

HEALTH TALK

APRIL 2015

TOPIC: Diet Tips- Healthy Ways to stay on track
(Continued from March)

7: Stock your kitchen with healthy, convenient foods.

Having ready-to-eat snacks and meals-in-minutes on hand sets you up for success. You will be less likely to hit the drive-through or order a pizza if you can throw together a healthy meal in five or 10 minutes. Here are some essentials to keep on hand: frozen vegetables, reduced-fat cheese, canned tomatoes, canned beans, pre-cooked grilled chicken breast and bags of salad greens

8: Order children's portions at restaurants.

Ordering a child-size entree is a great way to cut calories and keep your portions reasonable. This has become such a popular trend that most servers will not bat an eye when you order off the kids' menu. Another trick is to use smaller plates. This helps the portions look like more, and if your mind is satisfied, your stomach likely will be, too

9: Swap a cup of pasta for a cup of vegetables.

Simply by eating less pasta or bread and more vegetables, you could lose a dress or pants size in a year. You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables.

10: Eat breakfast.

It seems like an easy diet win: Skip breakfast and you will lose weight. Yet many studies show the opposite can be true. Not eating breakfast can make you hungry later, leading to too much nibbling and binge eating at lunch and dinner. To lose weight -- and keep it off -- always make time for a healthy morning meal, like high-fiber cereal, low-fat milk, and fruit.

11: Include fiber in your diet.

Fiber aids digestion, prevents constipation, and lowers cholesterol -- and can help with weight loss. Most Americans get only half the fiber they need. To reap fiber's benefits, most women should get about 25 grams daily, while men need about 38 grams -- or 14 grams per 1,000 calories. Good fiber sources include oatmeal, beans, whole grain foods, and a variety of fruits and vegetables.

12: Clean the cupboards of fattening foods.

If you have chips in the pantry and ice cream in the freezer, you are making weight loss harder than it has to be. Reduce temptation by purging the cupboards of fattening foods. Want an occasional treat? Make sure you have to leave the house to get it -- preferably by walking.

13: Lose weight slowly.

If you are losing weight but not as fast as you like, don't get discouraged. Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you do not lose weight fast enough. Remember, you start seeing health benefits when you have lost just 5%-10% of your body weight.

14: Weigh yourself once a week.

People who weigh themselves regularly tend to have more weight loss success. But most experts suggest weighing yourself only once a week, so you are not derailed by daily fluctuations. When you weigh yourself, follow these tips: Weigh yourself at the same time of day, on the same day of the week, on the same scale, and in the same clothes.

Simply defined, you are what you eat. So, eat wisely

To be continued next month (May)

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