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Set yourself up for success this summer



Many of us are aware of *what* we should be doing to feel our healthiest and manage weight, but often *putting it into practice* is the challenging part. Balancing a busy work schedule and personal life can be hard enough; adding food shopping, meal prep and physical activity to the routine can feel daunting. Here are a few tips to get started:

- 1. Think about your week ahead.** Some people are “planners” and can easily create a weekly meal plan and shopping list. If this feels overwhelming or if your schedule is less predictable, don’t fret! Instead, simply think about what your week looks like. Which meals may you eat at home? Do you have any lunch meetings or dinner events? Will you need to pack any lunches or snacks? For whom do you need to prepare meals? Jot down some notes and keep these questions in mind while food shopping. It’s okay if things don’t go exactly as planned, but the more prepared you feel, the more you’ll feel in control of your food choices.
- 2. Stock your kitchen with staples.** Think about your kitchen staples in terms of categories. When you’re building your balanced meals, ask yourself: which lean proteins, whole grains, fruits, vegetables, and healthy fats will I need? Once you have options from each category, you can mix and match during the week. For example: if you make 1 cup (dry) quinoa, try ½ cup (cooked) portions throughout the week – perhaps one night mix it with black beans, pulled chicken, tomatoes and cilantro, the next night have it as a side dish with your salmon, and the following day add it to your lunch salad. **TIP:** Buy frozen foods (e.g. fruits, vegetables, salmon, shrimp, chicken breasts, etc.) to feel prepared without worrying about waste. You can quickly steam vegetables in the microwave and defrost your lean protein prior to the meal or, preferably, the night before.
- 3. Add physical activity to your calendar.** It’s easy to tell yourself, “I will exercise three times this week.” Then, before you know it, three days without activity have gone by and you’re feeling stressed about meeting your goal. If you put activity on your calendar, just as you would with a work meeting or doctor appointment, it’s more likely to get done. Even better – if you’re a morning person, get active first thing in the morning so it’s done before you even start your day.



Ask the dietitian!



“What is the truth about ‘clean eating’ programs? Should I be following one?”

It seems like everyone these days is talking about how to “eat clean.” While I don’t love the term itself, I do like the idea of eating more whole foods and fewer processed, “empty” calories. Weight loss requires a reduction in calories, so feeling full on fewer calories will help you reach your goal. Aim for well-balanced meals and snacks to provide nutrients and satiety. Packaged foods can be okay, but always look at the ingredient list first. Try your best to limit distractions while eating to be present, enjoy your food and monitor portions. And while cooking your own meals is ideal so you know what you’re eating, use your best judgment when choosing restaurant meals. **The bottom line?** Indulging (mindfully!) is of course not off limits, but opt for real foods (e.g. fruits, vegetables, whole grains, legumes, nuts, lean proteins, low-fat dairy, healthy oils) more often to feel your best and help manage weight.

Summer spotlight: **p e a c h e s**

Peaches are one of our favorite summer fruits. Not only are they sweet and nutritious (1 medium peach has 60 cals, 2 g. fiber, and is a good source of vitamins A & C), they are also quite versatile. Here are some of our favorite ways to enjoy them:



- **Grilled** (try topping with yogurt and a mint sprig)
- Incorporated into a **salad** with whole-wheat couscous, arugula, tomatoes, olive oil and vinegar
- Added to **salsa**: try 2 Tbsp. chopped red onion, 1 Tbsp. chopped basil, 1.5 tsp. chopped mint, 1.5 tsp. lime juice, 2 peaches (chopped), 1 minced jalapeño
- Blended into a **smoothie**: try 1 c. frozen peaches, ½ banana, ½ c. nonfat plain yogurt, 1 Tbsp. ground flaxseed, ~ ½-1 c. nonfat milk / milk alternative)
- Sliced **atop a whole wheat waffle** with 2 Tbsp. chopped pecans and a dash of cinnamon
- **Eaten as is!** Pair with a lean protein or healthy fat such as 2 Tbsp. nuts for a more satisfying snack

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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