

A Few Tips for Losing Weight

- Liquid calories are not registered by your brain - so if you are having a couple of large cups of coffee per day with cream and sugar, or drinking a few cans of soda - THOSE calories do not fill you up at all - they are not only empty calories, but they leave you feeling just as empty. Note that a large Dunkin Donuts coffee with cream and sugar packs in 240 calories plus 8 grams of saturated fat - drinking 2 of these through the day pretty much uses up your saturated fat calories for the day - plus gives you about a quarter to a third of your calories for the DAY!
- "Eat the rainbow" is good advice. Choose foods of different colors - orange carrots, blue blueberries, yellow bananas, red apples, green broccoli, white cauliflower. Notice that these choices are also close to the farm - avoid foods that have been processed and wrapped in plastic. A medium apple gives you less than 100 calories with almost 5 grams of fiber.
- Cook at home. Restaurants are in the business of selling food and having you come back - not in the business of keeping you healthy. Most foods in restaurants have too much salt and too much fat in them. A Big Mac gives you 540 calories with over 1000 mg of sodium. Add large fries, and you get another 500 calories plus 350 mg of sodium. Add a large Coke, and you push the total calories for the meal up to about 1300! Think 13 apples plus $\frac{3}{4}$ tsp of salt!
- Keep a food record. WRITE down everything you eat during the day - then spend a few minutes in the evening at a site like www.calorieking.com to calculate how many calories you have eaten. You may be surprised that those 3 chocolate chip cookies you nibbled on in the afternoon packed in a couple hundred calories - more than your healthy lunch of an apple and a yogurt. Pat yourself on the back for the healthy lunch, but keep an eye on those little snacks through the day.
- Use smaller plates for supper. And fill up HALF the plate with vegetables, one quarter with a WHOLE GRAIN carbohydrate (brown rice, whole wheat pasta, whole wheat bun) and one quarter with a protein (think fish, tofu, black beans, chicken - not red meat or pork).
- Drink a glass of water before a meal. Chew your food slowly, and sip water between bites.
- Try to choose foods that are less dense - the "Volumetrics" diet is based on this concept - and it seems to work. "The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories" costs about \$11 on Amazon.