

Top tips  
for weight-loss victoryThe  
weight  
is overSmall  
changes  
lead to  
lasting  
success

HERE ARE SOME of Dr. Yoni Freedhoff's cardinal rules for healthy dieting without suffering.

**Treat your calories like a budget.** Just as you consider price tags when making purchases, consider the calories of your dietary decisions carefully. Is a particular food worth the calories? How much do you need to feel satisfied?

**Eat at the right times.** Eat breakfast within an hour of waking up and eat every two and half to three and a half hours during the day. Each meal should contain at least 20 grams of protein and each snack at least 10 grams. Snacks should have at least 150 calories.

**Use a food diary.** Studies show that people who use food diaries, either journals or health apps, lose up to three times more weight than those who don't. Apps such as MyFitnessPal and MyNet Diary are easy to use, and daily logging takes about five minutes after you've learned how.

**Limit drinks with calories.** Minimize juice, alcohol and sugared beverages so that you consume only as many liquid calories as you need to be satisfied.

**Limit processed or refined foods.** Over-reliance on purchased meals rather than home cooking is a key driver for obesity. There's no better way to find out what you are actually eating than cooking for yourself with wholesome ingredients. Save time by planning ahead, cooking in batches and freezing.—JL

By Jane Langille

IT'S MARCH, which means many of us are cursing the bathroom scales because the diet we started in January didn't work—again. Costco member Dr. Yoni Freedhoff, an Ottawa family doctor and one of Canada's most outspoken obesity experts, offers a new approach that eliminates the diet roller coaster and helps maintain long-term weight-loss success without suffering or feeling like you're starving.

Freedhoff is the founder and medical director of Ottawa's Bariatric Medical Institute for non-surgical weight management and an assistant professor at the University of Ottawa. As an obesity expert and one of only a few doctors in Canada with an additional diploma from the American Board of Obesity Medicine, he appears frequently in national media and blogs daily at [www.weightmatters.ca](http://www.weightmatters.ca).

In his first book, *The Diet Fix: Why Diets Fail and How to Make Yours Work*, Freedhoff outlines top diet mistakes and myths and provides a 10-day reset plan to change your relationship with food forever. He then imparts sound advice about how to adjust a wide range of popular diet plans, such as Paleo, Weight Watchers, low-carb and many others, so you can actually like your life with fewer calories and maintain the weight loss for good.

The 10-day reset plan includes tasks such as gearing up your kitchen, including protein in all meals, and managing dining out. One day is even dedicated to learning how to shift the inner voices of shaming and blaming, and shift to more constructive thinking.

Freedhoff recently spoke with *The Connection* to share his best tips from the book.

**The Costco Connection:** There are a lot of diet books on the market. How is *The Diet Fix* different from all the rest?

**Yoni Freedhoff:** Most diet books give the impression that success requires long-term sacrifices, struggles and calorie restriction. In *The Diet Fix*, I explain how to manage eating

well without a huge amount of suffering, so that weight loss is sustainable.



Dr. Yoni Freedhoff

MIKE DICKSON

**CC:** What are the top three mistakes people make when they go on a diet?

**YF:** Striving for perfection is a huge mistake that people regularly make, over-exercising is something that ultimately leads people to quit and under-eating leaves people unsatisfied. Even worse, when the scale stops going down, people realize how much they are suffering and sacrificing, which makes it easier to quit.

**CC:** Why does the reset take only 10 days?

**YF:** Ten days is sufficient for a person to recognize a lot of the mistakes they have been making in their approach to dieting as a whole. This is the first 10 days, and it's going to be a lifelong affair to maintain a healthy weight. In my clinic, 81 per cent of the people who stay with our program will keep off whatever weight they lose in the six-month period, or they'll lose more.

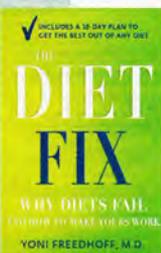
**CC:** In the book, you say "you just can't outrun your fork," but we've heard a lot about calories in and calories out. Is diet or exercise more important for long-term weight-loss success?

**YF:** Seventy to 80 per cent of a person's weight is due to diet and only 20 to 30 per cent is a result of exercise. But exercise has a very important role in the establishment of healthy living behaviours, affecting mood, sleep and self-esteem, which in turn affect healthy weight management.

**CC:** You regularly write actual prescriptions for chocolate, chips, cookies, ice cream and cake for your clients to help them learn how to navigate indulgences with thoughtfulness instead of avoidance. What do those prescriptions say?

**YF:** I write down whatever foods clients have been blindly avoiding and encourage them to fill that prescription before the next appointment. Learning how to indulge, by having just a little of a forbidden danger food, is a very important skill given that the likelihood of avoiding a treat forever is zero. Treating any food as a forbidden danger food risks bingeing and overdoing it. [M]

Jane Langille is a health writer based in Richmond Hill, Ontario.



### The Costco Connection

Dr. Yoni Freedhoff's book, *The Diet Fix: Why Diets Fail and How to Make Yours Work*, is available in most Costco warehouses. You will also find a variety of healthful foods.