

# Tabula Rasa Nutrition Program™

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## 7 Secrets Of Successful Weight Loss

### Strategies From The National Weight Control Registry (NWCR)

By LuAnn Soliah, PhD, RD

Losing weight is only half the battle—maintaining the loss is the other half. See how dieters in the NWCR are winning the weight war on both fronts.

#### Strategy Number One: Eat a low-calorie, low-fat diet.

To lose weight, one must create an energy deficit. Contemporary recommendations encourage a gradual, slow weight loss of about 1 pound per week. People can generally reach this goal with a deficit of 500 calories per day. Sustaining this calorie deficit for several weeks should produce a 10% weight loss within a few months for most people, depending on weight loss needs.

A low-fat diet appears to be beneficial for several reasons. First and foremost, fat contains 9 calories per gram compared with 4 calories per gram for carbohydrates and protein. Second, high-fat food is often dense, thus, large portions are relatively easy to consume. Additionally, high-fat foods are generally tempting, so it is easy to eat more than intended.

People who have successfully lost weight and maintained the loss have

been able to continue to eat in a manner consistent with the original weight loss routine. In other words, they do not start and stop a diet like most dieters are accustomed to doing. Rather, they continue to select low-calorie, low-fat food that allows them to sustain long-term weight loss.

#### Strategy Number Two: Eat a consistent diet from day to day and eat several times per day.

In addition to decreasing calorie and fat intake, eating a consistent diet from day to day may help people lose weight and maintain the loss because their food decisions take on a routine nature. Consistent food choices may also encourage self-control, minimize unplanned food temptations, foster self-discipline, and increase people's ability to persevere with the dieting routine. Eating patterns are difficult to accurately assess, but research suggests that individuals who have a consistent daily meal pattern tend to be leaner than those with an inconsistent, random, or chaotic meal pattern. This observation is also in agreement with the recommendation to avoid skipping a meal for the purpose of reducing calories.

A relationship also seems to exist between the frequency of eating and body weight. Nibblers or

grazers consume small amounts of food several times per day and tend to be thinner than individuals who eat large but infrequent meals.

#### Strategy Number Three: Eat breakfast.

Numerous obesity researchers recommend eating breakfast every day. Including this meal in the daily routine is a common denominator for successful weight loss and maintenance. The explanations for this observation include the possibility that breakfast does the following:

*Continued On Page 5*

## Class Schedule

### Shaping Habits™ I

(bi-weekly)  
Monday 6:00 pm  
Tuesday 1:00 pm

### CalCount™

(bi-weekly)  
Monday 6:00 pm  
Tuesday 1:00 pm

### Loss & Maintenance

#### Program (LAMP)™

(monthly)  
Tuesday 5:45 pm

### HMR® Program

(weekly)  
Wednesday 6:00 pm  
Thursday 11:00 am

### Life After Bariatric Surgery™

(monthly)  
Thursday 6:00 pm



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# Not All Fibers Are Created Equal

## Isolated vs. Intact

Companies are now adding a host of isolated fibers—like inulin, maltodextrin, oat fiber, and polydextrose—to foods. And their ads and labels imply that those fibers are equal to the intact, naturally occurring fiber in foods.

But the evidence on isolated fibers is much skimpier. “There’s not much out there,” says Joanne Slavin, a University of Minnesota researcher who served on the National Academy of Sciences Panel on the Definition of Dietary Fiber.

Researchers can divide the new fibers into soluble and insoluble, but that’s not enough. To lower LDL (“bad”) cholesterol, for example, fiber has to be soluble *and* viscous.

“Inulin, polydextrose, and maltodextrin are soluble

fiber, but they’re not viscous at all, so they absolutely don’t lower cholesterol,” says Slavin.

Isolated viscous fibers—like those from oats, barely, or guar gum—would make foods like ice cream and yogurt too gummy. “They’d be almost impossible to consume,” explains Slavin.

“The new isolated fibers aren’t gummy at all,” she adds. “That’s why you can put them in so many foods.”

Each fiber’s impact on regularity also goes beyond soluble vs. insoluble. For example, you wouldn’t expect inulin to do much for regularity because gut bacteria gobble most of it up.

In contrast, polydextrose might help keep your GI tract moving, at least according to one study done in China. “It would be nice to have more evidence,” notes Slavin.

Unfortunately, both inulin and polydextrose have a

downside in large doses.

“Inulin may cause gas or other GI problems at doses above 15 grams a day,” says Slavin. “For some people, the gas isn’t a big issue, but others are really sensitive.”

And foods that contain more than 15 grams of polydextrose per serving must warn consumers that “sensitive individuals may experience a laxative effect from excessive consumption of this product.”

On the other hand, “some modified starches have no GI effects at 0 grams a day,” says Slavin.

And yet, despite all the differences among isolated fibers—and between isolated and intact fiber—they all look the same on a food’s Nutrition Facts panel.

“On the label, it all looks like good stuff,” says Slavin. “But fiber does not equal fiber,” she adds.

“If you eat five fiber-fortified yogurts a day, you can meet

your fiber goal. But that’s not the message we want people to get. It’s not the same as getting 25 grams of fiber from a variety of fruits, vegetables and whole grains.”

It won’t hurt to eat yogurt, ice cream or other foods with added fiber...unless it becomes an excuse to eat fiber-rich cookies instead of bran cereal.

“I wouldn’t want people to feel that they don’t have to eat fruits, vegetables, and whole grains any more because they’re eating ice cream with inulin,” says Thomas Wolever, a fiber researcher and professor of nutritional sciences at the University of Toronto, “especially if it means that instead of one serving of ice cream, they’ll have two servings because they think it’s healthy.”

## The Bottom Line

- Whole-grain breads and cereals, which are naturally rich in fiber, are linked to a lower risk of heart disease and diabetes.
- Foods rich in insoluble fibers, like wheat bran, help prevent constipation and possibly diverticular disease.
- The evidence that high-fiber foods lower the risk of colon cancer is inconclusive.
- Eating fruits, vegetables, and other high-fiber, lower-calorie foods may help slow weight gain.
- Isolated inulin, polydextrose, and maltodextrin are soluble fibers but they’re not gummy, so they probably don’t lower blood cholesterol or blood sugar.
- Isolated oat fiber and soy fiber are insoluble, so they may help keep you regular. Polydextrose may also help, but inulin and maltodextrin don’t seem to.

Source: *Nutrition Action Health Letter*. July/August 2008.

# Patient Profile. . Dedication + Accountability = Success

For each newsletter we feature a patient that has overcome obstacles that are often faced when trying to lose weight. These are not your traditional 'success story' articles; rather, we like to highlight specific achievements that are a necessary part of losing and/or maintaining weight.

For this newsletter, we are highlighting patient Allan H. Allan started at SMNC on a day most people wouldn't dare, the day before Thanksgiving. That was November 2004. Allan was driven, regardless of this upcoming feast. The first two weeks turned out to be a success - losing 10.4 pounds. Allan continued to lose weight steadily within the next 3 months of his program. He lost ten percent of his starting

weight, the magic number for improving medical conditions related to obesity.

Allan suffered from many of the conditions leading to obesity. Lack of exercise due to time constraints, long work days resulting in unbalanced eating, dining out often and eating on the run (for Allan that meant breakfast *and* lunch in the car). Despite some of these obstacles Allan made some quick lifestyle changes. Within the first month Allan started walking on the treadmill. That meant getting up an extra half an hour earlier to his already early morning routine, which he would have never even considered in the past. Although Allan brought his lunch and snacks to work everyday, his line of work keeps him busy and making time for snacks was difficult



thus leading to a large consumption of calories in the evening. With perseverance, Allan continues to eat every three to four hours, knowing that overeating after work will be the result. Most significantly, Allan is dedicated to record keeping, weekly visits for weigh-in's and meeting with his dietitian.

Allan is coming upon four years at SMNC. He continues to maintain a ten percent weight loss, which is a significant statistic in weight maintenance. He rarely misses an appointment, always comes with a detailed food record and has continued to increase his exercise routine. There is no question that these behaviors have led to his ability to maintain his weight loss. At each visit Allan

works to improve on behavior modification and overcome obstacles that still plague him but he knows that without the accountability to himself (exercise, recording keeping) and on-going office visits, things would most definitely have fallen by the waist-side.

Allan's success proves that dedication, commitment and long-term accountability are the keys to weight maintenance. Although Allan would like to see the scale continue to move down, by continuing with these behaviors the chance of meeting his goals are more obtainable. We are proud of his achievements and wish him continued success.

*Erin Spitzberg, MS, RD*

## Website Watch

**Looking for new recipe ideas?  
Bored with the same meals day after day?**

**Log onto  
[www.foodnetwork.com](http://www.foodnetwork.com)  
for the answers.**

**For example, search for "healthy fish recipes" and you'll find *Broiled Salmon with Herbed Mustard Glaze*.**

**Or search "low-fat desserts" and you'll find *Grilled Stone Fruits with Balsamic & Black Pepper Syrup*.**

## *Did You Know?*

**In a study tracking 1,700 overweight adults over a 6-month period participants who kept a food record six or seven days a week lost an average of 18 lbs., compared with an average of 9 lbs. lost by non-record keepers.**

# Recipe Corner . . . . . Salmon Salad

## Ingredients

Cooked Salmon, chilled. . . . . 2 lbs.      Fresh Dill, minced. . . . . 2 tablespoons      Olive Oil. . . . . 2 tablespoons  
 Celery, diced. . . . . 1 cup      Capers, drained. . . . . 2 tablespoons      Kosher Salt. . . . . 1/2 teaspoon  
 Red Onion, diced. . . . . 1/2 cup      Raspberry Vinegar. . . . . 2 tablespoons      Black Pepper. . . . . 2/2 teaspoon

## Directions

1. Break the salmon into very large flakes, removing any skin and bones. Place in large bowl.
2. Add celery, red onion, dill, capers, raspberry vinegar, olive oil, salt and pepper.
3. Season to taste.
4. Mix well and serve cold or at room temperature.

## Nutrition Information, Per Serving

Servings: 6    Calories: 254    Carbohydrates: 0 g    Fat: 12 g    Protein: 37 g



Source: [www.foodnetwork.com](http://www.foodnetwork.com). *Barefoot Contessa Cookbook*.

# Kids Corner . . . . . Calories & Kids

Parents often feel that calorie counting is not appropriate for their overweight child or teenager. However, it is important to realize your child's energy need to make good food choices. For example, a 9-year-old boy who is very physically active needs about 2,000 calories per day. His "couch potato" friend will only need at 1,800.

Occasionally going over calorie needs may not cause a weight gain but consistently exceeding calorie needs will become a problem and it's important to understand your child's caloric needs. Below is a table that indicates calorie needs by age, gender, and activity level. For example, lunch consisting of a 20-ounce soft drink (250

calories), super-sized bag of fries (610 calories) and a bacon cheeseburger (590 calories) provides nearly 1,500 calories for one meal which is almost all of the sedentary boy's calorie needs for the day. A fast-food lunch consisting of a grilled chicken sandwich (400 calories), diet soft drink (0 calories) and a small ice cream cone (150 calories)

provides 550 calories which is about 1/3 of the boy's needs.

The number of kids who are overweight and obese have more than doubled in the last decade. Being aware of calories consumed in conjunction with exercise is very important to maintain a healthy weight.

It is also important for kids to consume whole grains, fruits, vegetables, and lean protein to get all the essential nutrients to grow healthy and strong. Most of the calories should come from these types of foods.

*Karen Goldberg, RD*

Gender	Age	Sedentary	Moderately Active	Very Active
Male / Female	2—3	1000	1000—1400	1000—1400
Female	4—8	1200	1400—1600	1400—1800
	9—13	1600	1600—2000	1800—2000
	14—18	1800	2000	2400
Male	4—8	1400	1400—1600	1600—2000
	9—13	1800	1800—2200	2000—2600
	14—18	2200	2400—2800	2800—3200

## 7 Secrets Of Successful Weight Loss. . . .Continued

- Suppresses midmorning hunger
- Produces better blood glucose control and elevates basal metabolic rate
- Yields fewer episodes of imbalanced, impulsive, or excessive eating later in the day
- Increases fiber intake (e.g., from cereals, fruits, and whole grains)
- Reduces dietary fat intake
- Encourages improved health consciousness

Clearly, including breakfast in the daily routine is associated with attaining and maintaining a healthy body weight.

### **Strategy Number Four: Incorporate physical activity.**

Physical activity is one of the most important elements of successful weight management. Recent public health recommendations state that individuals need 30 to 60 minutes of physical activity each day to prevent weight gain and 60 to 90 minutes of physical activity to prevent weight regain.

Additionally, physical activity can favorably affect body composition, decrease the risk for several diseases, elevate metabolic rate, and improve an individual's mental outlook. Physical activity is also associated with less abdominal fat. This is a noteworthy observation

because abdominal fat is considered a risk factor for type 2 diabetes, coronary heart disease, hypertension, metabolic syndrome, and some cancers. Therefore, daily physical activity is important for both weight management and health improvement.

### **Strategy Number Five: Check body weight frequently.**

In addition to a reduced-calorie diet and physical activity, frequent weighing appears to be an integral part of successful weight loss maintenance. Monitoring weight on a regular basis is a form of accountability and self-monitoring, and consistent self-monitoring is associated with improved weight loss.

### **Strategy Number Six: Limit television viewing.**

Research has correlated successful weight loss over an extended period of time with a minimal amount of time spent watching television. The records of the successful NWCR dieters have confirmed this recommendation. A high percentage of the registrants (about 62%) reported watching 10 or fewer hours of television per week, and more than one third of the registrants (about 36%) watched less than five hours of television per week. The remainder of this group

viewed more than 21 hours of television per week.

The national average time for watching television is 28 hours per week, or four hours per day, for the average American adult. This is a tremendous amount of time people spend engaged in sedentary activity. Similarly, childhood obesity specialists report a direct correlation between pediatric weight control problems, increased body mass indexes, and excessive television viewing. Attempts to reduce accumulated weight and enhance physical fitness may begin during childhood by including more physical activity in leisure time.

### **Strategy Number Seven: Take corrective action when weight is regained.**

Numerous dieters report that long-term weight maintenance is even more challenging than following the initial weight loss diet, and obesity researchers have reported that preventing individuals from regaining weight is one of the most difficult dilemmas that dieters encounter. Many formal weight loss programs report that dieters frequently regain weight three to five years after they achieve their weight loss goals.

The NWCR's successful weight maintainers report that paying careful attention to all aspects of behavior modification is necessary for

long-term weight management. People must detect and correct small amounts of weight gain before weight escalates and becomes unmanageable. It is also possible that frequent and consistent weighing is an indicator of interest in, and enthusiasm for, weight control efforts.

### **Conclusions**

Successful weight management requires a sustained and life-long commitment to healthful food selection, regular physical activity, and diligently monitoring weight. These behaviors necessitate self-control, self-discipline, and moderate lifestyle choices. For all of these reasons, weight loss and maintenance are difficult to achieve over a lifetime.

Adult weight management is even more challenging today than in previous decades because of the abundance and accessibility of tasty high-calorie foods and the modern conveniences available at work and home. Nevertheless, health improvement that results from weight loss and maintenance is a commendable goal that is worth the effort required to accomplish it.

*LuAnn Soliah, PhD, RD, is the director of nutrition sciences and a professor at Baylor University in Waco, Texas.*

Source: *Today's Dietitian*. July 2008.



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## Tracking Your Class Schedule

### **Shaping Habits—Tuesdays, 6:00 pm**

September 8  
September 22  
October 6  
October 20  
November 3

### **CalCount—Mondays, 6:00 pm**

Labor Day—no class  
September 15  
September 29—no class  
October 13  
October 27  
November 13  
November 27  
December 8  
December 22

### **LAMP—Tuesdays, 5:45 pm**

September 16  
October 21—no class  
November 21  
December 16

### **HMR—Wednesdays, 6:00 pm & Thursdays, 11:00 am**

Every Week

### **Shaping Habits—Tuesdays, 1:00 pm**

September 9  
September 23  
October 7  
October 21  
November 4

### **CalCount—Tuesdays, 1:00 pm**

September 2  
September 16  
September 30—no class  
October 14  
October 28  
November 14  
November 28  
December 9  
December 23

### **Life After Bariatric Surgery—Thursdays, 6:00 pm**

September 18  
October 16  
November 23  
December 19