

HELPFUL HINTS FOR WEIGHT LOSS

1. Drink 8 to 10 glasses of water or non-caloric drinks daily.
2. Watch the fats: less than 25 grams per day.
3. Watch the carbs: less than 100 grams per day (*less than 150 grams per day if weight is more than 200 lbs.*)
4. Eat enough protein: more than 75 grams per day. (*i.e. lean meats, skinless chicken, fish*)
5. Limit potato, rice, breads, and pasta. Choose fresh fruits and vegetables instead.
6. Eat small meals more often vs. 1 to 2 large meals a day.
7. Consider high protein snacks (*protein bars or shakes*) as nutritional supplements between meals or as meal replacement.
8. Consider meal replacement shakes at 250 calories, 35 grams of protein and 20 grams of carbohydrates per shake.
9. Exercise, Exercise, Exercise!!
10. If you want that occasional dessert - go ahead - honor yourself, you deserve it!