

## Eating Well Can Be Easy With A few Tips:

Approaching the table with a plan or with trepidation; or talking about what you want to eat or will try not to eat, dieting can be sort of exhausting just from the concentrating of it all day long. Yet -- ironically -- food is your best tool to gain and maintain energy, resolve, and clear thinking. You just have to do it right.

"I don't call it dieting, I call it a pattern of eating." You are trying to strive for the energy coming in being a little less than the energy going out. You balance the calories you take in with the activity it takes to burn them." To help try energy boosting foods! One trick is to close down parts of your pantry and pick foods from a different cupboard or simply throw them out. You can do it ☺ You want to be eating whole foods, grains, fruits, and vegetables. For protein, eat lean meats, chicken, and fish; and also legumes, nuts, and seeds. What about those pantry shelves stuffed with chips, cakes, pies, fruit drinks, and other treats? Well those can still have a place in your diet once in a while, but not as the norm and not as lunch or dinner in its entirety. I believe you need to cut the crappy carbs, but not all carbs. Pretty Blount! Now what about your morning joe? Does that hinder you? Caffeine has been known to jumpstart even the weariest dieter. Mild stimulants, such as coffee, tea, or chocolate (one small piece and dark is best), are OK in moderation. But if you are drinking three pots of coffee a day, you want to think about that. Just remember don't overdo it and you'll be fine. Combine foods thoughtfully, there are many schools of thought on combining foods. The best bet is combining a protein with a carbohydrate. For breakfast, instead of half a bagel and jam, I recommend adding a protein for staying power. Having fruit, an egg, and a half wheat bagel is a good combination -- but in modest portions. Different types of foods are absorbed at different rates and can feed brain cells continuously, keeping us alert and energetic.

Keep the body fueled! A quick energy boost may come from a carb (banana), but if lunch is going to be late, you can add protein or a bit of fat (a tablespoon of peanut butter) to sustain your energy through that droning meeting before the midday meal. I recommend eating snacks between meals or eating six times a day instead of three. This takes discipline; People tend not to keep them small. The need for this also has not been proven, he says, although eating small meals thorough the day may help regulate the secretion of insulin better. Excess insulin has been associated with type 2 diabetes, heart disease, and obesity. Some more added tips can be; I am a firm believer you need something more substantial than pure carbs like a bagel or toast. Otherwise your body will be ready for more food at 10:00 a.m. How about yogurt on your cereal? Or peanut butter on toast?" Adding proteins and fibers can help you stay full longer and staves off hunger.