

# Fast Track Fiber

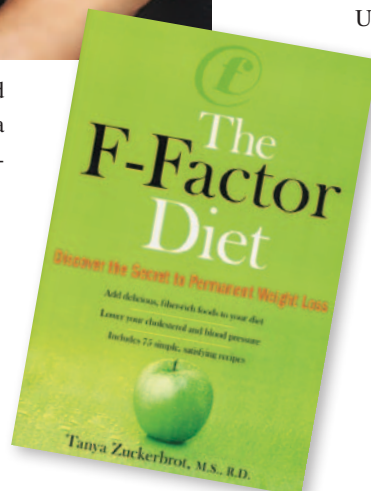
Tanya Zuckerbrot has discovered the secret to weight loss for life, and she's willing to dish.

By Lisa Horten



Tanya Zuckerbrot, M.S., R.D.

**Extreme fad diets** that rule out entire food groups and cater exclusively to the obsessively devoted are a dime a dozen, and they generally yield pretty satisfying (if temporary) results. But what about those of us who are balancing a packed calendar of work lunches, dinners with friends, feeding our families and the like? Enter Tanya Zuckerbrot, M.S., R.D., and author of *The F-Factor Diet*. The “F” in F-Factor refers to fiber, which, according to Zuckerbrot, is the key to weight loss success. “It may not be the sexy answer you were hoping for, but when it comes to losing weight and improving your health, nothing works better,” Zuckerbrot says.



The nutritionist and registered dietician, who lives and breathes the F-Factor lifestyle (and looks pretty great doing it) didn't start out as a weight loss expert. “I treated a lot of diabetic and cardiovascular patients in a clinical setting, and put them on high-fiber diets. It slows digestion, controls sugar and naturally binds with cholesterol, pulling it out of the body,” she says. Soon her patients began noticing a pleasant side effect to their diets—they were losing weight. Word spread like wildfire, and soon Zuckerbrot's secret was out.

While her client list reads like a who's who of Manhattan society, Zuckerbrot's book, *The F-Factor Diet: Discover the Secret to Permanent Weight Loss* and newly launched line of cereals, crackers and bars, make it totally doable on your own. Make no mistake, the F-Factor Diet isn't a quick fix or miracle cure-all. Like any healthy and impactful weight loss method, it takes commitment and, yes, some sacrifice.

The three-phase approach kicks off with the most challenging two weeks of the diet, during which the only permissible daily carbs are high-fiber cereal, one serving of fruit and up to eight of Zuckerbrot's secret weapon—GG Scandinavian Crispbreads. Don't worry, it gets better, and there's incentive driving you to stick to it. You're *guaranteed* to lose 4 to 6 pounds during this first phase, and you'll have more flexibility in your diet before you know it. Phase two offers continued weight loss, and allows an additional three servings of carbs per day. And in phase three, you'll learn to maintain your new weight for the rest of your life.

Unlike most diets, you never go off of F-Factor.

Instead, you establish a healthy, well-balanced lifestyle that allows you to eat even the most taboo of foods—in moderation, of course. Fiber has never sounded so sexy!

Your keys to success are The F-Factor Diet and Zuckerbrot's new product line of cereals and fiber bars.



# Healthy Picks from Local Favorites

According to the National Restaurant Association, nearly half of all adults eat in or carry out food from a restaurant every day. Once saved for special occasions, dining out has now become a part of everyday life. But with Zuckerbrot's guidance, going out to eat doesn't have to mean sabotaging your diet. "When everyone is ordering fattening appetizers, the worst thing that you can do is to order nothing. Opt for a salad (dressing on the side) or a cup of soup (broth-based) to start the meal," Zuckerbrot says. We sent the good eats guru out on the town to see what she'd pick when dining out—whatever the occasion—in Atlanta.



Seasons 52's cedar plank roasted salmon contains heart-healthy omega-3s.

## DATE NIGHT AT RATHBUN'S

### Ahi Tuna Tartare, Blood Orange Vinegar Serranos

This dish is perfect for sharing—it's big on flavor, low in calories and high in protein. Two ounces of tuna contain 60 calories and 13 grams of protein, plus, it's high in omega-3 fatty acids. These polyunsaturated fats have been associated with a wide range of health benefits, including protecting the heart, promoting brain health and boosting the immune system.

### Double Bone Pork Chop, Grilled Artichokes Ver Jus-Wooly Pork Emulsion

Pork sometimes gets a bad rap as an unhealthy meat. However, consuming leaner cuts of pork such as a roast or chop can provide you with significant nutrients as a part of your regular diet, and the recommended serving size for a pork chop (6 ounces) contains only 152 calories. The addition of artichokes, a great source of fiber (6g), makes this an even better choice.

### Whole Roasted Bronzini, Brussels Sprouts, Whole Grain Mustard-Shallot Butter

Bronzini is a good choice of protein, because it is low in fat and rich in vitamins and minerals. A serving of bronzini is only 110 calories and packs riboflavin (vitamin B2), which helps metabolize amino acids, and vitamin D, which aids calcium absorption and can help prevent osteoporosis. A side of Brussels sprouts ups the nutritional content of this meal, with only 40 calories per cup, a high dose of vitamin C and 4 grams of fiber.

## BUSINESS DINNER AT CHOPS LOBSTER BAR

### Colossal Sea Scallops

Ordering seafood at a restaurant almost always guarantees you a low-calorie, highly energizing meal. You can even clean your whole plate in confidence, as sea scallops only contain 75 calories per 3-ounce serving and offer stress-busting B vitamins, along with plenty of mood-boosting magnesium and phosphorous. Topped with a side of fiber-rich vegetables that can contain up to 5 grams per cup, this dish means you get the most bang for your buck. Fiber will help slow digestion and stabilize your blood sugar to combat work-related jitters and keep you calm, cool and confident until the check comes.

### Sea Bass and Jumbo Asparagus

Who doesn't love a meaty piece of sea bass? Not only does it really satisfy hunger, but this hearty fish also provides you with plenty of energizing B vitamins that fight the damaging effects that work-related stress has on the body. Along with a generous portion of jumbo asparagus, this dish is an excellent source of belly-filling and mood-stabilizing fiber. One cup of cooked asparagus contains up to 5 grams of fiber, and for only 40 calories!

## LUNCH WITH FRIENDS AT SEASONS 52

### Cedar Plank Roasted Salmon

The cedar plank roasted salmon is a great option for your main course. Roasting salmon on a cedar plank will give it a delicious crisp top and impart a unique smoky taste. But the real reason why I love to order this dish is because salmon contains heart-healthy monounsaturated omega-3 fatty acids, which have been shown to boost your metabolism by increasing the level of fat-burning enzymes in your body while decreasing the levels of fat-storage enzymes.

### Edamame

Not only are they delicious and fun to eat, but edamame pods also are packed with fiber and protein—the two most important nutrients that help you fill up and stay full longer. A half cup serving of edamame contains 100 calories, 4 grams of fiber and 8 grams of protein, plus it's rich in calcium, iron, zinc, B vitamins and lecithin, which helps your body to keep your cells from accumulating fat.

### Spicy Tandoori Chicken Skewers

These skewers are extra-spicy, which is great because studies show that spicy foods also lead to a higher metabolism. Spices like cayenne pepper or mustard seed are particularly beneficial. Cayenne also has a thermogenic effect, meaning it causes the body to burn extra calories even after you are finished eating. Studies show it can increase your heart rate and metabolism by about 25 percent for up to 3 hours.