



TOP AREA NUTRITIONISTS OFFER WEIGHT LOSS TIPS

Dr. Denise Bruner, M.D. - After her residency program at D.C. General Hospital, Dr. Bruner re-opened her late father's general medical practice in Arlington, Va. Inspired by her personal struggle with her weight and seeing the negative impact obesity was having on her patients' medical problems, she pursued further training in bariatric medicine. She joined the American Society of Bariatric Physicians (ASBP) in 1983, and became certified by the American Board of Bariatric Medicine in 1985.



As one of the nation's leading bariatric specialists (medical doctors who are specially trained in the science of obesity and eating disorders), Dr. Bruner has helped thousands to identify, understand and manage successfully their weight control problems.

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1) Keep a food journal. So many people underestimate the calories that they actually consume. ..I call it "food amnesia." In a recent study, trained nutritionists were asked to estimate the calories in certain foods. With small portions, they were pretty much on target, but with larger portions of different foods, they underestimated the calories over 30% of the time. These are trained experts!

2) Drink at least 8 glasses of water daily. To make the water more interesting, you can cut up organic lemons and pour the lemons and water into ice cube trays, and put several in your next glass of water.

3) Eat your dinner from a salad plate rather than a dinner plate. Dinner plate sizes have increased since the 1960's, as have our portion sizes.

Kristen Ciuba, MS-- Kristen Ciuba, a Nutritionist based in Washington, DC, provides workplace wellness programs and seminars to local companies to help their employees lead healthier lives. She also writes a weekly column for *The Washington Post Express* newspaper. Kristen earned an undergraduate degree in Nutrition at Cornell

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- 1) Focus on the positives! Resolve to eat more fruits, vegetables, and whole grains on 2008. Focus on getting the most nutrition out of every meal and snack, and you'll naturally eat fewer calories and less fat. For example, fill half of your plate at each meal with fruits and vegetables.
- 2) Get moving! Don't rely on getting to the gym to burn calories. Instead, sneak in small workouts throughout the day. Try a set of sit-ups and push-ups in the morning, a 20-minute power walk at lunch time, and a few reps of curls in front of the TV at night.
- 3) Eat out less often! Restaurant and take-out meals almost always contain more fat and calories and less nutrients than a home-made meal. Brown bag your lunch, and grocery shop for ingredients for quick and nutritious week-night dinners. Sauté pre-cut veggies and chicken in a little olive oil and toss with whole-wheat pasta - viola!



Ann Gerber, RD, LD-- Certified Adult Weight Management Counselor working with weight management, sports nutrition and awareness. Ann has worked with: Bristol-Myers Squibb (USPNG) , Sunnyvale Clinic, Children's National Medical Center, Cancer Support Center and School District 157-C (Nutrition education)

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- 1) Eating 4-4.5 cups fruits and vegetables daily including a serving of beans each day.
- 2) A portion reality check (food and beverage). Weighing and measuring favorite foods at home can help clients navigate portions more appropriately when eating out. A serving of pasta, for example, is a half cup. Weighing and measuring foods allows clients to become portion experts. First, to get a snapshot how much they are eating and then modifying amounts based on caloric needs for either weight maintenance or loss.
- 3) Consistent physical activity...either building it into the day OR structured activities
- 4) Food records (writing down everything one eats in a day including nibbles)allows client to get a baseline of foods eaten in a day vs. foods planned for a day. It serves as a tool to either reinforce getting additional fruits, veggies, and whole grains, etc. or help assist a client to plan food intake for the day. The records can be used to trouble shoot areas of overeating.

Colleen Gerg, MA, RD-- Colleen Gerg is a Registered Dietitian with a Master's degree in Nutrition Education. She is a member of the American Dietetic Association and maintains certification as a Personal Trainer through the American Council on Exercise (ACE). As a nutrition consultant in private practice, Colleen specializes in adult and pediatric weight management and eating disorders, with special focus towards sports nutrition, vegetarian diets and disease prevention.



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1) **Write it down.** Research shows that those who are the most mindful of what they are eating have the most success controlling their weight. Keeping a food diary is critical because it forces you to acknowledge not only **WHAT** you're eating at meal time and **HOW MUCH**, but also those calories consumed "here and there" that may not seem like much at the time, but **ADD UP** over the course of a day, week, etc....

2) **Practice Portion Control.** First, slow down your eating. **THINK** about how hungry you are before you begin eating, then continue to "check-in" with your hunger level throughout the meal. Most people are so busy finishing what is on their plate, that they don't even realize that they are satisfied long before the plate is empty. If it's too difficult to stop eating before the plate is empty, employ strategies to cope with that. Spilt entrees with a friend, order appetizer size portions, put less food on your plate at home, use smaller dinner plates, etc. Remember: **YOU DO NOT NEED** as much food -in one sitting- as you think you do.

3) **Do Not Skip Meals.** . People who skip breakfast and/or lunch run the risk of slowing their metabolism by encouraging the body to go into "starvation mode" - a phenomenon where the body becomes conditioned for "feast or famine" and is therefore more likely to store calories consumed at the next meal as reserves. Also, meal skippers take on what I like to call a "martyr-mentality" (i.e. "I haven't eaten **ANYTHING ALL DAY!**") and usually over eat by at least 50% of what they would actually need at any one meal, thus fueling the above-mentioned starvation mode fat storage.



Janet Zalman--Licensed nutritionist and director of the Zalman Nutrition Group, Washington's foremost nutritional counseling. Janet is also a guest lecturer for corporate and business organizations and has made numerous television and radio appearances to speak about nutrition.

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- 1) Avoid products containing over 4 grams of sugar which equals 16 calories or 1 teaspoon. The exceptions are milk and fresh fruit.
- 2) Avoid double starches at any meal. If you have bread, don't have rice, potatoes or crackers. (Ex: If you have a sandwich for lunch don't also have chips.)
- 3) Manage saturated fat found in red meat, whole fat cheeses, butter and cream sauces.
- 3) Be creative and make your food interesting with olive oil, dry cooking wines, tomato sauce, mustard and spices. Your diet should include fruits, vegetables, and lean proteins and pay attention to portion size.