

TOP TEN EATING TIPS

By Stephanie Weichert

As personal trainers (Ken is also a Master Fitness Trainer), one of the number one dietary questions we receive is "What should I eat?" The question generally stems from the fact that the person asking has started a workout routine and is looking to make the complete lifestyle change to maximize results. Many people turn to various trends, including diet fad books and magazine articles featuring celebrities' weight loss success stories using the latest fads. However, most of the people who ask us this question are tired and wary of fads and just want healthful advice. The question is really, "Where should I begin?"

If you are making a dramatic change or series of changes to your diet, we highly recommend paying a visit to your doctor. With that being said, the following are some healthful tips:

10 AVOID IMBIBING MONDAY-THURSDAY
(and don't make up for lost time over the weekend).
Keep a two-drink max.

9 DON'T EAT FRIED FOOD
Some of our clients are under the assumption that some foods are ALWAYS healthy anyway they are prepared. NOT SO!

8 CUT DOWN ON YOUR RED MEAT INTAKE
The findings, published in the Journal of the American Medical Association (Vol. 293, No. 2: 172-182), indicate a link between eating red meat and colon cancer. The long-term project studied the amount of red meat eaten over a decade by a group of 149,000 adults between the ages of 50 and 74. The results indicate that the "people who ate the most red meat were 30%-40% more likely to develop cancer in the lower part of the colon, compared to people who ate the least."¹

7 CUT BACK ON SUGAR DRINKS
or cut them out altogether while on the weight-loss path. Don't forget that your drinks contain calories, too. Jamba Juice® and Starbucks® have more than a few drinks on their menu with over 500 calories, and some upwards of 680 calories!!! The amount of carbohydrates and sugars packed into these drinks acts like a nuclear sugar bomb on your blood sugar levels.

6 MAINTAIN PORTION CONTROL
Again, just because the protein in chicken is good for you, doesn't mean you need to eat the entire chicken for dinner!²

5 STOP EATING AFTER 8PM
(unless you are pulling the night shift!) Your body goes into rest mode and doesn't need the extra calories to sustain it. If you are craving a sugar snack, try having it during the day when you can still burn the extra calories.

4 GET ENOUGH SLEEP
Study after study shows that sleep deprivation may have a link to over eating and weight gain.³



3 DRINK PLENTY OF WATER
Don't substitute coffee, teas, soda or juice if you are thirsty during the day while maintaining a moderate or sedentary job. Side note: if you are out in the field or doing athletic activity, you will need to add salt to your water in order to hydrate your body.

2 ADD COLOR TO YOUR DISHES
Just because you are trying to lose weight doesn't mean you need to dress your food down. Add splashes of color with vegetables like bell peppers, which also happen to be rich in vitamin C, beta carotene and fiber.⁴

1 VARIETY IS THE SPICE OF LIFE
Strive for a balanced diet including a daily dose of fiber!!!

Sources: ^{1,2} www.cancer.org ³ www.medicinenet.com ⁴ www.wholehealthmd.com