



A New You for the New Year!

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What is your New Year's resolution? Many people decide that weight loss is going to be their New Year's goal. Changing dietary habits to incorporate lower fat foods, and more fruits and vegetable can promote weight loss. However, sticking with a new eating plan can be difficult. It's a fact that most New Year's resolutions fail within the first three months. Here are some tips to help you succeed:

- ✓ **Be patient:** Remember that the weight didn't come on overnight, so it will take a while to shed extra pounds. A healthy weight loss is about a $\frac{1}{2}$ -1 pound week. Losing weight too quickly can lead to overly restrictive behaviors that will not last over time. Doing this can also decrease your metabolism which can lead to weight gain when past eating behaviors are resumed. So take it slow and stick with a healthy eating plan. The weight will gradually come off and have a better chance of staying off.
- ✓ **Set up a game plan:** Set up a goal system for yourself. Whether you write down your food choices or limit the amounts of high calorie foods that you eat, keeping track yields better success.
- ✓ **Increase your fruits and vegetables:** Strive for a minimum of 5 servings a day of fruits and vegetables. Try snacking on fruits and vegetables and have a serving or two at each meal.
- ✓ **Rate your plate:** Look at the food choices on your plate and the portions of each food group. An easy way to cut out extra calories is to divide your plate into quarters. $\frac{1}{4}$ should be meat, $\frac{1}{4}$ should contain starchy foods, and the other $\frac{1}{2}$ should be vegetables.
- ✓ **Monitor your portions and frequency:** Do you snack non-stop between meals? How often do you eat out at restaurants? Looking at the types and amounts of foods can help you analyze where simple changes can be made. For example, changing the snacks to lower calorie options can curbside your calorie intake. Changing what you order in restaurants to more salads, soups and lower fat sandwiches can help you succeed.
- ✓ **Increase your water:** Often drinking lots of soda or juice can cause weight gain. These types of beverages are considered to be empty calories. Try to increase calorie free beverages such as water, sugar free juice, diet soda and tea to meet your fluid needs.
- ✓ **Increase your exercise:** Take the stairs, park farther away or join an exercise club to burn extra calories and accelerate weight loss.
- ✓ **Track your progress:** Weigh yourself once a week and write the number down. Graphing the weekly progress is a great way to show your success
- ✓ **Contact a Dietitian for more specific recommendations.** We can help you formulate a game plan for success! The Froedtert Outpatient Dietitians can be reached by calling (414) 805-6885