

# Quick Weight Reducing Suggestions

## ★ Practice Mindful Eating

We all know or should know that distracted driving isn't safe, well distracted eating falls into the same category. Distracted eating is a huge culprit keeping your mind and body in a "I'm still hungry" feeling. Physical satiety is very closely linked with psychological satisfaction and it takes at least 20 minutes for your stomach to register that you have eaten. Eating while watching TV, phone videos, games and driving, etc. may cause you to eat much more than you realize so remember that eating attentively will have a direct influence on the amount of food you consume.

★ **Avoid "white" carbohydrates** like bread, rice, cereal, potatoes, pasta, and fried food with breading.

★ **Eat the same few meals repeatedly**, mix and match, constructing each meal with each of the three following groups:

- Proteins Egg whites with one whole egg for flavor, Grass-fed organic beef,  
Legumes:Black beansPinto beans
- Vegetables, Spinach, Asparagus, Peas, Mixed vegetables

Eat as much as you like of the above food items. Just remember: keep it simple. Pick three or four meals and repeat them. Do not cut out regular meals because starving your body by consuming too few calories will not only leave you feeling sluggish and tired, but will also send your body into starvation mode making it literally impossible to lose weight. Inadequate intake of calories, especially protein, causes the body to breakdown muscle tissue to meet the needs for amino acids

Most people who go on “low” carbohydrate diets complain of low energy and quit, not because such diets do not work, but because they are consuming insufficient calories. Vegetables are not calorically dense, so it is critical that you add legumes or other proteins for caloric load. Follow the additional tips listed below and incorporate them into your routine:

- **Have Breakfast Every Day:**

It is a common misconception to think skipping breakfast is a good method to cut calories, yet typically you end up eating more for the remainder of the day. People who have breakfast consistently, have lower BMIs than breakfast-skippers and perform better. Try a bowl of whole-grain cereal topped with fruit and low-fat dairy for a quick and nutritious start to your day.

- **Close the Kitchen at the same time each evening.**

Establish a time at night when you will stop eating, this is so you will not give in to the late-night munchies or mindless snacking while watching television. Have a cup of tea suck on a piece of hard candy or enjoy a small bowl of light ice cream or frozen yogurt if you want something sweet after dinner. Then brush your teeth, so you will be less likely to eat or drink anything else.

- **Choose Liquid Calories Wisely.** Sweetened drinks pile on the calories, but do not reduce hunger the same way that food does. Satisfy your thirst with water, sparkling water with citrus, skim or low-fat milk, or small portions of 100% fruit juice. Try a glass of nutritious and low-calorie vegetable juice to hold you over if you get hungry between meals. Also, be extra careful with alcohol calories, which add up quickly. If you tend to drink a glass or two of wine or have a cocktail on most days, try limiting alcohol to the weekends.

- **Eat More Produce.** Eat as many high-volume fruits, and vegetables as possible such as berries, melons, citrus fruits, broccoli, cauliflower, brussel sprouts and asparagus.. Move the meat off the center of your plate and pile on the vegetables. Alternatively, try starting lunch or dinner with a vegetable salad or bowl of broth-based soup. Stock your kitchen with plenty of fruits, vegetables and serve at every meal. Your diet will be enriched with vitamins, minerals, phytonutrients, fiber, and if you fill up on super-nutritious produce, you won't be

Stay away from protein bars. It is amazing to see that an entire well-balanced meal can have the same amount of calories as many protein bars but you will be much more satisfied when having the variety of textures and flavors from a real meal.

### ★ Change Up Your Dining Environment

- Eat from smaller bowls and plates, we consistently consume more food and drink when we are offered larger-sized portions, packages, or tableware than when offered smaller-sized versions. If you eliminate larger portions and tableware this could save you almost 500 calories per day! This adds up to more than 3,000 calories a week or one *pound*.
- Swap giant dinner plates, bowls, and silverware for smaller versions, and pick up portion-sized packages of snacks instead of snacking straight from a full-size box or bag, you will eat less without even thinking about it.

### ★ Do not drink your calories

Drink massive quantities of water and as much unsweetened iced tea, tea, diet sodas, coffee (without white cream), or other no-calorie/low-calorie beverages as you like. Do not drink milk, normal soft drinks, or fruit juice.

### ★ Drink Water Before Your Meals

- By drinking about 17 oz of water increases your metabolic rate by 30 percent and this metabolic surge can reach a maximum of 30 to 40 minutes after drinking. Have a few glasses of water 30 minutes before your meal, and you're prepping your metabolism to rev up just in time for food consumption.
- This is also effective for long-term, moderate weight loss by helping to curb appetite and boost metabolism. Plus, there's no downside to this habit.

### ★ Focus on Getting More Sleep

- Sleep-deprivation causes hunger and activates the desire for food, which makes it difficult to resist unhealthy snacks, even after a large meal.
- A lack of sleep doesn't only affect *how much* and *which* food you eat, but also how your body metabolizes that food. Insufficient sleep interferes with how your metabolism works by making your body more insulin resistant, a condition that usually leads to diabetes and weight gain.

★ **Take one day off per week and have a cheat day.** The extra calories you consume will burn off naturally and pretty soon you won't want to cheat. I promise, but this promise can only be guaranteed as long it will be ONE cheat day a week. Dramatically spiking your caloric intake in this way once per week increases fat loss by ensuring that your metabolic rate doesn't downregulate from extended caloric restriction.

★ **Reconsider the clothing you are wearing on a daily basis.**

- Opt for tighter fitting clothing temporarily to remind yourself of your current weight goals. It is easy to lose focus when our clothes are baggy or loose. When you have ample room in your
- Rearrange the kitchen a bit, move some things around. What are you looking at when you enter your kitchen? Are the common snacks visible atop the fridge? On the counter? Put a fruit bowl on the table or counter. Instead of the usual snack culprits, replace them with healthy snacks. If you make healthy options more readily available and keep unhealthy options hidden, this may help you to form a new perspective on your eating habits