

64 EASY DECORATING IDEAS

NOVEMBER 1, 2004

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How the Diet Pros Got Thin

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BEFORE

how the experts  
lose weight...

# AND KEEP IT OFF

WHETHER YOU NEED TO LOSE 5 POUNDS OR 35, THESE STRATEGIES FROM WEIGHT-LOSS PROS WILL HELP YOU SLIM DOWN.

BY ANN COLIN HERBST

## JILL FLEMING

REGISTERED DIETITIAN

Height 5'7" Before 159 pounds

After 121 pounds Kept it off 15 years

*This La Crosse, Wisconsin, dietitian used to skip meals in an effort to control her weight. But it backfired: She would get so hungry that she'd wind up bingeing. Now the 38-year-old mother of three—ages 8, 6 and 4—eats more frequently to stay satisfied and avoid temptation.*

**How I gained weight** As a graduate student, I worked two jobs—one in a sandwich shop and another one bartending. After skipping breakfast I'd be starving by the time I got to work in the afternoon. Lunch was a foot-long tuna salad sub with extra mayo and a bag of chips,

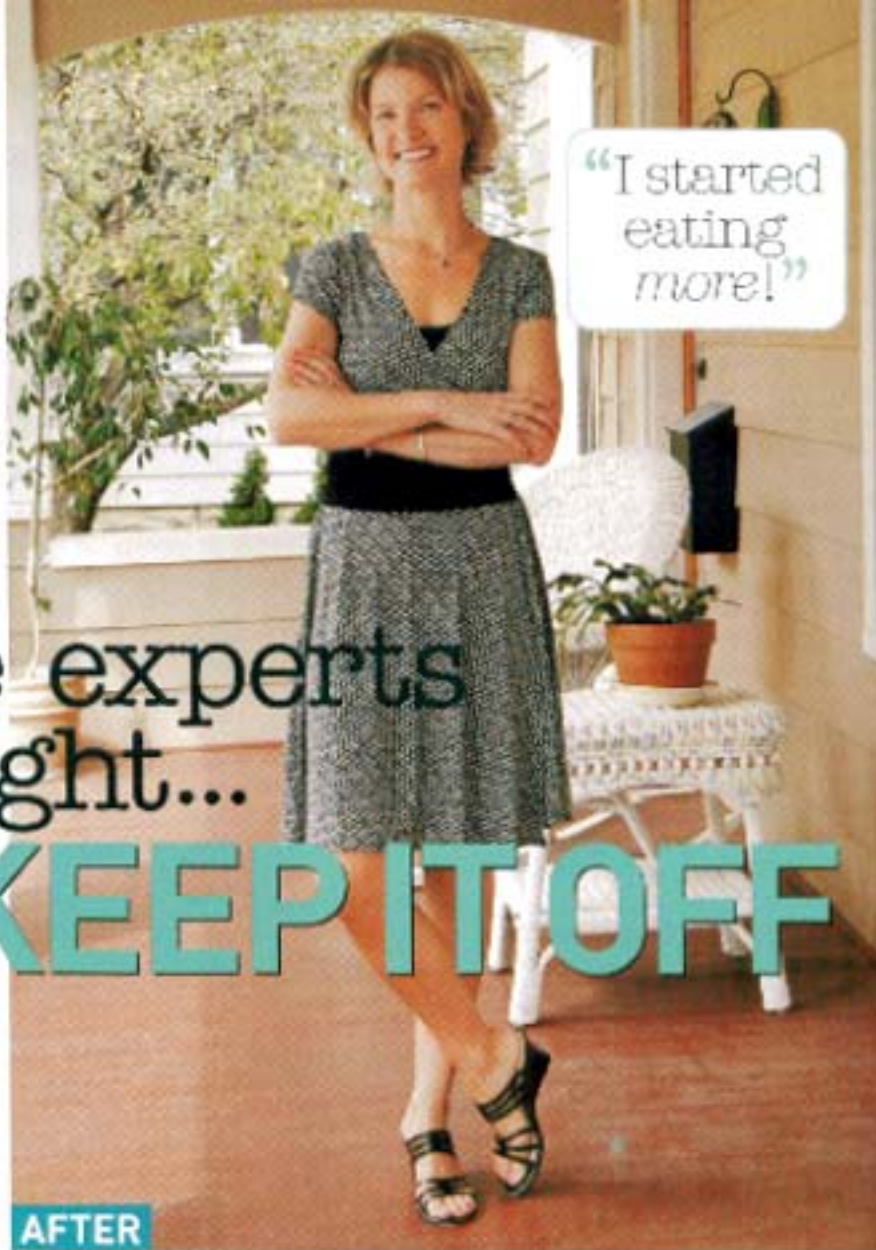
and dinner was a greasy appetizer or late-night pizza. It's no wonder that I gained nearly 40 pounds.

**My pound-shedding strategy** Once I got closer to graduation, I realized no one would take me seriously as a dietitian if I was overweight. So I made over my diet. I started by having a healthy breakfast every day (whole-grain cereal with skim milk) and a mid-morning snack (a banana). Lunch was a turkey sandwich on whole-wheat bread. A fruit smoothie around 2 p.m. kept me from munching on the fried food at work. Dinner was my smallest meal, often just a bowl of soup or a salad. I actually ate more throughout the day, but since my diet was low-calorie and

low-fat, the weight came off. It took me 9 months to lose the 38 pounds, but I've kept it off for 15 years.

**My biggest challenge** I had to curb my all-or-nothing thinking. I thought I had to either eat foods I loved, like pizza, every day or never again. But that's not true. I can still enjoy treats, but I plan around them by having a light lunch or smaller dinner to balance out my daily caloric intake.

**My trade secret** Try not to drink soda—even diet—if you have a sweet tooth. When your body wants sugar and you give it artificial sweeteners, you only intensify your cravings. Eat an orange or a frozen banana instead—they'll satisfy your taste buds and fill you up.



AFTER

"I started eating more!"