

# NEWMI Dietitians Weigh in on Weight Loss

Everyone wants to know, “What is the best diet to lose weight?” About 70 percent of Americans are overweight, so it’s no wonder the diet industry is worth over \$72 billion dollars a year. The average person can get overwhelmed by the options, many of which turn out to be a waste of both time and money. Results are typically short lived and old habits return prompting shame, frustration, hopelessness and failure once again.

Weight loss is hard and takes time. There’s no way around it and there is no one-size-fits-all approach. Biological, environmental, and psychological factors such as genetics, medications, hormones, sleep patterns, foods choices, activity level, and emotional health all play a role. For more lasting weight loss results, it is important to address each of these areas. As registered dietitians, we have spent much of our careers helping people lose weight while gaining some valuable insights along the way. Here, we provide our six recommendations on how to lose weight and keep it off.

- 1) **Set realistic goals and be patient.** If you are trying to reach your high school weight, it may be time to rethink your goals. Being overly aggressive may undermine your efforts and lead you to give up. Evidence supports aiming for a 5–10% weight loss over six months as realistic and achievable while providing several health benefits. Modifying food and behaviors that lead to sustainable changes can prevent the yo-yo dieting approach that disappoints many.
- 2) **Plan meals and snacks.** This simple tip not only helps with making better choices, it can also reduce stress, save time and money, and make meal preparation easier.
- 3) **Avoid processed carbohydrates.** More than ever, we are living our lives in the fast lane and we often resort to quick and easy processed foods and drinks such as granola bars, fast food or take out, frozen meals, soda, candy, and lots of white bread and pasta. Plain and simple, cut back on these foods and eat real, whole foods. This will put you on the fast track for weight loss and your body, mood and health will thank you for it.
- 4) **Pay attention.** Focus on eating slowly and enjoying your food. Don’t multitask at meals. Recognize triggers to overeat and develop strategies unrelated to food to manage emotions.
- 5) **Stay hydrated.** Drink at least eight cups of water (or other calorie-free, caffeine-free liquids) every day. This will help you feel less hungry, reduce constipation and some studies suggest that it may help boost metabolism.
- 6) **Move as much as possible.** The benefits are too numerous to list!



Don’t give up. Making changes can be overwhelming. We have an amazing team at **CMC’s New England Weight Management Institute (NEWMI)** that can provide you with a comprehensive, multidisciplinary approach offering ongoing guidance and support to help you achieve your weight loss goals.

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The New England Weight  
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