

Crystal's Top Ten Tips for Permanent Weight Loss

1. Watch out for Portion Distortion

What is the suggested serving for the following?

meat = _____ cereal, rice or pasta = _____

hard cheese = _____ salad = _____

juice, cooked vegetables or fruit = _____

2. Make Fibre Your Friend!

- Fibre filled foods make you feel fuller, take longer to digest and cause a slow, gradual rise in blood sugar.
- Ex. How easy is it to eat 400 calories of M&M's vs. 400 Calories of apples?

3. Eat Breakfast Every Day

- Essential to jump-start your metabolism and gives you energy to get through the day and fuel your workouts
- Sets the tone for the rest of the day (sugar filled breakfast vs. healthy choice)

4. Eat Regularly

- Waiting more than 4-5 waking hours between meals causes your blood sugar levels to bottom out, leaving you tired & irritable

5. Plan Ahead

- Plan your meals and shopping list before you hit the grocery store
- Don't let hunger influence your food choices – you're the boss!

6. Where are the Vegetables?

- Always include at least 1 vegetable or fruit in every meal & snack

7. Only stock the good stuff

- If you don't buy junk food, it's not there to tempt you!
- Get rid of "problem" foods

8. Don't attempt perfection!

- Nobody can be perfect 100% of the time so use the 80-20 rule
- Food deprivation often leads to bingeing and feelings of guilt

9. Be Accountable

- keep tabs on yourself by writing down everything you eat

10. See a Registered Dietitian for an in-depth look at your nutrition!

- Identify problem areas, set key goals and make a plan for your lifestyle