

***The Lunchbox Nutritionist***  
***Kathleen Searles MS, RD, LDN***



### Top 3 Diet Trends in 2012



If you are like many, you are ready to say “Good Riddance 2011 and Hello 2012!” With the anticipation of a fresh start, you may have found yourself scanning your local bookstore or browsing the Internet for the latest and greatest weight loss plan. This month am going to highlight top trends happening in 2012. Over the years, Americans have tried a wide variety of diet fads and trends. From going on a fat free frenzy in the early 90s to becoming a carb crazed consumer in 2000 and in between the promises of quick weight loss with shakes and meals delivered to your door—we have tried them all. However, I personally think 2012’s weight loss trends are the best of the best thus far. If one of the top diet trends does pique your interest consider scheduling an appointment and we can create a customized meal plan that turns something “trendy” into something that will help create a “New You!”

#### **Clean Eating:**

**Basics:** Eliminate processed foods from your diet; consume whole foods in their natural state. Diet focuses on fresh fruits and vegetables, lean meats, whole grains, nuts and legumes.

**Pros:** Emphasizes a variety of foods and the importance of eating fresh produce; focuses on the nutrient density and quality of the food.

**Cons:** Becoming too obsessed with any eating style could result in an eating disorder, even if it is “healthy” eating. It is important that “clean eating” does not interfere with enjoying quality time with family and friends.

#### **Going Vegetarian:**

**Basics:** Eliminate animal foods including beef, pork, poultry, fish, eggs, and dairy. The recent surge of

vegetarian eating is not only because of the health benefits, but also due to society's awareness of our eco-responsibility and helping to create a "greener" world.

Pros: An increase in fruits and vegetables and a decrease in animal protein are associated with numerous health benefits including a decrease in heart disease, high blood pressure and some forms of cancer.

Cons: Without proper planning, vegetarians are at risk for inadequate intake of: protein, vitamin B12, alpha-linoleic acid, vitamin D, calcium, iron, and zinc.

#### **Intrinsic Eating:**

Basics: The philosophy behind intrinsic eating is to throw out the diet books, rules, and regulations and learn to listen to and trust your body's natural hunger and fullness cues.

Pros: This approach focuses on creating a healthy relationship with food and with your body. By focusing on hunger and fullness cues and learning to eat less of the foods that satisfy you, you are less inclined to over-indulge and feel confined to strict dieting rules.

Cons: Principles can be taken to the extreme and result in very poor overall nutrition status. I believe it is very important to learn to listen to your body, however if your body is craving hamburgers, French fries, and cookies 24/7 then this is not creating a healthy relationship with food.

I believe we all have different needs based on lifestyle, food preferences, and personal goals. Therefore I am not endorsing one particular eating style or diet trend. If you are interested in changing your eating habits and behaviors, and reach a new goal please contact me to schedule a complimentary introductory call and discuss if working together is right for you. Happy New Year!

### **Your No Diet Resolution**



If you are preparing to set another New Year's Resolution, why not try something new? This year vow not to go on a diet. The truth is, every day we are on a diet. According to Webster's dictionary, the primary definition of a diet is "food and drink regularly provided or consumed." What you eat and drink on a daily basis is your diet. If weight loss is your 2012 New Year's Resolution, throw out the diet books and commit to some long-term lifestyle changes. Begin with setting no more than three goals, and many people do best by focusing on one goal at a time. Once you have mastered your goals, slowly start adding to your list. Do not try and conquer all the changes you need to make at once. Instead focus on training your body and mind to make long term changes and then you will never have to go on a "diet" again.

**Recipe of the Month:  
Edamame Hummus Recipe**

### **News and Events:**

#### ***Do you need a pre-holiday tune-up?***

Call for an appointment to be sure you are eating as well as possible as we head into the busy holiday season. We can work on tips to help you negotiate your family's celebrations so that you enjoy tradition without sabotaging your goals. I look forward to seeing you soon!

### **Q & A's About Your 2012 No Diet Plan**



***"If I don't go on a restrictive diet how can I lose weight?"***

Diet's work because they create a negative energy balance and result in you consuming fewer calories than your body needs. The down fall with many traditional diets is that they are so restrictive and boring that they leave people hungry. When you are hungry all



Reproduced with permission of Soy Connection  
(<http://www.soyconnection.com/recipes/edamame-hummus-recipe>)

Recipe featured at the 2010 American Dietetic Association Conference in Boston, MA.

**Ingredients:**

2 cups Edamame, shelled and cooked according to package directions  
1/4 cup Soybean oil  
3 tablespoons Lemon juice  
2 teaspoons Garlic, chopped  
3/4 teaspoon Cumin, ground  
1/2 teaspoon Salt

**Instructions:**

Puree edamame, oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice, until almost smooth. Cover and refrigerate until ready to serve.

Nutrition per serving: 2 tablespoons per serving -  
Calories 60 (68% Calories from Fat), 2g Protein, 0g Saturated Fat, 0g Trans Fat, 5g Fat, 3g Carbohydrate, 1g Fiber, 0mg Cholesterol, 90 mg Sodium

**Serving Tips:**

Serve with pita triangles, crackers, baguette or raw vegetables

### Quote of the Month

"Success does not come to you. You come to it."

~Marva Collins

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the time, willpower diminishes and you are more susceptible to overeat.

***"If I am not going to go on a diet, how do I get started on this lifestyle change?"***

1. Take a hard and honest look at your current eating and exercise plan
2. Identify and record three areas you want to work on. These can be strictly food or exercise related, or a combination of both.
3. Create an action plan and tell people what your goals are.

***"What should I do first? It all seems so overwhelming?"***

It is important not to overload yourself with too many goals, therefore remember to set no more than three. Below you will find a list of ideas for goals to set, without going on a diet. Little steps can add up to big results!

- Commit to a regular exercise time. If your workout routine always seems to get pushed on the back burner because of other things seem to get in the way, consider changing your workout time to the morning, or during your lunch hour.
- Cut out high calorie, high sugar beverages such as soda, punch, and fancy coffee drinks.
- Include a fruit or vegetable at every meal and snack.
- Bring your lunch three times a week.
- Avoid the office candy jar.
- Stop mindless nibbling. When you are hungry and if you are truly hungry, plan a sensible meal or snack. Those empty calories you are snacking on can easily be your weight loss.
- Keep a food log.
- When dining out, leave some food behind.
- Create a new bedtime routine. If evening munching is your downfall, then re-assess and see what other activities you can do to help relax and unwind.
- Stop eating the leftover food on your kids plate.

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### **About Kathleen Searles, MS, RD, LDN**

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school. Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.