

Tips for weight loss success

The reason we use food as a source of comfort has been examined from every angle by individuals a lot smarter than me. I'm not here to tell you what to do, but I want to give you a few suggestions on how to deal with tackling a food issue.

1. Do not skip breakfast.

People are 75% more likely to overeat the rest of the day if they skip **breakfast**. Now, if you have a hard time wanting food in the morning, make a nutritional smoothie: Throw in some frozen fruit, greens, protein powder, a little almond butter for satisfying fat and your liquid of choice. Oatmeal is an easy one in the morning. I have said this many times, but remember that sugary cereal (aka cardboard with sugar) and bagels are not breakfast. Boil eggs and eat with a slice of toast or some avocado. Get your day started right.

2. Bored at work or home? Find a distraction other than food.

If you're at work and have a break, go for a walk or bring a healthy snack to eat. If you're doing "the kitchen roam" and find yourself with the fridge open, call a friend or give yourself an indulgent 10 minutes online. This will be one of the only times I say this, but go look up something silly or even informative online to distract yourself from food.

3. Eat only when you are hungry.

Don't just mindlessly shove food in your face because it's something to do. If you cannot stop eating when you are bored, then try substituting it with a new habit.

4. Eat until you are full.

Put it in front of me and I will eat it. Hey, I was always taught to clean my plate, so of course I will eat until all my food is gone, even if it's long after I'm full. Either **control your portions**, or buy smaller dinner plates. If you are out to eat, (even if it feels tacky) have them put half your food to go as soon as you get it.

5. Avoid fast food and vending machines.

This never ends pretty. Most of the food is fattening, tastes really good (so you overeat), and doesn't have much nutritional integrity. It's like dating a hot male or female that you know is psycho. Fun, exciting, but not going to end pretty. If you are on the road and have no other options, then try to pick the best of the

bad. Don't super size your order and avoid fried anything, sodas the size of 5 gallon buckets with a free refill, and bread. In general, reach for chicken, salads, and, if you can, drink water.

6. If you are stressed out or having a personal crisis reach for the phone, not food.

Call a good friend or ask someone to go on a walk in a peaceful place so that you can vent. Don't sit at home, alone, crying into a bowl of ice cream.

7. Find other things social to do that don't always involve food.

This is tricky because when you look at how we structure our days and lives, a lot of social interaction is around food. **Create a strategy** for where you meet and eat. If you can combine it with some exercise and a healthy meal after, even better! This will provide a positive example for everyone.

8. Write it down. Keep a food journal.

You will be able to pin point exactly what foods and beverages are getting you where.

9. Have some fun.

If we do the right thing 80% of the time in our lifestyle habits, then we can have some fun the other 20%. Moderation, not denial.