



Nutrition news

PROVIDING YOU WITH WHOLESOME NUTRITION

Introduction

As a dietitian, it is music to my ears when I hear or read media ads finally sending the message that diets don't work. Of course they don't work. Diets fail people. People don't fail diets. Laura Cipullo, LLC Nutrition Services has been educating clients and teaching nutrition via the non-diet approach for the past ten years. It is of utmost importance that parents, healthcare professionals and media all send the appropriate message: Choose realistic lifelong nutrition practices. The spring/summer newsletter reiterates the message that diets don't work and provides effective strategies to make sure you and your body are working towards and maintaining realistic healthy habits.

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Tips to Help You Stay Motivated to Meet Your Goals

by Martha McKittrick, R.D., C.D.E.

How many times have you started out really motivated to meet a goal — whether it be to lose weight, exercise more or cut back on spending — only to find your motivation dwindle as the weeks go by? Staying motivated to accomplish a goal can be really difficult.

One of the most common questions I get asked in my private practice is “How can I stay motivated to stick to my eating plan or to stick to my exercise program?” This is a difficult question to answer as there are

many components that go into making someone motivated. One of the problems that I see is that we tend to set unrealistic goals (i.e. getting back to our college weight) or take on

too many goals at once (i.e. I want to quit smoking, lose 40 pounds and get back into exercise). We get caught up in our busy lives, get frustrated with slow progress (as most of us want “instant gratification”) and lose focus. Consequently, our confidence and motivation goes by the wayside.



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When it's No Longer a Diet

by Laura Cipullo, RD, CDE

What starts as a simple effort to lose weight can become a catastrophe if you are not careful. Many women start and stop diets, gain and lose weight on a regular basis. What happens when someone doesn't go off a diet? It is possible that what was once a diet is now disordered eating

or potentially an eating disorder? Diets and weight loss can trigger a domino effect thereby causing disordered eating or an eating disorder. It is important that women know the signs and symptoms of a diet gone awry. Your eating and metabolism can be normalized if you get help.

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Tips to Help You Stay Motivated to Meet Your Goals

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Here are some tips to help you stay motivated and meet your goals:

1. First, give some serious thought as to what your goals are and why you want to meet them. For example, if you have a home office that is full of clutter and you have found it impedes your work performance, your goal could be to de-clutter your office. Improving your work efficiency would be a great motivating factor. Or perhaps, you found out you have a health problem that can be controlled, at least in part, by a healthier lifestyle. Improving your health would also be an excellent motivating factor.

2. Assess as to whether or not you are really ready to make the needed changes. If you are in the middle of changing jobs or having relationship problems, now may not be the best time to think about making these changes. Making changes take a lot of focus and hard work.

3. Make sure your goals are realistic. If you haven't exercised in years and/or have a really hectic schedule, setting a goal of exercising 6 times a week will likely set yourself up for failure. Exercising 3 times a week is a better goal to start with. Or perhaps your goal is to lose weight. If you are currently 45 years old and weigh 150 pounds, trying to get to your college graduation weight of 115 is not a realistic goal and will only set you up for failure.

4. Break the goals down into smaller, specific goals. Think about setting monthly, weekly and even daily goals. This is what most of us do in our jobs, so why not do it in our personal lives? For example:

➤ If you want to lose 40 pounds, rather than focusing on this amount (which may seem overwhelming), start with a smaller goal of 1-2 pounds a week or 5 pounds a month. Once you have met that goal, aim for another 5 pounds. Meeting these smaller goals will give you the confidence to meet your larger goals.

➤ If you want to pay off your outrageous credit card bill, set a goal of paying off a specific amount each month.

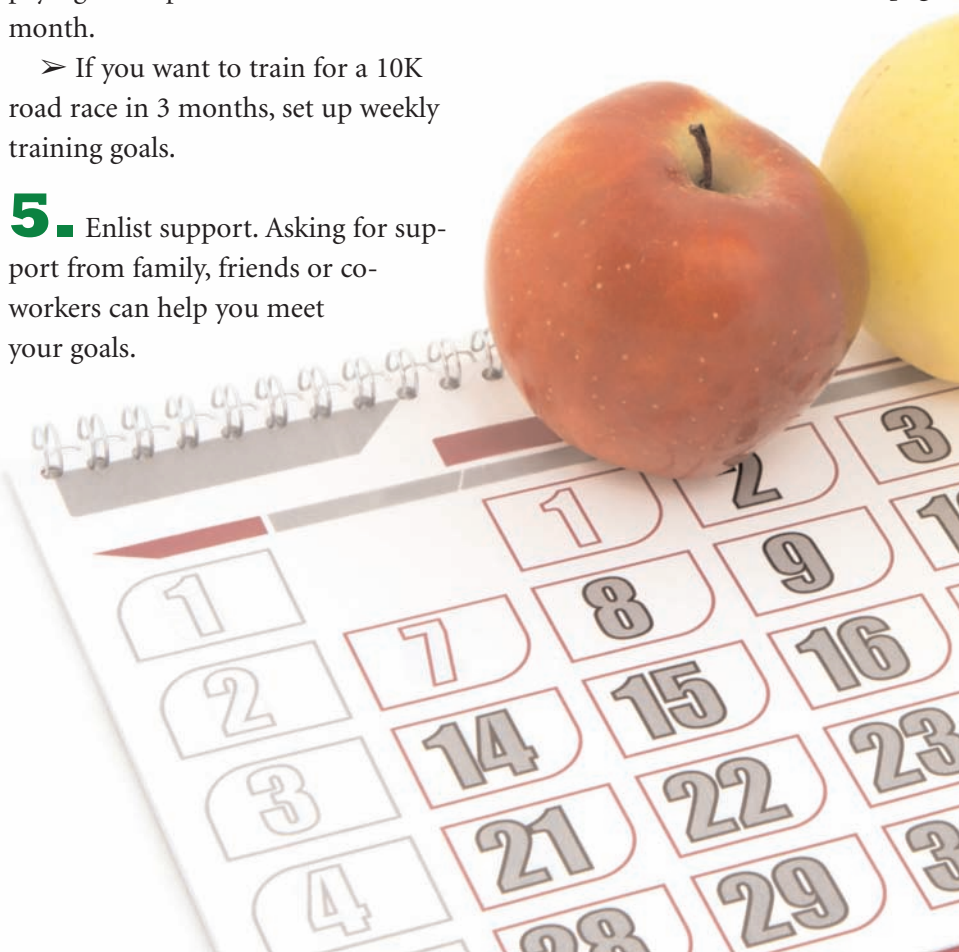
➤ If you want to train for a 10K road race in 3 months, set up weekly training goals.

5. Enlist support. Asking for support from family, friends or co-workers can help you meet your goals.

Ask your husband to buy a flavor of ice cream you don't like (if such a flavor exists). Ask your gym rat boyfriend to give you a gentle nudge to hit the gym with him 3 times a week. Ask your secretary to remove the candy jar from her desk (which is 15 feet from your desk) ... or at least buy a kind of candy that you don't love.

6. Track your progress. Writing your goals on paper can make them see more real. For example, if you are trying to limit your spending, keep a log of everything you spend. The same would go for a food or exercise record. Then write

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When it's No Longer a Diet

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Take this scenario of a diet gone disordered. Perhaps all the women in your office lost their holiday weight gain by cutting carbohydrates. Sounds easy enough, so you decide to cut carbs too. Little did you know the other women only reduced their carbohydrates for the initial two weeks of their diet. Now, 6 months later you have continued to restrict carbohydrates even fruit.

Everyone says you look great and all the guys are commenting on how thin you are. You never miss a day at the gym and have memorized the nutrition labels of every food in your shopping cart. From an outsiders perspective, people think you are super healthy and in control.

However, you feel just the opposite! You feel out of control in your life. You are afraid to eat anything for fear of weight gain. Chicken and broccoli are your safe foods! You have lost more weight than you had hoped, but you feel worse now. You have lost your self esteem. You missed your best friend's birthday dinner to get to your favorite gym class. Besides - you stopped drinking alcohol for fear of the extra calories and wouldn't dare to take a bite of the birthday cake.

These feelings and concerns are unhealthy and unnecessary. Women do not need to feel guilty for eating real food. When calorie thoughts consume your day, you know your diet is no longer a diet. Another scenario you

may identify with is when your diet becomes a trigger for a binge or an episode of overeating. Perhaps you are counting points for your diet program. However, if you go above your allotted points, you feel like a failure and sabotage yourself. You eat whatever you can. This is not because you are hungry but because you are punishing yourself. You feel out of control with life and your eating. Your refrigerator is your enemy



and your friend. The next day you wake up and hate yourself. You vow not to eat the rest of the day to make up for the extra calories you consumed last night. But you just can't refrain from eating and you end up ordering Chinese food for dinner and eating a box of cereal for dessert. If you can identify with these thoughts and or behaviors, your diet is no longer a diet!

Other signs that may signify your eating is becoming disordered include: eating the same foods every meal every day; only eating foods with nutrition facts/labels; refusing to

eat/drink the full fat version of a food if the fat free version is not available; working out to compensate for the food you ate; working out despite having a cold; restricting all day in fear of what you may consume at night; feeling out of control in the presence of your "fear" foods; eating food in large quantities despite not feeling hunger; punishing yourself because you "cheated" on your diet; weighing yourself multiple times a day; the scale's result determine your emotions for the day; feeling sad and moody all day if the scale goes up a pound; feeling powerful and in control for the day the scale goes down a pound; skipping social engagements involving food, skipping social engagements to exercise; claiming you have food allergies to prevent others from questioning your lack of food intake. These are a just a few examples of signs/symptoms to bring awareness to a possible eating issue.

Many women feel or behave in the above manner, but such discomfort with eating and our body is not necessary. You don't fail at diets, rather diets fail you. You can empower change with the right help. Consider this: eating and exercise can and should be fun, nutritious and stress free. Eating is social and not perfect! Eating is not about being good or bad but rather an act of self care! Self esteem and confidence come from internal self worth, not a number on the scale. Portions are

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About Laura Cipullo, RD, CDE

As a mother and a registered dietitian, food and nutrition continue to drive Laura's ambitions and efforts. Laura returned last fall to the Days of Taste program. She volunteered her time alongside Chef John DeLucie of the Waverly Inn to teach NYC students about cooking and eating local, organic foods. Laura also appeared on NY One News to discuss overcoming holiday overeating.

This spring, Laura is stepping into her clients' shoes. Laura is following a gluten free, peanut free intake to better understand the nuances of living with food allergies. This will allow Laura to counsel food allergy clients most effectively. The nutrition office is now offering food sensitivity testing.

Tips to Help You Stay Motivated to Meet Your Goals

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out what your daily or weekly goals would be. Compare what you actually did to the goals you set. Seeing that you were able to meet at least some of your goals can bolster your confidence.

7. Reward yourself each time you meet your goal. Of course, make the reward appropriate. No point in rewarding yourself with a pizza after losing 2 pounds or buying a \$800 pair of Gucci boots after you paid off a credit card! Here is a tactic that worked for one of my clients - she was trying to cut down on the amount of wine she had each night. So every night she was able to avoid wine, she added \$5 to a jar. This was a good incentive for her to meet her goal.

8. Maintain a positive attitude. Focus on what you were able to accomplish



rather than what you weren't able to do. Ok, so maybe you didn't meet your goal of exercising 3 times this week. But you were able to exercise twice — which was more than what you were doing a few weeks ago. Or perhaps you didn't meet your goal of losing 2 pounds this week. However you felt much more energetic and had fewer sugar cravings. Focusing on the positive rather than the negative will increase your chances of ultimately meeting your goals.

Bottom line, setting smaller, more concrete, attainable goals will increase your chances of meeting them. The more small goals you meet, the more confidence you will gain. It is also more likely that these small changes will start to become a part of your lifestyle. This will eventually enable you to meet your larger goals. Keeping a positive attitude is a key factor in helping you meet your goals. So get out your pen and paper and start to tackle your goals step by step! 🌿

*Written by Martha McKittrick, R.D., C.D.E.
Check her website www.martha-nutritionist.com and blog for "girls on the go" www.citygirlbites.com/blog*

When it's No Longer a Diet

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determined by internal cues rather than external diets. Restrictions cause overeating. Diets don't work. Making the decision to choose realistic life long nutrition practices like moderation can set you on a journey of happiness and health.

You can be free of diets, and diets gone badly. If food, exercise and or body thoughts consume your day, reach out and get help from a professional. Overcome your disordered eating before

it becomes an eating disorder. A Registered Dietitian and a therapist specializing in eating disorders can help to normalize your eating and balance your life not just the scale. 🌿

RESOURCES:

www.bulimia.com
www.edreferral.com
www.LauraCipulloLLC.com