Weight Management in the New Year

Many resolutions center around weight loss. In this document, you’ll find recommendations of small changes to make to lose weight and keep it off. These recommendations include how to eat more fruits and vegetables, tips on increasing physical activity, recipe ideas, and reliable websites to visit for more information. Even if your resolution is not about weight management, there are general health recommendations embedded in this document. Hope you have a happy and healthy year!

General Guidelines

The Academy of Nutrition and Dietetics recommends setting realistic weight loss goals. Instead of rapid weight loss, try to lose 1-2 pounds per week for the first 6 months of managing weight. Your initial weight loss goal can be to achieve up to 10% weight loss from your original weight. This is specific, measurable, and attainable.
Eating Seasonal Fruits and Vegetables in the Winter

Health benefits of fruits and vegetables

1. Low in fat and calories
2. Provide fiber which helps bowel function
3. Have antioxidants which can protect the body from harmful molecules
4. May reduce risk for heart disease, some cancers, and some chronic diseases

Snack Ideas

1. A sliced apple and a tablespoon of peanut butter
2. Carrot sticks and 2 tablespoons of hummus
3. \( \frac{1}{2} \) a sliced pear on a piece of whole-grain bread with a little honey and \( \frac{1}{4} \) teaspoon of cinnamon

Fruits and vegetables available fresh and in season in the winter

- Apples
- Brussel Sprouts
- Carrots
- Clementine
- Collard greens
- Dates
- Winter squash
- Grapefruit
- Kale
- Kiwi
- Leeks
- Mushrooms
- Onions
- Oranges
- Pears
- Persimmons
- Pomegranate
- Potatoes
Getting Active in the Winter

Get Active

Try to fit physical activity into your daily routine for example: park further from the door or take the bus
Make sure to do at least 10 minutes of activity at a time to see health benefits such as: decreased weight, reduced risk of heart disease, and improved mental health and mood

Exercise Ideas

Do yoga at home
Go for a winter walk at the Arb or a neighborhood park
Do stretches
Watch a workout video
Join a wellness program at your workplace
If you own a bicycle, consider purchasing a bike converter so you can pedal as a stationary bike
Shovel snow
Build a snowman
Play outside with your kids
Have fun with your activity!

Be Positive

- Change is hard
- Consider inviting a coworker to join you on a walk around the office
- Ask a friend to workout with you
- Don’t get discouraged!
Ingredients
1 pound butternut squash, peeled, seeded, and cut into ¾ inch
2 Tablespoons olive oil
1 cup quinoa
4 cups low sodium broth or 2 cups water and 2 cups orange juice
¼ cup raisins or dried cranberries
Salt and pepper to taste

Directions
1. Preheat oven to 400 degrees F.
2. Spread squash out on baking sheet tossing with 2 Tablespoons olive oil, salt and pepper to taste.
   Roast for 30 min.
3. In medium pot, bring broth or water to boil and stir in quinoa. Simmer, covered, until a small white spiral becomes visible in each grain. Time varies, check package for instructions.
4. Mix together quinoa with cranberries and butternut squash.

Nutrition Facts (Serving Size 1¼ cup, Total Servings 6, Per serving: Calories 253, Total Fat 7 g, Sodium 61 mg, Carbohydrate 42 g, Fiber 6 g, Sugar 8 g, Protein 9 g)

Recipe Ideas
Quinoa with Roasted Butternut Squash

Ingredients
1 pound parsnips
1 pound carrots
1 Tablespoon olive oil
6 sprigs fresh thyme
Salt and pepper to taste

Directions
1. Preheat oven to 375 degrees F.
2. Cut parsnips and carrots in half lengthwise. Slice into 1-inch-thick slices.
3. In large bowl, mix together olive oil, salt and pepper to taste.
4. Add parsnips and carrots, toss to coat. Spread evenly on cookie sheet, scatter thyme sprigs.

Notes: You can also add nutmeg and cinnamon if you like! Parsnips and carrots are also great to add to a hearty winter soup which you can freeze and eat throughout the season.

Nutrition Facts (Serving Size 1 cup, Total Servings 4, Per serving: Calories 113, Total Fat 4 g, Sodium 53 mg, Carbohydrate 20 g, Fiber 5 g, Sugar 6 g, Protein 2 g)
Chickpea and Lentil Soup

Ingredients
2 Tablespoons olive oil
½ cup onion, chopped
½ cup celery, chopped
1 tsp ground ginger
1 tsp turmeric
1 tsp ground cinnamon
1 cup dried red lentils
3 ½ cups water
3 cups low sodium chicken broth
1 can crushed tomato
1 can drained and rinsed canned chickpeas
Salt and pepper to taste

Directions
1. Sauté onion and celery with olive oil in large pot over medium heat until softened. Stir in ginger, turmeric, cinnamon, salt, pepper, and lentils.
2. Add water, low sodium chicken broth, and tomatoes to pot. Bring to boil. Reduce heat and simmer, partially covered, stirring occasionally until lentils are tender, 30 min. Add the chickpeas and simmer 5 min longer. Add salt and pepper to taste.

Nutrition Facts (Serving Size 1¼ cup, Total Servings 4, Per serving: Calories 277, Total Fat 5 g, Sodium 246 mg, Carbohydrate 35 g, Fiber 12 g, Sugar 6 g, Protein 15 g)

Recipe Ideas

Pumpkin and Lentil Stew

Ingredients
1 Tablespoon olive oil
½ cup onion, chopped
1 cup carrots, chopped
1 can of pumpkin
1 cup of dried red lentils
3 cups of water
Salt and pepper to taste

Directions
1. In a large pot sauté the onion and carrots with olive oil on medium heat for 10 minutes.
2. Add the pumpkin, 1 cup of dried lentils, and 3 cups of water to the large pot.
3. Stir well and simmer all the ingredients together for 30 min. Add salt and pepper to taste.

Nutrition Facts (Serving Size 1½, Total Servings 4, Per serving: Calories 277, Total Fat 5 g, Sodium 246 mg, Carbohydrate 44 g, Fiber 15 g, Sugar 9 g, Protein 18 g)

Nutrition Facts calculated without salt and pepper to taste using supertracker.usda.gov/myrecipe.aspx
Supertracker.usda.gov
Create an account to track your food intake and activity. Compare nutrition information for different foods

Fullplateliving.org
The nonprofit Full Plate Living focuses on weight management as part of a healthy lifestyle. They offer a free weekly newsletter with healthy eating tips.

Napchallenge.org
An initiative of the American Institute for Cancer Research, sign up for a 12 week healthy eating challenge.

Win.niddk.nih.gov
Weight-control Information Network’s website. Information provided by the National Institutes of Health. Tips on how to be “Active at Any Size.”

Choosemyplate.gov/physical-activity-tips
Full of tips on how to incorporate physical activity into your life at home, work, and as part of having fun while being active.

Useful Phone App

Calorie Counter & Diet Tracker by MyFitness Pal
Reviewed by Academy of Nutrition and Dietetics and received a rating of 4.5/5. You can input information on food and exercise.
**MyPlate Snowman Scene**

**Ingredients**
2 slices whole-grain bread  
1 Tablespoon peanut butter  
1 banana  
Handful of raisins  
5-6 pretzel sticks  
2 slices low-fat cheese  
1 green bell pepper  
½ cup air-popped popcorn

**Directions**
1. Make a peanut butter and banana sandwich. Then, cut out a snowman from the center.
2. Cut snowflakes from the cheese slices. (Don’t have a snowflake cookie cutter? Use a plain circle and create snowballs instead!)
3. Now let’s create the scene! Move your snowman to the plate and give him a face, hat, buttons, and arms using the pretzel sticks and raisins. If it’s cold outside, he may need a scarf too.
4. Add a background by covering the ground in “snow” (popcorn) and planting “trees” (green bell pepper)
5. Let it snow! Add cheese snowflakes or snowballs to complete the scene on your plate.
6. Have fun and make it your own. Try orange or yellow low-fat cheese to add stars or a sun to the sky. Plant extra trees, build a house, or make a snowman family! —From choosemyplate.gov


Produce for Better Health Foundation. *Fruits and Veggies More Matters*, web October 24, 2016 fruitsandveggiesmorematters.org

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