

Healthy Eating 101

Eat enough

Often eating “small portions” and “skipping meals” is misunderstood as healthy and great for weight loss. Eating too little is often as unhealthy as eating too much and may cause weight gain! In order to be healthy or to lose weight, you need to eat regularly and the right portion sizes. Familiarize yourself with your Basal Metabolic Rate to estimate your minimum calorie intake.



Timing

Set yourself a meal schedule and eat your meals and snacks roughly around the same time. Also, have healthy snacks between meals when you feel hungry. This keeps your metabolism up and running and prevents binge eating.

Drink enough water

Water is often underestimated! Drink enough water- at least 64oz of water a day. Also, starting your day with a glass of water before even having breakfast gives your metabolism a head start! Water is essential for weight loss to!



Limit alcohol

Alcohol is a great company when socializing on occasion. Drinking it frequently or several times a week can cause bad health effects. Remember, alcohol has 7kcal per gram which can add up quickly. It may cause quick weight gain or sabotages your weight loss efforts.

Eat balanced

Eating balanced meals is important to stay healthy and to achieve a healthy weight. A lot of “healthy” diets restrict foods that have essential nutrients and can cause deficiency over time. Learn how to build a balanced meal with complex carbohydrates, protein and fats to achieve a balance of macronutrients and micronutrients. Only a lifestyle with balanced meals assures a healthy body without constant dieting.



Choose Healthy Foods

Obviously, choosing foods high in nutrients is essential to eat healthy. However, some nutrients like carbohydrates or fats have a bad reputation. Some fad diets ask you to cut out certain macronutrients. All macronutrients (protein, carbohydrates, fat) are important! Limiting yourself on one or more nutrients can cause deficiencies, binge eating and result in later weight gain. Pick lean protein from meat as well as plant based protein, complex carbohydrates from whole grains and healthy unsaturated fats and omega 3s! Choose foods giving from nature and the least processes as possible.

Don't stress

Stress effects our eating habits. We tend to make less healthy eating choices when stressed. Too, stressing over bad food choices may cause a vicious cycle. Try to aim for the 80:20 rule. 80% of the time we make healthy choices, 20% of the time with a “not perfect” choice. Do not stress it. Stress interferes with your weight loss goals!

