholesterol and blood pressure**.

**How can pulses help me lose weight?** Eating pulses can help prevent weight gain and may also be an effective strategy to maintain a weight loss, likely attributable to their satiating properties. **Try for one ½ cup serving daily.**

**In your diet:** Add black beans to an omelet, add chickpeas or cooked lentils into a salad, enjoy minestrone, split pea or lentil soup, dip vegetables into hummus or white bean dip, spread hummus on your salad or sandwich instead of a creamy, high-fat condiment, add pulses to quinoa or brown rice, add black or pinto beans to a taco salad, or enjoy a hearty bowl of three-bean chili.



## Ask the Dietitian!



**"How is it possible for my weight to fluctuate so much?"**



Many factors contribute to your weight, so try not to get preoccupied with the daily changes. Daily water fluctuations are one of the main reasons your weight can change so much. Carbohydrate intake (breads, starches, grains/cereals, fruits, starchy vegetables, beans, milk, and added sugars) can also affect your weight since stored carbohydrates hold water. This is the reason why low carb diets often produce a quick weight loss in the early days. Other contributors include sodium intake, bowel habits, and dehydration.

**MY ADVICE:** Weigh yourself regularly (in the AM) but expect minor fluctuations. Look at the big picture! If you notice an upward trend, re-evaluate your intake and think about where any extra calories may have snuck in. Even cutting 50-100 calories/day (e.g. switching from a creamy vinaigrette to balsamic vinegar) can make a difference in the long run.

## Include pulses in a balanced dinner meal: *Salmon with Chickpeas*

### Ingredients

- 1 Tbsp olive oil
- 1 small onion, chopped
- 1 large carrot, peeled & diced
- 1 large zucchini, diced
- 2 cloves garlic, minced
- 2 Tbsp tomato paste
- 4 cups low-sodium chicken broth
- One 15.5 oz can low sodium chickpeas, drained and rinsed
- 1 cup basil leaves, sliced into ribbons
- ½ tsp salt
- ½ tsp freshly ground black pepper
- Four 6 oz skinless salmon filets



### Directions

Heat oil in a large skillet over medium-high heat, add the onion and cook until soft and translucent, about 3 min. Add the carrot, zucchini, and garlic and cook, stirring, until the carrots are firm-tender, 4 to 5 min. Add tomato paste, stirring to incorporate. Add chicken broth and chickpeas and bring to a boil. Reduce heat to low and cook, covered, until the liquid thickens slightly, 8 to 10 min.

Remove skillet from heat, add 1 cup of the basil and 1/4 teaspoon each of salt and pepper. Stir to incorporate. Cover to keep warm.

Preheat the broiler. Season the salmon with 1/4 teaspoon each of salt and pepper. Broil the salmon for 8 to 10 min per inch thickness, turning once. To serve, spoon 1-1/2 cups of the chickpea mixture into a rimmed plate. Top with a fillet of salmon and garnish with basil. Makes 4 servings.

Adapted from Ellie Krieger

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.

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