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2014 Resolutions: Keep up with the Eating Recommendations

If you're included in the vast majority of Americans who don't meet the Dietary Guidelines, this article is intended to inform you of the targets and get you close to hitting them with tips that are simple and hopefully delicious.

Why follow these tips? Tweaking your diet to include more foods that **contain the nutrients your body needs to age gracefully by preventing and improving health conditions** will still leave room for indulgences you aren't ready to give up!

Legumes (≥1 ½ cups per week) Execute it :

1. Instead of mayo, dips or salad dressing, add 2-3 tbsp hummus to sandwiches, burgers, baked potatoes, salads and veggies.
2. Add ½ cup chickpeas, kidney beans, Great White Northern beans or black beans to your salad to up your protein and fiber!
3. Instead of rice or other starches, heat black beans with garlic and onions and serve as a side dish.

Fruits and Vegetables (≥2 ½ cups per day) Achieve this:

1. Include a fruit at breakfast. For example, 8 frozen strawberries thawed in oatmeal, a banana or grapes in cereal, an apple on the way to work or cottage cheese and fruit cup at your desk.
2. Make fruits or veggies part of your mid-afternoon snack. Pair with a string cheese, yogurt, nuts, or even enjoy them alone. It takes the edge off hunger in addition to providing phytonutrients we can't get from a pill!



Between 80-99% of people aren't meeting the Dietary Guidelines . This article is here to help.

3. Add ½ cup vegetables per serving to pasta, lasagnas, casseroles or rice. Chop up finely for those who are veggie-phobic. Frozen broccoli, spinach or artichokes are delicious in pasta. Snow peas, mushrooms, snap peas and carrots taste great with rice and other grains. Fresh spinach or kale wilts down when cooked, which makes either an easy addition to lasagnas or casseroles. Sauté or steam with garlic and lemon to mask bitterness.

Calcium Sources (3 servings per day) Achieve this by:

1. Instead of coffee, order a skim latte. If aiming to lose weight, keep it to a small or tall.
2. Include yogurt or string cheese at 1 snack and at lunchtime or add low fat cheese to your sandwich or salad. Feta cheese and soft goat cheese are lower in calories and fat compared to hard cheeses.
3. Enjoy canned salmon with bones or sardines.

Whole Grains (6 servings per day) Remember ½ cup grains, 1 cup cereal or 1 slice bread is 1 serving. Accomplish this by:

1. Snack on a 100 calorie bag of popcorn.
2. If whole wheat (WW) bread is too dry or bitter, try WW English muffins and Arnold's Sandwich Thins.

Activity in Inclement Weather

Do you want to increase your activity, but feel thwarted by the weather? There are 2 options: indoor activities and outdoor activities. May sound obvious, but how we prepare for them makes a difference.

Indoor-Take breaks during the day to go for a 10min walk around the hallways. Find the stairwell and walk up 1 flight, then down to the bottom. Increase your flights up as your fitness improves. Your productivity and problem solving abilities may improve too! Walk purposefully in the mall, take a friend or talk on your mobile.

Outdoor-Proper gear & good balance help. Go to a sporting goods store for shoes with slip-resistant traction and high-tech gear that is warm yet lightweight. Increase your cold tolerance by walking outside for 5-10 minutes longer, which can be done getting off a stop earlier or parking a little farther away. Take Pilates or other core-based classes to improve balance before you hit the outdoors in slippery weather. There's always next year. It makes a great goal to aim for!

Keep in mind: 10 minute increments of continuous activity are effective in achieving cardiovascular gains. Aim for 2-6 bouts/day.

Heavenly Whole Grains



Aiming for ½ of starch intake from whole grains or whole wheat will increase fiber, iron, magnesium, B -vitamins & selenium. Get your vital nutrients for better health!

Mediterranean pizza-On a **whole wheat** or **flax wrap**, spread hummus, top with roasted red peppers and/or artichokes (found in a jar or can in-its-own liquid) and top with 2 tbsp reduced fat shredded cheddar. Broil on high in oven or toaster oven for a few minutes.

Cheese and Crackers- Pair **Ryvita** or **Wasa crisp breads** or **whole wheat Triscuits** (Try: Trader Joe's or 365 Whole Foods brands have less additives) with ½ oz each low fat goat cheese and ½ oz feta or 1 string cheese.

Baked Breaded Chicken Breasts: Buy **oat flour** or grind **oatmeal** in the blender. Dip chicken in egg whites, then dredge in 1/3 cup oat flour, spices and 4-tbsp ground flaxseed meal. Bake at 425°F for 20 minutes.

Call us for more information about our weight control group sessions or to schedule an individual appointment with one of our endocrinologists or dietitian.

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