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## ***45 Free Apple Patch Diet Tips!***

- 1)** Resolve to never supersize your food portions-unless you want to supersize your clothes.
- 2)** Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
- 3)** Eating out? Halve it, and bag the rest. A typical restaurant entree has 1,000 to 2,000 calories, not even counting the bread, appetizer, beverage, and dessert.
- 4)** When dining out, make it automatic: Order one dessert to share.
- 5)** Eat the low-cal items on your plate first, then graduate. Start with salads, veggies, and broth soups. Eat meats and starches last, by the time you get to them, you'll be full enough to be content with smaller portions of the high-calorie choices.
- 6)** Instead of whole milk, switch to 1 percent. If you drink one 8-oz glass a day, you'll lose 5 lb in a year. Juice has as many calories, ounce for ounce, as soda. Set a limit of one 8-oz glass of fruit juice a day.
- 7)** Get calories from foods you chew, not beverages.
- 8)** Slow Down! Eating at a slower pace allows your mind to register the food that is in your stomach, and can prevent overeating.
- 9)** Keep a food journal. It really works wonders.
- 10)** Follow the Chinese saying: "Eat until you are eight-tenths full."
- 11)** Use mustard instead of mayo.
- 12)** Eat more soup, the noncreamy ones are filling but low-cal.
- 13)** Cut back or cut out caloric drinks such as soda, sweet tea, lemonade, etc. People have lost weight by making just this one change. If you have a 20-oz bottle of Coca-Cola every day, switch to Diet Coke. You should lose 25 lb in a year.
- 14)** Limit alcohol to weekends.
- 15)** Have a V8 or tomato juice instead of a Diet Coke at 3 pm.
- 16)** At a buffet? Eating a little of everything guarantees high calories. Decide on three or four things, only one of which is high in calories. Save that for last so there's less chance of overeating.
- 17)** Dance to music with your family in your home. One dietitian reported that when she asks her patients to do this, initially they just smile, but once they've done it, they say it is one of the easiest ways to involve the whole family in exercise.

- 18)** Next time you're feeling wiped out in late afternoon, forgo that cup of coffee and reach for a cup of yogurt instead. The combination of protein, carbohydrate, and fat in an 8-ounce serving of low-fat yogurt will give you a sense of fullness and well-being that coffee can't match, as well as some vital nutrients.
- 19)** If you haven't eaten in 3 to 4 hours, your blood glucose levels are probably dropping, so eating a small amount of nutrient-rich food will give your brain and your body a boost.
- 20)** Drink more water! Water will not only prevent your body from becoming dehydrated, it will also help your body to continue to work efficiently throughout the day. Any type of calorie free beverages (ex. diet soda) can be consumed throughout the day as well. We often think that we are 'hungry' when we are actually just 'thirsty' so drink a glass of water before you head for the fridge!
- 21)** Eat more fruit. A person who gets enough fruit in his diet doesn't have a raging sweet tooth.
- 22)** Eat your sweets, just eat them smart! Carve out about 150 calories per day for your favorite sweet. That amounts to about an ounce of chocolate, half a modest slice of cake, or 1/2 cup of regular ice cream.
- 23)** Eat breakfast, lunch, and dinner. The large majority of people who struggle with night eating are those who skip meals or don't eat balanced meals during the day. This is a major setup for overeating at night.
- 24)** If you're eating at night due to emotions, you need to focus on getting in touch with what's going on and taking care of yourself in a way that really works. Find a nonfood method of coping with your stress.
- 25)** Brush your teeth right after dinner to remind you: No more food.
- 26)** Eat without engaging in any other simultaneous activity. No reading, watching TV, or sitting at the computer.
- 27)** Eating late at night won't cause weight gain. It's how many calories--not when you eat them--that counts.
- 28)** Walk around the mall three times before you start shopping.
- 29)** Make exercise a nonnegotiable priority.
- 30)** Fat-free isn't always your best bet. Research has found that none of the lycopene or alpha- or beta-carotene that fight cancer and heart disease is absorbed from salads with fat-free dressing. Only slightly more is absorbed with reduced-fat dressing; the most is absorbed with full-fat dressing. But remember, use your dressing in moderate amounts.
- 31)** Skipping breakfast will leave you tired and craving naughty foods by midmorning.
- 32)** If you're famished by 4 p.m. and have no alternative but an office vending machine, reach for the nuts--The same goes if your only choices are what's available in the hotel minibar.
- 33)** Research suggests that you're more likely to lose weight if you monitor what and how much you eat by writing it down.
- 34)** Tune in to an audio book while you walk. It'll keep you going longer and looking forward to the next walk--and the next chapter! Check your local library for a great selection. Look for a whodunit; you might walk so far you'll need to take a cab home!

- 35)** Think yoga's too serene to burn calories? Think again. You can burn 250 to 350 calories during an hour-long class (that's as much as you'd burn from an hour of walking)! Plus, you'll improve muscle strength, flexibility, and endurance.
- 36)** Overeating is not the result of exercise. Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following the workout.
- 37)** Try 2 weeks without sweets. It's amazing how your cravings vanish.
- 38)** Use smaller plates or bowls during meal times to keep portion sizes in check and to avoid the temptation to "fill" the plate.
- 39)** Watch out for "fat-free" products. With some products, the fat is often replaced with sugar, and it may contain just as many - if not more - calories! So it is always important to read food labels and exert calorie control!
- 40)** Have fresh fruit instead of fruit juice.
- 41)** Be careful of "empty calorie" beverages such as juice, soda, iced tea, and other "fruit" drinks. They provide you with a lot of calories, without a lot of good nutrition. They also fail to fill your stomach and satisfy your hunger.
- 42)** Soups give you very good value for the calories. They are filling; a bowl of soup can be an entire meal. They are satisfying, for many people, they are more satisfying than raw vegetables, while many give you all the benefits of veggies (if you choose the soups chock full of vegetables).
- 43)** On your next trip to the grocery store, load up on fruits and veggies and skip the candy and cookie aisles. Fool yourself by eating from dessert rather than dinner plates. Those two small steps added up to a huge but painless calorie reduction in a Pennsylvania State University study of 24 women.
- 44)** Drinking water is a significant diet benefit, because the calorie-content of water is zero. Drinking water instead of milk, fruit juices or regular sodas helps to lower the calorie content of your diet and thus helps weight reduction.
- 45)** An average 8 hours sleep burns about 450 calories, so your body NEEDS fuel at breakfast time. Not eating breakfast can cause your blood sugar levels to fall too low during the morning. A low blood sugar level may cause you to get a craving for high-calorie food. Also, going too long without food can cause your metabolism to slow down. Most surveys show that people who don't eat breakfast are more likely to be overweight.