

[intro]

Aliza Beer is a certified and registered dietician, and has many clients in person and over the phone!

516-984-3333

She specializes in weight loss and has developed programs for her clients that are individualized to help with weight-loss while maintaining a balanced, and sustainable diet. She has a website: [www.AlizaBeer.com](http://www.AlizaBeer.com). You can also reach her by email [alizabeer@gmail.com](mailto:alizabeer@gmail.com).

**Thank you for doing this for me! What training did you get to become a nutritionist?**

Great question! There is no legal definition for a nutritionist. I am a registered dietician which does have requirements including have a BA, internship rotations, the RD exam (like a CPA exam) and then when those are met, you become an RD. I also have a master's in nutrition even though you don't have to have that. If you are seeking nutrition advice, you want a registered dietician not someone who just calls themselves a nutritionist.

**As a pediatrician, I do make a lot of referrals and choose the RD's for those reasons, and I think a lot of people do not have realistic expectations of primary care providers, and this is complicated stuff! Some tips from the doctor can be helpful, but really individualizing the diet is really hard!**

Yes, everyone has different need and lifestyles, there's no one-size-fits-all.

**How many sessions do clients usually come for?**

It varies on the issue. Usually with weight loss I encourage them to come once a week until they got in the groove and are doing well in the program, and then we lessen if they're doing well, but the accountability is key. If someone just has a GI issue that resolves, they might not need to come more than once, but it really varies.

**Who should see a nutritionist?**

Anyone for any weight-related or health reason. Anyone looking to lose or gain weight, people with PCOS issues, Polycystic ovarian syndrome, makes girls insulin resistant and they have trouble metabolizing carbs and sugar, so I almost treat them like a diabetic, and any of the GI issues, like celiac, there's no reason to really not see a nutritionist.

**Do you work with physicians at all?**

Yes, they refer all the time, and I have many physicians as clients.

**Why is it so hard to lose weight and keep it off?**

Because people treat it as a diet-a temporary situation. Once they revert back, they will gain back the weight. If you don't internalize your mind set and make it a way of life, it won't work.

**I have noticed you are very balanced in your approach, but I do see all these fad diets and I would like to know your opinion on some of these fad diets?**

These diets are fads, but they will get you to your goal. But you cannot live like that, it's not sustainable. You should be able to eat at a restaurant or a wedding or on Shabbat and you should feel normal. It needs to be a way of life, and these fad diets are a quick fix, but they are not realistic long-term. These crash diets can also damage a person if the person is cutting out food groups. You want to do something you can live on.

**Can you talk for a minute about the concept of yo-yo dieting?**

Every time somebody yo-yos it gets harder to lose the weight, and it is not healthy for your body to fluctuate by 100 pounds several times over your lifetime. It makes it harder for your body to accommodate and let you lose, besides for the stress you're putting on your organs, it makes it much more difficult to lose weight. If you need to utilize a short-term diet to get you to your goal, you have to get help transitioning into a healthier, cleaner diet so you don't just gain the weight back. If you have an emergency and need to lose weight (to fit into a dress for a wedding) you can juice or something to lose the weight super quickly once, but firstly the minute you eat something you will gain the weight back, and secondly, you can't live like that.

**That is why you should do these diets under supervision. I had a patient who lost a ton of weight on keto, but had no idea where to go from there and we have no evidence it is safe long-term.**

I have many patients who have come to me post-stomach bypass or the band, and they'll lose a lot of weight, but if they don't change their lifestyle, they gain back quite a bit of the weight. They need to learn to eat healthy, and keep the food down properly. With weight loss, slow and steady wins the race.

**What exactly is juicing?**

They buy or take vegetables or some fruit and they just drink the juice instead of eating food.

**That cannot possibly be sustainable. That sounds so high in sugar.**

They live on that sugar and nothing else. They're majorly restricting calories.

**Speaking of being realistic, what are some common diet sabotages and how do we avoid them?**

Never leave the house not prepared for the day. If you don't have access to food, then what is easy to get? Unhealthy granola bars or snacks! Don't skip meals to save calories-if you do not eat all day long, it starts slowing itself down to be more cost efficient and when you finally give your now slow metabolism this big meal, it takes what it needs and hoards the rest as fat just in case you don't feed it again for another day. You put your body in what is called starvation mode.

**We spoke about intermittent fasting for a second, how is it different than that?**

Intermittent fasting gives you an 8 hour window of eating, and fast the rest of the day. You are not fasting all day or starving, it is just essentially shutting down your day and giving you that smaller period to eat, so you end up eating less, and that helps you from grazing, and helps you avoid eating at night which is when people usually slip up. If you eat and sleep properly, you shouldn't be hungry at night anyway, it is other things that are driving you to eat, and your body is not really using whatever it is you're eating at night. They have done studies that when cookies are in a clear cookie jar on the counter people will eat more of them than when they are in an opaque cookie jar because when you see it, you feel like you have to eat it. If it is put away, you won't eat as much. Get out of the kitchen, and brush and floss your teeth after dinner and that will deter you from eating more after dinner.

**When you are sleep deprived, that adds a whole other layer. From a medical perspective, your hormones that regulate your appetite change depending on how much sleep you get. Leptin and Ghrelin are hormones that regulate hunger. Leptin, which is an appetite suppressor, goes down when you don't have enough sleep, and ghrelin, which increases hunger, goes up when you don't have enough sleep.**

It is recommended to get at least 7 hours of sleep. People hormonally feel hungrier when they are sleep-deprived but they are also looking for other sources of energy because they are weaker and lacking energy. Food gives you a jolt of energy just temporarily when you are sleep-deprived.

### **Can we talk about Shabbat and the Chagim?**

Shabbat is never going to look like a Monday or Tuesday. We need to learn to manage Shabbat. Challah is exactly like cake, then there's cholent, actual cake, kugel, and we use much larger portions. This is most people's maintenance, they gain a little weight on Shabbat, and then lose it as the week goes on. You want to manage the Shabbat meals with moderation. Enjoy Shabbat in very small portions. This will help you at least minimize the weight-gain. Envision your dinner plate, and use the one-plate rule. If you are not able to fit all your food on one-plate, then it is too much food. You should not be taking seconds unless there is actual hunger there. You do not have to eat everything on the table. Pick what you really want to treat yourself to, and just take a small portion of it.

### **You really can just decide to eat something very small and then go home and make yourself a very healthy salad if you're not serving healthy options.**

Yes, and I often tell people, I never eat at a kiddush, I will never rely on anyone to feed me, so I always have something ready for me at home. When you are standing and eating you do not internalize how much you are actually consuming. Why do you have to go to a kiddush to eat? You can enjoy being there without the food being the main part of the activity. If there is something that you really like, take a small part of it, and sit to eat your meal. After Shabbos and the chagim end, get yourself back on track. It is also very good to keep track of your weight.

### **How often should you weigh yourself?**

On or off a diet, everyone should weigh themselves once a week just to keep track of the number and just see what's happening. It is not 100% accurate, the inches will never lie, but the scale can fluctuate and vary. Do not obsess over the number by a few pounds. It is also not a myth to be bigger boned or anything.

### **I am thinking about the "healthy at any size" movement. I find it so frustrating because there has to be a middle ground between "you are perfect no matter what" and being obsessed with ideal body types.**

I never push the numbers. I always ask what their lowest weight was in the last 10 years. If someone has a lot of weight to lose, we set goals. There is a big range to accommodate for the different size frames, but when someone is over the range it is not healthy anymore. They do not need to be a textbook number, but at some point it has to be that they are not at a healthy weight and it needs to be discussed. Is there a hormonal change? Are they not eating healthfully or eating too much? Too much of anything is not healthy! Even water can be too much if they drown out the electrolytes in their system<sup>1</sup>

### **How would you help someone talk to a family member, or is it something they could ever really do, about having a healthier diet or losing weight? Say someone is listening to this and thinking of someone in their family who they want them to be healthy, but they are not choosing to. How can we do this in a sensitive way?**

It's different with children because you do not want them to feel guilty or like they are being watched. Mothers have to change the household a little bit. Get rid of a lot of the processed food, plate the food, which nobody does anymore, but when they eat what's on their plate and that's all, that makes a big difference. You plate for everyone, not just a heavier child, and it

teaches portion control. If it is on platters on the table, people take second and thirds because it is there not necessarily because they are hungry for it. For a spouse, I would let them know about information you heard, maybe from this podcast, and tell them to listen to it or read it. Or make it a team effort, and go see a nutritionist together.

**What I like is that in both cases, the child and the spouse, you are deflecting attention and making it seem like it's not you telling them what to do.**

I do find that for children, that if you teach them when they're young and the healthy food is what is there and available, that is what they'll eat and that is what they'll be happy with. When I set up food for my kids and their friends on Shabbat, I put a fruit platter and some chips or pretzels. Every single time the fruit always went. They ate some of the other stuff, but when the fruit is cut up, there, and available they will always eat it.

**There are some children who might eat more than others. But you are saying don't focus on that one child, but rather the whole family should be eating healthier.**

Yes.

**Thank you.**

[outro]