

Diet News

March 26, 2005

*We are very pleased to announce that **Mary Grace (Sucholet) Webb** has joined our professional complement. Her offerings will appear periodically in the appropriate category over the signature 'MGW'*

Mary Grace Webb, MA, RD, CDN

Clinical Nutrition Manager, New York Hospital Queens

Ms. Webb is a graduate of the University of Connecticut with a BS (Cum Laude) in Clinical Dietetics. She also holds a Masters Degree in Health Administration from Hofstra University.

As Clinical Nutrition Manager, Ms. Webb is responsible for the nutritional care of all in- and out-patients at a teaching hospital affiliated with the Weill Medical College of Cornell University. She has been actively involved in the development of a successful Gastric Bypass Surgery program, and is a popular community speaker on topics including obesity management, oncology, and geriatric nutrition.

Prior to joining the staff at New York Hospital Queens in 1999, Ms. Webb worked at Columbia Presbyterian Hospital in New York City as a Patient Services Manager. There she coordinated quality assurance programs for the Food and Nutrition Department and developed special meals and services for the Cardiac Transplant Unit. She also held positions as a Clinical Dietitian in various hospitals in Connecticut and California.

Aside from her experience in health care, Ms. Webb was also a Nutritionist and Service System Developer for Weight Watchers International (at the time a division of the HJ Heinz Company). For eleven years she helped create the Weight Watchers Program used throughout North America. Ms. Webb is one of the developers of the popular Weight Watchers "Point System."

With the participation of registered nutritionists and dietitians, we offer here more detailed information and reasons for choosing foods that satisfy, please and work to maintain a healthy weight. With such foods, with the *Rule of Half*...portions one-half the size that you have been used to, and eating whenever you are hungry (rather than once or twice per day), calorie counting becomes much less important. *What becomes vital, and an integral part of the Mediterranean Diet, is regular daily exercise.* Nothing fancy is necessary, unless you enjoy it: brisk walking (3 or 4 miles per hour for 30-45 minutes), stair climbing (2 to 3 flights per minute for five to ten minutes, etc. Of course, *check with your physician* before beginning a significant change in your exercise life-style.

GS