

Total Nutrition

Simple Secrets For Weight Management

(NAPSA)—In college, I was taught that eating less and exercising more were the only ways to lose weight. Research over the past few years, however, shows that a few simple strategies may help people shed pounds and keep them off.



Mindy Hermann

Find fiber. Foods that are higher in fiber like whole grains, and kidney beans, lentils, and other legumes are filling and may help you eat less at the next meal. Eating a high fiber breakfast is particularly effective for reducing hunger.

Go for the grains. Here's another reason to eat whole grain foods, such as Whole Grain Total and other whole grain cereals and breads. Harvard researchers found that men and women who eat the most whole grains weigh less than those who eat fewer whole grains.

Focus on fruits and vegetables. Fruits and vegetables have a low energy density, meaning that ounce-for-ounce they don't have a lot of calories. To cut your calories, try starting your meal with a green salad with lower fat dressing. Research by Dr. Barbara Rolls at Penn State University showed that salad eaters eat fewer meal calories.

Trim the fat. A majority of dieters who have kept their weight off eat a lower fat diet. For example, those participants in the National Weight Control Registry (NWCR)—a database of people who have lost weight and kept it

Good News About Breakfast

Among NWCR participants:

78% Eat breakfast every day

90% Eat breakfast at least 5 days/week

4% Never eat breakfast



off for at least a year—who added more fat to their diets, started gaining back weight.

Count on calcium. In one study, women whose diet was high in calcium-rich foods like milk and yogurt were less likely to be obese than women who had too little calcium. Higher calcium intake has been linked to greater weight and fat loss as part of a reduced-calorie diet.

Begin with breakfast. “Patients tell me that starting their day with a balanced and sensible breakfast helps them stay on track throughout the day,” says Molly Gee, R.D., a Houston-based nutrition and health communications consultant. “Skipping breakfast makes it harder to stay on a diet because you get so hungry by mid-morning.” And emerging research suggests that people who eat more calories earlier in the day have a lower total calorie intake compared to those who eat more of their total calories later in the day. Cereal is a good choice—one study showed that people who eat cereal at least seven times in 14 days have a lower BMI than infrequent cereal eaters.