

HEALTH TALK

MAY 2015

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

15: Get enough sleep.

When you are sleep deprived, your body overproduces the appetite-stimulating hormone ghrelin but under-produces the hormone leptin, which tells you when you are full. Getting enough sleep may make you feel rested and full and keep you from doing unnecessary snacking.

16: Understand portion sizes.

We are so used to super-sizing when we eat out that it is easy to carry that mind-set home. To right-size your diet, use a kitchen scale and measuring cups to measure your meals for a week or two. Use smaller plates and glasses to downsize your portions. Split restaurant servings in half -- making two meals out of one big one. Portion out snack servings instead of eating them directly from the container.

17: Eat more fruits and vegetables.

The best "diet" is one where you get to eat *more* food, not less. If you eat more fruits and vegetables, you should not feel as hungry because these nutrient-rich foods are also high in fiber and water, which can give you a feeling of fullness. Snacking can be a good thing as long as you choose smart snacks.

18: Limit alcohol to weekends.

Alcohol contains empty calories: a five-ounce glass of wine has 125, a bottle of beer about 153. Because our bodies do not use those calories well, they usually get converted directly into fat. If you enjoy an occasional drink, consider a compromise. Enjoy your favorite alcoholic beverage on weekends only, with just one drink for women per day, two for men.

19: Chew sugarless gum.

The next time you want to grab a fattening snack, reach for some sugar-free gum instead. Chewing some types of gum gives you fresh breath and can also help manage hunger, control snack cravings, and aid in weight loss. (Keep in mind, however, that excess sorbitol, a sugar alcohol sometimes used in low calorie gums, can have a laxative effect in some people.) Although gum might make you eat less, it doesn't mean you can stop eating right. A good diet and exercise are still important.

20: Keep a food diary.

A simple pen and paper can dramatically boost your weight loss. Studies show the act of writing down what you eat and drink tends to make you more aware of what, when, and how much you are consuming -- leading you to ultimately take in fewer calories. One study found that people who kept a food diary six days a week lost about twice as much as those who only kept a diary one day a week or less.

21: Celebrate success (but not with food).

You lost five pounds this month and walked every other day? Time to celebrate! Rewarding weight loss success really can encourage more success, so revel in your achievements. Buy a CD, take in a movie, and set a prize for the next milestone. Just don't celebrate with a sundae or deep dish pizza

22: Get help from family and friends.

Getting support can help you reach your weight loss goals. So tell family and friends about your efforts to lead a healthy lifestyle. Maybe they will join you in exercising, eating right, and losing weight. When you feel like giving up, they will help you, keep you honest, and cheer you on -- making the whole experience a lot easier.

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

CMRS cares!!!