

TRYING TO KEEP THE WEIGHT OFF?

Tips from Mayo Clinic in Scottsdale on Maintaining a Healthy Weight

By Robert R. Orford, M.D., C.M.
Director, Mayo Clinic Executive Health Program in Scottsdale, Ariz.

Low carb? High protein? Low fat? We're bombarded with suggestions on how to lose weight. While these recommendations may help take off the weight, most people can't keep the weight off with these diets, according to two recent articles in the New England Journal of Medicine.

Mayo Clinic has developed a Healthy Weight Pyramid with guidelines to help keep the weight off. Using this pyramid as a guide, follow these 10 tips to maintaining a healthy weight:

- **Eat lots of vegetables.**

Vegetables are full of fiber, which makes you feel full. So use them as snacks, and substitute double vegetables for rice or pasta.

- **Increase**

your intake of fruit. Choose fresh fruit over juice. A glass of orange juice has 150 calories, the same as a regular soft drink.

- **Watch your serving size.** Watch your serving size, and don't take seconds. A healthy plate should contain about ½ vegetables or fruit, ¼ protein and ¼ carbohydrates.

- **Choose high quality protein sources.** Choose lean cuts of red meat, fish and poultry or beans or tofu.

- **Remember: fat is important.**

Decrease your overall fat intake, and choose healthy fats such as canola or

olive oils and nuts. Remember, though, that oil has just as many calories as butter.

- **Don't deprive yourself of sweets.**

Let yourself have a low fat sweet each day – or forgo the daily treat and have one bigger dessert during the week.

- **Slow down your eating speed.**

Eat slower, and stop when you're satisfied, not when you're full. You don't need to clean your plate.

- **Eat a wide variety of foods.**

When choosing fruits and vegetables, go for the "rainbow effect," choosing

lots of different colors.

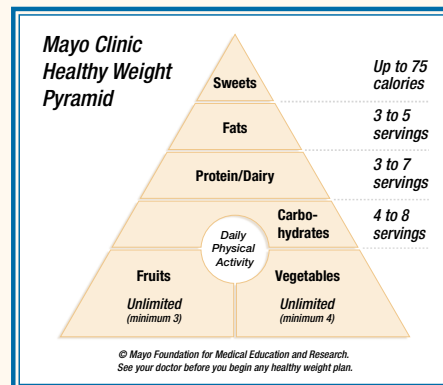
- **Be careful when eating out.**

Restaurant portions can be two to three times the calories you need. Consider asking for a to-go container

before you start eating, and portion half of the meal to take home and eat the next day, or just toss it.

- **Exercise, exercise, exercise.** Get active, preferably for 30–60 minutes a day. Get in the habit by starting with as little as five minutes a day.

If you follow these tips and eat according to the Mayo Clinic Healthy Weight Pyramid, you'll be well positioned to achieve and maintain the weight that's best for you. For more information on-line about the new Mayo Clinic Healthy Weight Pyramid, visit www.MayoClinic.com.



Robert R. Orford, M.D., C.M., is director of the Executive Health Program at Mayo Clinic in Scottsdale, Ariz. For more information about this topic, go to MayoClinic.com. Mayo Clinic Executive Health Programs are located in Scottsdale; Rochester, Minn.; and Jacksonville, Fla.

To schedule an appointment, call 480-301-8088, option 4.