

Weight Loss The Easy Way

While diet and exercise are the best ways to lose weight, this page focuses on the easier ways. If you want to bring it to another level, focus on calorie reduction – that is the key to most successful diets. Calorie reduction contributes 3-times as much to weight loss as exercise does, but exercise is still vital for physical and mental health.

Eat

Skipping meals will lower your metabolic rate and slow down any weight goals you're working towards. Eat small portions, but eat.

Spread out Your Meals

Dieticians recommend 5 meals a day to help lose weight. Two of those meals should be snacks – especially protein snacks like nuts. Snacks help spoil your appetite so you don't eat as much during the bigger meals.

Eat Breakfast

A nourishing meal within 30 minutes of waking will lower your appetite throughout the day and help you lose weight, particularly if your breakfast is high in protein.

Cut Sodas

Sodas contribute more to weight gain and health risks than almost any other popular food. Diet sodas may be a good first-step, but the artificial sweeteners in them carry their own risks. Try flavored water or unsweetened iced tea.

Caution with Artificial Sweeteners

Artificial sweeteners may actually lead to obesity and diabetes by altering our appetite and metabolism. Safer alternatives are honey, maple syrup and molasses, with agave close behind.

Drink Ice Water

Drinking water throughout the day will help you feel more full. Cold water burns a few more calories because your body has to warm it up.

Eat Fiber

Fiber will help you feel fuller and is good for your colon. Increase fiber through fresh fruits and vegetables, oatmeal or a daily fiber supplement.

Eat Slower

It takes 20 minutes for your brain to register what you've eaten – give it time before getting seconds.

Sleep

Sleep deprivation actually causes weight gain. Learn more about improving sleep quality at: www.moodtreatmentcenter.com/sleep.htm

Change The Lights

Evening light, particularly blue light from electronics, can contribute to obesity, insomnia, cancer and other health risks. Learn more at: www.moodtreatmentcenter.com/bluelight.pdf

Eat Nuts

A daily handful of nuts not only helps with weight loss (by increasing protein – an appetite suppressant) – it also prolongs life. Watch the salt content, but find ones you enjoy (the grocery aisles have lots of flavor-dusted varieties to choose from).

Control Your Environment

Self-control is overrated: research shows that most of us don't have as much as we think we do. Instead of relying on self-control, try to control your environment. Keep healthy snacks within easy reach, and make it hard to get to the junk food (don't stock it in the pantry).

Choose The Lesser of Evils

If your diet is very poor, you can still achieve major gains by shifting to lesser evils. *Eat This, Not That* is a popular book series and phone-app which shows how you can improve your diet without restricting yourself to health food. These alternatives may not all be healthy, but they are better than the worst.

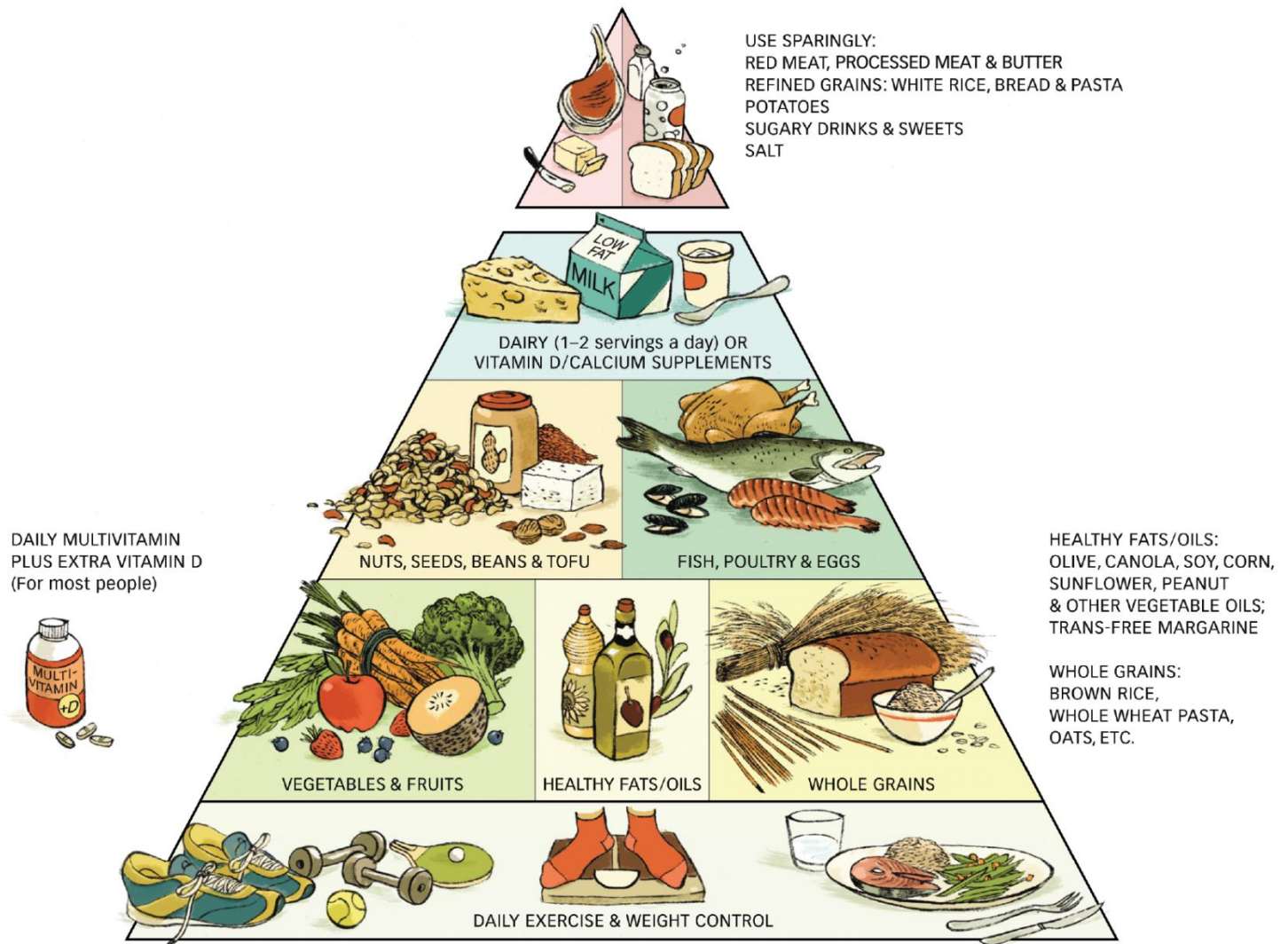
Eat the Healthy Foods You Like

Focus on healthy options that you enjoy (try fruits, dried fruit, popcorn without butter, nuts, honey, yogurt, beans, unsweetened ice tea, sweet potatoes, vegetables, fish, turkey, oatmeal, carrot sticks, peanut or almond butter). On the back is a Food Pyramid that's been updated to reflect the latest science, which emphasizes a diet based on vegetables, fish, whole grains and nuts/beans.

—Chris Aiken, MD, Updated 9/18/2014

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

Eat, Drink, and Be Healthy
 by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
 Free Press/Simon & Schuster Inc.