

Class Act

Get reunion-ready with tips that help you shed pounds and years from your life

There's something universally motivating about a high school reunion. New York City dermatologist and internist **David Colbert, MD**, realized the significance of reunions after hearing patient after patient ask for treatments that would subtract years in time for these gatherings. "But rather than focus on a quick fix that may not address their problem, like Botox," he says, "I ask about what they're eating." Twelve years of patients—including several celebrities—hoping to turn back the clock and shrink their waistlines led him to write *The High School Reunion Diet*. WebMD contributing writer **Liesa Goins** sat down with Colbert to find out his secrets to getting reunion-ready.

Can you still fit into your high school jeans?

Yes. I might be in better shape now than I was in high school. I was a swimmer and ballet dancer and had a 32-inch waist then—and I do now. During my residency I definitely put on weight. When I realized I had a couple decades of extra weight on me, I stopped eating junk food and anything that comes in plastic packages or cartons. If it had more than 10 ingredients, I didn't eat it. I lost 15 pounds.

Why do you talk about losing years instead of pounds?

Focusing on weight is really frustrating. Just looking at a number on a scale doesn't really reveal much. Losing years captures the idea of feeling younger, so it's a more positive thing to focus on than trying to hit a certain weight.

What's the diet mistake most people make?

People delude themselves about what is healthy or get obsessed with counting calories and don't understand what healthy food is. The biggest mistake is thinking that things like low-fat ice cream are healthy. In some cases, such as with butter, the full-fat version is actually better for you. When a person finally understands the glycemic index and how the body uses food, there's always a big "aha" moment.

How do you find time to prepare all the foods you recommend?

I buy fresh foods and use simple recipes. My trademark dish is fresh flounder or sea bass, drizzled with olive oil and fresh parsley, garlic, and onions. Breakfast can be as easy as Greek yogurt or steel-cut oatmeal with berries. There are always foods you can find that fit into your schedule.



Jean-ious Foods

"The word 'diet' comes from the Latin word that means daily," says David Colbert, MD. "Rather than feeling deprived, focus on the foods you should eat daily." He says these staples will help you get into your teen jeans.

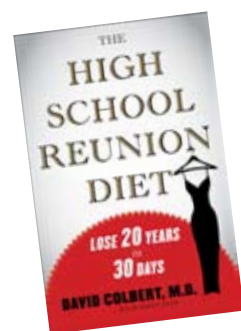
Water. Colbert drinks two glasses first thing every morning to kick-start his system.

Spices. Not only will they pack your food with flavor, but they also contain antioxidants.

Nuts. They're full of fiber, protein, healthy fats, and other nutrients that are good for your brain and heart.

Lean protein. Beans, eggs, low-fat dairy, meat, poultry, and fish satisfy hunger and keep you feeling full longer than other foods.

“ I have a weakness for sea salt ice cream from a place here in New York. It's so satisfying that one scoop is enough. ”



Get more weight-loss tips and reunion-survival strategies at www.WebMD.com.