

Your diet

HOW THEY LOST IT

Real People
Tell Their
Secrets

* from the publishers of

People

MARCH 2005

Dieting At Every Age

Figure Out Your Metabolism

We Tell You How

The Dress That Shrinks With You

SAY YES TO CARBS!

And Keep Losing Weight

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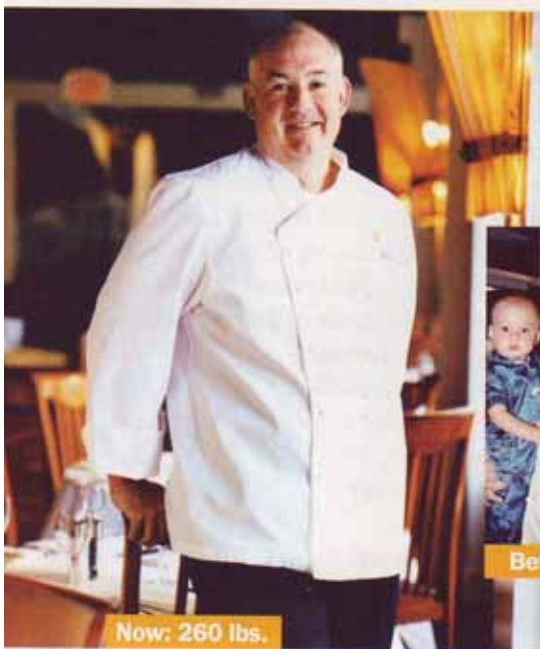
FAST DIET MEALS



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Dining Out on a Diet

Have reservations about restaurants and buffets? A chef and nutritionist share their tips



Now: 260 lbs.



Before: 360 lbs.

The Chef

Jeff Tunks didn't get fat being a couch potato; he reached 360 lbs. by going to work. As the executive chef at three popular Washington, D.C.-area restaurants, "I have to taste food," he points out. But in 2002, with borderline diabetes and high blood pressure, Tunks began a self-styled diet and exercise program that has whittled away

100 lbs. (with 30 more to go). One secret to his success? "I still taste food," he says, "but I've switched from a table-spoon to a teaspoon."

Though chefs are known for their odd hours, Tunks sticks to a routine. He has a low-fat breakfast like Eggbeaters, turkey bacon and V-8 juice, a light lunch and a healthy evening meal. "In the restaurant business, I'm surrounded by temptation, but I can also choose from five different kinds of fresh fish and throw it on top of a salad for dinner," he notes. At work and at home with his wife and two young sons, "I watch my portions, eat lots of fresh fruits and vegetables and avoid processed foods." He also starts most days by cycling 10 miles and lifts weights three afternoons a week at a gym near one of his restaurants.

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For huge gains in energy and a 12-inch reduction in his waistline, Tunks has given up only one thing entirely: fried foods. "I still eat carbs," he says. "How are you going to live your life without them? I can't imagine going to a Thai place and not getting noodles. Or if you go two days eating red meat, then go two days eating grilled fish and broccoli. It's about picking your battles."

TUNKS' TIPS

Bread Basket: Use a little butter, not olive oil. Bread dipped in oil absorbs more fat. With butter, at least you're more conscious of how much you're using.

Salad Bar: Say no to olives (they're high in fat and calories) and yes to cherry tomatoes.

HINTS FROM CHEF JEFF

Don't Order

Order Instead



Tuna Salad Sandwich

Lots of mayo and sweet pickle in the mix make it high in fat, calories and sugar.



Grilled Tuna Sandwich

Pile on the lettuce and tomato, but skip the tartar sauce (or have just a little).



Pureed Vegetable Soup

Sounds healthy, but it's usually full of butter and cream—a disaster.



Broth-Based Soup

Chicken noodle, garden vegetable and minestrone soups have flavor without the fat.



Carrot Cake

This homespun fave with cream cheese frosting is loaded with fat, carbs and calories.



Angel Food Cake

Made with egg whites, this guilt-free dessert is even more heavenly with fresh fruit.



Caesar Salad

It's heavy on emulsified, artery-clogging fat, thanks to the high-cal dressing.



Mixed Green Salad

Any greens and veggies will do. Just get a low-fat dressing on the side.



Ketchup

What's good on burgers and fries is bad for your waistline. This ubiquitous topping has lots of sugar.



Mustard

More versatile than its condiment cousin, mustard has huge flavor—and nearly no calories.



Blackened Fish

This trendy burnt offering is often soaked for a long time in fat to improve flavor.



Grilled or Seared Fish

Ask that fish be cooked without butter, and for sauce to be served on the side.

How to deal with all-you-can-eat!

The Calorie Cop

Lisa Young, Ph.D., R.D., is a Manhattan nutritionist who is also on the faculty of New York University. To save your diet from being buffeted by a buffet line, she says, plan ahead:



- 1 First, scout out the territory so you can decide what to splurge on. A bit of dessert or a bit of starchy waffle? You can't have it all.
- 2 Never try to count calories—it's an exercise in futility. Just think healthy foods and portion control.
- 3 Choose one protein. Don't mix a fish dish with turkey or eggs. Fill up on fruits and vegetables.
- 4 Brown rice and whole grain breads are best, and half a bagel is better than scones and muffins.
- 5 Don't take tiny little servings and keep going back for more. That's just fooling yourself. Take a decent amount the first time.

"A buffet should be about choosing wisely. Pick a few of your favorite treats, but don't go overboard. There is always tomorrow"