

DIETITIAN'S DISH

A QUARTERLY NEWSLETTER BROUGHT TO YOU BY:
YOUR MGH WEIGHT CENTER REGISTERED DIETITIANS



DISCOVER A NEW TECHNIQUE: VOLUMETRICS

Dressings and Dips 2-3
Volumetrics Strategy 4
Easy Volume 'Swaps' Explained 5
Handling Portion Traps 6

AN EASY, SATISFYING WAY TO LOSE WEIGHT?

Understanding the
Innovative 'Volumetrics'
Technique

Often times, people feel as though they have to eat less, or stick to salads in order to lose weight.

We're here to tell you that this is not necessarily the case. In fact, there are plenty of strategies you can use to eat very satisfying volumes of food (with lots of flavor) that may result in meaningful weight loss.

This edition of the Dietitian's Dish explores healthy flavoring techniques while encouraging consumption of low-calorie, nutrient-packed foods.

Enjoy!
Abeer, Colleen, Laura and Yasmeen

TRICKS AND DIP

HEALTHY SEASONINGS TO BRING NEW FLAVOR TO VEGGIES

- Drizzle balsamic vinegar over roasted Brussels sprouts or asparagus after they are done cooking
- Season steamed carrots with fresh or dried dill
- Roast cauliflower topped with a light sprinkling of curry powder
- Sauté or roast 4-6 whole garlic cloves with your vegetables (they turn soft and slightly sweet!)
- Mix 1 tablespoon Dijon mustard, 2 tablespoons white balsamic vinegar, ½ clove crushed garlic and 1 teaspoon olive oil and serve over steamed vegetables



- Mix chopped sundried tomatoes, lemon zest and parsley. Add a teaspoon of olive oil and then toss over vegetables before cooking
- Add a small handful of slivered almonds, sesame seeds, or sunflower seeds to top green beans, asparagus, or broccoli
- Roast broccoli, cauliflower, or Brussels sprouts and add a light sprinkle of fresh parmesan cheese during the last 5 minutes of cooking
- Sprinkle boiled or steamed vegetables with spices like Mrs. Dash, lemon pepper, or Italian seasoning/herbs

TZATZIKI (YOGURT CUCUMBER DIP)

Ingredients:

2 cups grated cucumber, 1 ½ cups plain Greek yogurt, 2 tablespoons extra-virgin olive oil, 2 tablespoons chopped fresh mint and/or dill, 1 tablespoon lemon juice, 1 medium clove garlic, pressed or minced, ½ teaspoon fine sea salt

Directions:

- 1.) Squeeze the grated cucumber to drain
- 2.) Combine ingredients in serving bowl
- 3.) Refrigerate and enjoy!

Adapted from: <https://cookieandkate.com/how-to-make-tzatziki/>





DRESS UP YOUR MEAL: TERIYAKI SAUCE

A HEALTHY "TERIYAKI" DRESSING

Combine:

- 2 tablespoons reduced sodium soy sauce
- ½ cup water, 1-2 cloves minced garlic
- 1 tablespoon lime juice
- red pepper flakes (if desired)
- 1 teaspoon brown sugar
- 1 tablespoon corn starch

Add mixture above to any combination of sautéed carrots, onions, bell peppers, broccoli, snow peas or mushrooms. Tip: add cooked shrimp, chicken or tofu and serve over ½ cup brown rice for a balanced meal.



DRESS UP YOUR MEAL: AVOCADO CREMA

A HIGHER PROTEIN DRESSING

Combine:

- 1 cup non-fat Greek yogurt, plain
- 2 ripe avocados, seeded and skin removed
- 1 bunch cilantro with stems
- 1 lime, juiced
- 2 cloves garlic, minced
- 1/2 teaspoon paprika
- Salt and pepper to taste

Blend in food processor or blender. Add water as necessary to thin out. Tip: drizzle on top of tacos, sautéed shrimp, or use as dip for veggies such as peppers or cucumbers. Enjoy! *Limit serving to a 1/4 cup and refrigerate the remaining crema.*

PUMP UP THE VOLUME

Understanding the Volumetrics Strategy:

Choosing foods with higher water + fiber content in order to stay satisfied and manage weight

- Not a "diet" but a technique
- Helps manage hunger and calories
- Eat a satisfying volume of food while controlling calories and getting your nutrient needs met
- Successful lifestyle weight management = eating pattern that results in fullness when consuming fewer calories
- Diet quality becomes nutrient rich and less processed with health benefits beyond weight management

Make every bite count: Fill up on foods that are high in water and fiber content as those meals tend to have less calories overall.



Water: High water content = fewer calories. Foods: fruits, vegetables, low-fat milk, cooked grains, lean meats, poultry, fish beans.

Fiber: Humans cannot digest fiber; therefore, we do not extract many calories from it.

Sources: Fruits and vegetables, whole grains (e.g. oats, wheat, bran, barley). Legumes/lentils (e.g. kidney beans, peas, edamame).



Fiber-containing foods provide:

Fullness with fewer calories

Gut health and regularity

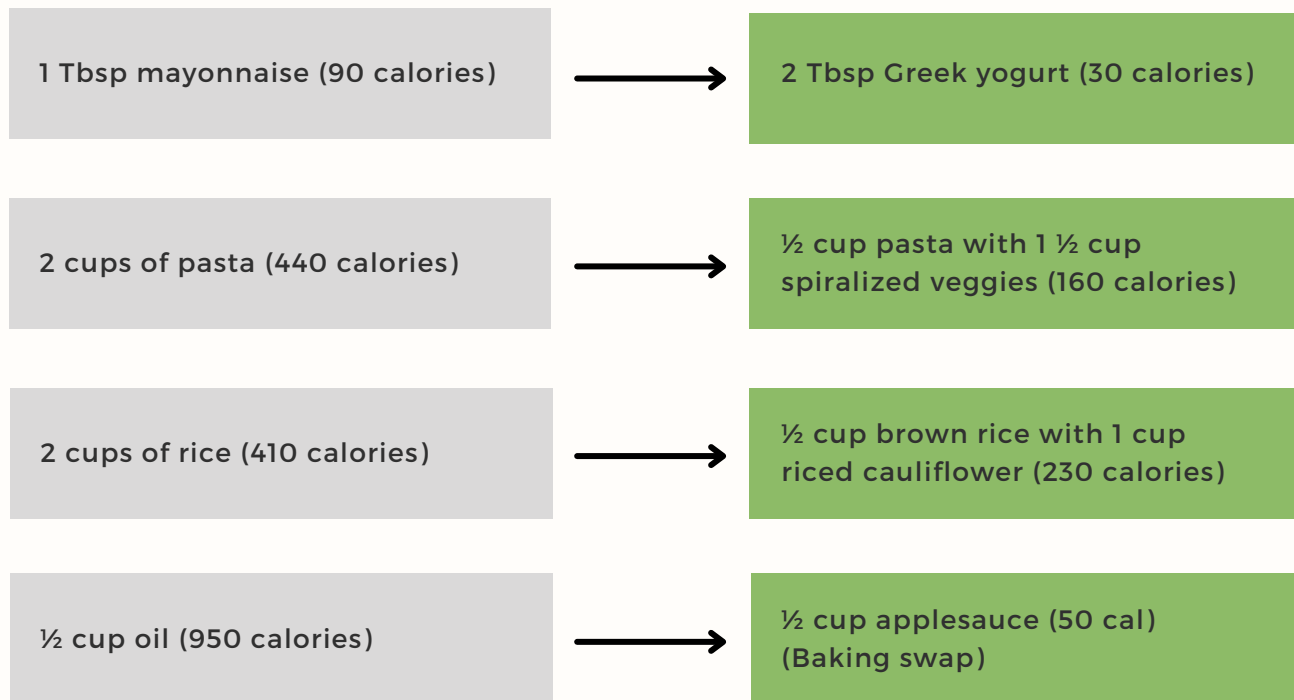
Improvement in cholesterol and blood sugar levels

Recommend at least 25 grams of fiber per day

Note: Increase fiber gradually and ensure you are adequately hydrated.

EXPLORING EASY, VOLUME-ADDING SWAPS

You CAN learn to love less caloric versions of foods you already love! It's a process! Make some simple changes and substitutions using some of our ideas below!



PUMP UP THE VOLUME WITH THESE NON-STARCHY VEGETABLES

- | | | | |
|--------------|-----------------------------|-----------------|-------------|
| Leaf Lettuce | Beans (green, wax, Italian) | Endive | Celery |
| Radish | Bean Sprouts | Escarole | Cucumber |
| Kale | Cauliflower | Spinach | Mushrooms |
| Arugula | Broccoli | Watercress | Peppers |
| Mesclun | Green | Iceberg Lettuce | Tomato |
| Bok Choy | Onions/scallions | Bamboo Shoots | Swiss Chard |
| Asparagus | | Cabbage | Zucchini |

STRATEGIES FOR HANDLING PORTION TRAPS

Volumetrics technique: Fill up on low calorie, nutrient dense foods that add a lot of volume to your plate! See the list of examples of non-starchy vegetables above.

Snack foods: Eat out of a bowl or plate instead of holding the whole container. (Tempt yourself to eat well by keeping trigger foods out of the house.)

TV or movies: Make a habit of having only water or an unsweetened beverage. Practice mindful eating.

Restaurants: Split meals with a friend, or have the waiter wrap up half the meal “to go” right away. Keep the bread or chips on the other end of the table and cover with a napkin, or take one serving and have the waiter take it away.

Family style meals: Keep food in the kitchen instead of on the table. Encourage seconds of fruit and vegetables.

Buffets or potlucks: Instead of standing near the food and “grazing,” use the two plate rule; fill your first plate with fruits and veggies and the second plate with your 3 favorite choices.

Limit alcohol: It can stimulate appetite and cause overeating.