

Strategies for Losing Weight Naturally

- Create the motivation to achieve your ideal weight by writing down why you want it.
- Choose carbohydrates wisely and consume modest portion sizes
- Stay away from “junk food”
- Pay attention to the Glycemic Load of the foods you eat
 - Glycemic Load of 20+ is high
 - Glycemic Load of 11-19 is medium
 - Glycemic Load of 10- is low
 - Keep the Glycemic Load to less than 20 for any 3-hour period
- Foods that are mostly water (e.g., apple or watermelon), fiber (e.g., beet root or carrot) or air (e.g., popcorn) will not cause a steep rise in your blood sugar even if their glycemic index is high as long as you exercise moderation in portion sizes.
- Guidelines for healthy eating
 - Read labels carefully. If sugar, flour (other than whole grain flour), fat, or salt are one of the first three ingredients listed, it is probably not a good option.
 - Be aware that words appearing on the label, such as sucrose, glucose, maltose, lactose, corn syrup, or white grape juice concentrate, mean that sugar has been added.
 - Look not just at the percentage calories from fat, but also the number of grams of fat. For every five grams of fat in a serving, you are eating the equivalent of one teaspoon of fat.
 - If a snack doesn't provide at least two grams of fiber, it's not a good choice.
- Guidelines for boosting your fiber intake
 - Eat fresh vegetables and fruits for snacks at the first sign of hunger. Eat fruits and vegetables whole, only peeling when necessary.
 - Get creative; add vegetables or fruits to foods (e.g. soups) and modify recipes whenever possible by adding extra fruits or vegetables.
 - When you eat grains try to eat only whole grains -- read labels to confirm that foods are actually whole-grain.
 - Use all bran cereals for breakfast or mixed with plain yogurt as a snack. Add all bran cereals to other cereals and to other foods whenever possible.
 - Boiled whole grains are best. Brown rice, oatmeal, whole barley, barley grits and barley flakes are good examples. There are many creative ways to prepare boiled grains.
 - Try to use legumes as often as possible. Take the time to learn many ways to use these remarkable foods.