

Top Diet Tips from Top Dietitians

Ten additional ways to get skinny-and stay that way.

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By Jackie Newgent Find in [Diet+Health](#)



Earlier this week we brought you surprising and savvy advice from some of the leading experts on nutrition and weight loss. Now we've come up with even more ways for you to permanently change the way you eat:



"Start with an 'appeSizer'--a pre-meal food that will resize your appetite. Choose foods low in calories that take time to eat, such as a broth-based soup or apple."

--Patricia Bannan, MS, RD, author of the upcoming *Eat Right When Time Is Tight*



“The details are important when you are trying to lose weight. One hundred extra calories per day--the difference between a 12-ounce can of soda and a 20-ounce bottle of soda--is a 10-pound weight gain per year.”

--Jill Jayne, MS, RD, *The Rockstar Nutritionist*



“Treat yourself every day. Love ice cream? Have half a cup. Rather have chocolate? Have a half bar or four Hershey kisses. Want a beer? Have a bottle of light beer. If you give up all your favorite treats and splurges, you'll feel deprived and unsatisfied. Allowing small amounts of foods and beverages like these daily can give you an indulgence you can look forward to and keep you satisfied. You won't feel the need to cheat.”

-- Elisa Zied, MS, RD, CDN, national spokesperson for the American Dietetic Association and author of *Nutrition At Your Fingertips*

Read our first installment of this story: [Top Diet Tips From Top Dietitians](#)



“If you have Night Eating Syndrome (NES)--which means you eat more than 25 percent of your calories **after dinner, then you have to stop that *bad* habit right away.** No food after dinner. Floss and brush your teeth to avoid temptation. If you get hungry, drink low-fat milk or eat a plain yogurt. This is going to be hard for the first three nights, after that it will be easier.”

--Maye Musk, MS, RD, international wellness speaker and New York City-based nutrition counselor



“Consuming fewer calories is the key to weight loss. So it’s crucial that the volume of foods you eat before the ‘diet’ is not less than when you start on your weight loss plan. Fill your plate up with lots of foods that are low in calories, high in nutritional value, and provide sufficient quantity to your plate. Eating these ‘free’ foods, such as asparagus, broccoli, beets, celeriac, and jicama, will give you the volume you need not to feel deprived.”

--Chef Kyle Shadix, MS, RD, culinary nutrition communications consultant

Read 6 Foods to Make You Feel Great--Fast



“Fiber and protein at every meal makes losing weight no big deal. The combination of these two nutrients takes a long time to digest, which helps to keep you full longer and results in sustained energy levels. An example would be high-fiber cereal with Greek yogurt, a turkey sandwich on whole-wheat bread, or an apple with pistachios for a snack.”

--Tanya Zuckerbrot, MS, RD, author of *The F-Factor Diet* and founder of SkinnyintheCity.com



“When dining out or heading to a party, wear something you feel fabulous in, such as a fitted top with a slimming pair of pants, or your favorite skirt. Chances are you’ll be less inclined to overeat if you are wearing something you love. A great pair of jeans with a belt can do the trick, too.”

--Lisa Drayer, MA, RD, beauty nutritionist and author of *The Beauty Diet: Looking Great Has Never Been So Delicious*



"If you are feeling like a stress binge is about to occur, quickly prepare a cup of tea and sip away. It contains the amino acid theanine, which will bring on a mental calmness, yet also an alertness that will help to fend off the urge to go overboard."

--Lyssie Lakatos, RD, CDN, CFT, one of The Nutrition Twins® and co-author of *The Secret to Skinny: How Salt Makes You Fat*



"Working out to lose weight and improve fitness? Then beware of inhaling an energy bar after your workout. Energy is just another word for calories, and many of these bars pack a high-calorie punch and can undo your calorie-burning efforts. After a workout, regain your energy with a low-calorie sports drink or diluted fruit juice, or stick to real foods--a piece of low-fat string cheese and a few whole grain crackers will do the trick."

-Chris Rosenbloom, PhD, RD, CSSD, professor, Division of Nutrition, sports dietitian for Georgia State University Athletics



"Don't eat the last 4 bites of your meal. It can save you ten pounds over the course of the year!"

--Tammy Lakatos Shames, RD, CDN, CFT, one of The Nutrition Twins® and co-author of *The Secret to Skinny: How Salt Makes You Fat*

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