

**WEIGHT LOSS
WORKBOOK**

**your brain ...
on food**

Saying no to food really *is* harder for some people than for others, a new study has found. Gene-Jack Wang, M.D., a researcher at the U.S. Department of Energy's Brookhaven National Laboratory in Upton, N.Y., used positron emission tomography (PET) to scan the brains of 12 people, placing food in front of each person at a point during the scans. Wang found



that those who frequently cut back on food to control their weight showed higher responses in the brain areas that govern food intake restriction.

So how do you muster restraint if your brain is the type that lights up around food? "Once you feel hungry, eat a small amount of a favorite low-calorie food," Wang says. This reduces the chance of bingeing when faced with enticing foods.

- K.D.

the science of weight loss



Even a taste of your favorite high-fat snack may spark out-of-control eating.

diet book review

The Thin Commandments Diet: The 10 No-Fail Strategies for Permanent Weight Loss, by Stephen Gullo, Ph.D. (Rodale, 2005)

The skinny No, this is not a faith-based weight-loss plan. It's the latest book by Stephen Gullo, author of best seller *Thin Tastes Better* (Dell, 1998) and former chairman of the National Obesity and Weight Control Education Program at Columbia-Presbyterian Medical Center in New York City. In part one of the book, Gullo outlines the 10 behavioral strategies ("commandments") that lead to successful weight loss. Part two offers the "ABC Eating Plan," featuring a 10-day "TurboCharge" diet, meal plans and recipes.

Thumbs-up advice The commandments are sensible and accompanied by strategies to combat various overeating triggers and entrenched bad habits. For example, "Stop Feeling Deprived" teaches "Thinspeak": Instead of thinking, "I'm missing out on the fun," say to yourself, "What fun? You had [these foods] for years and [they] didn't make you happy." Another commandment features binge-busters like Listerine breath strips to occupy your taste buds until a craving passes.

Thumbs-down advice Many of the suggested meals on the 10-day TurboCharge diet lack vital stats such as calories, carbohydrates, protein and fiber, but they appear light on "good" carbs like whole grains and fruit. Most experts recommend getting 45-65 percent of your calories from complex carbs to ensure that you get the nutrients your body needs every day.

Odds for weight-loss success Adopt the behavior-modification commandments and forget the 10-day diet, and your chances are good. - Nancy Gottesman



TIP of the month

eat a light salad before every meal

Can't remember the last time you ordered a side salad? Make it a regular habit and you could trim down, according to new research in the *Journal of the American Dietetic Association*. **When 42 women ate a 100-calorie salad before dinner, they consumed 12 percent less during their meal (salad included)** than when the healthy greens weren't offered. But be sure to stick with lowfat dressing (some fat is needed to absorb nutrients) and vegetable fixings like tomatoes and cucumbers: Pre-dinner greens topped with high-fat dressing and cheese had the opposite effect - a 17-percent increase in calorie intake. - Amy Paturel, M.S., M.P.H.