Spring clean your eating & fitness habits

<table>
<thead>
<tr>
<th>Quit these winter habits</th>
<th>Create healthier, sustainable patterns this spring</th>
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<td>Sedentary lunch hour and evenings</td>
<td>Recruit a coworker for a mid-day walk. Any period of at least ten minutes counts toward your daily activity goal. No time during lunch? Walk your dog or join a friend for an after-work stroll now that it’s staying lighter later. Remember to aim for 150 min/week of moderate-intensity exercise.</td>
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<td>Heavy stews and creamy soups</td>
<td>Begin dinner with a refreshing herb salad. Or experiment with a chilled zucchini soup: Steam 2 lb zucchini. Puree with ½ tsp salt and reserved steaming water. Scrape into bowl and whisk in 3 cups plain low-fat yogurt, 3 Tbsp chopped mint, ground pepper, 2 Tbsp lemon juice. Chill, then strain soup through strainer into a bowl. (Serves 4-6, adapted from the NY Times).</td>
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<td>Hot chocolate and White Mocha Lattes</td>
<td>To hydrate, explore calorie-free, flavored still and sparkling water options. For a snack, create a refreshing smoothie with 1 cup berries, 1 Tbsp chia seeds, 1 cup crushed ice, 3-6 oz low-fat Greek yogurt.</td>
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Ask the Dietitian!

“I’ve heard that weight maintenance is the hardest part of the weight-management process. If so, how can I ensure I maintain the weight I have lost?”

Call us for more information about scheduling an individual visit with one of our endocrinologists or dietitian, joining our 12-week weight-control group, or learning about our meal-replacement program.

Columbia University Weight Control Center · 212.305.5568 · 161 Fort Washington Ave, 5th floor, room 512

Recipe for a spring weeknight: Whole Wheat Pesto Pasta with Asparagus and Shrimp

**Time:** 25 min  
**Yield:** 4 servings

**Ingredients**  
- Basil, fresh, 3 cups  
- Pine nuts, toasted, 2 Tbsp  
- Garlic clove, 1  
- Plain low-fat Greek yogurt, ½ cup  
- Parmesan, grated, 2 Tbsp  
- Olive oil, 2 Tbsp + 1 Tbsp  
- Whole wheat spaghetti, 12 oz  
- Asparagus, chopped, steamed, 1 lb  
- Shrimp, 8 oz

**Directions**  
Combine 3 cups basil, 2 tablespoons toasted pine nuts and 1 garlic clove in a food processor or blender. Add ½ cup plain Greek yogurt, 2 tablespoons grated Parmesan, 2 Tbsp olive oil; pulse until smooth. Cook 12 ounces whole wheat spaghetti; reserve ½ cup cooking water. Toss the pasta with the pesto, 1 pound steamed chopped asparagus, 8 ounces sautéed shrimp (with 1 Tbsp olive oil) and the reserved cooking water.

Adapted from the Food Network

**Spotlight on asparagus**

Spring is the best season to enjoy this delicious, nutritious and versatile vegetable.

**What are its nutritional benefits?** Asparagus is an excellent source of vitamin K, folate, copper, vitamin B1, selenium, vitamin B2, vitamin C and vitamin E. It also contains fiber, which aids in fullness and bowel regularity. A cup of this green vegetable only contains 30 calories!

**Buying and storing tips:** You may find asparagus in green, white or purple varieties. Stalks should be round, and stems should be firm and thin with closed tips. Enjoy within a day or two of purchasing for the freshest asparagus. If storing, consider trimming the stalks and placing them in a glass with a small amount of water. Cover loosely with a plastic bag and place in the refrigerator, changing water daily.

**How to prepare it:** Asparagus can be steamed, oven-roasted, blanched, sautéed, or grilled. Trim the woody ends of the stalks prior to cooking. If asparagus is thick, you can peel the stalks with a vegetable peeler.

**How to enjoy it:** Add to pasta, salads, omelets, or enjoy as a flavorful side dish with lean protein and whole grains.