

Points for weight loss

- Start with a food log**
 - Food logs can help you see what your doing: right and wrong.
- Don't drink your calories**
 - Sugary drinks (soda, fruit juice, etc.) can add lots of calories which can add unwanted pounds. One 20 oz soda can have between 250-320 calories. That's ½ a pound a week or more if you drink one a day. It also causes fat to be made and stored.
 - Watch your alcohol intake. Alcohol also contains calories so that can affect your weight loss goals. An 8 oz margarita would have around 370 calories. A daiquiri of the same size would have around 400 calories. Light Beer has between 90-120 calories per 12 oz. Wine has between 95-130 calories per 6 oz.
 - Fruit juice has on average 125 calories for an 8 oz cup. Some juice has more and some juice has less.
- Cut the fat**
 - Fat has 9 calories per gram. So watching your saturated fat (from animal products) is a good way to cut calories.
 - Watching your intake of fried foods is a good way to keep your calories in check. Chicken and Fish are healthy till you fry them. Example: A fried chicken breast at a popular restaurant can have between 370-490 calories per piece and 190 calories minimum are from fat. A 2 piece fish and fries meal without hushpuppies and drink can have 1290 calories and 750 calories from fat! The hushpuppies are 100 calories each. That would greatly hinder your weight loss plans!
- Include low fat Protein and Fiber at meals.**
 - This will help you feel full longer and may help keep you from over eating.
- When in doubt plate it out**
 - Using the plate method is a quick and easy way to watch your calories. On a standard 9 inch plate ½ your plate should be leafy green/non starchy vegetables. ¼ of your plate starch or grain preferably with fiber. ¼ low fat meat or vegetable protein such as dried beans. Add a small roll/bread and a piece of whole fruit.
- Try a vegetarian dish**
 - Dried beans and cornbread is a great light meal, add some tomato or other non-starchy makes it even better. It's cheap and low in calories as long as you don't add a lot of fat.
 - Dried beans and rice with tomatoes and/or another green or colorful vegetable is a great way to have protein and fiber and it is low in calories.
- Never skip meals**
 - Skipping meals can cause your body to hold onto fat. This defeats your purpose.
- Drink plenty of water**
 - Water helps you stay hydrated. Some people confuse hunger for thirst. It also can help you feel full.