

With each New Year comes a host of resolutions, and for many these resolutions involve how, what or where you eat. Not a year goes by that proclamations such as “I’m reducing sweets” or “I’m going to lose weight” are not in the host of promises made . . . and often quickly broken. This month consider your resolutions and if they involve making changes in your eating patterns, use our tips to guide your choices.

The most important point to consider when making New Year’s resolutions is to decide if you truly are willing to make the effort to kick a bad habit or start a healthy one. Making a decision to change just because it’s New Year’s Day isn’t enough to keep you motivated for long. Lasting change means being prepared to make sacrifices.

Once you have decided you are ready to make that New Year’s resolution and stick to it, you need to develop a plan of action and make that plan a priority. If you wish to change something about your diet, such as increasing your fruit and vegetable intake, start by just adding 1-2 serving per day. Notice all your choices of fresh produce in your Bon Appétit café each day, and work your way up as you get comfortable.

When the going gets tough some people just give up. But to keep your resolutions on track consider these tips:

- ✓ Form a support system of friends and family, who will cheer you on and also challenge you to stick to your goals.
- ✓ Make a list of the benefits of changing and put it someplace where you will see it every day.
- ✓ Pay attention to your thinking and try to counter negative ideas like “I’ll never succeed” with positive thoughts, like “Today, I made some progress.”
- ✓ Surround yourself with people and situations that encourage your good habits. Join a support group, get an exercise partner, or spend more time with friends who don’t smoke.
- ✓ Have a contingency plan for when you are tempted — if you want to nibble, go for a walk instead, call a friend or adjust something in your meal plan to allow for this food.
- ✓ Give yourself rewards and pats on the back for your progress no matter how big or small. Change is difficult so give yourself time.

Healthy Lifestyle Tips

for losing weight and keeping it off

While eating fewer calories than what you expend is the basic component of weight management, it is important to consider the overall approach if you do decide to reduce your weight. First, consider the information in Bon Appétit’s September brochure on Nutrition and Your Weight. This information can help you assess current body weight as well as determine your individual energy needs.

The basics are still common sense, moderation and balance when it comes to your foods. Successful weight loss is accomplished by making positive changes to both eating habits and physical activity patterns.

Get moving!

To establish a habit of regular physical activity, make simple, small changes. Try getting 30 minutes of physical activity most days of the week. Try a variety of different activities to ward off boredom.

- ✓ Instead of meeting a friend for lunch, meet for a walk.
- ✓ Wash your car by hand instead of using the car wash.
- ✓ Ride your bike, walk to class or take a walk for a study break.

Eat a wide variety of foods

Variety is the spice of life! Eating a variety of foods helps provide vitamins, minerals, fiber, and phytochemicals, all of which may help reduce chronic disease risk. You don’t need to give up favorite foods when trying to maintain or lose weight. Your Bon Appétit café offers a wide variety of fresh foods each day . . . so eat from a variety of foods each day.

Tailor portion sizes

An important part of healthful eating is monitoring portion sizes. This can be especially challenging when eating in restaurants. When eating out, divide the meal and take half home for the next day, split a meal with a friend, or order an appetizer as your main course. When serving yourself, go light on richer foods and fill up on fruits, vegetables, whole grains and lean meats.

Facts, Fads & Nutrition for the New Year

1. French SA, Jeffery RW, Murray D. Is dieting good for you? Prevalence, duration and associated weight and behavior changes for specific weight loss strategies over four years in US adults. *Int J Obes Relat Metab Disord.* 1999; 23: 320-7.
2. Schaefer EJ, Lichtenstein AH, Lamon-Fava S, et al. Body weight and low-density lipoprotein cholesterol changes after consumption of a low-fat ad libitum diet. *JAMA.* 1995; 274:1450-5.
3. Schlundt DG, Jill JO, Pope-Cardle J, Arnold D, Vitrs KL, Katahn M. Randomized evaluation of a low fat ad libitum carbohydrate diet for weight reduction. *In J Obes Relat Metab Disord.* 1993;17:623-9.
4. Alford BB, Blankenship AC, Hagen, RD. The effects of variations in carbohydrate, protein, and fat content of the diet upon weight loss, blood values, and nutrient intake of adult obese women. *J Am Diet Assoc.* 1990;90:534-40.

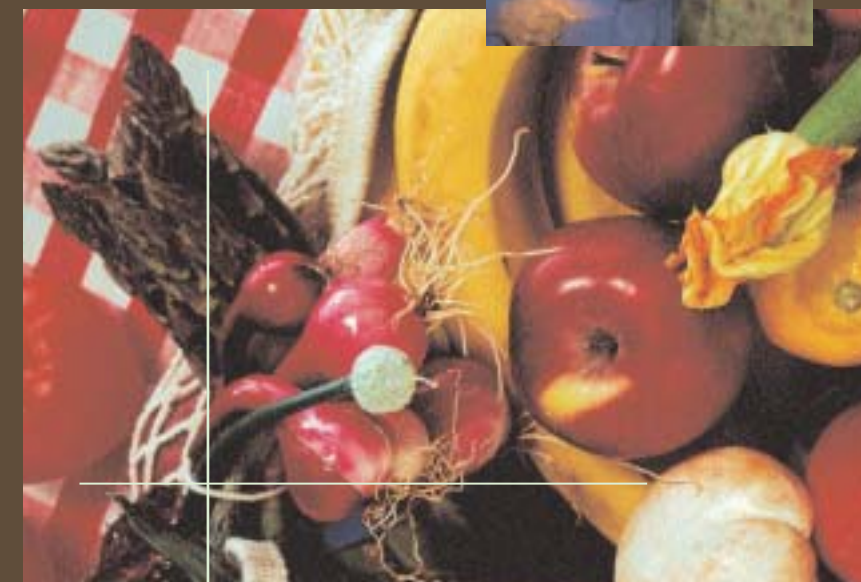


This information is not intended to take the place of advice from a health care professional. Check with your physician before starting any diet or exercise program.

In addition, while all efforts have been made to ensure the information included in this material is correct, new research that is released frequently, may invalidate certain pieces of data.

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BON APPÉTIT



Assess Your Diet for a Healthier You

So you think you want to change your diet? Most people can find some room for improvement but before you can make changes it's a good idea to assess your current patterns.

The following questions not only lend insight into your current eating patterns, but your thoughts, attitudes and beliefs toward nutrition. All are important for life long healthy eating plans. Circle the item in each column that best describes your typical eating patterns or beliefs about food.

Pattern 1	Pattern 2	Pattern 3
1. Eat five or more fruits and vegetables most days.	1. Eat 2-4 fruits and vegetables most days.	1. Eat fewer than 2 fruits and vegetables or smother them in butter or cheese.
2. Eat a variety of different fruits and vegetables each day.	2. Stick to the basics when it comes to my fruits and vegetables.	2. Lettuce or ketchup is the closest I get to a vegetable.
3. Choose whole grains most of the time.	3. Choose grains but include more products such as white rice.	3. Choose grains but top with gravy, butter or oil.
4. Drink low-fat or skim milk or calcium fortified soy or rice milks.	4. Drink 2% or whole milk.	4. Drink no milk or choose whole milk or cheeses.
5. Most days include regular meals and/or snacks spaced throughout the day.	5. May skip some meals or have long hours between meals/snacks.	5. Most days include sporadic meals/snacks or nothing all day.
6. Choose skinless poultry, fish and/or vegetarian options most of the time.	6. Choose some chicken and fish but include red meats several times per week.	6. Choose meats such as steak, sausage, bacon and chicken with skin.
7. Use reasonable amounts of low-fat or non-fat dressings.	7. Use liberal amounts of low fat salad dressings.	7. Use liberal amounts of full fat salad dressings.
8. Drink fluids such as water and decaffeinated beverages.	8. Drink fluids such as regular coffee, tea or diet sodas.	8. Drink few fluids or choose all cola or fruit drinks.
9. Choose a variety of foods from all food groups.	9. Tend to be a bit picky and do not experiment with new foods.	9. Limit or restrict whole categories of foods.
10. Use naturally sweetened foods such as fruit to satisfy my sweet tooth.	10. Need the "sugar rush" to get through the day.	10. Like to have sweets as a treat now and then or in frequent, but small doses.
11. I feel in control with moderate portions even of unhealthy food choices.	11. Frequently feel out of control with my choices and portions.	11. I feel guilty when I eat unhealthy food choices but can get back on track.
12. Choose fats like vegetable oils and nuts to flavor my foods.	12. Choose fats like butter, mayo, sour cream, and cream cheese but in reasonable portions.	12. Use liberal amounts of high fat condiments.
13. Portions are reasonable and I know when I'm full.	13. I am not always aware when I am hungry or full.	13. There are times I am not in touch with what or how much I eat.
14. Frequently include beans and high fiber grains such as barley, oats or wheat berries.	14. Choose mainly breads, pastas, potatoes and rice.	14. Avoid starches all together or have fried or high fat options frequently.
15. I have non-food stress busters.	15. Stress sends me to the frig, but I can usually choose healthy foods.	15. When I'm stressed, "anything goes" with my food choices.

Now that you have taken a moment to assess your patterns, what does it all mean? Well, add up your total score by giving yourself (3) points for each answer in pattern 1, (2) points for each answer in pattern 2, and (1) point for each answer in pattern 3.

Total Score = 35-45: Congratulations, your approach to nutrition is on track! You are practicing some very healthy basic nutrition patterns including balance, variety and moderation. Keep up the good work and focus on any items that you scored a 2 or 1 for areas to improve.

Total Score = 24-34: Keep up the good work but you have a few areas that need attention! Focus on areas that you scored lower. For example, if you scored 1 or 2 on question 5, then make an effort to eat more regular meal and/or snack during the day.

Total score = 15-23: Don't fret, you may have some work to do but help is on the way! Use the nutrition materials provided each month in your café to guide you. It's important for you to identify one or two items that you would like to work on and master changes in those area before you move on. Too much change at one time is usually not sustainable.

No matter what your personal score, remember dietary change is difficult for anyone. So as you set your goals, think small at first. Change one or two small things and get comfortable with those before adding more changes. A number of small sustainable changes will help you establish life long healthy habits . . . that stick! Look for this month's flyer for tips on improving many of these patterns.

Did you hear, Mary and Joe are on the "_____ " diet and they are losing weight!

Look at any grocery store check out and you will typically count no less than a half dozen "new or miracle" diets to combat the battle of the bulge. Most Americans have been on some type of diet at some point in their adult life and 70% report trying weight loss interventions such as increased exercise, decreased fat intake, reducing the amount of food and/or reducing calories at least once¹. It's a common buzz that gets louder each January, after all Spring break is just around the corner. So, how can you know what works and what doesn't, what is sound nutrition and what may be harmful to your body?

The bookstores, internet, health food stores and most commercial venues are brimming with popular diets. When one does not work, we often just move on to the next one. There are still may tough questions that surround today's popular diets. Health professionals are still asking themselves what is known about the efficacy and safety of these popular diets?

Most common popular diets can be divided into several broad categories, based on the foods that are allowed:

1. Low-fat and very low-fat defined as: low-fat is 11-19% fat, very low-fat contains < 10% fat, usually high carbohydrate (60-80%) and moderate to low protein
2. Moderate fat, moderate protein, moderate-high carbohydrate defined as: 20-30% fat, 15-20% protein, 40-60% carbohydrate
3. High fat, protein, low carbohydrate defined as: Combination of 55-90% fat and protein with 20-100 grams of carbohydrate per day usually dependent on the phase of the diet.

Let's look at the basic premise behind each category.

Diet	Examples	Diet Basics	The Bottom Line
Low-fat and Very Low-fat, High Carbohydrate and Moderate Protein	Dean Ornish's Eat More, Weigh Less, Nathan and Robert Pritikin's The New Pritikin Program, The Pritikin Weight Loss Breakthrough, The Pritikin Principle	<ul style="list-style-type: none"> Originally designed to treat heart disease Weight loss is often observed due to high intake of lower calorie fruits and vegetables Focus on vegetables, fruits, high fiber grains and beans Limited quantities of lean proteins 	<ul style="list-style-type: none"> Numerous studies have demonstrated that overweight people who reduce fat generally lose weight secondary to a reduction in calories^{2,3} Reducing fat alone will not produce weight loss if a calorie deficit is not created Many people find the very low fat diets difficult to follow long term because of the severe restrictions of all fat sources
Moderate fat, moderate protein, moderate-high carbohydrate	Weight Watchers, Jenny Craig, Nutri-systems, as well as most diets promoted by government agencies such as USDA Food Guide Pyramid, National Cholesterol Education Program	<ul style="list-style-type: none"> Promotes moderate fat but balanced nutrient intake with an overall calorie reduction Food choices are not severely limited from any specific type of food Foods viewed as unhealthy, are allowed considering overall balance and planning for calories 	<ul style="list-style-type: none"> Weight loss occurs when there is a reduction in calories⁴ People report a high degree of satisfaction with this type of diet and generally report fewer feelings of deprivation due to severe restrictions Initially, diet may feel more complex than the others because of the lack of strict black and white rules to follow Best bet for long term success
High fat, protein, low carbohydrate	Dr. Atkins Diet Revolution, Dr Atkins New Diet Revolution, Protein, Power, Dr. Bernsteins Diabetes Solution, The Carbohydrate Addicts Diet, Life Without Bread and to a less strict degree The Zone, Sugar Busters	<ul style="list-style-type: none"> Promoters of this diet claim carbohydrates are the underlying cause of rise in obesity. The relationship is described as a cycle in which high carbohydrate diets cause a lower satisfaction with meals than those that include much more fat All starches and grains, fruits, dairy and most vegetables are limited to promote ketosis 	<ul style="list-style-type: none"> No studies to support low-carbohydrate diets create any type of metabolic advantage People do lose weight due to initially to water weight lost with carbohydrate depletion and then caloric restriction Higher fat, higher protein foods tend to be self-limiting and become boring, thus helping to create a calorie deficit with little effort to plan, weigh or measure foods Tend to be low in calcium and fiber, vitamins and minerals as well as healthy phytochemicals (plant chemicals) Becomes monotonous due to restriction of many foods

Most people will experience success with weight management; this does not come from a set of rigid diet rules, but rather from creating a sustainable, healthy way to eat. There is no one magical diet so use our diet assessment to determine where you can improve your diet . . . and be on the way to weight management.