

Simple Reminders for Healthy Weight Loss

When you are trying to lose weight, it is important to reduce calories in your diet by eating less fat and smaller portion sizes. However, don't starve yourself, skip meals, or start a crazy trend diet. Your body is specific to you and what you need. Consult with your doctor or nutritionist about what foods or diet plan would work best for you.

A Healthy Diet includes

Moderate amounts of saturated fat.

Some fat in your diet is necessary for energy and vitamin absorption. However, high levels of saturated fat can cause high blood cholesterol levels and can put you at greater risk for heart disease, among other health concerns. Saturated fats are found in animal and dairy products.

A healthier alternative to saturated fat is monounsaturated fat, which can be found in olives, olive oil, cashews and avocados. Monounsaturated fats have been associated with reducing the risk of heart disease. Regardless, no more than 30 percent of your total daily calories should come from fat. Talk to your doctor to find out how many calories you should be eating every day.

High amounts of fruits, vegetables and grain products.

This is where most of your calories should come from. These low-fat foods provide vitamins, minerals, complex carbohydrates and other substances that are good for your health.

Your diet should also be:

- High in fiber
- Low in cholesterol
- Low to moderate in sugars, salt and sodium
- Exercise

The Surgeon General recommends that adults participate in moderate exercise at least 5 days a week, 30 minutes a day. Moderate activity includes walking, dancing, jogging or swimming.

There are many benefits of exercise reduces the risk of obesity, hypertension and heart disease; increases longevity; and reduces anxiety, depression and stress. With regular exercise routine, most people start to see and feel results after about four to six weeks.

