

## Holiday Weight—Losing It and Keeping It Off

### Winning at losing How to Keep that Weight Off

Getting your weight under control can help you avoid many health problems. While there are many ways to successfully lose weight, most people regain it over time. Ongoing research is now giving us insights into how to keep that weight off. Dr. Rena Wing of Brown Medical School and The Miriam Hospital spoke at The National Institute of Health (NIH) about research in weight control. She explained how the National Weight Control Registry (NWCR), an effort funded in part by NIH, is helping researchers find out not only how people lose weight but how they can maintain their weight loss.

The NWCR is a different kind of study. Rather than randomly putting people into groups and testing different methods, the researchers set up a registry that anyone can join if they've lost at least 30 pounds and kept it off at least a year. Those who enroll fill out questionnaires about how they lost weight, how they're trying to keep it off and other aspects of their health. There are now over 6,000 people in the study. They have lost an average of about 70 pounds and have maintained their weight loss for an average of 5.7 years.

Wing said that the methods people in the registry used to lose weight varied. They included cutting down on certain foods, eating less overall, liquid diets and many others. In contrast, there isn't a whole lot of difference in how they maintain their weight. People who successfully control their weight, Wing explained, tend to eat a low-fat diet, watch their total calories and do a lot of physical activity.

Those who succeeded in keeping their weight off, Wing explained, got on the scale every day and took action immediately if they saw changes they didn't like. "People in the [in-person and Internet] groups have learned to use that information from the scale to self-regulate their eating and exercise behaviors," she said.

There are several proven ways to lose weight. With a little change in your thinking, you can keep it off.

**Source:** *NIH News in Health*  
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[http://newsinhealth.nih.gov/2006/April/docs/01/features\\_02.htm](http://newsinhealth.nih.gov/2006/April/docs/01/features_02.htm)

### Where Kids Get Their Empty Calories

A new study found that nearly 40% of the calories consumed by kids and teens comes in the form of "empty" calories. Half of those empty calories come from the solid fats and added sugars in just 6 sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

Today, nearly 1 in 3 children nationwide is overweight or obese. These children have an increased risk of developing diabetes, heart disease, high blood pressure, cancer and asthma. Both greater energy consumption (counted in calories) and less physical activity are factors that contribute to the nation's growing weight problems.

NIH scientists examined extensive data on children's diets to learn more about where the extra calories are coming from. Overall, the top 5 sources of energy were grain desserts (cakes, cookies, donuts, pies, crisps and granola bars), pizza, soda, yeast breads and chicken dishes. Experts recommend that kids limit their intake of empty calories to between 8% and 20% of their total calories. But the researchers found that nearly 40% of the children's total energy came from empty calories. Sugar-sweetened beverages, a major source of empty calories, contributed a whopping 10% of total energy.

"The epidemic of obesity among children and adolescents is now regarded as one of the most important public health problems in the United States," says study co-author Dr. Jill Reedy of NIH's National Cancer Institute. The findings suggest that sugar-sweetened drinks should be a major target of efforts to improve our children's health.

**Source:** *NIH News in Health*  
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<http://newsinhealth.nih.gov/issue/Dec2010/Capsule1>

### Healthy Eating/Weight Management Web Sites

#### What is Healthy Eating?

[http://newsinhealth.nih.gov/2007/March/docs/01/features\\_01.htm](http://newsinhealth.nih.gov/2007/March/docs/01/features_01.htm)

#### Do What Moves You

[http://newsinhealth.nih.gov/2007/March/docs/01/features\\_02.htm](http://newsinhealth.nih.gov/2007/March/docs/01/features_02.htm)

#### Weight-control Information Network

<http://win.niddk.nih.gov/>

#### Aim for a Healthy Weight

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

#### Portion Distortion

<http://hp2010.nhlbihin.net/portion/>

#### We Can!

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

## Holiday Weight—Losing It and Keeping It Off

### Taking Off Those Holiday Pounds

The holidays have come and gone. Life as you know it is back to normal. Except, of course, for those extra pounds you may be carrying as a hefty reminder of holiday revelry. You can reach and maintain your desired weight with the following tactics.

- **Find a Good Time to Start:** Plan to start during a quiet time in your life.
- **Check With Your Healthcare Provider If You Have Any Medical Problems**
- **Plan an Exercise Program:** Walk, join a gym, do a video-just move!
- **Consider Your Approach:** Choose a plan which will allow for 1-2 pounds of fat loss/week.
- **Don't Forget Fluids**
- **Keep Track of Your Progress and Don't Punish Yourself**

### Keeping the Weight Off

Losing the weight is your first challenge. Keeping it off is the next. While there is no simple formula for maintaining your new physique, the following motivational keys may be helpful:

- **Create New Habits:** Trigger new habits on a daily basis. If you decide to eat breakfast each day, set out the cereal bowl or the dry ingredients the night before.
- **Avoid Deprivation:** Although strict diets are successful for short periods, deprivation over time is self-defeating.
- **Monitor Your Weight:** Keep track of your pounds!
- **Nurture Yourself:** Remember you are a capable, smart person who can accomplish whatever you set out to do. Learn to cope with the stress that leads to overeating.
- **Be Flexible:** Accept the fact that weight management is difficult and it's an important step to continued success. Some setbacks are inevitable and recognizing these will help you cope.

**Source:** Jill Shuman, MS, RD, ELS  
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### Holding Off Holiday Weight Gain

Here are some tips for keeping weight off during the holidays:

- **Physical activity.** People who are more active are more likely to maintain their weight during the holidays.
- **Limit alcohol consumption.** Alcohol can be a major source of hidden calories.
- **Limit soda and other sweetened beverages.** These drinks add extra calories, too.
- **Schedule holiday food celebrations at normal meal times.** Celebrations outside of normal meal times encourage people to pile on extra calories.
- **Choose foods with fewer calories.** Foods with fewer calories for their size make you feel fuller sooner.
- **Use smaller plates.** The bigger your plate and the more food that's on it, the more you're likely to eat in the end.
- **Eat a healthy snack beforehand.** You'll be less likely to eat a lot of fattening food at the party.

**Source:** *NIH News in Health*  
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[http://newsinhealth.nih.gov/2007/November/docs/01features\\_01.htm](http://newsinhealth.nih.gov/2007/November/docs/01features_01.htm)

### Healthy Recipe: Barley, Turkey & Butternut Squash Casserole

#### Ingredients:

Cooking spray	2 small butternut squash
1 green bell pepper, seeded & diced	2 tsp. olive oil
freshly ground black pepper, to taste	½ cup onion, minced
¾ cup quick-cooking barley*	1 tsp. dried sage
½ cup feta cheese, crumbled	
2 cups fat-free, reduced sodium chicken broth	
½ lb. turkey breast, cooked, cubed or diced	

#### Instructions:

Preheat oven to 350° F. Coat a 4-quart baking dish with cooking spray. In a large pot of rapidly boiling water, boil squash halves 5 minutes or until not quite tender. Drain. When cool enough to handle, scoop flesh from each half and dice. Set aside. In a large saucepan, heat oil over medium heat. Add green pepper, onion and diced squash. Sauté 3 minutes. Add sage and pepper and stir to coat. Add broth and bring to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 10 minutes, until barley is tender and liquid is absorbed. Mix in diced turkey. Transfer mixture to prepared baking dish and top with feta cheese. Bake, uncovered, 30 minutes, or until cheese is golden.

**Yield:** 6 Servings Each serving provides:

Calories: 275	Fat: 5 g
Carbohydrate: 42 g	Protein: 18 g
Fiber: 10 g	Sodium: 368 mg

**Source:** Healthways, Inc.