

Water with Lemon

By Zonya Foco, RD and Stephen Moss

An inspiring story of
diet-free, guilt-free weight loss

Eight Eating Habits That Will Change Your Life!

Never underestimate the Power of One Good Habit. These seemingly simple habits, when adopted one after the other – at a pace that works for you – will become an invisible force that will change your life. –

Zonya and Stephen

Drink water. And think before you drink anything else. Water is the body's most important nutrient. It provides the healthy internal car wash you need for better concentration, fighting disease, and flushing fat. Begin drinking water first thing in the morning and add lemon or lime for a refreshing taste change throughout the day. Replace calorie-filled sodas with water because unconsciously drinking high-sugar beverages can account for up to 50 extra pounds you may be carrying around. And just one can of soda per day can double your chances of type-2 diabetes.

Include breakfast. And stop eating two or three hours before bed. Studies show that people who include breakfast eat 100 fewer calories a day than people who don't. And if you stop the unconscious evening snacking, you'll save another 200-500 calories each day and be ready to start the next day right by eating a nutritious breakfast. This habit won't make you weigh less after just one day or even a week. But after a full year of including breakfast and eliminating evening snacking, you can be up to 30 pounds lighter!

Eat often. And include a fruit or vegetable each time. Eating often keeps your hunger hormones under control and prevents you from feeling starved and then overeating. By including a fruit or vegetable with every meal or snack, you'll be satisfied with fewer calories while loading up with disease-fighting, fat-flushing vitamins, minerals and antioxidants. This 200-300 daily calorie savings may not seem like much, but this habit alone can melt off 20 to 30 pounds in a year.

Tame your sweet tooth. So you will naturally eat as little sugar as possible. First, put a halt to your sweet cravings by eating three fruits a day. Fruit is nature's candy and a natural way to give your brain the simple carbohydrates it needs to prevent sweet cravings. Then, learn to dial down the level of sweetness you desire by gradually choosing lower sugar cereals, unsweetened beverages, and desserts made with half the sugar. Once your taste buds no longer enjoy that heavy sweet taste, you'll naturally eat less sugar without feeling deprived. This two-punch habit can save 100-300 calories a day and add up to the loss of 10 to 30 pounds by the end of one year!

Find the fat. And know the good, the bad and the ugly. Choose foods that are as low in fat as possible, then add back limited amounts of good fat. Become a no-fried-foods person and begin exploring low-fat cooking methods. Choose lean meats, low-fat cheeses and skim milk. Clear your pantry of anything labeled “partially hydrogenated” or “hydrogenated.” Then add back limited portions of unsaturated and omega-3 good fats found in foods like nuts, seeds, olive oil and salmon. This is the easiest way to eliminate the bad saturated and ugly trans fats while getting just enough of the good unsaturated and omega-3 fats your body needs. Not only will this habit help you lose weight by reducing the total amount of fat you eat, it will also help you stay on the safe side of the statistic that one out of every two people dies of heart disease.

Replace processed, chemically enhanced foods for wholesome, close-to-the-farm foods. And as much as possible, avoid products that list food colorings, chemical flavor enhancers and preservatives you can’t pronounce. Choose whole-grain breads, rice and pastas instead of white. Go for fresh meats and cheeses, not processed. And don’t be suckered into thinking fruit-flavored snacks or vegetable chips are healthy alternatives to real fruit and vegetables. Wholesome food means less sugar, fat, sodium and chemicals and provides more fiber and natural nutrients. Foods close to the farm also help normalize blood sugars and provide greater hunger control than processed and chemically enhanced foods.

Eat only until you are no longer hungry. And stop swallowing the lead-filled beach ball! This is the most difficult habit to master and the most important to adopt. Share an entrée, quit the “clean plate club,” eat slowly and savor every bite. Learn to enjoy feeling satisfied and light on your feet instead of unbutton-your-pants stuffed. Give this habit the time it needs to become intuitive, and you’ll stop the weight-gain cycle in its tracks. When you regularly stop eating just when you’re beginning to feel full and don’t take even one more bite, you can save as many as 500 calories a day, which means losing up to 50 pounds in a year!

Every once in a while, when the urge or circumstance dictates, it’s all right to eat outside the guidelines of the other habits. And understand that this habit is just as important as the other seven. All the other habits are designed to make your body lose weight, and when that happens, your body compensates by slowing down your metabolism. To keep your metabolism stoked and burning calories at the appropriate rate, this habit tells your body there’s no need to store calories because there’s no pending famine. This habit makes the other habits fit into your life and eliminates the diet mentality of feeling deprived and guilty. And that’s because this isn’t a diet – this is living!

It’s time to ditch the diet mentality and master DIET-FREE, GUILT-FREE weight loss. And since these are habits that you apply at your own pace, according to your lifestyle and circumstances, the pounds you lose will stay off. So begin living – today!

And always remember...
make exercise your middle name!

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