





HEALTH

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HEALTH

amEXPERT Ask a nutritionist

Robin Barrie Kaiden, MS, RD, CDN and CSSD, is a licensed registered dietitian and personal trainer. She has a private

and exercise science from

Cornell and Columbia.

practice in

and appears

regularly in

the media. She received

her B.S. and

M.S. degrees

in nutrition

Manhattan



Kaiden

need a calorie deficit of 3,500 calories. We can decrease calories by consuming fewer (eating less) or by burning more (with exercise).

Start with a food diary. Research shows that the most success in weight loss is correlated with food journaling.

If you can add an extra workout or two, that is great: you will burn more calories. If this is not possible, make sure you are maximizing your

bad for you as eating fatty foods?

Moderate consumption of drinks may have heart health benefits. Compounds including antioxidants and resveratrol can help increase "good" (HDL) cholesterol and prevent artery damage from "bad" (LDL) cholesterol in the blood.

Alcohol is not an essential nutrient. ... [But] if we are referring to "bad" saturated fats, such as those found in fried foods and

lead to eating indulgences.

decrease inhibitions and

What are the best dieting foods?

There is no one right answer. But I will share my favorite two:

Water: At least 70% of the time we think we are hungry ... we are actually thirsty. Maintaining proper hydration not only takes away that false feeling of "hunger," but can help get rid [of] excess bloat. [It] may sound counterintui-



beginning of a meal. Research has shown that including vegetables at all three meals can help increase weight loss and improve body composition (more lean muscle, less fat). Just watch out for vegetables that are higher There are different schools of thought on the practice of "cleansing" and "juicing." Only 12-13% of adults meet their daily recommended five servings of fruits and vegetables. Juices can be a great way to

load up on all the nutrients

with metabolism.

Be careful when drinks are meal replacements. Some contain significant amounts of protein, others do not. Skipping protein can be detrimental and sabotage diet and weight loss efforts.