



**BANISTER  
NUTRITION LLC**  
CHANGING HABITS  
CHANGING HEALTH  
CHANGING LIVES

## Nutrition Notes

January 2018

### Tis the Season — “Ugh those extra pounds.”

- Have you ever found yourself thinking the extra weight you would like to shed is just an issue between you and your food? Eat *this*, not *that*; weight *it*, measure *it*, skip *it*, avoid *it*; and if *it* tastes really good, you probably shouldn't eat *it*...(example, the homemade peanut butter cup my intern gave me...m-m-m, I ate it, and it was awesome! ☺) All of the preceding options may be helpful at opportune times on your journey to being healthy and fit, but they are actually a very small segment of the enigma known as “successful weight loss.”
- Our philosophy at Banister Nutrition is that in order to lose weight and keep it off, you must make changes in your entire lifestyle. Many factors besides food contribute to your lifestyle, such as: overcommitting yourself or your kids' activities so you are frequently stressed, anxious, and feeling no time to plan or cook meals; being sleep-deficient, which negatively alters hormones that affect hunger and fullness; continually being tired, which decreases motivation; being present or checked in when you eat vs. mindlessly eating what's in front of you; knowing the difference between gut hunger and head hunger; using food for calming comfort, or getting drunk on food as an escape.
- The origin of the word *diet* in Greek (*diaita*), means “manner of living”.
- It is more important and beneficial for a lifetime to learn *how to eat* vs. learn *how to follow another diet*. Learning how to eat embraces that ALL foods are OK, ALL foods are to be enjoyed, and ALL foods are to be managed.
- When is the last time you got 3 bites per M&M, ate one kernel of popcorn at a time, shared a one-scoop ice cream sundae, paused long enough to realize the food you are eating does not even taste good?
- The “take-away” we at Banister Nutrition want our patients to embody: “I must be in control of my lifestyle and food intake. I must assert myself to gain this control.” We will guide and support you to achieve this new style of living, which will genuinely be worth the effort you invest. ☺

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