



## 28 WEIGHT LOSS TIPS FOR SUCCESS

**1. Slow down your eating:** By slowing down your eating, this allows your body to release hormones that tells your body that you are full. This can prevent you from overeating. By slowing down your eating, you will also learn to SAVOR and ENJOY the taste of your food, which in turn will be more rewarding and will help you consume smaller portions. Try to take as long as 20 minutes per meal. Plus, eating should be an enjoyable, mindful experience and exploration of the wonderful flavors and nutrients you are feeding your body for energy. You should not ever dread “meal-time” or feel rushed eating.

**2. Did you know that sleeping can help with weight loss?** Studies have shown that sleeping can be beneficial for weight loss. A study from the University of Michigan showed that just **one hour more per night of sleep could translate to a 14-pound weight loss over the course of one year** for a person that eats 2,500 calories per day. Did you know that lack of sleep can increase your appetite and make you more likely to overeat? In fact one of the ways that we keep ourselves awake when we're tired is by eating.

**3. Eat 3 vegetables with every meal.** Having a variety of colorful vegetables will help you maintain your weight. Vegetables contain abundant amounts of water and fiber that will help fill you up with highly nutritious calories. They also contain incredible antioxidants that your body uses to repair itself on a daily basis

**Here's a tip:** Broth-based soups can fill you up on those cold days. You can make an easy soup by starting with a low sodium broth adding some healthy vegetables and a protein of your choice.

**4. Picture yourself looking skinny.** Placing a picture of yourself when you looked and felt fabulous can help you remain focused on your weight-loss goals. Take out one of your favorite articles of clothing that you used to fit into and hang it where you can see it; this can also help you remain focused on your weight-loss goals.

**5. Cut out liquid calories by eliminating sugary drinks.** Did you know that one soda may have the equivalent of 10 teaspoons of sugar in it? Studies have shown that the sugar in sodas may not signal the body to stop eating as well as other sources of sugar. This particular study looked at soda drinkers who consumed 450 calories of sugar from their soda versus candy eaters who consumed 450 calories of sugar from candy. It found that the candy eaters unconsciously reduce their overall calorie intake and the soda drinkers did not; in fact, the soda drinkers ended up gaining an average of 2.5 pounds over the course of one month.

**6. Change the glasses and plates with which you eat.** Start using tall skinny glasses rather than short wide ones. Studies have shown that people unconsciously pour a greater quantity into a short wide glass than a tall one. This may trick you into consuming 25 to 30% more beverage. If the beverage you are drinking is water, this is fine. However if the beverage you are drinking contains calories, this can adversely affect your ability to lose or maintain weight. Did you know that you might be able to save up to 100 to 200 calories per day by eating on a smaller plate like a salad plate, which translates into about 10 to 20 pounds of weight loss per year? Studies have shown that people consume less food on smaller plates.

**7. Limit or stop consuming alcoholic beverages.** Try drinking sparkling water with a lemon or lime in it instead. In addition to the 7 calories per gram that alcohol contains, which can contribute to your overall calories, alcohol can affect how your body metabolizes fats. Furthermore, alcohol can stimulate mindless eating.

**8. Drink more green tea.** Studies have shown that green tea can boost metabolism, possibly through some of the antioxidants called *catechins*. They also contain an antioxidant called EGCG which has potent anticancer properties.

**9. Pay more attention to your body.** By becoming more self-aware and mindful, you can pay more attention to your body signals. This will help you know when you have reached satiety. Meditation yoga and prayer may help you focus on mindful eating, as well as being conscious of your surroundings at mealtime (i.e., are you eating in front of the TV, are you eating in your car etc.) Try to create an appropriate ambience for each meal. Notice your natural pauses when you eat. This can happen when you put down your fork for a couple of minutes. Most people are aware of the signal which tells you that you're full.



**10. Preparation is key to your success.** By preparing home-cooked meals you have set the tone for your success. It is much more difficult to maintain your weight when you're not preparing your meals or preparing what food you're going to eat when you go out to eat. However, it is still possible to lose weight by going out. It just requires a little more preparation of the restaurants that you go to. Be very specific about how the foods are prepared and what sides come with the food.

**Tips for eating out:** Figure out what you are going to eat in advance. If you're with a group of friends, order first! This will help so you don't feel obligated to order something that they may have ordered. Split a large dish with a friend or order a salad to fill up on healthy veggies prior to your meal. If the meal is large, automatically ask the waiter to pack half of it in a take-home bag before you begin eating. Tell your waiter exactly how you want your food prepared for example. Ask for steamed or grilled vegetables versus fried vegetables; instead of a high calorie Alfredo sauce ask for a marinara sauce instead. Order your dressings on the side.

**11. Avoid situations that may cause you to eat mindlessly** such as watching TV or surfing the Internet. Try to get out of the house or if you can't, then chew a strong mint- flavored sugarless gum. This can help reduce cravings for other foods.

**12. It's important to be consistent with your eating patterns.** This means eat the same quantity of food at every meal regardless if it's the weekday or the weekend.

**13. Eat like the Japanese.** In Okinawa, they have an interesting saying called Hara Hachi Bu which means only eat until you are 80% full then stop. In contrast, we typically eat until we are beyond stuffed in the United States.

**14. Consuming more vegetarian meals** may help keep your weight off. Vegetarians usually weigh less than those who consume meat products. This may be due to the fiber consumption from those foods since fibers can fill you up with relatively few calories.

**15. Increase your activity!** By burning an extra 100 calories per day, you can lose 10 pounds in a year. A 20-minute walk or 30 minutes of housekeeping is equivalent to about 100 calories burned.



- 16. Set short-term and long-term goals on a weekly basis.** This will allow you to work hard and focus on a specific task for that week. After you completed that task, reset a new goal and reward yourself with something (non-food related) like shopping.
- 17. Set realistic weight loss goals:** ½-2 lbs per week is achievable and healthy!
- 18. Keep a journal of what you eat.** Research shows if you keep track of your calories you may lose twice as much weight as someone who doesn't.
- 19. Find your motivation to lose weight.** Whatever motivates you, write it down and look at it every morning. It may be a picture that you keep on the refrigerator to re-motivate you every day for instance.
- 20. Find your support from a partner or friend.** Studies show you will stay motivated and lose more weight than those who do not have a support system. This is also great in regards to having an accountability partner for exercising.
- 21. Clean out your pantry and refrigerator.** Get rid of the foods that are not healthy for you. Redefine yourself by the foods that you eat.
- 22. Prepare!** Write your top favorite Healthy Dinners down. Sit down on Sunday and plan out your week's dinners. Make a grocery list and stock your refrigerator.
- 23. Eat 3-4 oz. of protein per meal.** Studies have shown protein helps you feel full for a longer time. It's also important for building muscle, one of the most important markers for your metabolism and therefore successful weight loss.
- 24. EAT EAT EAT!** This may sound counterintuitive to weight loss, however this point is crucial. Eat a healthy snack between breakfast and lunch and between lunch and dinner. This will help you avoid hunger and this will stimulate your metabolism throughout the entire day, which will ultimately help you achieve your weight loss goals. A small apple and some raw almonds (6-8) is a good choice. Cut up a bowl of healthy vegetables like broccoli, carrots, cucumbers or cauliflower and leave them in your refrigerator. You can eat them as a snack.
- 25. Drink more water.** Dehydration can manifest as hunger. Drinking 2 glasses of water before each meal will help you feel less hungry.
- 26. Do not eat dinner after 8 because it is just too late.** Your body does not have the opportunity to digest the food you are consuming as effectively. Healthy snacks such as raw



vegetables will suffice.

**27. Track your activity.** Use a pedometer or fit bit to track your walking. Walking 10,000 steps per day (around 4-5 miles per day) can help with weight loss goals and healthfully alleviate stress.

**28. Weigh yourself regularly.** Whether it's daily or weekly, keep yourself accountable. This will allow you to change your diet if your weight has fluctuated.

I hope these tips will empower and allow you to transform into a healthier and more vibrant you!

Anthony Capasso M.D.