

Spring clean your eating & fitness habits

Quit these winter habits

Sedentary lunch hour and evenings



Create healthier, sustainable patterns this spring

Recruit a coworker for a mid-day walk. Any period of at least ten minutes counts toward your daily activity goal. No time during lunch? Walk your dog or join a friend for an after-work stroll now that it's staying lighter later. **Remember to aim for 150 min/week of moderate-intensity exercise.**

Heavy stews and creamy soups



Begin dinner with a refreshing herb salad. Or experiment with a **chilled zucchini soup**: Steam 2 lb zucchini. Puree with $\frac{3}{4}$ tsp salt and reserved steaming water. Scrape into bowl and whisk in 3 cups plain low-fat yogurt, 3 Tbsp chopped mint, ground pepper, 2 Tbsp lemon juice. Chill, then strain soup through strainer into a bowl. (Serves 4-6, adapted from the NY Times).

Hot chocolate and White Mocha Lattes



To hydrate, explore calorie-free, flavored still and sparkling water options. For a snack, create a refreshing smoothie with 1 cup berries, 1 Tbsp chia seeds, 1 cup crushed ice, 3-6 oz low-fat Greek yogurt.

Spotlight on asparagus



Spring is the best season to enjoy this delicious, nutritious and versatile vegetable.

What are its nutritional benefits? Asparagus is an excellent source of vitamin K, folate, copper, vitamin B1, selenium, vitamin B2, vitamin C and vitamin E. It also contains fiber, which aids in fullness and bowel regularity. A cup of this green vegetable only contains 30 calories!

Buying and storing tips: You may find asparagus in green, white or purple varieties. Stalks should be round, and stems should be firm and thin with closed tips. Enjoy within a day or two of purchasing for the freshest asparagus. If storing, consider trimming the stalks and placing them in a glass with a small amount of water. Cover loosely with a plastic bag and place in the refrigerator, changing water daily.

How to prepare it: Asparagus can be steamed, oven-roasted, blanched, sautéed, or grilled. Trim the woody ends of the stalks prior to cooking. If asparagus is thick, you can peel the stalks with a vegetable peeler.

How to enjoy it: Add to pasta, salads, omelets, or enjoy as a flavorful side dish with lean protein and whole grains.



Ask the Dietitian!



"I've heard that weight maintenance is the hardest part of the weight-management process. If so, how can I ensure I maintain the weight I have lost?"

When one loses weight, the body may adapt by decreasing metabolism. Weight-regulation mechanisms kick in that affect appetite: ghrelin, the "hunger" hormone, increases, and leptin decreases, together causing an increase in hunger.

To combat these mechanisms and keep motivation high:

- Focus on the positive changes you've made and the healthier ways you have been caring for yourself.
- Increase physical activity and consider adding strength training to your exercise regimen. Once you are in the weight-maintenance phase, strive for 300 min/week of moderate-intensity exercise.
- Consider reasons for increases in weight and renew your self-care habits. Have a comeback plan in place.
- Resume self-monitoring (weighing and tracking intake)
- Reach out for support from your weight-management program or family and friends.

Recipe for a spring weeknight: Whole Wheat Pesto Pasta with Asparagus and Shrimp

Time: 25 min

Yield: 4 servings

Ingredients

Basil, fresh, 3 cups
Pine nuts, toasted, 2 Tbsp
Garlic clove, 1
Plain low-fat Greek yogurt, $\frac{1}{2}$ cup
Parmesan, grated, 2 Tbsp
Olive oil, 2 Tbsp + 1 Tbsp
Whole wheat spaghetti, 12 oz
Asparagus, chopped, steamed, 1 lb
Shrimp, 8 oz



✓ Easy
✓ Healthy

Directions

Combine 3 cups basil, 2 tablespoons toasted pine nuts and 1 garlic clove in a food processor or blender. Add $\frac{1}{2}$ cup plain Greek yogurt, 2 tablespoons grated Parmesan, 2 Tbsp olive oil; pulse until smooth. Cook 12 ounces whole wheat spaghetti; reserve $\frac{1}{2}$ cup cooking water. Toss the pasta with the pesto, 1 pound steamed chopped asparagus, 8 ounces sautéed shrimp (with 1 Tbsp olive oil) and the reserved cooking water.

Adapted from the Food Network

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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