

Top Diet Tips from Top Dietitians

Ten of the best weight loss strategies-ever!

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



BettyConfidential went to the most knowledgeable registered dietitians (RDs) in the country for their very best advice. Based on their expertise and their experience with thousands of clients, they gave us some savvy and surprising advice:

“Eat only when you have these three things: table, plate, chair. When you eat from a plate while seated at a table, you’re more mindful and will naturally eat less and feel more satisfied. That means avoid eating while standing at the fridge, lounging on the couch, or driving in the car!”

-Dawn Jackson Blatner, RD, author of *The Flexitarian Diet*

“Never say never. Instead of cutting out indulgent favorites completely, try a more balanced, livable plan. I look at foods as ‘usually,’ ‘sometimes’ and ‘rarely’. There is no such thing as ‘never’. If you fill your day with vegetables, fruit, whole grains, lean proteins, and low-fat dairy, a little cheese or a piece of chocolate won’t derail you.”

-Ellie Krieger, RD, author of *So Easy: Luscious Healthy Recipes for Every Meal of the Week* and host of Food Network’s “Healthy Appetite”

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“Think before your drink. The number of calories in cocktails can really add up during nights on the town. Choose simple drinks such as one part vodka and three parts club soda and add a splash of juice--grapefruit, orange or cranberry--for flavor.

You don't want to literally 'belly up to the bar,' do you, girls?"

-Carolyn O'Neil, MS, RD, co-author of *The Dish on Eating Healthy and Being Fabulous!*

"Mindlessness and multitasking while eating can trip you up, especially if trying to manage weight. Think of food as nutrition, fuel, and something pleasurable. If it's food time, then really make it food time, even just for 10 minutes. Pause and examine what you're eating. Savor every bite. Clients who do this always feel satisfied with less while achieving goals faster."

-D. Milton Stokes, MPH, RD, Connecticut-based nutrition counselor and co-author of *Flat Belly Diet for Men*

"You've heard this a zillion times, but that's because it's really necessary: Start your day with breakfast. You can't run a car without gas, and you can't run your body without food!"

-Keri M. Gans, MS, RD, CDN, nutrition consultant, speaker, and author of the upcoming *The Small Change Diet*

"Treat snacks like mini meals. Combine protein-packed foods (hard-cooked eggs, low-fat cottage cheese and yogurt, and hummus) with complex carbohydrates, including whole-grain crackers, bread, fruits, and veggies, to feel fuller for longer between meals."

-Elizabeth M. Ward, MS, RD, author of *Expect the Best, Your Guide to Healthy Eating Before, During, & After Pregnancy*

"Go 'nuts' at the beginning of the day to save calories in the end. A study showed that women who included a handful of almonds a day, as part of a calorie-controlled diet, lost more weight and kept it off longer than those who didn't. Researchers think that almonds, possibly due to their fiber, satisfying crunch and healthy fats, increase the satiety hormone cholecystokinin, which helps keep you feeling full longer."

-David Grotto, RD, LDN, author of *101 Optimal Life Foods*

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"Swap spaghetti with spaghetti squash. Cup for cup you'll save 180 calories and boost your intake of potassium, which fights water retention and high blood pressure, as well as vitamin A, a major anti-ager and immune booster."

-Cynthia Sass, MPH, RD, co-author *The Ultimate Diet Log*

"Want to cut the calories of your favorite salad dressing in half? Mix equal amounts of your bottled dressing with a rich balsamic vinegar. If a deep dark brown color doesn't suit your dressing, you can use a white balsamic. For Asian ginger dressings, cut calories with rice vinegar."

-Bonnie Taub-Dix, MA, RD, CDN, national spokesperson for the American Dietetic Association and weight loss expert in New York

"Reconnect with your inner voice telling you to stop when you are satisfied and eat when you are hungry. Too often we eat when the clock says it's time, and we stop when the oversized plate in front of us is empty."

-Tara Gidus, MS, RD, CSSD, LD/N, The "Diet Diva" on TV's *The Daily Buzz*

Check us out again tomorrow, when we'll be bringing you ten more fabulous weight-loss tips!

Jackie Newgent, RD, is a New York City-based nutritionist, author of [Big Green Cookbook](#) and [The All-Natural Diabetes Cookbook](#), and healthy cooking instructor at [The Institute of Culinary Education](#). Follow her [@jackienewgent](#).

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