

# Health and Weight Loss Tips

**17. Follow the “five and five” rule:** Take the stairs if it's five floors or less and walk the distance if it is five blocks or less.

**18. Follow a ratio of 40 % carbohydrates, 30% protein, and 30 % good fat.** The average American consumes as much as 50 percent of its calories as bad fat. High bad fat intakes are linked to heart disease, stroke, and various forms of cancer. It also slows down metabolism. When eating, 2/3 of your plate should be covered by carbohydrates in the form of fresh organic fruits, vegetables, and sometimes whole grains. The remaining 1/3 should contain protein foods like fish, lean organic chicken, turkey, and sometimes beef, or eggs, etc.

**19. All carbohydrates are not created equal.** Eat natural fruits rather than drinking juice. The extra pectin, fiber, and other solids in the fruit will slow the release of blood sugar, helping tame your appetite. Veggies are a healthier choice than bread or pasta.

**20. Choose an alternative to Ice Cream.** Great tasting alternatives are everywhere; Sorbet, Sherbet, ice milk, low or non-fat frozen yogurt, Soy Dream, Soy Delicious, or fruit popsicles are all better choices. If you eat dairy, organic is always better.

**21. Be active in inactive situations.** ~While watching TV do some lunges, push-ups or crunches during commercials. ~Instead of looking for the closest parking spot, walk to your destination from the furthest parking space. ~If you have a desk job, make a lap around the office every hour. Get Creative!

**22. Eat healthier snacks.** Choose popcorn, soy crisps, rice cakes, fresh fruits and vegetables, and almonds instead of chips and candy bars.

**23. Avoid eating processed breakfast cereals.** Cereal can be high in sugar which can make you crash later in the day. Look out for the following: sucrose, corn sweeteners, dextrose, aspartame, Splenda, invert sugar. Eat oatmeal or cream of wheat (not the instant kind), muesli. Sweeten them with fresh fruit or Stevia instead of artificial sweeteners and sugar. Better yet, make an omelet with vegetables, accompanied by a little fruit!

**24. Give your nutrition plan time.** Dieters who attempt to lose weight too fast, and expect quick results often fail. Be patient and you will drop the weight - faster than it was put on. This is a change in Lifestyle not just Diet!

**25. We Need an Oil Change. Coconut Oil as the main oil in households.** Coconut oil is liquid at 76 degrees which means its liquid in are body, it has anti viral, bacterial, parasitic properties, wont break down with high heat and has no effect on cholesterol. [Coconutoil-online.com](http://Coconutoil-online.com) for more info on the benefits of coconut oil

**26. Eat at least one protein food in each meal.** This will maintain muscle tone and metabolism.

**27. Take advantage of protein powders.** They assimilate rapidly and good for the morning when it is difficult to prepare something nutritious. Beware of artificial sweeteners!

**28. The following supplements will help you burn fat:** evening primrose oil, lipotropics such as chromium picolinate, L-carnitine, and B-complex. Try to avoid Caffeine and Ephedrine.

**29. Always plan your meals well in advance.** Pack a cooler full of nutritious foods for lunch and snacks. Eating out can easily set back your eating lifestyle. Also take a couple minutes on Sunday to plan you meals for the week, this way you are not left scrounging at the end of a long day.

**30. If it fits into your schedule, try to exercise/train early in the day.** This will increase your metabolic rate for the entire day. Exercising in the morning burns more fat than exercising later in the day. If you can make it to the gym before breakfast you will be burning more of your fat stores, rather than your blood sugar.

**31. Weigh yourself only once a week.** Weekly weigh-ins rather than daily give you a better perspective and guideline of your true progress. Make sure you are not dropping weight too fast. Weigh in the morning upon waking up every time for consistent readings.

