

Healthy Weight Loss Tips

From the Desk of Dr. Stephen Green

Weight loss is a question of life style change. It is about finding YOUR healthy weight. Healthy foods and healthy choices in exercise play a key role. Fad diets don't work and end in higher weight and decreased health. Yet, it is still important to eat fewer calories—healthy calories. Many years of habit are not easy to change. Here are some tips that actually help you to eat less, without starvation, and give you a greater sense of self control and satisfaction.

- Have a simple snack **15 minutes before** your meal. Research has shown that eating an apple before a meal can cut caloric intake by nearly 200 calories.
- Eat '**mindfully**' ...really taste, feel, smell, and look at your food. Take your time and chew well—enjoy your food—you will need less to satisfy.
- Completely **cut refined** sugars and starches out of your diet—white foods. It is easier to say no to that second piece of bread or French fry, if you didn't have the first one. You will have fewer food cravings too.
- Shore up on **fiber**—it promotes satiety so you'll eat less. I recommend a quarter cup of freshly ground golden flax seed daily—put on soups, salads, whole grain cereals and into smoothies for a treat.
- Have **smaller, more frequent** meals. Instead of gorging on three meals per day, eat five or six mini meals. Even though you will eat more often, you will take in fewer calories.
- Drink **plenty of water**. Thirst and hunger are similar sensations, so drink up the next time hunger strikes—you may just be thirsty. Drinking water also fills you up and actually burns calories.
- Make sure your meals and snacks **include protein**. Aim for 3-4 ounces of chicken, turkey, tofu, fish, or other lean protein.
- Avoid temptation when eating out by asking your waiter to **skip the bread basket**, chips and **other starchy "starters"** at your table.
- Keep **xylitol-sweetened** mints or gum on hand. They satisfy the need for something sweet and keep your mouth busy until your next meal.
- Use **smaller plates** to keep portions under control. We tend to fill our plates, regardless of size, then feel we must eat the whole plate.
- When dining out, **spit an entrée'** or get a doggie bag for half your meal **before** the meal.
- If time to cook is a problem—forcing you to 'eat out' more often—make healthy **extra entrees** when you do cook—**package and freeze** these for a quick tasty and healthy meal at home—saves money too.
- When you feel you **MUST have a treat**, have a small, good quality dark chocolate and savor every bite—mmmmm.
- **Record everything** you eat in a food journal. This forces you to be honest with yourself and lets you see where improvements may be made. Don't forget to praise your successes too.
- Take special note of your "**comfort foods**". Just have a **little** and enjoy it.
- To build will power for the tough times, make it a practice to **eat a LITTLE less** than you want—at every meal. Build **will-power muscle** a little at a time.

Bring Attention to your meals & Enjoy your Food

For further information on Nutrition, Contact Dr. Stephen Green MSDC at (845) 294-9990