



Stop Making Weight Goals, Start Making Health Goals

BROUGHT TO YOU BY THE REGISTERED DIETITIAN
AT GEORGINA NURSE PRACTITIONER LED CLINIC

It's January 2021 and if you are one to be motivated by the fresh start of a new year to make some lifestyle changes, let's talk about why you should stop making weight goals and start making health goals instead.

For many people, the arrival of a new year is a fresh start and perfect opportunity to think about weight loss goals for better health. Most people will go about this goal by starting a new diet. If you happen to make it to five years on this diet without regaining the weight that you've lost, you fall under the 5% of the population who is having these results. The reality is, weight loss that is often achieved by dieting, doesn't work for the majority of people, at least not in the long run.

It is somewhat ironic, but most weight loss efforts actually can cause increased weight gain and negative health effects over time. If you've ever been on a diet and found yourself regaining all your weight back and more, you can relate to this. Now, you might have thought that it was your lack of will power that caused the diet to fail, but in reality, the weight regain is actually a result of the diet itself. Repeated diet attempts leading to up and down cycling of our weight can actually increase our risk of chronic diseases like diabetes and high blood pressure.

So what's a more effective way to go about improving your health? One place to start would be to go back to why you considered weight loss in the first place. Was it to improve your energy levels? To feel less out of breath after taking a flight of stairs? To improve your arthritis and joint pain? These are much more concrete goals to work with and ultimately helps you to focus on your health. Here are some examples of what you could focus on in the new year to help you achieve these goals:

- Speak with your dietitian to learn about mindful and intuitive eating
- Learn about healthy eating, not dieting
- Get enough sleep
- Schedule time every day or every week for some much deserved self care
- Discover a new activity for you to include movement in the day that you enjoy
- Speak with your physiotherapist to learn helpful exercises for managing arthritis

References: (1) Diabetes Canada Practice Guidelines 2018 Chapter 5, Reducing the Risk of Developing Diabetes. (2) Montani et al., 2015. Dieting and Weight Cycling as risk factors for cardiometabolic diseases: Who is really at risk?. *Obesity reviews*. 16 (supp 1): 7-18.

If you need more ideas, book an appointment to speak with your Nurse Practitioner or Registered Dietitian.



Basic Frittata

3 SERVINGS

Recipe adapted from The Kitchn by Emma Christensen

Nutrition Information (for two slices):

428 Calories, Fat 28g (37% DV), Saturated Fat 10g (50% DV), Protein 22g, Carbohydrate 24g, Fibre 4g (14% DV), Sodium 334mg (15% DV)

Base Ingredients:

2 tbsp Oil
6 Eggs
1/4 cup Milk

Additional Ingredients as Desired:

1 shallot or small onion, diced
2 small Yukon gold potatoes, thinly sliced
1 cup mushrooms, sliced
2-3 garlic cloves, minced
2 cups baby spinach
1 tsp fresh thyme leaves
3/4 cup shredded cheese
Pepper to taste
Add other ingredients as desired

Directions:

1. Preheat the oven to 400F.
2. Heat a 10-12" oven-safe skillet over medium-high heat. Add cooking oil.
3. Sauté onions, potatoes and mushrooms until soft and cooked, about 5 minutes.
4. Add garlic, spinach and thyme.
5. Once spinach is wilted, spread out the vegetables evenly in the skillet. Then evenly add in shredded cheese and let it just start to melt.
6. Meanwhile, whisk together eggs and milk. Pour mixture over vegetables and cheese.
7. Once egg mixture starts to set along the side of the skillet, transfer to the oven and cook for additional 8-10 minutes.
8. Cut into six slices and serve.