

## **Dieting Tips and Ideas**

If, during the course of your meal, you should find that you are no longer hungry, place your fork on the table and stop putting food into your mouth.

Fill a glass or plastic jar with a nutritious cereal. Keep it handy and eat this cereal dry whenever you get hungry between meals.

To reduce the fat content of cooked and crumbled ground beef by up to 50%, cook it in a nonstick pan, blot the meat with paper towels, move the meat to a strainer and rinse the meat by pouring hot (not boiling) water through it for a few minutes.

Bake, boil, broil, grill, microwave, poach, or roast food. Never fry foods. (If you do fry something, that's okay... just don't eat it.)

"Skinful" rhymes with "sinful." Always remove the skin from turkey or chicken before cooking. Give preference to white meat over dark meat. Avoid eating the organ meats.

Favor poultry and fish over red meats whenever possible. Avoid bacon, sausage, and lunch meats.

Make vegetables, fruits, grains, legumes, pasta, potatoes and rice a regular part of your life. Use meats as a condiment instead of the main attraction.

Always ask for butter, gravy, sauces and salad dressings on the side. This permits you to control how much fat you choose to eat. Take low-fat dressings with you to restaurants if you can.

Don't starve yourself in anticipation of a restaurant visit. Eating sensibly throughout the day makes it easier to stay in control at the dinner table.

As you reduce the amount of fat in your foods, learn to use spices to help add flavor and interest to the foods you eat. Spices are also a good way to reduce the amount of fat or sugar in a recipe. Experiment.

If you are served a large portion of food in a restaurant, immediately ask for a "to go" container and put away the portion you wish to save for another meal.

While shopping for groceries, consider carrying a ten pound bag of sugar. Let it serve as a constant reminder how much more pleasant activities such as walking will be more after you shed those excess pounds.

Accept personal responsibility for what you eat. No one puts food into your mouth and forces you to eat it. You eat what you choose to eat; you don't have to eat anything you don't want to eat.

All foods should be permitted on your diet plan. You can have anything you want... you just can't have all you want.

Anyone can stick to a diet for one day. And when you wake up the next day, tell yourself you only have to stick to your diet for one day. It's the same way you eat an elephant--one bite at a time.

Avoid making food the central reason for get-togethers. Plan family get-togethers around board games, volley ball, a hike, swimming... anything but just eating.

When eating in a restaurant, fill up on rolls and salad. Skip the butter. Get your dressing on the side. Request whole wheat bread if a choice is available. Order a broth soup if available. Order fruits, frozen yogurt or sherbet for dessert.

Avoid saying "I can't..." Instead, say "I've decided not to..." Acknowledge you've made a decision to deviate from your plan and decide also, to get back on track. Accept personal responsibility for your behavior.

Avoid the temptation to wear sweat suits and other clothes that stretch to fit your girth. Wear clothing that reminds you that you have a mission.

Trim all visible fat and skin from all meats prior to cooking. Brown meats under the broiler--not in a frying pan.

Call the airlines two days ahead and request the low-fat meal. Give preference to fish and fruit over processed red meats drowning in gravy.

Choose white poultry meat over dark. Actively seek opportunities to substitute fish or poultry for beef or pork. When eating beef or pork, look for lean cuts like "loin" or "round." Trim all visible fat before cooking. Never pan-fry your food.

Cook soups and stews, refrigerate them, skim off the hardened fat, heat, then serve.

Cut back on salt. Excessive sodium can cause fluid retention. Some people claim that sodium stimulates their appetites.

Season chicken, fish, and pasta with garlic, herbs, lemon, spices, and wine rather than with salt, sauces, and batter mixes.

Drink eight glasses of water every day. Water is good for you. It fills you up. It helps in the breakdown of fats. And it (ironically) keeps you from retaining water.

Drinking alcohol and dieting don't go hand-in-hand. Alcoholic beverages provide little nutrition and lots of calories. If you're restricting your caloric intake, consider investing your precious allotment of calories on real food.

Eat a meal before going to parties. If you go hungry, you're setting yourself up for a rough time. And when you get there, stand as far away from the snacks as you can. Offer to bring something (like a non-fat dip and vegetables).

Eat a meal just before you go grocery shopping. Walking into a store famished and looking at 25,000 different food items on enticing display isn't a good thing for a hungry person to do.

Eat four smaller meals a day. Each meal elevates your body's metabolism. Skipping a meal reduces your metabolism and conserves calories. By eating more often, your step up your calorie-burning rate more often. Don't eat more, eat more often.

Experiment with strong flavoring agents to avoid the blandness of many low calorie foods. Try vinegar, salsa, horseradish, hot sauces, mustard, etc. Feeling a little hungry most of the time is an indication that you are doing something right.

For each cookie you break down and eat, agree to drink a full glass of water. You will get full much, much faster when you drink a glass of water for every cookie or snack you decide you must have.

Forgive yourself if and when you binge. Record the damages. Adjust your goal. Get back on track. Do this every time you get side tracked, and you will succeed with your plan.

When eating in a restaurant, order first so that you won't be influenced by the other people in your party.

Recognize that the purpose of get-togethers and parties is to socialize--not to eat.

After you lose weight, give the clothes that don't fit you any more to charitable organizations. Get them out of your house as soon as possible. Burn your bridge to the heavier lifestyle you used to live and set your sights on thin person you are evolving into.

Give yourself non-food rewards for making progress. Consider a visit to the hair salon, a new exercise video, a massage, a new book, etc.

If you "lose your head" and binge, it's no reason to give up. Setbacks are a time to reflect on why you wanted to lose weight in the first place. It's what you do six days a week that matters over time. If you fall down 7 times, get up 8 times.

If you are like most people, you eat too much protein. And since fat often accompanies protein, you can reduce the amount of fat you eat by reducing the amount of protein you eat.

If you cannot stop yourself from having dessert, share it with someone and let them eat the lion's share. Or ask for fruit as dessert.

If you're not hungry, don't eat. When you are hungry, avoid "all-you-can-eat" restaurants. The problem with "all you can eat" is that you tend to "eat all that you can."

Instead of exercising once a day for 90 minutes, exercise twice for 45 minutes per session. By increasing your metabolism, you burn calories at a higher rate for up several hours. Exercising twice elevates metabolism longer.

It isn't necessary for you to go hungry while you are on a diet. What you eat is much more important than how much you eat. Eat plenty of vegetables and fruit. The more vegetables and fruit you eat, the thinner you will become.

It's time to lose weight when: you're too embarrassed about your body to be as interested in sex; your stomach rests on your lap when you sit; or your friends tell you have a "pretty face" or that you're "jolly."

Keep a grapefruit sliced and ready to go in the refrigerator. Put in on the top shelf in front of everything so that you'll notice it when you are surveying the other more damaging selections that are not on your plan.

Perk up when you see "cholesterol-free" on a label. Many foods that contain no cholesterol contain lots of saturated fats, which have been shown to have a powerful negative effect on your blood cholesterol levels.

Kitchen items for dieters: hot air popcorn machine; non-stick pans to eliminate the need for oil; a wok for quick, low-calorie food preparation; a centrifugal spin dryer for crisp salads; a food scale to keep your estimates accurate.

Learn how to eat in a restaurant. Since you're paying for the service, ask for your fish to be grilled in lemon juice instead of butter. If it makes it easier for you, lie to the server and say you're allergic to restaurant vegetable oil.

Learn to substitute ingredients in recipes. Reduce the amount of fats called for in recipes. To reduce your cholesterol levels, favor olive and canola oils.

Limit sodas. They keep your sweet tooth alive. Look at every soda as the opportunity to drink a glass of water instead and get your water quota filled.

Make exercise a part of your life. Do your own housework and yard work. Walk every day (in bad weather, walk at the mall). Park at the far end of parking lots. Get off the bus a few blocks early. Use the stairs instead of the elevator.

Make exercise a part of your life. Work on calisthenics while watching television. Join an exercise or dance class. Dance at home and out on the town. Initiate activities such as jumping rope, bicycling, swimming, etc.

Make it your uncompromising rule that you will track your food intake. Doing so forces you to plan. Knowing how much you overshot your goal also gives you valuable feedback for planning your next day. Plan your work, then work your plan.

Mayonnaise is extremely high in fat. If you must use mayonnaise, use a measuring spoon. Better yet, use reduced-fat or fat-free mayonnaise instead. Or consider using mustard.

Never go shopping when you are hungry. Make and take a shopping list and stick to it. If you don't buy it, you can't eat it.

Pour yourself eight glasses of water (or whatever you personally require) and set them nearby. As you drink them, set the empty glasses aside. Let them serve as a constant reminder to drink your fluids.

Put everything you're going to eat on your plate before you begin eating. Do not take second helpings. Do not eat piecemeal... you'll lose track.

Trade minutes of exercise for foods that you have not included on your plan.

Sauté foods in bullion instead of fat, butter or oil. Sauté your foods in bullion broth, vegetable stock, tomato sauce, lemon juice, or other liquid rather than in butter or oil.

Serve fresh fruits in place of high-calorie desserts.

Severely curtail alcohol consumption. If you must drink to be sociable, order soda water with a splash of cola and a twist of lime. You'll look highly sociable and you'll not damage your plan.

Since it takes about 20 minutes for your brain to notice you've eaten, prolong the duration of your meal. Try chewing each bite 20 times or more. Put the fork down after each bite. Swallow each bite before taking another. Drink plenty of water.

SMART goals are Specific, Measurable, Attainable, Realistic, and Trackable.

Snacks are very good for you. Keep an assortment of raw vegetables handy at all times. Sliced and ready fruits and a tossed salad are also good for you. The more of these snacks you take, the thinner you'll become.

Start every meal by spoiling your appetite. Start off with a bowl of clear soup. Or eat fruit. Or a cup of nonfat yogurt. Wait 10 to 15 minutes, then sit down and eat you pre-planned meal. And eat your salad first.

Take your own snacks to work with you. When the doughnuts come around, bring out your own snack and begin eating it immediately.

To reduce your body weight, reduce your fat intake. Eat more vegetables, fruits, and whole grains. Eat less meat. Exercise. Curtail your drinking.