

HEALTH TALK

MARCH 2015

TOPIC: Diet Tips- Healthy Ways to stay on track

Often times, many of us eat all sorts of things. Eating, be it as it may, can reflect your temperament and attitude. You do not have to eat everything that crosses your path. The less food you eat, the better it is for your digestive tract. Foods of animal origin do not have fibre while foods of plant origin have fibre which is necessary and beneficial to your body.

This month, we shall tread the path of the ways to stay healthy. Fasten your belt and read on!

1: Drink plenty of water or other calorie-free beverages.

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water does not cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

2: Be choosy about nighttime snacks.

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream.

3: Enjoy your favorite foods.

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favorite foods -- the key is moderation.

4: Eat several mini-meals during the day.

If you eat fewer calories than you burn, you will lose weight. But when you are hungry all the time, eating fewer calories can be a challenge. People who eat 4-5 meals or snacks per day are better able to control their appetite and weight. Dividing your daily calories into smaller meals or snacks and enjoying most of them earlier in the day -- dinner should be the last time you eat.

5: Eat protein at every meal.

Protein is the ultimate fill-me-up food - it is more satisfying than carbohydrates or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.

6: Spice it up.

Add spices or chilies to your food for a flavor boost that can help you feel satisfied. Food that is loaded with flavor will stimulate your taste buds and be more satisfying, so you will not eat as much. When you need something sweet, suck on a candy. It is sweet, spicy, and low in calories

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

To be continued next month (April)

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