

By Lisa Camerlengo

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FIT INTO YOUR CLOTHES THIS FALL

Did overindulging at family barbecues, drinking at the tiki bar, ice cream truck treats and choosing "bad" food at the ballpark lead to some unwanted pounds this summer? BELLA offers some small tips to keep you on track – and fitting into your clothes – this fall.

Robin Barrie Kaiden, MS, RD, CDN, CSSD, a nutritional counselor who has successfully assisted clients in reaching personal wellness, nutrition, weight loss and exercise goals from her Manhattan office for more than a decade, offers five key ingredients for success when it comes to losing weight.

"If you put on a few extra pounds from summer vacations and parties, you don't have to put on extra layers of clothing to cover it up. And, if you tend to gain weight in the cooler months, here's how to prevent that, too," she says.



1 Hold the Hot Chocolate (and other high-calorie drinks)

Even a small hot chocolate with whipped cream packs about 300 calories and is very high in carbohydrates and fat. The warm liquid may taste and feel great on a cool day, but a low-calorie hot tea or coffee with a high fiber, balanced snack is a better option. Satisfy your chocolate craving with a small dose of dark chocolate on a regular basis instead. Dark chocolate helps improve blood flow, prevent heart disease, improves cognition and mood, assists in controlling blood sugar and is full of antioxidants that can protect against aging and cancer. It can also assist with weight loss by improving insulin resistance, decreasing cravings, and reducing stress and cortisol levels. Remember: Dark chocolate is still high in fat, so limit yourself to no more than a small square a day.

3 Check Your Chestnuts

It's great to chomp on warm nuts or chestnuts by the fire, but be sure to check the label or ask about added oils, sugar or salt. These ingredients add too many extra calories and increase your sodium intake, which leads to water retention. This is especially a concern in the cool fall and winter months, when we sweat less and don't have as much sodium to replace.



4 Skip the Cider and Reach for an Apple

One cup of apple cider contains 120 calories, almost 30g of carbohydrates and no fiber, while one medium apple has only 72 calories, 19g of carbohydrates and more than 3g of fiber. An apple's nutrients make it more filling and its crunch factor, as well as the fact that it takes time to eat, make it the perfect snack. Don't love fresh apples? Try dried apples, which have only 60 calories, 16 g carbohydrates and 2g of fiber in half a cup.

5 Hydrate, Even if It's Hot

Believe it or not, it's sometimes even harder to hydrate in cooler months. Did you know that we mistake hunger for thirst 75 percent of the time? So, reach for tea or hot water with added lemon (not tons of added sugar and milk or cream) to meet your fall hydration needs.



2 Pumpkin Power

Pumpkins are a perfect addition to your fall diet. High in protein and fiber, a handful of pumpkin seeds added to yogurt, salad, or as a healthy snack packs a powerful, satisfying punch of antioxidants and zinc. Pumpkin flesh is also high in antioxidants, vitamins A, C, E, K, potassium, magnesium and iron. Enjoy it as a low-calorie snack or side dish with your meal for 3g of fiber and more than 4g of protein per cup.