

WEIGHT LOSS WOES

Summer is right around the corner! If you haven't been preparing all winter, then you're most likely on a time crunch and looking for a quick fix to get your beach body ready. What's the best option? Nowadays, there are so many avenues for weight loss, that this decision can be overwhelming.

Many people looking to lose weight will most likely follow a fad diet that promises to shed pounds fast, but is that really the best way to lose weight? The answer is no.

Fad diets are unrealistic and give its users false hope. Fad diets provide a temporary solution, once you stop following the diet and return to your normal eating patterns, you will gain the weight back and possibly even more.

If you are trying to lose weight, you will want to go for something that is realistic to maintain and promotes weight loss that will last long-term. For safe weight loss, it is recommended to lose 1-2 pounds per week.

65% OF PEOPLE WHO SUCCESSFULLY COMPLETE A FAD DIET WILL END UP GAINING ALL OF THEIR WEIGHT BACK

Long-term solutions for weight loss include:

- Following a balanced diet
- Using correct portion sizes
- Drinking more water
- Eating mindfully
- Choosing whole grains
- Switching to fat-free or low-fat dairy products

Balanced Meals

Divide your plate into four equal parts. Use one part for protein, one for starch, and two parts for fruits and vegetables. This will help you serve the right amount for each food group.

Portion Size

Use your hands to help you estimate proper portions. When you know your portions, you're more likely to consume the right amount of food.

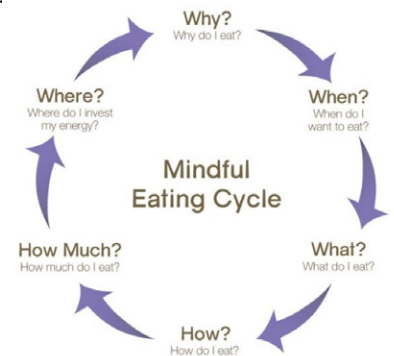
Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Drink Water

Sodas, energy drinks, and sport drinks can pack in a ton of added sugars and calories. Try adding sliced fruit to your water, not only does it make water more fun to drink, but it also helps cut back on calories.

Mindful Eating

Give your full attention to the process of eating: the taste, smell, thoughts, and feelings that arise during a meal. This will help you to notice when your body feels full.



Choose Whole Grains

Whole grains are a good source of fiber. Fiber helps with digestion and keeps you feeling full. When you feel satiated, you are less likely to overeat.

Examples include: whole wheat products, oatmeal, and brown rice.

Switch to Fat-Free or Low-Fat Dairy Products

These have the same amount of calcium and essential nutrients as whole dairy products, but contain fewer calories and fat.



▼ ATKIN'S DIET

The aim of this diet is to help you lose weight by consuming fewer carbohydrates. Limiting your carbohydrate intake is supposed to burn stored fat. It claims to be a lifetime solution for weight loss rather than a temporary approach.

WHY IT WORKS: Low carbohydrate diets are proven to be effective for short-term weight loss.

WATCH OUT: A low carbohydrate diet is not realistic to stick with long-term and could even result in ketosis (life-threatening buildup of acids in the blood) if carbohydrate intake is too low.



▼ PALEO DIET

The aim of this diet is to help you lose weight. It promotes mindful eating by instructing dieters to eat slowly and savor meals. It claims that the body is able to detox through the use of inconsistent eating patterns.

WHY IT WORKS: Emphasis is placed on consuming foods that are very nutritious: lean meats and raw fruits and vegetables.

WATCH OUT: A long-term exclusion of starches and dairy could lead to nutrient deficiencies. The inconsistent eating patterns could lead to binge eating behavior down the road.

▼ WHOLE30 DIET

The aim of this diet is to learn how your body handles different foods while also learning to have a healthy relationship with food. Weight loss is not the main focus of this diet, but most dieters find it as an extra benefit.

WHY IT WORKS: Emphasis is placed on consuming foods that are very nutritious: lean meats, healthy fats, and raw fruits and vegetables.

WATCH OUT: This diet is restrictive and has claims that are not backed by research. Eliminating entire food groups (grains and dairy) can lead to deficiencies in calcium, vitamin D, thiamin, riboflavin, niacin, and folate.



▼ GLUTEN-FREE DIET

Many people believe going gluten-free will aid in weight loss, however, the gluten-free diet is a therapeutic diet meant to help those with celiac disease or gluten intolerances. Gluten, a protein found in wheat, is eliminated from the diet to prevent inflammation from occurring in the small intestine.

WHY IT WORKS: The benefits of this diet only apply to those in medical need of a gluten-free diet. Following this diet will reduce symptoms and prevent further complications of celiac disease.

WATCH OUT: Going gluten-free unnecessarily may lead to weight gain. Gluten-free products often replace gluten with fat and sugar, causing the product to be lower in nutrients and higher in calories.



HEALTHY EVER AFTER

YOUR LONG TERM SOLUTION TO A SAFE AND HEALTHY WEIGHT LOSS

Begin your weight loss journey with the following tips:

- Do NOT skip meals - make sure to eat small meals throughout the day to prevent your metabolism from slowing down
- Pay attention to your body - when you feel like you have had enough to eat, stop
- If you still feel hungry or unsatisfied after a meal or snack, wait at least 10 minutes before you have more food
- Drink plenty of water - you may be thirsty, not hungry
- Make fruits, vegetables, and other low-calorie foods part of each meal
- Use smaller plates, bowls, glasses, and serving spoons
- Eat slowly - put your fork down between bites or cut your food one bite at a time
- Be sure to have healthy snacks on hand
 - o Reduced-fat string cheese, low-calorie yogurt
 - o Raw vegetables, such as carrots, celery, pepper strips, cucumbers, broccoli, and cauliflower
 - o Fresh fruit
- Engage in physical activity to burn more calories - try gardening, walking/running, dancing, swimming, yoga
- Try cooking methods that cut calories
 - o Bake, broil, roast, boil
 - o Use nonstick cooking sprays instead of butter or oil
- Do NOT force yourself to finish the food on your plate, you can always save it for a later meal

