

The Lunchbox Nutritionist

Kathleen Searles MS, RD, LDN



Happy New Year! A friend recently inspired me to make New Year's resolutions based on what I want "to be" rather than what I want "to do." For 2013 I want "to be" the health professional who helps you "to be" confident and competent in your food choices! This month's newsletter focuses on action steps to help you reach your goals and potential. I hope that 2013 is a year for you "to be" all that you hope for!

- **Kathleen Searles, MS, RD, CSSD, LDN**

52 Ways to Lose Weight Without Ever Having to Go on a Diet...

This month I am sharing with you 52 ways you can reach your weight loss goals without ever having to go on a "diet".

Implement one new thing each week of the year, keep it simple, but take daily action steps and I know you will succeed!

1. Eat breakfast.

Studies have found that people who start their day off with a breakfast high in fiber and protein actually eat fewer calories throughout the day than their breakfast skipping counterparts. Go ahead and start your day with fuel to empower you for success!

2. Drink half your body weight in water. For example, a 150 pound person should consume 75 ounces of water a day.

3. Walk 10,000 steps a day. Wear a pedometer and track your progress.



New Year Special!

Take advantage of my New Year's Special, and start the year off right!! **25% discount for appointments booked in January!**

Give me a call today (978-697-2834) or send an e-mail (ksearles@lunchbox-nutritionist.com) for more information!

Tips 27 - 52



27. Invest in upbeat music. Good tunes can help inspire a great workout.

28. Change it up. Keep variety in your workout and nutrition plan. This will help keep you motivated and eager to take on new

4. When you eat, leave two bites behind. This simple strategy can easily save 200 - 500 calories a day.

5. Ask yourself "Am I hungry? Would I eat an apple?" If the answer is no, then you are not hungry and you are eating out of another emotion.

6. Eat from the ground up, not the box down. Consume more fresh foods and limit or remove packaged and processed foods from your menu.

7. Perk up with green tea. Replace your afternoon cup of coffee or soda with green tea. Green tea is a calorie free beverage that also has metabolism boosting and cancer fighting properties.

8. Clean out the pantry and fridge. Remove foods that make it difficult to control portion sizes.

9. Avoid or limit alcohol intake. Alcohol not only adds empty calories to your day, but it also decreases overall inhibitions. When inhibitions are decreased you are more likely to overeat foods high in fat and sugar.

10. Buy desserts and/or treats for your kids birthday party or holiday event that are not your personal favorite. It is much easier to say "no thank you" to the brownies when chocolate cupcakes are your favorite!

11. Fill (and keep refilling) the fruit bowl. Keep it in a convenient place for a quick "grab and go" snack.

12. Move the candy jar to an "out of sight, out of mind" location.

13. Keep a food journal. Record not only what you eat, but also how much you consume.

14. Snack on berries, cherries, and apple slices.

15. Workout in the morning.

16. Dine In. Restaurant meals are generally higher in calories, sodium, fat, and sugar than the home cooked counterpart.

17. Snack on raw veggies. Try dipping carrots, celery, cucumber, broccoli and red bell pepper slices in salsa!

18. Get your ZZZ's! Aim for at least 6 - 8 hours of sleep every night. Being sleep deprived will hinder weight loss efforts.

19. Dining out? Order your entree from the appetizer menu - just make sure it is not the fried onion rings!

challenges!

29. Drink eight ounces of water before each meal. This can help fill you up and prevent over eating.

30. Serve and save. Serve yourself your meal and then put away the leftovers.

31. Limit TV time to less than ten hours a week.

32. Take it one day at a time. Don't let your mind get too far ahead of yourself. Take daily action steps to reach your goals.

33. Make "pretty" water. Add cucumber, orange, or strawberry slices to your water.

34. Take an evening stroll. Add a 10 - 20 minute evening walk to your day. This will help with the digestion of food as well as help to relax and unwind your body and mind.

35. Reward your success. Plan mini rewards for every 5 - 10 pounds you lose.

36. Identify and remove or reduce trigger foods and situations.

37. Avoid eating while driving.

38. Grocery shop on a full stomach and with a list of exactly what you need.

39. Find a hobby to help replace emotional or boredom eating. A few ideas include painting, scrapbooking, and wood-carving.

40. Eat like a kid. If you have ever observed how a child eats you will notice that they eat very slow and rarely finish the food on their plates. Once their tummies are satisfied they are off to do their next thing!

41. Make a distraction list of "go to" activities you can do besides eating when bored or cravings kick in.

42. Pre-portion snacks in advance.

43. Go out for the good stuff. Craving ice cream or cookies? Instead of keeping them in the house and struggling with portion

20. Slow down. Take time to slow down and relax the mind and body.

21. Find an exercise partner.

22. Visualize your success. Create a vision board with the goals you are striving to achieve. Put it in a place where you can look at it on a daily basis.

23. Replace one soda (or other sugar beverage) with water. Doing this once a day can save 150 calories, resulting in 15 pounds over the course of a year.

24. Bring your lunch to work.

25. Eat with sticks...chopsticks! This simple tip can help slow down your eating, helping you become more in tune with your internal hunger and fullness cues.

26. Divide your plate in half. Fill one half with veggies and then divide the other side in two...fill with a lean protein and high fiber carbohydrate source.

Recipe of the Month: Herbed Fish and Vegetable Packets

4 sheets
(12x18-inches
each) Reynolds
Wrap® Non-
Stick Foil
4 cod, sole or
haddock fillets
(4 to 6 oz.
each), thawed
1/2 teaspoon
dried thyme
1/2 teaspoon
dried marjoram
4 teaspoons
lemon juice

1 package (16 oz.) frozen broccoli, carrots
and cauliflower
1/4 cup chopped green onions
Salt and pepper
2 tablespoons margarine or butter, cut in
pieces



PREHEAT oven to 450°F OR grill to medium-high.

CENTER one fish fillet on each sheet of Reynolds Wrap Non-Stick Foil with non-stick (dull) side toward food. Sprinkle fish with thyme, marjoram and lemon juice. Place

control or temptation, make a date to go out and savor the good stuff. Order a small portion and enjoy!

44. Sit down to eat. Avoid eating while standing up or multi-tasking.

45. Focus on your personal strengths. Don't compare yourself to others. A simple shift in your thought process could make all the difference in your weight loss goal.

46. Replace fancy coffee beverages with plain coffee or tea.

47. Skip the post-holiday candy clearance racks.

48. Swap red meat for baked fish twice a week. This simple move can easily save 200 - 500 calories per meal.

49. Heading out to a party and planning to have a cocktail? Double fist it! Have a glass of water in one hand and a cocktail in the other...just remember to drink more water than alcohol!

50. Hungry? In a time crunch? Make yourself a simple turkey sandwich on whole grain bread rather than munching on chips or protein bars.

51. Eat fruit for dessert.

52. Believe in yourself. Believe that you can achieve whatever you put your mind to.

Quote of the Month:

"I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be."

- Ken Venturi

Contact Information:

Beverly Office
900 Cummings Center
Suite 218U
Beverly, MA 01915

Newburyport Office
37 1/2 Forrester Street
Newburyport, MA 01950

Phone: 978-697-2834

Email:

ksearles@lunchbox-specialist.com

[Click here to like us on Facebook today!](#)

frozen vegetables next to fish on each foil sheet. Sprinkle fish and vegetables with green onions, salt and pepper. Top with margarine. BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

BAKE 18 to 22 minutes on a cookie sheet in oven

OR GRILL 16 to 20 minutes in covered grill.

Number of Servings: 4

Nutrition Information:

(Per Serving): 265 calories, 7 grams fat, 94 mg cholesterol, 533 mg sodium, 9 grams carbohydrates, 42 grams protein



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.