

Healthy Weight Loss Diet

Try to eat as few processed foods as possible. That means eat wholesome foods, foods that are as close to their natural state as possible. (ex. Raw veggies, fresh cut meat, fresh fish, olive oil for cooking)
Processed foods (canned meats, soups, etc – generally very high in sodium and fat) lose much of their nutritional value during processing.

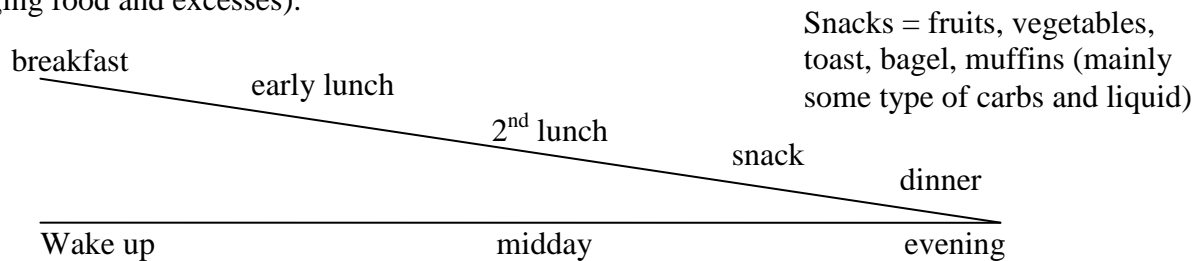
Keep a variety in your diet. Do not get into a rhythm with the foods you eat. You need to continually change where you get your carbohydrates, proteins, and fats from to prevent malnutrition. Remove the junk, but maintain variety.

Typical diet = 50-60% carbohydrates: pastas, grains, breads, fruits, vegetables
10-20% protein: meats, milk, yogurt, cheese, nuts
20-30% fats, oils, refined sugars: olive oil, molasses, glucose (not candy)

Moderation is key to developing a balanced diet. Excess of any food can affect your body composition. Too much protein will result in stored fats due to the unused portion of the foods. Avoid over indulging on certain types of food and do not eliminate your favorite foods from your diets; it will discourage your healthy diet.

Water: drinking plenty of water is key to weight maintenance and loss. Your body needs it to work at the most efficient levels possible. You also need it to train at your peak and maximize your workouts.

Try to eat 4-6 times a day, not the standard 2-3. This will help your body speed up its metabolism. Eating multiple times a day will prevent you from getting hungry and over eating or eating unhealthy snacks. If you are trying to maintain or lose weight your portions will need to be smaller than normal and try to eat meals on a downhill slide. For example, eat a large breakfast, a slightly smaller late morning lunch, a similar sized mid afternoon lunch, and then a healthy dinner. (you can throw in the extra meal between late lunch and dinner, just make sure the meals are never bigger than the previous and no huge dinners or gorging food and excesses).



Foods to no longer consume: fast food, any soda, any high sugar or fat foods, heavily processed foods, most food at restaurants, mayonnaise

Breakfast: Eat a sensible breakfast every day. It is the most important meal all day. Skipping it will make it harder to lose weight.

Lunch: Make meals in advance so you can easily bring them to school. Try not to use perishable items, unless you put the meal in my classroom fridge.

Dinner: Make sure you are eating a healthy dinner, but not overeating. You don't want to gorge right before you go to sleep. A large calorie intake right before bed can lead to weight gain instead of maintenance or loss.

The following is a list of types of foods that are good to eat in your diet. Place them into any meals that you want throughout the day. Just make sure you are keeping some variety in your diet and not eating meals that are the same size as the meals you ate 3 times a day. You will be eating 4-5 meals a day now, so if you eat the same sized meals as before you will gain weight significantly.

Food Choices for a Healthy Diet:

Carbohydrates: whole grains - dark breads, muffins, bagels, rice. Vegetables – romaine lettuce, asparagus, brussel sprouts, spinach, carrots, zucchini. Whole fruits - not canned, 100% juice occasionally. Bananas and oranges are very important because of the Vitamin C they provide. Melons are high in Vitamin A and blueberries are also great.

Proteins: fresh cuts of meat are best. Avoid sandwich meats if possible, especially prepackaged meats, canned meats, and processed meats. Eat fresh cut lean fish, chicken, turkey, and beef. Black beans and pinto beans are excellent sources of protein. Egg whites (boil a dozen eggs, throw in fridge, eat a few each day, no yolk – excellent protein, low fat)

Fats: vegetable fats are the best for your body. They have a higher level of unsaturated fat, which is good.

If you like milk or eat cereal: Skim milk: 86 calories, .4 grams fat per eight ounce glass (eight ounce reduced fat 2% = 122 calories, 4.7 grams fat, low fat 1% milk = 102 calories, 2.5 grams fat)

General diet tips:

1. If possible, choose low-fat or non-fat products such as light cream cheese, light mayonnaise, 1% or skim milk.
2. Avoid excessive cheese, nuts and fatty meats. All are high-fat items and add extra calories even in small portions.
3. Cut back on fried foods. Meats that are boiled, broiled, or grilled and vegetables that are boiled or steamed are better choices.
4. Remove the skin before eating chicken or turkey.
5. Use water-packed tuna if you like that gross stuff.
6. Eat at least one dark green or yellow/orange vegetable every day, e.g., spinach, carrots, and tomatoes.
7. Eat a food that is a good source of vitamin C every day, e.g., spinach, carrots, and tomatoes, oranges.
8. Drink plenty of water.
9. Cut back on the amount of fats you add to foods, e.g., butter, margarine, mayonnaise, sour cream, salad dressing.
10. Eat foods that are high in complex carbohydrates often. This includes starchy vegetables, legumes (beans and peas), breads, cereals and other grain foods.

Hints for Weight Loss

1. Fats are truly fattening, so it is especially important to avoid fried foods, fatty meats, excessive cheese, whole milk and added fats like sour cream, mayonnaise, salad dressing, margarine and butter.
3. Stay away from sugary snacks like soda, candy and other sweets. These snacks will make your weight loss program backfire.
4. Drink lots of noncaloric beverages before and during a meal. Beverages like water, tea and rarely diet soda will help fill you up without adding calories.
5. It takes your stomach about 20 minutes to tell your brain that it is no longer hungry. Eat a low-calorie snack about 20 minutes before a meal. Low-calorie snacks include apples, oranges, grapes, carrots, lettuce, etc.
6. Another idea is to make the salad course last 20 minutes, or to eat slowly. It is common to eat two plates full of food before you realize you are no longer hungry.
7. Make sure you are not confusing hunger with thirst. You may think you are hungry when a glass of water would satisfy your craving.
8. Keep busy, within about 10 minutes your hunger pangs usually ease up.

Remember: It is best to lose only 2-3 pounds per week. Otherwise, you may lose muscle along with or instead of fat. A 500- to 1000-calorie change in your diet should keep your weight loss within this range. Get tough, this is only a short term restrictive diet, but should become your way of life. A few months following healthy eating will pay off for the rest of your life. Who know, maybe you'll even start eating healthy out of season.