

# Weight and watch

Is the search for that fit, attractive and hot body a mirage for the average woman? Not really, if celebrity nutritionists Tanya Zuckerbrot and Lisa De Fazio are to be believed, writes Supreeta Singh

fitness

To be the proud possessor of an hourglass figure is every woman's fantasy. Okay, may be not everybody, but many. In its hot pursuit, women have spent sleepless nights mulling over hordes of literature, paid endless trips to gyms and doctors, and shelled out huge amounts of money to find a solution that would instantly make them thin, thinner, thinnest. While the media often deifies a waif-like body, the obsession to lose weight has become an epidemic, which is more often than not, counter-intuitive. Burning off that extra fat is deeply connected with dieting but lack of awareness have left many women shedding tears instead of calories.

To allay their fears, Tanya Zuckerbrot, famous for her F-Diet says, "The key to successful dieting is to make small changes that will transform your life but not your lifestyle. Your body weight is determined by the amount of calories you take in and the amount of calories you burn: take in more calories than you burn and you will gain weight. The problem with many diets is that they focus on the foods you can't eat, which ultimately leaves you feeling deprived, wanting those foods even more."

Everyday new diets and diet regimes come out. Celebrities are doing cleanses, personal trainers are promoting high protein diets and worst, reality TV stars are writing diet books. Women tend to believe that there are miracle cures for weight loss. As a result, institutes

gain it back. Safe weight loss is one to two pounds per week, about five to 10 pounds per month. That ensures you are losing fat," she adds.

Dieting is a wholesome process. From a psychological point of view, certain triggers set the ball rolling for over-eating. Tanya identifies them as social reasons like trying to fit in or feelings of inadequacy, emotional reasons like eating in response to boredom, stress or depression, situational reasons like passing by a bakery or going to the movies and physiological reasons like eating due to increased hunger because of skipping meals.

Once you identify what causes you to steer away from your diet, you have to practice combative ways of how not to fall into the trap. Tanya recommends, "Learn to recognise your hunger. Before

every day. Vegetarians should take a B complex. If you do not consume dairy products, calcium supplements are recommended. Blood group is important to check if you need other supplements like iron and Vitamin D."

However, consuming a healthy variety of fruits, vegetables, whole grains, and lean meats, should supply the requirement of nutrients.

Finally, what advice would they give to women who are still trying to navigate through the difficult terrain of dieting and weight loss? "As women, we need to cook healthy for the whole family. Write down your food intake and calculate calories. Generally women should have 1200 to 1600 calories per day. Stay active! Go for a walk! When I had my son and I wanted to lose the baby weight, I put him in the stroller and walked every



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day. The family should exercise