What to eat to help your weight loss goals become reality!

by Deborah Conard

Article published on May 29th 2012 | Weight Loss

It can be very easy to focus simply on exercise as a means to lose weight, but what you put into your body can also have a dramatic impact on your weight. If you exercise regularly, yet are unable to lose weight, it may be time to consider what you are eating. Is your diet ruining your weight loss goals?

Most food experts recommend that we change our concept of what meal time "should" look like. Although we are accustomed to eating three large meals a day, nutritionists advocate for eating six smaller meals at regularly paced intervals throughout the day to avoid getting too hungry. When we get hungry, we are likely to make poor food choices. We are more likely, for example , to opt for fast food or extra dessert, or to eat too much. Try having six small meals during the day, and you will likely be amazed by the results.

Consuming high protein foods can be a good way to kickstart your weight loss efforts. A smoothie consisting of whey protein, a banana, and water or ice can make for a tasty mid-day snack. One advantage of whey protein that many people enjoy is that it tastes good, in addition to being easily digestible. Research indicates, however , that too much protein is linked with health issues such as kidney stones and even heart disease, so do some research and make sure that you are consuming enough protein, but not too much of it.

Although you may have worked up quite an appetite after your workout, try to wait at least thirty minutes to an hour after exercising before you start to eat. It can be tempting to want to "reward" yourself for having a good exercise session, but if that reward includes foods that will thwart your weight loss attempts, then steer clear! Have a healthy snack, such as fruit, and make sure you are drinking plenty of water while you exercise to stay hydrated and to feel fuller.

Portion sizes in most restaurants are far, far larger than what most nutritionists recommend consuming. Many Americans are eating way more than they should, largely because of this unrealistic notion of what proper portion sizes are. Make sure you are aware of the portion sizes that you should be consuming, and compare them with the typical portion sizes that you currently are consuming. Adjusting your portion sizes can often be one of the biggest things that we can do to lose weight.

It can be heartbreaking to work so hard to lose weight, only to see your efforts consistently undermined by what you chose to eat. Do not fall into this all too common trap! Make sure that your meals are regularly spaced, that you do not use your exercise as a method to be able to rationalize producing inadequate foods selections, and this your current helpings are certainly not too large. Simply by adjusting basic areas of your daily diet, you'll likely notice effects about the range!

Article Source:
http://www.articleside.com/weight-loss-articles/what-to-eat-to-help-your-weight-loss-goals-become-reality.htm - Article Side

Deborah Conard - About Author:
My name, Husin Abdullah, All the websites that I created discussing about health, I make all these blogs just hoping can be useful for anyone who visits my website.
I created this blog to share knowledge and experience in the Internet world. Discussing about the healthy tips and tricks to lose weight. I hope to get a lot of knowledge about weight loss in order to nourish the nation in this world.

Article Keywords:
weight loss, losing weight, diet

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