

Simple Nutrition Tips for Sensible Body Fat Reduction

- 1. Start the day with a good breakfast**
*Eating earlier in the day helps provide you with necessary energy and also can prevent you from overeating at night. If you are working out **early**, try something light like fruit and low fat milk beforehand. A little bit of food before a workout can help power you to more intense activity – and better long term results.*
- 2. Do not skip meals**
Try not to go more than four hours without eating during your daily routine. If you are accustomed to two to three large meals a day, try to add a snack or two into your daily menu which can allow you to reduce portion sizes at your main meals. Remember, it is tough to make sensible meal choices if you are hungry.
- 3. Eat slowly**
*The brain needs about 20 minutes to receive the signal that you have eaten your fill. Eat slowly at meal time – **take time to enjoy your meals**. Start your meal with a side salad and light dressing to help get the clock started.*
- 4. Avoid temptation**
If you keep it out of sight - it can stay out of mind. Snack cakes, desserts and cookies are not going to help you towards your goal. Moderation is the key, but better yet - keep them out of the house. Enjoy these foods on special occasions.
- 5. Focus on produce**
Fresh fruits and vegetables have muscle-friendly antioxidants and also provide you with fiber to keep you satisfied. Fill half your plate with these foods. Try to have one between every meal or with every snack too. The richer the color – the more nutrients it can contain.
- 6. Keep it whole grain**
Ditch the processed flour. Use whole grains, like wheat pasta and whole wheat bread. These are better for your body and are not as easy to overeat as their over-processed counterparts.
- 7. Go sugar free**
*Keep **added** sugars like those found in regular soft drinks and candies to a minimum. Check the ingredient labels for words like high fructose corn syrup, dextrose, sugar, corn syrup, and sucrose – if those words are near the top of the list (in the top three) – then put it back.*
- 8. Write it down**
Keep a food journal. You will be surprised how it can help you become more aware of your food choices.

Need more help? Contact a Registered Dietitian.

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