

Healthy Habits: A Foundation to Weight Loss

The purpose of this weight loss guide is to help each of you develop sustainable habits that will lead to a healthy lifestyle. The list below is our recommendations that can help you lose weight. Start off by choosing one from the list to focus on. Give yourself a few weeks to make that a habit and as it becomes easier for you, add another. It may take you a few months before you are actually doing all of the below recommendations, but that is okay. Start small, do not overwhelm yourself, and you will see that your body will change and that your mind will adapt.

1. Take a Multivitamin and a Fish Oil supplement:

- a. **Why Take a Multivitamin?** A well-balanced multivitamin is going to provide your body with essential micronutrients. Essential micronutrients are those nutrients that your body cannot produce and must be taken in from food or dietary supplements. It is commonplace in today's culture to have a micronutrient deficiency and a multivitamin can resolve that.
- b. **What are Micronutrients?** There are two types of micronutrients, vitamins and minerals. These micronutrients play an important role in our overall development, including improving bone density, regulating metabolism, and controlling our heartbeat.
- c. **Micronutrient Examples and Where to Find Them:**
 - i. Calcium – milk products, kale, almonds, and green beans
 - ii. Vitamin B12 – fish, red meat, poultry, and eggs
 - iii. Potassium – Spinach, potatoes, bananas, and avocado
 - iv. Vitamin C – peppers, swiss chard, strawberries, and tomatoes.
- d. **Common Micronutrient Deficiencies:**
 - i. Folic Acid – mouth sores, growth problems, fatigue, and severe birth defects known as neural tube defects can occur if pregnant women are deficient.
 - ii. Vitamin D – bone pain, frequent bone fractures, soft bones, difficulty thinking, and muscle weakness.
 - iii. Iron – fatigue, memory problems, brittle nails, and pale skin
- e. **Why Fish Oil?** Fish oil supplementation helps decrease triglycerides, depression, blood pressure, and inflammation. Take as a liquid to increase absorption rate; however, pill form is perfectly fine. The American Heart Association recommends 1g daily of combined EPA/DHA.

2. Stop Eating at 80% Full:

- a. **Why?** Simply put, decreasing the amount of calories you eat on a daily basis is going to lead to weight loss. If you stop eating at 80%, for each of your daily meals, you will be decreasing the amount calories you ingest daily.

3. Increase Protein Intake:

- a. **Why?** When trying to lose weight, increasing protein will protect the loss of lean muscle mass. Also, an increase of protein will boost your metabolism, which increases fat burning.
- b. **Our Recommendation -lean protein at every meal:** Women- 1 palm size serving per meal. Men- 2 palm size servings per meal.

4. Decrease Starches and Sugars (“Carbbage”):

- a. **Why?** Starches and sugars typically digest quickly, leaving you hungry and wanting more food. They also increase hormones that lead to fat gain.
- b. **“Carbbage”** refers to foods that are not natural and are processed. Candy, fruit snacks, doughnuts, etc.
- c. Don’t drink your calories (soda and juice).
- d. **Healthy Options:** beans, potatoes, oatmeal, vegetables, whole grains, and lentils.
- e. **Our Recommendation:** Women- 1 cupped palm size serving per meal. Men- 2 cupped palm size servings per meal

5. Eat More Vegetables:

- a. **Why?** High in fiber, provide a feeling of fullness, lower daily caloric intake, and often help with the overall health of the body. They may reduce the risk of heart disease, obesity, and type 2 diabetes.
- b. **Our Recommendation:** Women- 1 fist size serving per meal. Men- 2 fist size servings per meal

6. More Healthy Fats and Less Unhealthy Fats:

- a. **Why?** Unhealthy fats can lead to the clogging of arteries, type 2 diabetes, cancers, and heart disease. Healthy fats are great for our skin, they provide essential fatty acids, and are another source of energy.
- b. **Unhealthy Fats Examples:** Animal products- meat, milk, cheese, butter, and so forth. (That is why lean meats are a better option for protein, for example fish, turkey, and chicken). Fast food, hydrogenated oils (“junk foods,” vegetable shortening, and margarine).
- c. **Healthy Fat Examples:** Nuts!!! Avocado, olive oil, canola oil, fish, and fish oil.
- d. **Our Recommendation:** Women- 1 thumb size serving per meal. Men- 2 thumb size servings per meal.

7. Drink Plenty of Water:

- a. **Why?** Drinking lots of water can help reduce your daily caloric intake, which will help with weight loss. Water is calorie free. Water helps flush out the waste products in the body. Water increases your metabolism, provides energy, and helps you fight cravings.
- b. **8 glasses of water a day:** If you struggle with drinking water, try this. Make this your first step. This is roughly half a gallon a day.
- c. **½ your body weight in ounces:** If you want to be a little more precise, then drinking half your body weight in ounces is a good recommendation.
- d. **Tip:** Drink a glass of water before you eat and it will help you not eat as much.

8. Get Plenty of Sleep:

- a. **Why?** When you are sleep deprived your body begins making more of the hormone that signals your brain to eat and less of the hormone that signals your brain to stop eating.
- b. Aim for at least 8 hours a night