

Re: 15 best diet tips

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- *From:* Tunderbar <tdcomeau@xxxxxxxxxx>
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OK, I wasn't going to respond to this but there is just too much crap in the post to ignore.

On May 2, 10:52 am, "R C & M S" <tanma...@xxxxxxxxxx> wrote:

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Experts share their top tips for weight loss success.

By Kathleen M. Zelman, LD, RD, MPH

WebMD Weight Loss Clinic-Feature

Reviewed by Louise Chang, MD

Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough, but in the context of real life and its demands, it can be anything but simple. So how do successful losers do it? To find out, WebMD asked experts across the country for their best diet tips.

Here's what they said:

Best Diet Tip No. 1: Drink plenty of water or other calorie-free beverages. People sometimes confuse thirst with hunger. So you can end up eating extra calories when an ice-cold glass of water is really what you need.

"If you don't like plain water, try adding citrus or a splash of juice, or brew infused teas like mango or peach, which have lots of flavor but no calories," says Cynthia Sass, RD, a spokeswoman for the American Dietetic Association.

Best Diet Tip No. 2: Think about what you can add to your diet, not what you should take away.

Start by focusing on getting the recommended 5-9 servings of fruits and vegetables each day.

"It sounds like a lot, but it is well worth it, because at the same time you are meeting your fiber goals and feeling more satisfied from the volume of food," says chef Laura Pansiero, RD.

You're also less likely to overeat because fruits and vegetables displace fat in the diet. And that's not to mention the health benefits of fruits and vegetables. More than 200 studies have documented the disease-preventing

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qualities of phytochemicals found in produce, says Pansiero.

Her suggestion for getting more: Work vegetables into meals instead of just serving them as sides on a plate.

"I love to take seasonal vegetables and make stir-fries, frittatas, risotto, pilafs, soups, or layer on sandwiches," Pansiero says. "It is so easy to buy a variety of vegetables and incorporate them into dishes."

Best Diet Tip No. 3: Consider whether you're really hungry. Whenever you feel like eating, look for physical signs of hunger, suggests Michelle May, MD, author of *Am I Really Hungry?*

"Hunger is your body's way of telling you that you need fuel, so when a craving doesn't come from hunger, eating will never satisfy it," she says.

When you're done eating, you should feel better — not stuffed, bloated, or tired.

"Your stomach is only the size of your fist, so it takes just a handful of food to fill it comfortably," says Mays.

Keeping your portions reasonable will help you get more in touch with your feelings of hunger and fullness.

Best Diet Tip No. 4: Be choosy about nighttime snacks. Mindless eating occurs most frequently after dinner, when you finally sit down and relax.

"Sitting down with a bag of chips or cookies in front of the television is an example of eating amnesia, where you mindlessly eat without being hungry, but out of habit," says American Dietetic Association spokesperson Malena Perdomo, RD.

Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream. Once you find that you're usually satisfied with the low-cal snack, try a cup of zero-calorie tea, suggests Perdomo.

This diet expert is recommending a snack of cookies or ice-cream.
Fucking moron.

Best Diet Tip No. 5: Enjoy your favorite foods. "I think putting your favorite foods off limits leads to weight gain because it triggers 'rebound' overeating," says Sass.

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy

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from the bulk bins instead of a whole bag.

Again with the frikkin' cookies. Eat no cookies. Eat no sugars. Eat no refined carbs. After a couple of weeks you will no longer crave them and will not miss them. In fact, when you eat refined carbs you will feel like crap and know it.

"You can enjoy your favorite foods, but you must do so in moderation," says Sass

Best Diet Tip No. 6: Enjoy your treats away from home. When you need a treat, Ellie Krieger, RD, host of Food Network's Healthy Appetite, suggests taking a walk to your local ice cream parlor or planning a family outing.

"By making it into an adventure, you don't have to worry about the temptation of having treats in the house, and it is a fun and pleasurable way to make it work when you are trying to lose weight," says Krieger.

Eat properly and you will be satiated and not likely to eat between meals. And skip the carbs for a few weeks and you will not crave them. And if you eat ice cream, make it full fat to mitigate the carb absorption spike (ie. GI).

And for those times you just can't get out? Krieger stocks her kitchen with fresh fruit, which she thinks can be every bit as delicious as any other dessert.

Best Diet Tip No. 7: Eat several mini-meals during the day. If you eat fewer calories than you burn, you will lose weight. But when you're hungry all the time, eating fewer calories can be challenging.

"Studies show people who eat 4–5 meals or snacks per day are better able to control their appetite and weight," says obesity researcher Rebecca Reeves, DrPH, RD.

Atkins et al. always suggested 4 to 5 satiating reasonable sized meals.

She recommends dividing your daily calories into smaller meals or snacks and enjoying as many of them as you can early in the day — dinner should be the last time you eat.

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Best Diet Tip No. 8: Eat protein at every meal.

Protein is more satisfying than carbohydrates or fats, and thus may be the new secret weapon in weight control.

High (comparatively speaking) protein meals with copious amounts of healthy animal fats are healthy and will fill you up thus allow your body to self regulate calorie intake like we evolved to do.

"Diets higher in protein [and] moderate in carbs, along with a lifestyle of regular exercise, have an excellent potential to help weight loss," says University of Illinois protein researcher Donald Layman, PhD.

No shit sherlock. Now what were you saying about cookies for a snack? Have you ever heard about "experts" giving confusing and contrary advice? Geez.

Getting enough protein helps preserve muscle mass and encourages fat burning while keeping you feeling full. So be sure to include healthy protein sources, like yogurt, cheese, nuts, or beans, at meals and snacks.

Meat, eggs, cheese, fish, chicken.....

Best Diet Tip No. 9: Spice it up.

Add spices or chiles to your food for a flavor boost that can help you feel satisfied.

"Food that is loaded with flavor will stimulate your taste buds and be more satisfying so you won't eat as much," says Perdomo.

Bullshit. Flavour is not what satiates you. Fat, protein and whole food carb foods do.

When you need something sweet, suck on a red-hot fireball candy for a long-lasting burst of sweetness with just a few calories.

Right. If you crave sweets, suck on sugar, that'll prime you nicely

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for another craving an hour down the road. If you crave sweets, don't give in to it. After a few weeks, the cravings will go away.

Best Diet Tip No. 10: Stock your kitchen with healthy convenience foods. Having ready-to-eat snacks and meals-in-minutes staples on hand sets you up for success. You'll be less likely to hit the drive-through or call in a pizza order if you can make a healthy meal in 5 or 10 minutes.

Sass stocks her kitchen with:

- a.. 94% fat-free microwave popcorn (20–25 calories per cup, and you can make it in two minutes or less)
 - b.. Frozen vegetables
 - c.. Bags of pre-washed greens
 - d.. Canned diced tomatoes
 - e.. Canned beans
 - f.. Whole-grain wraps or pitas
 - g.. Pre-cooked grilled chicken breasts
 - h.. A few containers of pre-cooked brown rice
- Within minutes, she can toss together a healthy medley.

Convenient foods = manufactured nutrient-deficient crap. Real food takes effort. Not as much as would prevent you from eating properly, but effort nonetheless. Make it a family endeavour, include the kids, teach them how to cook real food. Food is life, make it part of your life.

Best Diet Tip No. 11: Order children's portions at restaurants.

"When you are eating out, order a child's pizza or a small sandwich as an easy way to trim calories and get your portions under control," suggest Perdomo.

Pizza is crap food. How about you skip entirely or order the thin crust with lots of real food toppings?

Another trick is to use smaller plates. This helps the portions look like more, and if your mind is satisfied, your stomach likely will be, too.

Or more satiating foods. Real foods naturally satiates you thus naturally limiting the quantity of food you eat.

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Best Diet Tip No. 12: Eat foods in season.

"If you don't love certain fruits or vegetables, it could be because you ate them out of season when they have little taste or flavor," says Pensiero.

"When you eat seasonally, fruits and vegetables are more flavorful, at their best, and I promise you won't be disappointed."

The only good tip in the whole crap load of bullshit. eat real foods when they are the freshest. That should be the corner stone of any healthy diet.

At GiGi's Trattoria, her restaurant in Rhinebeck, N.Y., she serves simple fruit desserts, like naturally sweet strawberries topped with aged balsamic vinegar, or low-fat yogurt or fresh berries in a compote.

Best Diet Tip No. 13: Swap a cup of pasta for a cup of vegetables.

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year.

How about cut all the refined nutrient deficient white flour and white sugar products entirely. You won't miss them and the pounds will just melt off.

"You can save from 100–200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables," says Sass.

Best Diet Tip No. 14: Use non-food alternatives to cope with stress.

Sooner or later, you're going to be faced with a stressful situation.

Instead of turning to food for comfort, be prepared with some non-food tactics that work for you.

How about you just eat real food that actually satiates you instead of trying some touchy feely gobbledy gook nonsense.

Sass suggests reading a few chapters in a novel, listening to music, writing in a journal, practicing meditative deep breathing, or looking at a photo album of loved ones.

Best Diet Tip No. 15: Be physically active.

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No shit sherlock. just don't expect to do X amount of exercise and lose Y amount of weight. It just does not work that way. Build up a healthy lean body mass and cardio-vascular strength.

Although it may seem counterintuitive, don't use exercise either to punish yourself for eating or to "earn" the right to eat more.

"When you do, it sets up a negative thought pattern, which is why so many people say they hate to exercise," says Mays.

Instead, focus on how great you feel, how much better you sleep and how much more energy you have when you exercise. Physical activity is good for you whether you are trying to lose weight or not, so keep it positive and build a lifelong habit.

A lot of useless filler there. Not much that actually makes sense in the real world. Calories mean squat. More than 95% of people on low-fat/low-calorie diets FAIL.