

The Diet Dozen - 12 things you can do to lose weight

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To calculate your BMI – and find out how many calories you need to consume each day to reach your desired weight level, link to www.thenutritionsolution.com/bmi.htm

1. Slow down! - eat slowly and with purpose – when you eat slowly – it gives your body time to release a brain chemical CCK that tells you – you are full so you will automatically eat less and lose weight easier. This has been proven in research!

2. Eat breakfast - you will consume on average 150 calories less during the day if you eat breakfast.

3. Eat wet foods – one study found that if you eat a piece of fruit or a salad or a non fattning soup (non-creamy) before a meal you will consume less calories and lose weight. Drink water or tea or a non caloric beverage before eating or with your meal to feel fuller.

4. Drink green tea - without sugar. The tea will help increase your metabolism. .

5. Size up your portions of all foods, especially of carbohydrate foods - remember – Insulin is a storage hormone – anytime you eat a high amount of carbohydrate foods – especially refined carbohydrates and it causes a rise in blood sugar levels – it will cause the body to increase the release of insulin which will mobilize the body to make and store FAT. Focus on complex carbohydrates i.e. 100% whole grains and beans and vegetables (especially when you eat root vegetables – use portion control), you can eat plenty of green leafy vegetables they are extremely low in calories. Stay away from flour – all baked goods that use flour can contribute to weight gain – especially wheat – try going wheat less – this alone can have major effects on weight loss for some people. The Glycemic Index of foods can be a helpful guide on how carbohydrates turn into blood sugar it's accessed on the www.BrighterDayFoods.com or Glycemic Index Lists by Rick Mendosa on an internet search engine.

6. Choose healthy foods and choose wisely re when to eat them - eat protein and low carbohydrate vegetables - especially for dinner (and not too late at night). If you get hungry at night, after dinner, choose a high fiber food or a fiber supplement, or drink water or a non caloric, non caffeinated beverages, rather than choosing high calorie, simple carbohydrate foods.

7. Don't eliminate quality fats - eat quality fats, olive oil, flax oil, fish oil, coconut oil (helps thyroid function), eat Nuts and foods high in Omega 3s and 6s. Good fats, in minimum quantities, can help you feel satiated.

8. Eat lots of fiber - fiber has been found to be one of the most effective tools for weight loss – especially if you take fiber before meals, it fills you up, helps prevent the over absorption of calories, and stabilizes blood sugar levels as well as lowers cholesterol. Eat whole fruits and crunchy vegetables, rather than fruit and vegetable juices. Or try high fiber crackers, such as Bran O Crisp crackers, made from wheat bran and rye flour. With low fat lentil hummus on the crackers (20 calories for a big serving), or a spoonful of Greek Style NO FAT yogurt (such as Fage or Stoneyfield – low calorie/high protein brands, with the texture of full fat sour cream), and a little seasoned salt or chives on top, you'll be full and satisfied and you'll think you're eating something sinful. But when eating fiber, remember to take in lots of water and/or other non caloric fluids.

9. Calculate calories according to the amount of activity/exercise you do - eat greater than 1000 calories a day but not more than you need for the amount of activity or exercise you're expending. All kinds of exercise (and especially resistance exercise) causes the body to burn more calories. However, just because you're active or because you exercise doesn't mean that you can eat everything under the sun. Remember, the more calories into your body than the amount of activity or exercise you do = weight gain.

10. Remove food triggers - don't keep the cookies and chips in an easy to get to place. Don't eat mindlessly, such as in front of the television or at a movie. Read the book, Mindless Eating (but not while you're eating). Once you read this book, you'll never look at food or eating the same way again!!

11. Get enough sleep - lack of sleep for long periods or interrupted sleep/too little sleep can keep you from losing weight and can even make you fat. Many times people feel hungry when in fact they're tired. Try taking a nap (even a short one) or going to bed earlier rather than eating to maintain your energy. If you're eating to keep up your energy (and not losing weight or gaining weight), you're probably not getting enough sleep.

12. Help your thyroid gland out – your thyroid controls your metabolism. Exercise in the morning sun. The sun and the exercise help activate your thyroid. Take a supplement of Bladderwrack capsules or eat the seaweed Kombu – these are perfect foods for enhancing the thyroid.