

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



WE WISH THIS TO BE THE YEAR OF CONTINUED SELF- CARE AND GOOD HEALTH

The New Year gives you an opportunity for reflection. What did you accomplish? What could you have done better? Where do you want to be by the end of the year?

TOP 10 NUTRITION & LIFESTYLE TIPS

**Sleep, Stress, and
Environment**

Too Tired to Move? Try This!

10-Minute Meal Prep

TOP 10 NUTRITION & LIFESTYLE TIPS

Do you want to work on your health? What are your top 2 - 3 lifestyle related goals? Make your goal **SMART** (Specific, Measurable, Achievable, Realistic and Timely). How badly do you want to make this happen? How will you get there?

Are you looking for more clarity? Meditation and identifying what matters may be of help. Looking to get stronger, be in better shape? Try to build movement as part of your activities of daily living and be consistent. Want to start cooking more at home? Incorporate more plant-based foods? Have a plan, find a suitable recipe, and have some fun. Whatever your goal is, sit with yourself for a few minutes a day and think about how you want to envision a healthier and safer 2022.

OUR TOP 10 NUTRITION AND LIFESTYLE TIPS:

1. **Start your day with a glass or two of water!** Your goal is to have at least 64 ounces (8 cups) a day - this is vital for cell function!
2. **Protein, protein, protein at meals, and snacks!** Protein promotes comfortable fullness for a few hours! Spread it out in the day and aim for at least 80 g daily.
3. **Add more volume to your meals and snacks with non-starchy vegetables!** This allows you to eat a large amount of food without impacting your weight!
4. **Get full with fiber** (vegetables, fruits, legumes, grains, nuts and seeds). At least 25 grams helps keep your bowel movements in check, heart healthy, better glucose management and helps you stay full!
5. **Cook once, eat twice or three times!** Always, **MEAL PLAN** and/or have back up options available when there's no time to whip something up.
6. **Be prepared** for unexpected meetings, familial responsibilities etc by carrying a healthy snack with you when you're on the go.
7. **Plan your physical activity.** It can be anything you enjoy and doesn't need to be done in one chunk! Your goal is to get at least 30 minutes daily!
8. **Challenge yourself!** Take the stairs! Park your car further from your destination. Do 10-20 jumping jacks between tv shows/work meetings. Challenge negative thoughts with positive ones.
9. **Tune into your body's needs!** Practice mindfulness, eat without distraction and slow down. Also, don't forget about getting a good night's rest and practice positive coping mechanisms for stress.
10. **Be kind and positive to yourself.** You are capable, you are worthy. We are not looking for perfection, rather consistency. If you encounter a hiccup on this journey, recognize it, get back up and evaluate your goals again. You got this.

SLEEP & WEIGHT LOSS - WHY GETTING OUR ZZZ'S MATTERS!

Sleep and our "hunger hormones" are interconnected. We have two main hormones called leptin and ghrelin which affect our appetite in different ways.

LEPTIN - suppresses hunger
GHRELIN - promotes hunger

What happens when we don't get enough restful sleep?

Lack of good quality sleep can lead to increased levels of ghrelin and reduced levels of leptin, which is associated with higher BMI. Not only may we feel hungrier throughout the day, but not getting enough sleep also zaps our energy. What does that mean for us? Less motivation for healthy habits like meal prepping, cooking, and sticking to our physical activity goals.

TIPS

- Consistency is key! Aim to sleep and wake up at around the same time everyday.
- Keep your room quiet, dark and at a comfortable temperature.
- Put away your electronic devices, such as TVs, computers, and phones.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Stay active! Being physically active during the day can help you fall asleep more easily at night.

STRESS: WHAT IMPACT DOES IT HAVE ON WEIGHT?

Stress, especially chronic stress, can cause our hunger to increase. Stress can cause increased eating and decreased satiety, the feeling of fullness. Long term stress can lead to more insulin and cortisol which can cause an increase in appetite and more calories stored rather than used. It can also lead to "comfort eating" which can increase the cravings of fats, sugars, and high calorie foods, less time to devote to physical activity, meal planning and sleeping (which we know from the previous page is so important!). All of these factors can lead to weight gain due to the body storing more energy. So what are some things that we can try if we're feeling stressed?

TRY THIS:

- Picking up the phone to call a friend or family member
- Getting a soothing cup of hot tea
- Journaling or coloring
- Exercising, stretching, or going for a walk
- Meditating and deep breathing



HOW DOES THE ENVIRONMENT IMPACT OUR WEIGHT?

The environment that we live in can often have an impact on our weight regulation. Food availability can be a contributor as well as easy access to high calorie, energy dense foods options. Environmental factors within the home can also have a great influence on food choices. This can include who you live with, what foods are kept in the house, as well as who does the cooking and the shopping. Physical activity is another aspect that can largely be affected by our environment, such as how we commute and how physically active we are throughout the day.

AS A REMINDER...

**"FOCUS ON THE STEP IN FRONT OF YOU,
NOT THE WHOLE STAIRCASE."
- ANONYMOUS**

TOO TIRED TO MOVE?



How much should we be moving?

According to the Physical Activity Guidelines for Americans, adults should participate in at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking or 75 minutes per week of vigorous physical activity. Children and adolescents should participate in at least 1 hour of physical activity per day. Keep in mind every minute counts and it is never too late to start moving more. Set small, attainable goals to eventually reach larger goals, and focus on the whole-body benefits of physical activity rather than the calorie-burning effects. Find activities you enjoy! Remember, the more you move, the more your body will like moving.

EASY ADD INS:

- Set a phone timer to walk for 5 minutes every hour
- Get off the bus or train 1 stop early
- Stand up while talking on the phone or during TV commercials
- Try chair exercises such as leg and arm raises
- Take a 10 minute walk three times per day
- Park further away from destination
- Give yourself extra time and take the stairs

TRY THIS:

- Ask colleagues to have walking meetings once per week
- Enjoy a family walk each day
- Dance to songs after dinner, learn a choreographed dance with kids
- Monitor steps daily & set goals for the month - make it a family challenge!
- Walk the dog an extra 15 minutes each day
- Try the couch to 5k program by yourself or with your teenager
- Add in lunges and squats every 10 minutes while out on a walk
- Have a partner to move with and hold each other accountable
- Plan to listen to a new album or podcast while moving

COMFORT & NUTRITION: 10- MINUTE MEAL PREP

Roasted Chicken and Root Vegetables

A COMFORT MEAL HIGH IN FIBER AND VITAMINS



Ingredients:

- 2 stalks of celery, cut into 1 in pieces
- 400g rutabega, peeled and cut into 1 in chunks
- 2 large sweet potatoes, scrubbed, cut into 1 inch chunks
- 2 medium parsnips, scrubbed, quartered lengthways
- 2-3 large garlic cloves, thinly sliced or minced
- 2 tbsp olive oil
- ½ tsp cumin seeds, salt and pepper to taste
- few sprigs of sage, optional: parsley for garnish
- 4 skinless boneless chicken breast, weighing about 140g/5oz each

Instructions:

1. Preheat oven to 400 F. Add veggies and garlic to roasting pan, sprinkle with salt, pepper, cumin and toss in olive oil. Roast for 30 min.
2. Sprinkle chicken with salt, pepper and lay a couple of sage leaves on each breast. Lay them on top of the roasting veggies, roast for 30-35 min more. Garnish with parsley!

Adapted from: <https://www.bbcgoodfood.com/recipes/chicken-roasted-winter-root-vegetables>

Winter Vegetable & Lentil Soup

HEARTY AND HEALTHY SOUP

Ingredients:

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander



Instructions:

1. Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.
2. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
3. Ladle into bowls and eat straightaway, or if you like a really thick texture, blend a third of the soup with a hand blender or food processor.

Note: Tbsp= tablespoon, tsp = teaspoon, c = cup, oz = ounces, g = grams, in = inch