






# Dairy Calcium

One piece of the weight management puzzle

## Are you puzzled about the best way to lose weight and keep it off?

If so, you're not alone. The sheer volume of information out there — much of it conflicting — makes it difficult to decide just what's best to do. While there's no "one-size-fits-all" method that's right for everyone, you can enhance your chance for success by choosing from advice that's based on the best scientific research to date.

As the pieces fall into place through research, a clear picture is emerging to show that people who lose weight and keep it off...

-  **Follow a low-calorie, low-fat eating plan**
-  **Engage in regular physical activity**
-  **Use techniques to turn positive changes into permanent habits**

According to new research, dairy calcium also fits into the puzzle.

## Weigh your options for following these guidelines by considering the tried-and-true strategies and tips described here.

### **Trim the Fat.**

#### **Cutting calories is essential for losing weight.**

Research suggests that eating less fat may aid weight loss by helping to reduce the number of calories you eat. A low-fat diet may be especially helpful for preventing weight gain to begin with.

- Lean towards lean meats. Choose cuts with the words "round" or "loin" in the name. Remove visible fat from meats and skin from poultry.
- Go with low-fat or fat-free milk, yogurt and cheese. They contain fewer calories, but all the vitamins and minerals of higher-fat versions.

- Use less fat and oil. For instance, use half the usual amount of spread on your toast or mayo on your sandwich. Sauté vegetables using cooking spray or just a drizzle of oil.
- Choose naturally low-fat complex carbohydrates such as whole grain cereals, bread, rice, pasta, vegetables and fruits.

### **Join the Breakfast Club.**

#### **Whether it's at home, en route or at your destination, make sure to eat breakfast.**

Research among people who have maintained at least a 30-pound weight loss for a year or more shows that nearly eight in 10 eat breakfast every morning.

- Top a bowl of whole grain cereal and low-fat milk with your favorite seasonal fruit.
- Grab a cheese stick and a banana to eat on the bus or train.
- Stash cartons of yogurt and boxes of juice in the office fridge for on-desk dining.
- Raid the fridge. Last night's pizza or casserole makes today's tasty eye-opener.

### **Power up on Produce.**

**It's no secret that most fruits and vegetables are low-calorie packages loaded with good things like vitamins, minerals and fiber.** But, according to one university weight loss program, eating lots of plain vegetables and whole fruits as part of a low-calorie diet may help cut calories by "displacing" other higher-calorie foods.

- Pile sandwiches high with veggies such as lettuce and spinach leaves, tomato slices, sprouts, roasted peppers and zucchini.
- For snacks, tote plastic bags of finger-friendly options such as cherry tomatoes, baby carrots, orange sections and grapes.
- Hit the produce department or salad bar for bagged salads and washed and cut fruits and veggies.
- Stock up on frozen or canned fruits and vegetables. They're as nutritious as fresh and always on hand when you need them.

**🚀 Pump Up Your Volume of Watery Foods.** Eating more foods with a high water content — such as fruits, vegetables, cooked grains, soups and stews — may help you cut calories while enjoying a satisfying amount of food. How? Some researchers believe that we tend to eat the same weight of food each day, regardless of calories. Foods with a high water content weigh more but have fewer calories than the same volume of less watery foods.

- Reach for fresh fruit instead of dried fruit. For instance, 100 calories gets you nearly two cups of grapes, but only 1/4 cup of raisins.
- Add extra veggies to soups, stews, casseroles and pasta dishes — or double your dinner serving of vegetables.
- End your meal with sweet, juicy chunks of watermelon, honeydew, cantaloupe — or a colorful mix.

**🚀 Move It and Lose It.**

A regular program of physical activity helps you burn calories, decrease body fat, and reduce risk for heart disease and diabetes.

- Walk every which way you can. If you're just starting out, walk 10 minutes, three days per week and build up to the recommended 30-45 minutes, 5 days per week. Small snippets of activity such as walking up the stairs or from the furthest spot in the parking lot count, too.
- Have fun with it. Fulfill your dream of taking tap-dancing lessons, trying cross-country skiing or joining a volleyball team.
- Break tradition. Try out a class or rent a videotape on yoga, pilates or tai chi.

**🚀 Use Tools to Stay on Track.**

To boost your odds for success, turn healthy changes in eating and physical activity into permanent habits.

- Set realistic goals. Losing one or two pounds in a week is doable; losing 10 pounds in a week is not.
- Do the write thing. Recording details about the foods you eat and the amount of physical activity you get helps you pinpoint and correct trouble spots.
- Plan for success. Keep the kitchen stocked with the foods you need for healthful meals and snacks. Make physical activity a priority by blocking out the time on your calendar.



**Take Charge:**

**The Choice is Yours!**

Armed with these science-based strategies, you can proceed with confidence to assemble a weight management plan that's right for you. Adopting new habits that suit your preferences and lifestyle are keys to long-term success.

**Closing Thoughts:**

**It's OK to go slow!**

Trying just one or two new tips each week moves you down the path toward achieving your goals.

**Forget perfection!**

People who succeed in solving the weight-management puzzle view lapses as solvable problems and get right back on track.

**The Dairy Calcium Connection:  
Another Piece of the Puzzle**

The mineral calcium is a must for healthy bones, but recent studies also show that you could lose more weight by adding more dairy calcium to your weight loss plan. Getting enough calcium from dairy foods in your diet seems to trigger the body to burn more fat, particularly around the waistline. Losing fat around the middle can help reduce the risk of heart disease, helping to improve your health and your appearance. Of course, calcium can't work alone — the number of calories you eat still counts.

How much dairy calcium is enough to aid weight loss? Some research indicates that 1200 mg. of dairy calcium per day may be effective, although researchers continue to seek the answer. Meanwhile, it's smart to get at least the recommended intake of 1000 mg. per day by eating 3 to 4 servings of low-fat dairy foods each day.

- 🚀 Get a jump-start at breakfast. Top cereal with fat-free milk.
- 🚀 Add a slice of reduced-fat cheese to your sandwich.
- 🚀 Make dessert double fruity. Mix fresh berries or diced peaches into your favorite fruit yogurt.
- 🚀 Drink fat-free milk with meals, or try chocolate milk for dessert.
- 🚀 Blend yogurt, ice and fruit for a refreshing smoothie.