

HIP ASIAN EATS



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## HEALTH

### am EXPERT Ask a nutritionist

Subi Bhatia, MS, RD, CDE and CNS, is a licensed registered dietitian and personal trainer. She has worked in the fitness industry in Manhattan and appears regularly in the media. She has treated for PC and MS. She is a member of the American Dietetic Association and the International Board of Standards and Practices for Certified Nutritionists.

**What do you eat for breakfast?**  
 I eat a bowl of oatmeal with fruit and a banana. I also have a hard-boiled egg and a slice of whole wheat toast with butter.

**What do you eat for lunch?**  
 I eat a salad with chicken, avocado, and tomatoes. I also have a slice of whole wheat toast with butter.

**What do you eat for dinner?**  
 I eat a steak with vegetables and a baked potato.

## HEALTH



**What are the best eating habits?**  
 Eating a variety of fruits and vegetables, staying hydrated, and getting regular exercise.

**What are the best eating habits for weight loss?**  
 Eating a variety of fruits and vegetables, staying hydrated, and getting regular exercise.

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# amEXPERT

## Ask a nutritionist

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

*a private practice in Manhattan and appears regularly in the media. She received her B.S. and M.S. degrees in nutrition and exercise science from Cornell and Columbia.*



**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

decrease inhibitions and lead to eating indulgences.

### **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-



# HEALTH



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.