

10 TIPS | FOR BETTER NUTRITION AND WEIGHT LOSS



TEN TIPS FOR BETTER NUTRITION LAKELAND HILLS FAMILY YMCA

It is recommended that staying healthy with both physical activity and healthy nutrition is one way to combat illness. This means creating lasting habits that help you lead a healthier lifestyle. This can be especially challenging during times when your normal routines get altered. However, by incorporating the 10 nutrition tips below you can set yourself up for success — even when you feel stressed or busy.

1. FOCUS ON SMALL CHANGES

You don't have to completely overhaul your diet to lose weight. Start by making small changes such as eating fruit instead of drinking fruit juice and adding more colorful foods to your plate. Over time these small tweaks will add up to big results.

2. BE MINDFUL OF PORTIONS

A portion size is the amount of food or drink you actually consume in one sitting. Learning to be mindful of portions can help prevent overeating. For more of a visual, get to know what 1,200, 1,500 and 2,000 calories in a day looks like.

3. FIND A DIET THAT WORKS FOR YOU

There's no one-size fits all diet. While keto, paleo, DASH or intermittent fasting might work well for a friend or family member, that doesn't necessarily mean it's right for you. Rather, it's important to focus on eating a variety of nutrient-dense foods, including fruits, veggies, grains, lean proteins and healthy fats. Ultimately, healthy eating is a lifestyle that nourishes your body, gives you energy and is sustainable long-term.

4. LOG YOUR FOOD

Keeping a consistent and accurate record of what you're eating is extremely helpful when you're trying to lose weight. An app like MyFitnessPal can help you keep track of how many calories you're really consuming as well as macronutrients and micronutrients. And some will be surprised to find out that they're not eating enough to fuel weight loss.

5. COOK MORE AT HOME

If you're constantly dining out at restaurants or eating packaged goods on-the-go, you're likely consuming unneeded calories, sugar and sodium.

6. ADD LEAN PROTEIN & MINIMIZE SUGAR

Protein is crucial for weight loss, building muscle and recovering from tough workouts. How much a person needs depends on several factors such as muscle mass, activity level, age and fitness goals. According to the National Institutes of Health, the Recommended Daily Allowance for protein intake is 0.8 grams of protein per kilogram of body weight (or 0.36 grams per pound of body weight).

Unlike naturally occurring sugars (such as the types found in fruit) too much added sugar can hamper weight loss and contribute to health issues such as diabetes, heart disease and Alzheimer's.

7. BE WARY OF HEALTH TRENDS

Drinks like apple cider vinegar and kombucha have been lauded for their gut-friendly probiotics. And while they may contribute to health, more research is needed. Instead of hopping on every trend like activated charcoal or avoiding foods with lectins, focus on eating a well-balanced diet.

8. MINIMIZE OVEREATING

Overeating can prevent you from reaching your weight loss goals in a timely manner. But mindful eating techniques — which teach you to savor your food and slow down — can help you feel full and prevent a cycle of overeating.

9. FIND SUPPORT

The #1 habit you should have to lose weight might surprise you. Because healthy habits need a trigger or something to remind and motivate you, having support in your weight-loss journey is crucial. Whether it's a workout buddy or someone you call when you're feeling stressed, find like-minded people who can encourage you to meet your goals.

10. RETHINK THE SCALE

Signs that you're making progress don't always show up on the scale. Moreover, experts are divided on whether or not you should weigh in daily. Instead, remember that it's just one piece of the big picture.