

51 DIET TIPS

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1. Getting started on a diet.

Prior to starting on a diet, you need to make sure that you are fully committed about it. In other words, you need to have the discipline and the determination to follow through it, in order to attain your fitness goals. Aside from that, you should also have the right motivation to stay on track.

2. Eliminate excuses.

Many people today are not able to start on their diets, since they think that they are not too overweight, or they put it off for another day. To eliminate your excuses, you should face your problem head on, and recognize the fact that dieting is one of the solutions for it. Keep in mind that excuses may also appear even when you have already started; thus, you need to be prepared for them.

3. Determine more reasons to go on a diet.

Different people have different reasons in going on a diet. Some people need to do it to improve their health conditions, while others simply want to fit into their small sized clothing. Whatever your reasons are, you should always remind yourself of them, so that you would become more motivated in going through your diet.

4. Get emotionally involved.

Sparking your emotions to go on a diet is a good way to get started on it. This is because it can give your diet more purpose and meaning. Aside from that, it can also bring more passion and desire from you in losing weight. Therefore, you should constantly look at yourself on the mirror, and compare it to your pictures of yesteryears. By doing that, you would become more motivated in reaching your goals through your diet.

5. Don't view dieting as something difficult to do.

When you are about to start on your diet program, one thing that can stop you from doing it is your thoughts about how difficult it can be. Thus, you should view it as something that is easy to do. Challenge yourself, and take it one step of the time. Don't do it in an abrupt manner, so that you would be able stay on it long enough to see your desired results.

6. Positive affirmations.

If you are having difficulties in staying on a diet or getting started with one, you can actually use positive affirmations for it. Positive affirmations mean that you are going to feed your subconscious mind with positive statements, about what you want to attain. By doing that, you can have the right mindset in starting on your diet, or in staying on it.

7. Get the support that you need.

There is no need to be alone when it comes to dieting. Although other members of your family may not follow a diet, they can actually support you on it, so that you would be able to attain your goals. To achieve that, you should tell them about your diet. By doing that, they can help you get started on your diet. Aside from that, they can also constantly remind you of the right foods to eat.

8. Make dieting easier for you to do.

Some people may find the first few days of dieting to be quite difficult. Thus, you should come up with a solution to make it easier for you. One of the things that you can do about it is to make sure that your refrigerator only contains the healthy foods that you can eat. Aside from that, you should also start with healthier foods that you really like.

9. Eat only if you are really hungry.

There are times when a person eats when he is not hungry. There are many possible reasons behind this, which can include stress, emotions, habit, and such. Thus, you should become more aware whether your urge to eat is dictated by your stomach or something else. If you are unsure, drink a glass of water instead, or if you really have to, then you should get a healthy snack.

10. Get enough rest

When you are well rested, your body would be able to do its work in repairing damage tissues, and such. However, if you do the opposite, then it can make you gain more weight. This is because lack of rest can slow down your metabolism. Aside from that, it can also boost your appetite to some extent, when your body is trying to compensate for the lack of sleep.

11. Focus on fiber.

In coming up with your own diet program, you should eat foods that are loaded with fiber. Fiber can help in flushing out dangerous toxins from your body. Aside from that, it can also suppress your appetite naturally by prolonging the digestion process. Additionally, it can also lower down your blood cholesterol levels.

12. Become more conscious of calories.

In achieving weight loss, you need to provide your body with lesser amounts of calories, and burning more of it. One of the things you can do is to check the food items you purchase from the grocery for its caloric content. Aside from that, you can also do some research about how much calories you could be burning on a day to day basis.

13. Avoid soda drinks.

Sodas are loaded with calories, which can result to faster weight gain. Although there are diet sodas available, they are actually still loaded with empty calories and chemicals, which are not good for your health. Thus, it is best to simply avoid them. Focus more on drinking fresh water, or natural fruit juices.

14. Avoid fast food chains.

Whenever you go to work, you may find yourself frequenting fast food chains on a regular basis, since you don't have enough time to go home for lunch. If you check the types of foods that are served in these outlets, in most cases, they are usually filled with fats and oil. Aside from that, they are also highly processed. Thus, it is time that you cook your own lunch and bring it with you at the office.

15. Eat foods that are low in calorie and are harder to process.

Foods like apples, celery, and other fruits and vegetables, are usually low in caloric content. Aside from that, they are also harder to process. Because of that, you would actually be feeding your body with lesser amounts of calories. Aside from that, your body would also need to burn more of it, in order to process them. Thus, eat more of these types of foods to lose weight.

16. Eat slower.

When you eat fast, the tendency is that, you would be able to consume more foods than you really need. Thus, it is best to eat at a slower rate. When you do this, you would actually feel that you are already full, when you have not been able to consume a whole plate of food yet. This is because, it usually takes a certain period of time, for your stomach to send a signal to your brain that it already has enough food in it.

17. Don't skip breakfast.

Breakfast is actually the most important meal of the day. Because of that, you should not skip it. Skipping breakfast is one of the best ways to become overweight. This is because, it can encourage binge eating for the reason that you would already feel too hungry when lunch time comes. Aside from that, it can also lower down your metabolism.

18. Don't drink a lot of water or other drinks with a meal.

Drinking liquids with a meal can actually make you feel bloated. When you get used to it, you may let your stomach be able to adjust to it, which can result to binge eating. Thus, it is best to minimize your liquid intake during meal times. Drinking a glass of water should be done, only after 10 to 15 minutes of eating.

19. Chew your foods properly.

When you eat, it is best that you chew your foods thoroughly. This can ensure proper digestion and assimilation of nutrients in your body. Aside from that, it can also make you eat slower than usual, which is a good thing. Chew your foods as much as you can, to achieve your goals soon.

20. Eating prior to going to bed.

If it is your usual practice to eat before going to bed, you should make sure that you do it 3 hours before. This is because, when you sleep, your body would actually have a slower metabolic rate. In other words, if you eat lots of foods just before you sleep, then your body would be able to accumulate lots of excess nutrients from it, and convert it to stored fats.

21. Clear your cupboard of unhealthy foods.

When you see chips and other unhealthy foods that you like, you will be tempted to eat them. Thus, it is best if you won't see them at all. With that, it is time that you clear your cupboard of these unhealthy food items. Aside from that, you should replace them with foods that are recommended in your diet.

22. Having protein drinks.

If you like having protein drinks in order to provide your body with adequate amounts of protein, you should carefully select it. Choose those that contain whey protein instead of soy protein. This is because whey protein is easier for your body to absorb. Aside from that, it is also a healthier source of protein.

23. Eating fruits and vegetables.

Eating fruits and vegetables is one of the best things to do to lose weight since they are filled with vitamins and minerals, as well as enzymes. However, it is best if you consume them in their raw form. This is because processing or cooking them would kill the essential nutrients and enzymes.

24. Avoid simple carbohydrates.

Foods that have simple carbohydrates are high in glycemic content. Thus, it is best to go with food items that have complex carbohydrates. By doing that, you are ensuring that your body is able to maintain healthier blood cholesterol levels. Aside from that, foods that are good sources of complex carbohydrates are also harder to process, which can result to more calories and fats burned.

25. Eat before visiting the grocery store.

When you shop for grocery items, it is best that you eat beforehand. This is because going inside a grocery store, when you are feeling hungry can make you purchase more food items than you need. In fact, it can even make you purchase foods that are not healthy. Thus, it is best to grab a snack before you go to the store. This way, you can stick to your list of items you want to buy.

26. Be aware of the things that can trigger you to eat.

There are certain factors, which can make you eat more foods than you need. Some of which would include bad relationships, stress, work conflict, and many more. Thus, it is best that you become more aware of them. By doing that, you would be able to control your hunger pangs by preventing such things to affect you.

27. Controlling your portion.

To make sure that you stay on track with your diet, one of the things you need to do is to control your food intake. To achieve that, what you can do is to use a smaller plate when you eat. Doing that would ensure that you can limit your food intake, since you won't be able to put more food than it can accommodate.

28. What to include in every meal.

To ensure that your body is provided with its needed vitamins and minerals in every meal, you should make it a practice to include fruits and vegetables. This would ensure that your body does not only get its needed vitamins and minerals, but fiber as well. When you do that, it can effectively suppress your appetite to a certain degree, due to their high fiber content.

29. Enjoy your meal.

Enjoying your food does not necessarily mean that you eat it as fast as you can. It means that you should savor it more. Try to appreciate its looks, smell, taste, and texture. When you do that, you would have a more pleasant experience in eating. Aside from that, it can also make you eat slower, which is a good thing to do to achieve weight loss.

30. Reward yourself from time to time.

Whenever you achieve your short term goals, such as losing 5 to 10 pounds in a week or two through dieting, you should come up with a way to reward yourself. One example is to purchase a smaller shirt or a smaller sized pants. By doing that, you will become more motivated in achieving more.

31. Purchase a log book.

Use a log book or even a simple notebook to note down the foods that you have eaten for the day. Aside from that, it should also contain the foods that you are planning to eat for the following days. By doing that, you can prevent unconscious eating, and be on your way to better health with your diet.

32. Steer clear of coffee shops to stay on top of things.

If you are on a diet, it is best that you avoid visiting your favorite coffee shops. This is because, most of the time, when you step inside a coffee shop, you may end up ordering not just a cup of coffee, but also a piece or two of their delicious pastries. Aside from that, iced coffees can also be loaded with calories that you don't want.

33. Think positive.

Thinking positive is not just all about personal development. It can also be applied in losing weight through your diet. For example, if you are not so sure that you can follow your diet for a long time, then thinking positive about it should help. When you convince yourself that you can do it through positive thinking, you will eventually have the drive to keep up with your diet program to achieve your dreams.

34. Time between your food intakes.

When it comes to the way that you eat, you should not go for more than 3 hours without eating. This is because, when you prolong the intervals between having a meals and snacks, it can actually encourage binge eating. Thus, you should make it a practice to grab something healthy to munch on every 2 to 3 hours.

35. List down the risks of becoming overweight.

Make a list of all the risks that you are putting yourself into in becoming overweight. Once your list is done, place it on the door of your refrigerator. By doing that, you will be reminded of the consequences of eating too much, each time you attempt to open your refrigerator. Thus, it can help you to stay on track.

36. Include a good source of protein in every meal.

Each time you eat, you should include a good source of protein such as eggs, chicken, fish, lean meat, and such. By doing that, you can ensure that you are providing your body with more muscle building nutrients. Aside from that, it can also suppress your appetite, since proteins are usually harder to digest.

37. Bring a home cooked meal at the office.

When you are at work, you may be tempted to visit the nearby fast food chain to grab lunch. Since eating at fast food chains may encourage you to eat unhealthy foods, then it is best to bring your own meal. By doing that, you won't just be making sure that you stick to your diet, but it can also help you save money.

38. Eat eggs during breakfast.

When you eat your breakfast, it is best if you include eggs in it. This is because eggs are filled with quality protein called albumin. Aside from that, it can also provide you with energy giving nutrients. Thus, it can help you attain higher metabolism, and would make you more energetic throughout the day.

39. Avoid alcohol.

If you are fond of drinking beers with your friends, then you may have to minimize it. This is because, beers are actually loaded with lots of calories. Therefore, it is not a good thing to do, when you are on a diet, since it may prevent you from achieving your goals.

40. Develop a strong desire to lose weight.

When you have a very strong desire or passion to lose weight, then each time you wake up in the morning, you would already be thinking of the ways on how to achieve it. Thus, it is best if you think of ways to really make you want to lose weight. One example of it is to dream of looking fitter when you see yourself at the mirror. Aside from that, you can also boost up your motivation by trying to fit into your smaller clothes.

41. Set short term goals to achieve the long term one.

If your long term goal is to lose ten pounds in 5 weeks or so, and you see it as something that is a bit difficult to achieve, then you should set short term goals for it. With that example, you can actually establish a goal of losing 2 pounds per week, which is more achievable. Since the short term goals are easier to achieve, you should focus more on it, so that you can eventually attain the other one.

42. Take pictures of yourself.

Prior to starting your diet program, you should take a picture of yourself. By doing this, you would have a picture that you can compare yourself to, after weeks of losing weight. This can make you more motivated, and ensure that you stay on track.

43. Watch models on TV.

There are certain TV channels that feature models sporting the newest fashion trends. Since these models look fit, you would become more motivated in using a diet, so that you can attain a figure just like them. Do it on a regular basis, so that you would not lose your focus in achieving your dreams.

44. Build muscles while you are on a diet.

If you want to lose weight, which is why you are on a diet, you should also workout to build more muscles. This is because muscles require more calories to maintain. In other words, the more muscles you are able to build, the more calories your body would be able to burn, which can result to losing weight.

45. Find yourself a partner.

Dieting would be more fun, if you can find yourself a partner in doing it. You can do it with your spouse or a close friend. When you do that, each of you would be able to help each other out on being on track. Aside from that, you can also discuss your progress on a regular basis, to keep each one of you motivated in losing weight.

46. Make it a competition.

If you can find someone you can go through a diet program together, then you should make it a competition. Doing that means that you can both compare your progress on a weekly basis. Aside from that, you can also set a certain goal, and provide a reward to the winner who has attain it.

47. Think about your goals before going to sleep.

When you lie down on your bed, think about how good you would feel and look like, once you have lost a certain amount of your bodyweight. By doing that, you would become more excited in doing the things you need to do in order to attain your dreams. With that, you would be looking forward to eating healthier types of foods, and getting enough exercise.

48. Drink cold water.

When you are thirsty, you should drink an ice cold glass of water. Cold water can actually boost up your body's metabolic rate. With that, you would be able to burn more fats and calories and eventually lose weight. Thus, you should prepare some ice cubes or put some water in a container and place it inside your refrigerator.

49. Enjoy your favorite foods.

Even when you are on a diet, you should still enjoy foods that you consider your favorites. However, you should do it in moderation. When you eat small amounts of your favorite foods, you would not feel that your diet is too difficult to keep up with. Because of that, you would be able to follow it for a long period of time.

50. Take calcium supplement.

Taking a calcium supplement on a regular basis can actually help you burn more fats. This is because it can make you become more energetic. Calcium, when combined with phosphorus and vitamin D3 can actually boost your energy levels, which can help you perform more physical activities on a daily basis.

51. Manage your stress at work.

One of the things that can cause lots of people to overeat is the stress they encounter at work. Thus, it is best if you know how to manage it. A technique that can help you with it is to practice deep breathing, whenever you feel stressed out at work. This can help you calm down, and control your hunger pangs.