

# Diet Center News

*Premiere Issue*

*January 2004*

## She's Kept off 100 Pounds for Four Years!

by Catherine Pugh

About six weeks ago, a friend of mine approached me about being the success story for her newsletter. That caught me off guard. Me? A success story? I would rather curl up with a bag of Snickers than run even one lap around the track. Even now, I recall with fondness the peach cobbler I inhaled over Thanksgiving. The friend was Nicole, my Diet Center counselor, who met me when I was 235½ lbs. The success is that I am 100 pounds lighter, peach cobbler and all.

I am a mother of three, and a wife of ten years to a gorgeous ex-Marine, Lee. By the time our third child was three months old, Lee still looked great but I was 50 pounds heavier. I had no "aha" moment, no moment of sublime

clarity. One day, I just got tired of that gasping sound I made every time I stood up because my body was too heavy to lift. The next day I was at Diet Center.



*Catherine Pugh*

Going in, I knew this would be one of the most difficult things I had ever done. I had to make new habits, live by rules. At the Diet Center, Nicole defined simple guidelines. She said "I've been where you are and if you follow me, you can get to where you want to be." And that is exactly what happened.

The primary rule was simple: follow the program. I didn't have to buy special foods, I ate plenty of produce and protein, and there were no calories to count. Add exercise and drinking water, and it was one of the easiest and most consistently successful programs I had ever been involved in. Nicole was there even after I reached my goal. Not only do I follow my five rules faithfully (see "Cat's Special Rules for Maintenance,") I weigh myself weekly and to this

*continued on Page 3*

### WELCOME TO OUR NEWSLETTER

## Diet Center News Makes Debut

Happy New Year and welcome to our newsletter. Our hope is that this will give you some information and inspiration to live your best, healthiest life. We will bring you success stories, recipes and tips for good living.

Diet Center is more than just a weight loss program; it is a lifestyle. To successfully attain and maintain your healthy weight, it takes a balanced diet, regular exercise, the right attitude, and the right support.

At the Diet Center we have the best eating plan and we offer the support you need to finally reach and maintain your goal weight. Diet Center has been in existence since 1970 and has helped many people.

On the Diet Center program a person loses an average of two to two and a half pounds a week. We offer a FREE consultation, so call today for an appointment at (619) 692-3980.



### IN THIS ISSUE

#### Page 2

Healthy Dining in San Diego  
Meet the Diet Center Staff

#### Page 3

Cat's Rules for Maintenance  
Ideas for Enjoying Veggies

#### Page 4

Coupon Special  
**Two Weeks Free!**

# Diet Center News

**PUBLISHER**  
Nicole Sieger

**EDITOR-IN-CHIEF**  
Rani Mari

**EDITOR & DESIGNER**  
Linda Hutchison

**CONTRIBUTORS**  
Catherine Pugh

The Diet Center News is published in January, April, July and October by the Mission Valley Diet Center, 7851 Mission Center Court, #100 San Diego, CA 92108 (619) 692-3980



## Meet the Diet Center Staff



**Nicole Sieger** (left) has been the owner of the Mission Valley Diet Center since 1990. She bought the center after losing 50 pounds on the reducing program and starting maintenance. The program also helped her during her pregnancy in 2002 and she is the proud mother of one-year-old Zane.

**Rani Mari** (right) has been a nutritional counselor at the Mission Valley Diet Center for over three years. She lost 20 pounds on the program and successfully maintains her weight. Rani is also a wellness counselor who enjoys helping people achieve their goals and an enthusiastic teacher of dance and yoga (see enclosed flyer).

## Before Eating Out, Check Out Healthy Dining in San Diego

by Linda Hutchison, Editor

Can you enjoy dining out and still stick to your healthy eating plan? Many of us with busy lives face this dilemma almost daily. Even if we don't eat out every day, we know that sooner or later we will be invited to join friends or family at a restaurant. We want to go and enjoy ourselves, but munching on ice cubes and celery while trying to ignore the chips and salsa does not seem like a lot of fun. The alternative—just diving in to whatever sits on the table—is not fun either if we end up blowing our good intentions.

Here at the Diet Center we believe that you CAN eat out successfully. Just ask us for advice before your next outing. Chances are, we have been there, or somewhere similar, and survived without feeling deprived.

One of our favorite tools is a book we recommend and sell called *Healthy Dining in San Diego*. Written by a health and nutrition educator and a medical researcher, it analyzes the menus of more than 90 restaurants in San Diego and helps you pick out the healthiest items (as the blurb on the cover says, "Choices for a Lean, Fit and Healthy Body.") Each recommended item

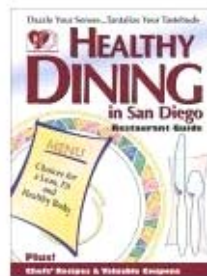
includes a description and a tally of its calories, fat, cholesterol, sodium, carbohydrate, protein, and dietary exchange. The restaurants' menus are listed alphabetically by name, from Andres Cuban Restaurant on Morena Boulevard to Zio Italian Cuisine on Adams Avenue.

*Healthy Dining* also includes several other valuable sections, including Healthy Dining Tips (more in-depth information and guidelines about nutrition and restaurants); Health Resource Guide (information from several organizations, including the American Cancer Society, the American Diabetes Association, and the American Heart Association); Chef's Recipes (a generous sampling of more than 50 healthy recipes from the restaurants in the book); and Coupons, more than \$350

worth you can cash in for restaurant discounts or free menu items).

You can buy your copy of *Healthy Dining in San Diego* here at the Diet Center. It also makes a great gift! We'll be happy to help you use it effectively with your Diet Center reducing and maintenance programs.

**Buy Your Copy at  
the Diet Center**



**Healthy Dining in San Diego  
Restaurant Guide  
Accents on Health, Inc.  
San Diego  
\$19.95**

# With Diet Center's Help, She's Kept off 100 Pounds

*continued from Page 1*

day, periodically check with her.

The process took four years, and I liken it to going to "health and fitness" college. I learned how to eat; I learned that it gets easier; I learned that planning works far better than will power ever will; I learned that all big compromises start small; I learned that if I ate like a horse before I lost a pound, I shouldn't expect to eat like a canary now and to set myself up with food choices where I didn't lose out on volume; I learned that apple pie and French fries taste just as satisfying "leaned" out as they do "fatted" in.

I will never forget catching a chance reflection in a tinted window, and not being able to find "me" in the images it held. In my mind, I was still 235 pounds. Right then, I knew it was all worth it.

I've been where you are. If you ever need support, e-mail me: CatherinePugh1115@yahoo.com.

You CAN do it.

## Ideas for Vegetables

1. Steam or stir-fry vegetables and eat with a non-fat yogurt dip.
2. Fill a piece of pita bread with a garden variety of fresh vegetables, such as cucumbers, tomatoes, peppers, onions, celery, and carrots, moistened with a non-fat yogurt dip. If desired, add tuna or chicken for protein.
3. Make a hearty, vegetable-rich soup with chicken or tofu.
4. Experiment with lettuce-free salads. Marinate fresh green beans, snap peas, cucumbers, pepper, onions, carrots, broccoli, and cauliflower with low-fat salad dressing for a colorful and tasty side dish!



**Catherine Pugh** lost a total of 100 pounds in 11 months and 10 days. She has kept the weight off now for four years by following the Diet Center Maintenance Plan.

**BEFORE**  
(Above)  
235 Pounds  
Size 22-24

**AFTER**  
135 Pounds  
Size 6-8

## Cat's Special Rules for Maintenance

**Rule # 1:** No fast food. I make this promise in six month intervals, so the goal remains surmountable.

**Rule #2:** Burn at least 2500 calories a week through cardio, and lift weights at least three times a week.

**Rule #3:** Eat between five and ten servings of produce every day.

**Rule #4:** Once a month, eat whatever I want (except fast food). With permission to splurge, the pressure to binge goes away.

**Rule #5:** If it goes into my mouth, it goes in my journal. And no fudging! Calling a ten ounce potato six ounces doesn't make it true.

## Mind is the Builder

*"The body you see in the mirror is a result of your mental patterns and how they have affected your body's physiology... Changing these patterns is an important element in healing the body in general; specifically with weight loss."*

**Anne Hunt and Eric Mein, M.D.**  
Authors of *Weight No More*

### Vegetable Kabobs

**1 C assorted vegetables**  
**¼ C low fat Italian dressing**



Cut vegetables into bite-sized pieces and place them in a zip-lock bag or small bowl with lid. Add salad dressing. Stir to coat evenly. Gently shake or stir vegetables occasionally. Marinate for at least one hour. Pierce vegetables onto metal or wooden skewers, then place on hot grill or place vegetables and dressing in foil, seal edges, place on hot grill or under broiler. Turn vegetables after a few minutes. Cook until tender. Makes one serving.

**Per Serving:** 76 calories, 1 g protein, 4 g fat, 1 g saturated fat, 7 g carbohydrate, 0 mg cholesterol, 173 mg sodium.

**Diet Center Reducing Phase Exchanges Per Serving:**  
1 vegetable, 1 fat.

*Diet Center News*  
*Mission Valley Diet Center*  
*7851 Mission Center Court, Suite 100*  
*San Diego, CA 92108*

U.S.  
Postage  
Required

**Diet**   
**Center**<sup>®</sup>  
*The weight-loss professionals.*<sup>®</sup>

***New Products at  
the Diet Center!***

*Discover the benefits  
of Fortune Delight<sup>®</sup>  
and Calli<sup>®</sup>  
organic herbal  
beverages. Buy both at  
the Diet Center.*

*January is  
National Hot  
Tea Month.  
Enjoy these hot  
or cold.*



**NEW YEAR'S SPECIAL**  
**Two Weeks Free!**

*with purchase of 6-week program  
Registration / Restart fee additional*

*Offer expires March 1, 2004*

**Mission Valley Diet Center**  
**7851 Mission Center Court, Suite 100**

*Please CALL NOW for an appointment:*

**(619) 692-3980**