

Director: Judith Korner, MD, PhD · Tirissa Reid, MD · Jamie Mullally, MD · Jamie Leskowitz, MS, RD, CDE

## Save 100+ calories while satisfying your summer sweet tooth

**Steer clear of:**

Pina Colada  
(250 – 400 cal)



Strawberry  
Daiquiri (250 cal)

Ice cream sundae  
(300 – 1000 cal)



Frozen Snickers  
bar (180 cal, 6 g  
saturated fat)

Peach cobbler  
(250 – 500 cal)



**Instead, go for:**

**Pineapple banana coconut smoothie:** Blend ½ c diced pineapple, ½ banana and 2 oz unsweetened almond/coconut milk until smooth; ~100 cal

**Strawberry basil smoothie:** Blend 1 c frozen strawberries, 1.25 c unsweetened almond milk, 1 Tbsp chia seeds, 3 basil leaves until smooth; ~160 cal

**Chocolate chip mint banana ice cream:** Add 2 frozen sliced bananas, ¼ c chopped fresh mint, ¼ c dark choc chips to food processor, blend for approx. 3-5 min; makes 2 servings, each ~200 cal

**Chocolate PB smoothie:** Blend ½-1 c unsweetened almond milk, 2 Tbsp powdered peanut butter, 1 Tbsp dark chocolate chips, ½ banana, 6 ice cubes; ~150 cal

**Peaches & cream smoothie:** Blend 1 c frozen peach slices, 1 c unsweetened coconut milk, ½ c water, 1 tsp vanilla, ice; makes 2 servings, each ~60 cal



## Ask the Dietitian!



### "Is coconut oil good for my health?"



Coconut oil has been getting positive press over the past few years, leading 72% of Americans to view coconut oil as a "healthy food." However, coconut oil is higher in saturated fat, the type of fat that is typically solid at room temperature and less heart healthy. Saturated fat is also found in fatty meats, poultry with skin, cream, butter, cheese and dairy.

Last month the American Heart Association (AHA) released an advisory on dietary fats and cardiovascular disease (CVD). **The consensus? Lowered intake of saturated fat and replacing it with polyunsaturated oils reduced CVD by ~30%.** A review looked at 7 controlled trials comparing coconut oil with monounsaturated or polyunsaturated oils (e.g. olive, sunflower, safflower, canola oils). Coconut oil raised LDL cholesterol (the "bad cholesterol") in all 7 trials. **Therefore, the AHA advises against the use of coconut oil.**

## Not enough time to exercise? Give High-Intensity Interval Training (HIIT) a try

**What is HIIT?** HIIT involves a combination of high-intensity movement and recovery periods, i.e. short bursts of strenuous exercise. The intense activity ranges from 5-8 minutes and is performed at 80-95% of your max heart rate. The recovery session may last just as long and is performed at 40-50% of your max heart rate. Typically these repeated bouts total 20-60 minutes.

**How do I incorporate HIIT?** HIIT can be performed while walking, swimming, cycling, elliptical cross-training, or even in group classes. **It offers similar benefits as continuous endurance exercise but in less time**, and can be modified for individuals of all fitness levels.

### The best part?

- It's ideal for those with busy schedules, and no equipment is needed
- You can try it with any aerobic activity of your choice
- It can be a fun way to work out
- You don't need a heart rate monitor – use your body as a guide to create appropriate intensity levels

**Only have 10 minutes?** Try this: warm up for 2 minutes, sprint for 20 seconds, jog slowly for 2 minutes, sprint for 20 seconds, jog slowly for 2 minutes, sprint for 20 seconds, cool down for 3 minutes.

**Any downside?** It's challenging! Before beginning any new exercise program, consult your doctor and create a program that is comfortable and fun for you!

## Quick, refreshing summer dinner: Fish Tacos with Watermelon Slaw

### Ingredients

4 cups diced seedless watermelon  
½ red onion, finely diced  
½ cup chopped cilantro  
Juice of 2 limes, plus lime wedges  
1 jalapeno pepper, seeded and diced  
1 Tbsp plus 2 tsp olive oil  
Kosher salt  
1 lb skinless fish of choice (wild striped bass, tilapia, mahi mahi, swordfish, salmon, shrimp, halibut)  
1 tsp chili powder  
1 romaine lettuce heart, sliced  
8 corn tortillas  
1 avocado, sliced



### Directions

Combine watermelon, onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and ½ teaspoon salt. Set watermelon salsa aside.

Preheat grill to high. Sprinkle fish on both sides with chile powder and ½ teaspoon salt; add remaining 2 teaspoons olive oil to both sides. Add fish to the grill and cook through, 4 to 5 minutes per side. Remove fish from the grill and break into bite-size pieces.

Toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and salt to taste. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado slices and lettuce. Garnish with lime wedges. Makes 4 servings.

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.

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