

HealthTalk: Losing Weight and Cooking for Family

By Karen Collins, MS, RD, CDN
American Institute for Cancer Research

Q: How can I lose weight while preparing meals for a family that is not overweight?

A: A basic healthy eating pattern can serve as the foundation for everyone, and you can adapt it to meet your needs without preparing separate meals for family members whose calorie needs differ. The mostly plant-based diet recommended by the American Institute for Cancer Research (AICR) is a healthful way to eat for everyone, regardless of weight status, and the New American Plate model helps you achieve that. At least two-thirds of the meal revolves around vegetables, fruits, whole grains and beans; meat, fish and poultry are kept to no more than one-third of a meal. That framework supports weight-loss goals because you can fill up on vegetables, which are usually the lowest calorie parts of a meal. People whose calorie needs are higher can keep the same New American Plate proportions, but their portions will be larger, including larger portions of higher calorie grain foods (such as rice and bread) and starchy vegetables (such as potatoes and corn). You can limit fats you add at the table such as salad dressing, while others may use somewhat more generous portions.

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The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on the relationship of nutrition, physical activity and weight management to cancer risk, interprets the scientific literature and educates the public about the results. It has contributed more than \$91 million for innovative research conducted at universities, hospitals and research centers across the country. AICR has published two landmark reports that interpret the accumulated research in the field, and is committed to a process of continuous review. AICR also provides a wide range of educational programs to help millions of Americans learn to make dietary changes for lower cancer risk. Its award-winning New American Plate program is presented in brochures, seminars and on its website, www.aicr.org. AICR is part of the global network of charities that are dedicated to the prevention of cancer. The WCRF global network is led and unified by WCRF International, a membership association which operates as the umbrella organization for the network. The other charities in the WCRF network are World Cancer Research Fund in the UK (www.wcrf-uk.org); Wereld Kanker Onderzoek Fonds in the Netherlands (www.wcrf-nl.org); World Cancer Research Fund Hong Kong (www.wcrf-hk.org); and Fonds Mondial de Recherche contre le Cancer in France (www.fmrc.fr).