

## Weight Loss – top tips

If you can set some or all of these tips into a regular daily plan, very shortly you will have built a healthy eating habit for life.

1. Eat smaller amounts regularly. This balances out your blood sugar levels and helps combat the cravings. Eat every 3 to 4 hours.
2. Eat Breakfast. By filling up the tank after sleep you keep from snacking later in the morning and avoid the need for 'big' lunches.
3. Eat within an hour of going to bed. Protein at this time is absorbed into the body and is used to rebuild the muscles over night.
4. Don't forget the protein in your meals. Increasing your protein intake by 10% can reduce your hunger feelings for longer
5. You're probably dehydrated. Drink some water, juice, cordial, tea, coffee (not all at once) when you feel hungry. Hunger and dehydration are the same feelings in the body.
6. Use smaller plates. By moving from a 12" plate to a 10" plate you will consume around 30% less.
8. Avoid buffet style meals unless you have a super will power. You will eat large amounts more at a buffet.
9. Eat slowly and be aware of your food. It takes 15 to 20 minutes for food to reach your stomach. If you wolf it down, you'll have moved on to pudding before the main has reached stomach.
10. Exercise. Energy in needs to equal or be less than energy out, so burn some more. (also muscle burns calories when sat still, fat is just stagnant).
11. Put a mirror in the kitchen, where you can see it when you reach for the fridge or biscuits.
12. Don't blame your metabolism, we forget up to 2/3rds of the calories we take in, even when doing a food diary it has been proven we underestimate by 1/3 or more.
13. Consider the calories when choosing items. Often we can eat the same volume, if we just chose more carefully.
14. Low fat dairy has been shown to link to fat and help you excrete (yuch!!) more fat from the other end.
15. Try soup instead of solids and a drink. It's proven to fill the stomach for longer.

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