

# Total Nutrition

## Tackling Weight-Loss Plateaus

by *Mindy Hermann, R.D.*

(NAPSA)—A friend of mine has been trying to lose weight sensibly. When it comes to her wardrobe, she's dropped at least one size, yet her weight hasn't budged. She's made progress even though her weight plateaued.

Sometimes weight truly gets stuck. Anne Fletcher, MS, R.D., LD, author of "Weight Loss Confidential," says, "I suggest keeping a diet diary to help figure out where extra calories might be coming from. A diary also makes you stop and think before you



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pick up that handful of peanuts or piece of candy." In studying more than 200 people who've lost weight and kept it off, Fletcher found that three out of four record what they eat, at least occasionally.

Your diet diary also might pick up problematic meals. Maybe your morning routine changed and you are grabbing higher-calorie foods on the go. In contrast, a serving of Whole Grain Total with skim milk supplies just 140 calories and 100 percent of the Daily Value of 12 vitamins and minerals. Stuck on what to make for dinner? Try the crusty Baked Fish Fillets recipe.

Also, take a look at your snacks. "If you have the urge to chew something, grab a piece of gum with just five to 10 calories," advises Molly Gee, R.D., Baylor College of Medicine.

Fletcher recommends stepping up your exercise. "Burning an extra 100 calories a day can help get the scale moving down again."

"Be patient," adds Gee. "Weight comes off relatively quickly earlier on. Then weight loss begins to slow

down. It's normal for body weight to stabilize for a few weeks before you resume shedding pounds."

Give yourself credit for what you've accomplished. "Rather than focus on the road ahead, congratulate yourself and write down other positive changes since losing weight, like feeling better and having more self-esteem."

### Baked Fish Fillets

*Prep Time: 15 Minutes*

*Start to Finish: 45 Minutes*

- 1 cup Whole Grain Total cereal**
- 1 tablespoon canola oil**
- 1 tablespoon lemon juice**
- ¼ teaspoon salt**
- ¼ teaspoon pepper**
- ¼ teaspoon dried dill weed, if desired**
- ½ lb fish fillets**

**1. Heat oven to 350°F. Grease 8-inch square pan with shortening. Crush cereal; set aside. In shallow dish or pie plate, mix canola oil and lemon juice; set aside. In another shallow dish or pie plate, mix salt, pepper and dill weed.**

**2. Dip each piece of fish into oil mixture. Sprinkle both sides with salt mixture; coat with cereal, and place in pan.**

**3. Bake uncovered 25 to 30 minutes or until fish flakes easily with fork.**

**2 servings**

**Tip: Any medium-firm fish, such as haddock or cod, about ¾ inch thick, will work well.**

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