

Habits that Help with Weight Loss

Summer 2018 Nutrition Newsletter

We all know weight loss is hard work! Between tempting foods, social engagements, business trips and vacations there are stumbling blocks around every turn waiting to derail our progress. At the heart of successful weight loss there should be an adoption of new behaviors and attitudes towards food and the lifestyle factors that help create change and move us closer to our goal. Read below to learn four key habits to adopt that will help you become successful in your weight loss or weight maintenance efforts.



Consistency: In my opinion, consistency is the biggest determining factor of whether or not someone will succeed in their weight loss goals. Implementing a new set of guidelines or a new meal plan, every day, 6.5 days out of 7 will typically lead to progress if the program is well designed. Every slight deviation we make from the plan does not need to be seen as a failure, but more learned from and changed in the future so you are incorporating your new routine day after day. Consistency with dietary plans also helps individuals avoid justifications and work through mental barriers to change.



Prioritize Self Care: Being selfish and taking time out of every day to do something kind for yourself is never a terrible thing. In fact, being a little selfish can help with your weight loss goals. Making sure you have the proper foods in the house, spending some time preparing food and getting yourself organized for the week will free up more time on the weeknights to take a walk outside, spend time with your family and friends, participate in a hobby or just take a bubble bath. Never feel guilty for setting time aside to prioritize your needs!



Mindfulness: Being very aware of what situations have derailed your progress in the past is a valuable thing to identify. Mindfulness with what foods you choose to eat and why will help you introspect and make the changes you need. It is important to develop an inner dialog with yourself and talk through challenging decisions in the moment. Try reminding yourself that the leftover cookies in the breakroom will soon be forgotten if you walk away, and the people that you are out to dinner with make the experience, not the foods that you are served. Slowing down and being present with yourself throughout the day will help you prevent making mindless decisions.



Find the Beauty in Change: It is our nature to consider everything we should “give up” in order to move forward with a goal, but instead, look at what you can gain. Positivity is important when you start a new process and you must try your best to keep your focus on the end goal and what matters the most. I challenge my patients to embrace the process of change and celebrate every small victory including increased energy, improved sleep, better mobility and inches/ pounds lost. Focusing on the positive and the beauty in change will ensure these new habits stick with you throughout the course of your life.

Red & Green Slaw with Sweet Sesame Dressing & Shrimp

Adapted from Clean Eating Magazine

Serves: 4

INGREDIENTS:

- 2 cups of peeled and diced butternut squash
- 2Tbs. of safflower oil, divided
- 16 large shrimp (peeled, deveined, tails removed)
- ¼tsp. of Paprika
- 3 cups of shredded savoy cabbage
- 2 cups of shredded purple cabbage
- 1 cup of thinly sliced radishes
- 1 red apple (cored and thinly sliced)
- ¼ cup of raw cashews, chopped
- ½ cup of Sweet Maple Dressing (recipe below)



INGREDIENTS FOR DRESSING

(whisk all ingredients together- makes 1 cup):

- ½ cup of rice vinegar
- ¼ cup of pure maple syrup
- 2Tbs. of safflower oil + 2Tbs. of sesame oil
- 2Tbs. of soy sauce
- 2tsp. peeled and minced ginger
- 2 cloves of minced garlic
- 2tsp. of sesame seeds

DIRECTIONS:

1. Preheat oven to 375 degrees. Line a rimmed baking sheet with parchment paper. In a medium bowl, toss the squash with 1Tbs of oil. Roast till softened- about 25 minutes- and set aside to cool
2. Meanwhile, in a small bowl toss together the shrimp and paprika, salt and pepper. In a large skillet on medium-high heat add remaining 1Tbs of oil. Add shrimp and sauté until pink, opaque and firm- about 2-3 minutes. Transfer to plate and let cool
3. In a large bowl, combine savoy cabbage, red cabbage, squash, shrimp, radish, apple and cashews. Drizzle with half to two-thirds cup of dressing and toss gently to combine and serve

NUTRITION

- 1 serving= ¼ recipe
- 371kcal, 20g of FAT, 34.5g of CARBS, 6g of FIBER, 20g of SUGAR, 17g of PROTEIN and 551g of SODIUM