

EATING STRATEGIES FOR PERMANENT FAT LOSS

*To lose 1 pound of fat, you need to create a deficit of 3500 calories
(that's negative 500 calories per day to lose 1 pound per week).*

*This can **only** be achieved by decreasing calorie intake and/or increasing calorie output.*

Tips For Decreasing Calorie Intake:

- ◆ Reduce fat. Gram for gram, fat has more than twice the calories than either carbohydrate or protein! And, your body is more efficient in converting excess dietary fat to body fat. With this in mind, go easy on high fat foods like butter, margarine, oil, salad dressings, sour cream, mayonnaise, creamy sauces, whole fat milk/cheese/ice cream, red meat, chicken skin, nuts/seeds, peanut butter, many desserts, and fried foods. Enjoy tasty, low fat alternatives instead.
- ◆ Enjoy small amounts of heart healthy unsaturated fats. While fat is high in calories, eliminating it completely is not a good idea. Fat helps trigger satiety, so you feel full longer and are less likely to have cravings between meals. Small amounts of *unsaturated* fats, like a small handful of nuts, a slice of avocado, a drizzle of olive oil, or a thin spread of peanut butter, are actually good for your heart.
- ◆ Limit added sugar & alcohol. Foods with a lot of *added* sugar (like soda, fruit punch, candy, and most desserts), as well as alcoholic beverages, are just "empty calories." They provide little, if any, of the nutrients our bodies need for optimal health. Incidentally, alcohol slows down the body's use of fat for fuel by as much as one third! That means fat is more likely to be stored in your body.
- ◆ Watch portions of ALL foods. Remember, "fat-free" (or "carb-free") does not mean "calorie-free." Too much of anything will turn to body fat and cause weight gain.
- ◆ Drink at least 8 cups of water every day. Water is calorie-free, refreshing, and extremely filling. Try drinking a tall glass of water with each meal. Carry a water bottle with you.
- ◆ Enjoy more vegetables, fruits, & whole grains. These foods are loaded with fiber, which keeps you feeling full. They're also packed with health-promoting vitamins, minerals, and phytonutrients.
- ◆ Include a low fat protein-rich food with every meal. Protein-rich foods, like skinless chicken/turkey breast, fish, tofu, beans, eggs, and low fat milk, yogurt, or cottage cheese give satiety to meals. You'll feel full longer and be less likely to over-indulge between meals.
- ◆ Slow down when eating. It takes 10-20 minutes for your brain to get the message from your stomach that you've had enough to eat. If you eat too fast, you'll exceed your calorie needs before you even realize you're full!

Tips For Increasing Calorie Output:

- ◆ Make exercise a top priority. You'll feel better, have more energy, AND burn calories! Keep in mind that NO ONE has time to exercise. You have to make time! Look at your schedule and determine when and where is the best time to fit fitness in.
- ◆ Find ways to MOVE more during the day. Try taking the stairs instead of the elevator. Park your car at the far end of the parking lot. Walk or bike to school, work, a nearby grocery store, restaurant, movie theater, library, or video store. The calories burned will add up!

- ◆ Do aerobic activities for 20-60 minutes 3-5 days per week. Aerobic activities, like brisk walking, cycling, and swimming are best for burning fat. Vary your activities to avoid boredom and injuries; and gradually build up to longer, more intense work-outs.

How To Rev Up Your Metabolism:

- ◆ Do strength training exercises 2-3 times a week. The more muscle you build, the faster your metabolism will be, and the more calories you'll burn while at rest.
- ◆ Eat 5-6 small meals every day. Your body will appreciate the continuous supply of energy throughout the day, and it will burn up more of those calories than if you ate only 1-2 large meals per day.
- ◆ Never, EVER starve yourself. Not only will you feel terrible, but you will also slow down your metabolism. Your body will start conserving calories (as fat) rather than burning them. In addition, when calories are too restricted, you're more likely to overeat later.
- ◆ Aim for a weight loss of 1-2 pounds per week. If you lose more than that, it is probably coming from muscle and water, not fat. And remember, when muscle mass decreases, your metabolism drops too.

How to Develop A Positive Attitude:

- ◆ Set SMART goals! These are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**imely. You'll have greater success if you set small goals that you **CAN** and **WANT** to achieve.
- ◆ Focus on health and fitness, not weight! The number on the scale says nothing about your body composition or your health and fitness status. Look for improvements in your energy, strength, endurance, blood pressure, and/or cholesterol levels as true measures of success.
- ◆ Don't call it a "diet!" Diets are temporary and unsatisfying. Think of it as a new "eating strategy" for a healthy new way of life.
- ◆ There are NO forbidden foods! All foods can fit into your meal plan so long as you balance your choices and use moderation. Besides, if you deprive yourself of your favorite foods, you're more likely to binge on them later.
- ◆ Get in touch with your body's true hunger again! Start paying attention to your body's cues for hunger and fullness. If you're tempted to eat for other reasons (i.e. stress, loneliness, boredom, procrastination), try other activities first: call or email a friend, take a walk....
- ◆ Express and fulfill your emotional needs without food! Talk through, rather than eat through, negative feelings. Practice relaxation techniques daily, like meditation, yoga, massage, bubble baths, soft music, or breathing exercises. You **DO** deserve this time for yourself!
- ◆ Plan ahead! Go grocery shopping once a week to make sure your kitchen is stocked with healthy, tasty foods that are quick and easy to prepare. Before parties, holiday meals, vacations, or other difficult social eating situations, have a plan in mind about how you can moderate your intake without feeling deprived.
- ◆ Reward yourself for a job well done! Rewards help motivate you for continued success. When you achieve your goals, treat yourself to a facial, manicure, new outfit, book, CD, or other **NON-FOOD** pleasure.
- ◆ Accept that you will have some set backs. But keep going forward!