

4 Weight Loss Tips to Live and Lose By

1. Eat at least 3 -5 times a day at regular intervals
2. Eat 4 oz. of lean protein at least twice a day
3. Fill two-thirds of your plate with vegetables and fruit
4. Make every calorie count, this means every bite should pack protein, fiber and fat.

10 Essential Nutrition-Based Weight Loss Guidelines

1. Focus on eating a variety of foods every day.
2. Eat fruits and vegetables in a variety of colors. Green, yellow, orange, red....you get the idea.
3. Eat small meals frequently, preferably 4-6 times. Also avoid overeating or binge eating out of hunger.
4. Say no to extra fat! Avoid putting butter or sour cream on your food.
5. When you feel the first shot of hunger pain, wait it out. If you still feel hungry after 10-15 minutes then eat. If you aren't hungry any more it was likely your emotions speaking and not your tummy!
6. Plan healthy meals ahead of time—this will save you many calories!
7. Stop eating before you feel full. Your brain is slow in receiving the full signal from your tummy—so give it a chance to catch up!
8. Eat fruits & vegetables first, then meats & lastly bread or other starches. This forces you to fill up on nutrient dense, yet calorie-sparse, foods first.
9. Drink water--NOT soda pop. Your body isn't able to register all of the calories in liquid, so hundreds of calories add up without making you feel full.

When you take in a meal that is 90% carbohydrate 5% fat and 5% protein your body is going to digest it faster (i.e. get hungry again faster) and is more likely to store a percentage of the carbs as fat.

EAT THIS → NOT THIS

Eat this: Whole, natural foods

Not: Processed foods

Eat this: Lean Meats

Not: Fatty-meats, high-sodium

Eat This: Grilled, Baked, Broiled Meats

Not: Battered, deep-fried meats

Eat this: Low-fat Dairy

Not: Full-fat or ice cream

Eat this: Low Sugar Yogurt (Greek yogurt)

Not: Sugar filled yogurt, or ice cream

Eat this: Oatmeal

Not: Donut, pastry, sugary cereal

Eat this: Almonds

Not: Sugar-laden, Trans fat snacks

Eat this: Fruit

Not: Soda, juice, candy

Eat this: Nuts

Not: Chips, cookies, cake, donuts

Eat this: Vegetables

Not: ANYTHING fried!

Eat this: Green Tea or Unsweetened Iced tea

Not: Coffee, soda, sweet beverages

Eat this: Natural, sugar-free food

Not: Sweetened Foods

TRANS FATTY ACIDS:

- *Produced during the hydrogenation of vegetable oil—are worse for your body than saturated fat.*
- *Raises LDL (the bad one) cholesterol levels while simultaneously lowering HDL (the good one).*
- *“Partially Hydrogenated” on a label, trans-fatty acids lurk within.*
- *Food items containing trans-fatty acids: commercial baked goods (mixes, shortening, pastries, doughnuts, crackers, snack food, margarine, artificial cheese, deep-fat fried foods, corn chips, potato chips, tortillas and tortilla chips.*

