

# The Lifestyle and Culinary Medicine

## NEWSLETTER

happy new year 2026

## This Month's Focus:

### NEW YEAR, NEW GOALS

As we turn the page to 2026, all of us at Lateef Family and Lifestyle Medicine want to extend our heartfelt gratitude for allowing us to be a part of your family's lives this past year.

A New Year isn't just about resolutions; it's about reflection and renewal. We are honored to be your partners in health, and we look forward to supporting your wellness journey in the months ahead. Whether it's a milestone check-up or a chronic disease follow up visit, remember that we are here for you.

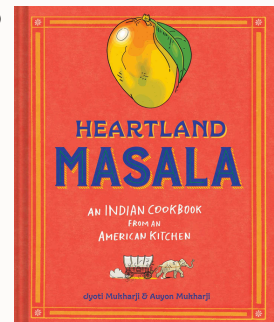
Wishing you and your loved ones a year filled with joy, resilience, and most importantly, vibrant health.

With care,  
Dr Lateef.

### Monthly Cookbook Suggestion:

**"HEARTLAND MASALA" AN INDIAN COOKBOOK  
FROM AN AMERICAN KITCHEN  
BY JYOTI MUKHARJI & AUYON MUKHERJI**

The word, "Masala" means "spice mix". In this book you will find an introduction to Indian cooking with easy-to-follow recipes and the very basics of Indian cooking. It explains how to make the masala mixes for the recipes. The book has good number of lentil, beans and vegetable dishes that are highly nutritious and amazing for the palate.





# Cervical Cancer Awareness

Cervical cancer is a malignancy that develops in the cervix—the lower part of the uterus that connects to the vagina—and is caused by persistent infection with high-risk types of human papilloma virus (HPV).

Each year, nearly 14,000 women are diagnosed with cervical cancer in the United States. Cervical cancer is a preventable cancer, through vaccination and screening.

## Screen Regularly:

Most health organizations, including USPSTF, United States preventive services task force, recommends that screening starts at age 21, with cytology (pap test) alone every three years from 21 through 29 years of age. Discontinue screening in females after age 65, depending their previous pap tests have been negative.

In females age 30 -65, three options are available, Primary high-risk HPV test every 5 years, cervical cytology or pap test every three years, and co-testing with pap and HPV testing every five years.

## Vaccinate Early:

Almost all cervical cancers are associated with infection with HPV, human papilloma virus. The HPV vaccine protects against the cervical cancer that accounts for 90% of the cancers caused by HPV. The recommended age for vaccination is 11-12 years in boys and girls, but women can be vaccinated up to age 26.



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# How to Stay Focused on New Years Goals:

To maintain momentum with your New Year's resolutions, try transforming vague intentions into SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound).

By converting large ambitions into micro-steps, you make the path forward feel less daunting and more manageable.

***Here are a few ways to sustain your focus:***

## 1. Root your Goals in Purpose:

Connect your objectives to a deep "why." When you understand the core motivation behind a change, you're more likely to persist during difficult stretches.

## 2. Write a goal using the "SMART" goal format:

*The SMART goal acronym stands for goals that are:*

**Specific:** what behavior needs to be worked on, for example: walking

**Measurable:** setting a date when the goal will be achieved. For example: how much time is needed to complete the goal, like walking for 30 minutes.

**Achievable:** goals that can be completed in proposed time frame: for example, walking three times a week.

**Relevant:** the goal is aligned with the specific behavior change.

**Timebound:** the goal is tied to a time frame for completion. For example: continuing the goal for four-week duration.

## 3. Build Systems for Success:

**Establish Routines:** Integrate your goals into your daily habits so they become automatic.

**Track Your Journey:** Use a journal or app to visualize your progress and keep yourself accountable.

**Seek Community:** Surround yourself with supportive people who encourage your growth.

## 4. Maintain a Resilient Mindset:

Acknowledge your achievements by celebrating small wins along the way. Most importantly, practice self-compassion; if you stumble, remain flexible and treat yourself with the same kindness you would offer a friend.



# Movement Tip:

## HOW MUCH EXERCISE IS NEEDED FOR WEIGHT LOSS:

Weight loss is possible with physical activity, but requires a much higher dose than typically performed by patients trying to lose weight.

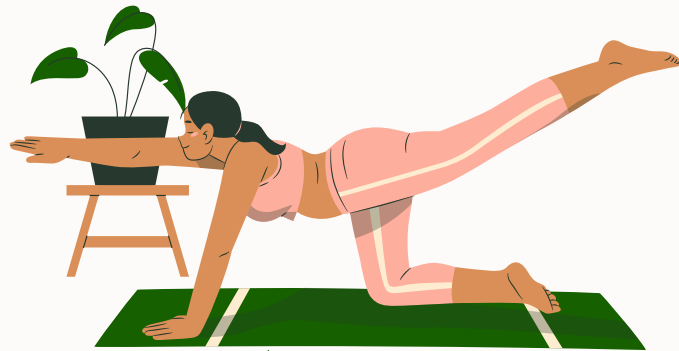
There is dose-response relationship between aerobic physical activity and weight loss amount, or the higher the exercise minutes, the higher will be the weight loss.

*Less than 150 minutes per week of physical activity cause minimal weight loss*

*More than 150 minutes per week of physical activity cause 2-3 Kg of weight loss*

*More than 225-420 minutes per week of physical activity cause 5-7.5kg of weight loss*

So, in this new year, if your goal is to lose weight, remember these numbers, and try to find a fine balance with your exercise routine and lifestyle that will eventually help you to lose weight.



## Mixed Lentil Curry/Soup:

### RECIPE OF THE MONTH:

#### Ingredients:

1 cup Masoor, orange lentil  
½ cup Moong Lentil, (split moong beans)  
½ cup Urad Lentil, (split Urad lentils)  
3 cup water  
4 cloves garlic  
1.5 tsp salt  
1 tsp red pepper  
½ tsp turmeric powder  
½ tsp ground coriander

#### Instructions:

1. Soak Urad and Moong Lentils in warm water for 30 min, rinse and drain water.
2. Rinse orange lentils,
3. Add all above ingredients to Insta pot, cook on pressure cooker setting for 5 minutes,
4. May add extra ½ to 1 glass water for desired consistency,
5. Mix, so it is all blended through.



#### Garnish or Tempering:

1 small onion, thinly sliced, 4 Tbs extra virgin olive oil  
Fry till onions are golden brown. Now add one thinly sliced green pepper (hot thai pepper or serrano peppers) and 1tsp of thinly diced ginger, add ½tsp of cumin seeds, half medium tomato thinly diced, ¼ tsp asafetida (adds umami flavor)  
Fry 2-3 min and add to the cooked lentils, Mix, Garnish with fresh thinly cut cilantro, serve with rice or naan or enjoy as it is.