A Fresh Approach to Weight Loss

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Weight Loss...What have you tried?
Weight Loss...What works!

if it came from a plant, eat it.

if it was made in a plant, don't.

--- Michael Pollan
Focus on MORE!

- More fruits
- More veggies
- More water
- More physical activity

Video: Eating More to Weigh Less
- Nutritionfacts.org by Michael Greger, MD
EAT MORE!
FILL HALF YOUR PLATE WITH FRUITS & VEGGIES

Fruits & Veggies Month

Fill 1/2 of your plate with fruits and vegetables every time you eat!
Caloric Density

400 Calories of Oil
400 Calories of Beef
400 Calories of Vegetables

Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

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200 calories
How can you prepare a variety of fruits and vegetables?

- Fresh
- Bake
- Roast
- Grill
- Steam
Summer Squash
Starchy and Root Vegetables
Pears
How could you add more fruits and veggies to your day?
500 calorie Breakfasts

Nutrient-poor breakfast

Nutrient-dense breakfast

Photos: © Matthew Faruggio; Art © Cengage Learning 2013
500 calorie Lunch

Both meals are 500 calories.
Dinner

Panda Express 2 entrée meal with Orange Chicken

1,200 calories

1 turkey sandwich, a salad, 3 apples, 3 cups of blueberries, and 3 bananas

1,200 calories
Fall Roasted Vegetables

- 1 small butternut squash (about 1 pound), peeled and seeded
- 1 medium sweet potato, peeled
- 1 medium baking potato, peeled
- ½ pound carrots, peeled
- ½ pound parsnips, peeled
- 1 onion, cut into large chunks
- Cooking spray
- ¼ teaspoon salt
- ¼ teaspoon fresh ground pepper
- 1 tsp rosemary

Instructions

1. Preheat oven to 425 degrees.
2. Cut butternut squash, sweet potato, baking potato, carrots and parsnip into 1- inch pieces.
3. Place all cut vegetables in a single layer on a baking sheet. Spray with cooking spray and sprinkle with salt and pepper over top. Toss well.
4. Bake for about 30 minutes, turning once with a spatula, until vegetables are tender.
5. Season with more salt and pepper, if desired.

Modified from https://www.skinnykitchen.com/recipes/a-delicious-variety-of-fall-roasted-vegetables/
Tangy Greeny Beans

- 12 oz fresh green beans
- 2 cups water
- 1 Tbsp dijon mustard
- 1 Tbsp rice wine vinegar
- 1 Tbsp liquid sweetener (honey, maple syrup, agave nectar)
- 2 Tbsp slivered almonds
- 2 Tbsp finely minced red pepper

Instructions

1. In a medium saucepan, add beans and cover with water. Bring to a boil, reduce heat and simmer covered for about 8-10 minutes until tender crisp.
2. Drain beans and toss with dressing. Serve.

Modified from The New Fast Food by Jill Nussinow, RD http://www.theveggiequeen.com/
Southwestern Stuffed Spaghetti Squash

- 1 medium spaghetti squash
- ¼ cup low-sodium vegetable broth
- ½ red onion, chopped
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced (leave seeds in for more heat)
- 1 red bell pepper, chopped
- ½ Tablespoon ground cumin
- ½ Tablespoon oregano
- ½ Tablespoon chili powder
- salt and freshly cracked black pepper
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/2 cup freshly torn cilantro, plus more for garnish
- Juice of 1 lime

DIRECTIONS:
- Preheat oven to 375 degrees F.
- Wash the spaghetti squash. Cut each squash in half lengthwise and then use a spoon to scrap out the seeds and the darker yellow strands that the seeds are attached to.
- Rub a little bit of high heat oil on the inner edges of the squash and then place each half face down on a lined the baking sheet/dish. Roast in the oven for 30-45 minutes, depending on the size (longer for larger squash). You can test to see if it’s done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh.
- In a large skillet, add onion, garlic, jalapeno and red bell pepper. Add broth to prevent vegetables from sticking. Sauté 2 minutes. Stir in cumin, oregano, chili powder, and a good pinch of salt and pepper. Sauté 1 more minute. Stir in beans, corn, half of cilantro and lime juice until well combined. Add the “spaghetti” from each squash to the vegetable mixture and stir to combine. Taste and season as desired.
- Sprinkle with remaining cilantro and serve warm
Poached Pears

- 2 large ripe pears
- ½ cup apple juice concentrate
- ½ cup water
- ¼ tsp cinnamon
- 1/8 tsp ground cloves

Directions
- Peel pears, then slice in half and remove cores.
- Place pears in a saucepan with remaining ingredients. Bring to a simmer over medium heat, then cover and cook ~15 minutes.
- Remove pears and place into individual serving dishes. Continue to simmer juice until decreased by half, ~5 minutes. Pour over pears and serve.

Source: PCRM Food for Life
Memorial’s Diabetes Prevention Program

- It WORKS!
- January to June 2017
  - 20 classes
  - 266 participants
  - Average weight loss over 16 weeks: 14.7 lbs
  - Total weight loss: 2,040 lbs!!!