

# 1american baby®



MARCH 2004

AMERICANBABY.COM

**MAKE ROOM  
FOR BABY**  
Easy Ideas to Get  
Your Home in Shape

How and When  
to Start Spoon-  
Feeding Your Baby

**DISORDERLY  
CONDUCT**  
Why Your Child  
Loves to Make  
Messes

**Diet Traps  
Every New  
Mom Faces**

**Just the Two of Us**  
What It's Really Like to Be a Stay-at-Home Mom





# The DIET TRAPS

## Every New Mom Faces

**Y**ou're power-strolling with your baby regularly and deskinning your chicken—but you've still got leftover pregnancy pounds that just won't budge. What's going on? One possibility is that you're expecting too much too soon. "To get back to your old weight, give yourself a year," says Fran Grossman, a registered dietitian at Mount Sinai Medical Center in New York City. It can take that long, especially if you're not nursing and you gained more than the recommended 25 to 35 pounds.

Still, if pregnancy weight lingers

past your baby's first birthday, it's time to look at your lifestyle habits, says Grossman. For Ilise Kesslin, from Riverdale, New York, her nemesis was deprivation dieting. "I realized that when I restricted the food I could eat, I binged later in the day on snacks," says Kesslin, who now eats whatever she wants, just in smaller portions. As a result, she says, "I'm skinnier than I was before my first pregnancy."

What's preventing you from dropping that extra weight? Here, we reveal ten common diet traps.

**THE TRAP:** Having some just because it's there.

Your mother-in-law always shows up on your doorstep with one of her pies. The other mommies bring treats to playgroup. You help yourself to bites from your child's lunch or eat leftovers so they don't go to waste. "This is environmentally induced impulse eating," says Daniel C. Stettner, PhD, a weight management psychologist in Troy, Michigan. You eat food just because it's there—not because you're hungry—and those calories add up fast.

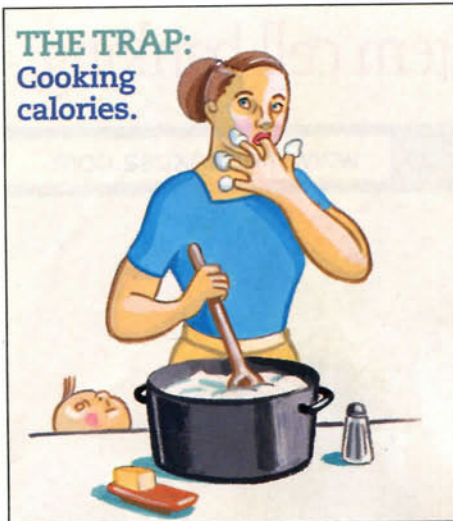
By Sandra Gordon • Illustrations By Alison Seiffer



**FOOD FIX:** To guard yourself against a “see-food” diet, don’t keep edibles out in the open. If you find yourself foraging in your cupboards when you’re chatting on the phone, talk in another room. When you’re at mothers’ groups and birthday parties, carry a water bottle so you can take a swig instead of nibbling on something. “It serves as a reminder that you’re doing something healthy,” says Stettner. Water also fills you up. If someone gets pushy about asking you to sample her food, avoid saying “Well, I really shouldn’t,” which implies you want to be convinced. Instead, suggests Stettner, repeat this concise and convincing phrase: “No, thank you. I’m not hungry right now.”

As for finishing up leftovers, make a mental note to prepare less food next time. Meanwhile wrap up the extras and put them in the refrigerator

### THE TRAP: Cooking calories.



immediately—or toss them. And rather than mindlessly munching from a box of Goldfish at snack time have something that’s calorie-contained by design, like a piece of fruit or a yogurt.

### THE TRAP: Eating when tired.

Fatigue-induced eating is a diet pitfall for all women, and particularly for

**Y**ou’re probably cooking more now than ever. And that means taste testing. Beware:

Generous bites of mashed potatoes with a wooden spoon can easily add up to ¼ cup, which translates into 50 unaccounted-for calories and 2 grams of fat. That’s just one example. And without realizing how much you’ve already eaten, you sit down to dinner and have what you consider a normal portion. Uh-oh.

**Food Fix:** To keep prep-time calories from adding up to mini-meals, check seasoning with a teaspoon or just the tip of your finger. If you’re starving before dinner, have an appetizer, such as three carrot sticks and two crackers with hummus, so calories don’t get out of control. But, says Bauer, be sure to say to yourself, “This is an appetizer,” so the calories get logged in your mental tally.

# Earache Grief? Earache Relief!

Finally, earache relief  
without a prescription.

**#1 Pharmacist Recommended**

- ✓ Relieves pain, soothes & calms
- ✓ Safe to use with or without antibiotics
- ✓ Safe & effective for all ages

AS SEEN IN  
**familydoctor**  
YOUR ESSENTIAL GUIDE TO HEALTH AND WELLBEING  
Launching in 2004 from the American Academy of Family Physicians

Look for Similasan Earache Relief in  
your favorite store's eye/ear care section.



Visit [www.HealthyRelief.com](http://www.HealthyRelief.com) for  
a list of retailers and a valuable coupon.

If pain continues beyond 48 hours, consult a physician.





We finally discovered a way to bottle happiness.

Patented Internal Vent System

The Dr. Brown's Natural Flow is the only baby bottle that features a patented internal vent system that reduces colic, spit-up, burping, and gas. Babies feed more comfortably because the vent allows them to nurse without fighting the negative effects of a vacuum or the discomfort of ingesting air bubbles. It also helps reduce fluid in the ear and eliminates nipple collapse. The Dr. Brown's Natural Flow is now available nationwide. To find the store nearest you, visit [handi-craft.com](http://handi-craft.com) or call 1-800-778-9001.

**Reduces colic, spit-up, burping & gas.**

*It's a natural.*  
**Dr. Brown's**  
Natural Flow™

new moms. According to a National Sleep Foundation poll, women reported eating more than usual on days when they didn't get enough sleep. "In that compromised state, we often reach for food, especially sweets, because we're looking for a quick energy boost," says Joy Bauer, RD, author of *The 90/10 Weight-Loss Plan* (Griffin, 2003).

**FOOD FIX:** If you can't take a catnap, activate your day: pace when you talk on the phone, deliver a memo in person instead of sending an e-mail, or go for a stroll with your baby. "Exercise pulls glycogen—the stored form of carbohydrate in the liver and muscles—into your bloodstream, which can make you feel more energized as your blood glucose level rises," explains Neva Cochran, RD, a nutritional consultant in Dallas. Also, use this snacking system, which acts as a kind of nibbling speed bump:

"Designate three low-calorie foods you'll eat first before grabbing anything else," advises Bauer, such as two handfuls of baby carrots, a nonfat yogurt, and a 30-calorie fudge pop. "When you're on this system, you'll probably realize you're not hungry after all."

#### **THE TRAP: A kiddie food diet.**

If your family meals are dictated by kids' preferences for high-fat, high-calorie, low-fiber foods, such as french fries, it's a sure route to weight gain—for both you and your children. "If they're not good for you, these foods are probably not good for your kids," says Cathy Nonas, RD, author of *Outwit Your Weight* (Rodale, 2002).

**FOOD FIX:** Make healthier versions of kid classics. Prepare macaroni and cheese with skim milk and low-fat cheese, says Bauer. Serve baked-potato fries or mashed potatoes—

they're loaded with disease-preventing beta-carotene. Also, be vigilant about introducing healthy, grown-up entrées like skinless chicken breast, fish filets, and lean beef or pork. Try to prepare two vegetables for dinner each night (such as a salad and peas). "Studies show that women set the pace for healthy eating in a family," says Nonas. "If Mom's eating more vegetables, everyone in the family will, too."

#### **THE TRAP: Multitasking meals.**

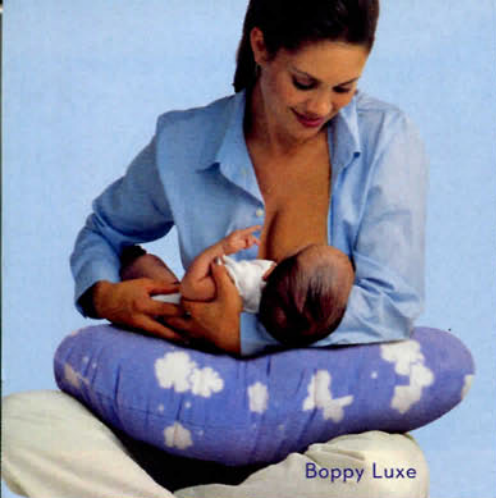
Whether it's in front of the TV or as you talk on the phone, munching while doing something else is an easy way to inhale calories mindlessly. Moreover, on-the-go calories can be dissatisfying on an emotional level; you may not feel like you've eaten. Then you'll seek that fulfillment by eating more later, says Stettner.

**FOOD FIX:** When you're at home, schedule at least 20 minutes for eating—the time it takes for your brain to



[www.americanbaby.com/diettraps](http://www.americanbaby.com/diettraps) Trying to lose pregnancy weight? Try these gentle step-by-step workouts.





Boppy Luxe



Boppy Noggin Nest

**Boppy**



Boppy Tummy Play



Boppy Bare Naked

**I**n the U.S., we sip an average of 19 ounces of soda a day per person.

Unless it's diet soda, that adds up to about 240 empty calories daily—or 25 pounds a year. It's easy to guzzle more than you think. With today's supersize cups, even a small is large, says Ann Coulston, RD, a nutrition consultant with Stanford University Medical Center. Even more popular than soda are fancy bottled juices with flavors such as kiwi-mango, but like soda they're mostly sugar. The liquid sugar slides down effortlessly, loading us up but not filling us. In fact, a study at Purdue University found that people who added 450 calories to their diet each day either in soda or in jelly beans gained weight only on the soda. The soda drinkers didn't register the liquid calories and eat less at later meals, as those who ate the solid sweets did. A serious Frappuccino habit—even the small sizes average 300 calories (sans whipped cream!)—could also be your diet downfall. **Food Fix:** The best thing you can do is drink fat-free milk. A skim latte is fine, too. Studies show that milk can help keep your weight in check, besides reducing your risk of osteoporosis. "But make sure everything else you drink is low-calorie or noncaloric," says Byron C. Richard, a registered dietitian with the Tulane Center for Diabetes in New Orleans. Richard's suggestions: water, seltzer, coffee, tea, diet soda, Diet V-8 Splash, or Crystal Light. If you're dying for a specialty coffee, says Cochran, "make your own mocha latte by adding a squirt of reduced-sugar chocolate syrup to a skim-milk latte."

## THE TRAP: A Big Gulp habit.



get the message from your stomach that you're full—without the television on or a book in front of you. The one exception to this is breakfast. "Most people don't over-eat at that meal," says Bauer. So go ahead and have your oatmeal while watching *The Today Show*.

As for on-the-go meals, like that nutrition bar you scarfed en route to the doctor's office, acknowledge them. "Say to yourself, 'This is half of lunch,'" Bauer says.

## THE TRAP: Not eating all day because you're too busy.

But by dinner—look out! You'll be eating everything in sight. "Not eating all day is one of the worst things you can do," says Grossman. "To compensate for the lack of fuel coming in, your metabolism will slow down and you'll burn fewer calories." You'll also feel cranky and lethargic. Grrr!

**FOOD FIX:** Grossman recommends not skipping meals—no matter what. In fact, she suggests stoking the fire by eating something every three hours. Of course, with kids, this can be a challenge. One way to manage the situation is to take advantage of naptime. "I have my biggest meal—lunch—when the kids are down," says Ilise Kesslin. "It's a calmer meal, and I truly enjoy it because I'm not rushed." \*

Sandra Gordon is a writer in Weston, Connecticut.