Ways to Eat Right

Always remember you are what you eat….

When dieting or trying to eat healthier. Don't change your diet for your lifestyle; you need to change your lifestyle to fit your diet.

Eat small meals several times throughout the day (4 to 6 meals): if you get hungry, eat fruit in between meals. Don't ever starve yourself… Drinking water will help the craving along with flushing out your system.

Breakfast is your most important meal… Start your day off right.

Try to eat something every 2 to 3 hours throughout the day…Try to eat 4 to 6 smaller meals during the day… Not 4 hours before you go to bed. Your digestive system slows down and does not burn off calories at this time. So the foods you eat are stored as fat.

Remember you can replace a solid meal with a liquid meal. Example: protein drinks or smoothies. One needs calories to burn calories. Food is energy and we need energy to burn fat.

More meals throughout the day will help speed up your metabolism rate, so you actually burn off more calories.

Your diet should consist of 50 to 60% carbohydrates – 20 to 25% proteins and 15 to 20% from fats. Remember just because a food is good for you; does not mean you can have a lot of it. Keep your portions the size of your fist. Remember, what your body does not need, it will lay down the remaining calories as fat.

Look at some of the food choices listed. Remember everyone needs carbohydrates, protein and fats at each meal. Everyone's genetics are different as well as their metabolism (the ability to burn calories) , so they may need more or less calories.

Start out slow and keep improving weekly…. Remember you did not gain this weight over night and you will not lose it over night either.