Snack Tips

to Help You Lose Weight

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If you suffer from weight gain from your excessive unhealthy snacking then reading this report will be a major turning point in your quest to get wonderfully slim and healthy again…

You should no longer consider starving yourself and doing without any snacks during your quest to stop gaining weight or to lose weight and get back your healthy, feel good lifestyle.

Are you really obese?

Obesity is really getting out of hand in America and may be in the country where you live as well. You might even consider it a current day plague.

People today worry more about what is politically correct than they do their own health. You don't have to talk about other people's fat and how it is affecting their health, you just have to take charge of <u>your own</u> situation.

You are probably thinking "but I'm not really obese, I just need to lose a little weight". Is that 40 pounds, 30 pounds or even 10 pounds?

If you say I just need to lose 20 pounds, what were you saying a year ago. Chances are a year ago you were saying I just need to lose 10 pounds.

When your body weight far exceeds the needs of the skeleton and physical body then your medical diagnosis is that you are obese and your health is at risk.

It doesn't really matter how obesity is technically measured. What matters is how you feel physically AND about yourself. Weight gain is often like age, it just kind of creeps up on you. One day you realize that you are uncomfortably overweight. And as you age and your lifestyle changes it is easy to put those pounds on.

Do You Have Any of These Lifestyle Problems?

There are many health problems associated with carrying around all those extra pounds. Most of us just say "yea, yea" until we begin to feel the impact of those health problems. Gradually you begin to notice:

- You can't breath as well as you once could
- You can't climb steps anymore
- You haven't run or jogged in years
- You have bouts of gas and bloating
- You are often plagued with constipation and/or diarrhea
- Have constant acid reflux after eating
- You have skin problems, like dry skin, wrinkles, rough skin, moles, etc.
- You have headaches much more than you used too
- You often have urinary tract infections

- Getting a good night's sleep is a problem
- It is hard for you to lose weight, if you are even trying
- Have constant sugar cravings, especially for heavily refined carbs
- You are having problems remembering things
- Your body aches all the time
- You have bouts of depression more often
- You may be experiencing vertigo/dizziness
- You may be having frequent muscle spasms
- Not to mention a high risk for heart disease and stroke
- and on and on and on....

You lifestyle and eating habits have created problems with your gut and other bodily functions.

You can go to the drug store and get some Zantac for your acid reflux and you can go to the doctor and get a prescription to give you some relief for the various things that aren't working properly, but none of this is a cure. It is just temporary relief.

Why not ***take charge*** of your life and address the real reason that you are experiencing all these health problems.

Losing weight is not hard if you have a good weight loss plan and you just focus on the benefits you will receive from losing weight and getting back to your trim and slim self. You will be so much more attractive and will feel

like living and enjoying life again.

Change Your Snacking Habits to Lose Weight

One simple change you can make to help you lose weight is your snacking habits.

Think about how snacks work for you now.

You are at work, tired and stressed, and you take a break. It's off to the break room and the vending machine. You find a bag of chips, cookies or candy bar that you wolf down so you can get back to your desk. If it is allowed at your workplace you may even carry a candy bar or bag of chips back to your desk so you can eat that later while you work.

You have errands to run at lunch so you run by the drive through of the local fast food chain and get a burger and fries or some chicken strips and fries. You proceed to wolf those down while driving to do your errands.

You have to work late and you are starving so it's back to the vending machines again for dinner, or maybe you or your employer orders in pizza for you.

In the evenings you are tired and you don't really want to cook so you go back by the fast food chain and grab something else to eat on the way home. You may even just go on home and simply snack on some more chips,

ice cream, cookies, nuts, popcorn or whatever is fast and easy to inhale while you sit exhausted and glued to the TV.

Changing These Habits Easily

Not too many years ago people were skinner because they didn't have such easy access to already prepared foods. And even in rural areas today people tend to be skinner and in better health because fattening foods are not easily and readily available.

So consider these snack tips to help you lose weight:

- Buy nuts for snacks in raw format - for instance, if you like nuts get unshelled nuts. It takes around 20 minutes for you to feel full after eating so if you have to take the time to shell your peanuts, pecans, walnuts the effect of those first nuts will take hold long before you have wolfed down a whole bag of already shelled ones. Plus, it will take you longer to get a handful of nuts than when you grab them out of a bag already shelled. This way you can also enjoy something that you like without over indulging.
- Buy fresh fruit whole - an example would be to buy apples whole rather than already sliced. This way having to take the time to cut and eat an apple will allow you to feel full before you have consumed a

lot. Fresh fruit is good for you but is also high in sugar content.

- Bring your snacks from home - this way you can have a healthy, less fattening snack than emptying the vending machine. On the weekends, prepare your snacks into ziploc bags for each day of the work week so you can quickly grab them each morning with no excuses.
- When you feel stressed and need a snack, drink water first, wait about 5 minutes and then consider what you want to snack on. If you don't really like water then add a slice of lemon to it to give it a little flavor.
- Rather than heading off to the vending machine to relieve your stress, go for a short walk. And when you go outside don't just walk. Stroll and look around at your surroundings. Are there some birds in the trees, chirping away. Is there a nice breeze or fragrance in the air. Smile at some passerby and help boost their mood for the day. Get your mind off whatever was stressing you out. Don't think about work.
- Don't try to deprive yourself of all foods that you like. If you like chocolate then have one or two small pieces of dark chocolate after a meal. This will usually satisfy your craving for sweets but yet not overdo your chocolate intake.
- Poor nutrition, starvation diets, fasting or diets lacking green leafy vegetables and whole grains

could cause a mineral deficiency (particularly magnesium) and make you crave salt. Consider if this might be the reason you head for the salty chips from the vending machines.

These are just a few tips to help address your snacking problems and help you meet your weight loss goals.

The key to weight loss is to **focus on yourself** and what you want to achieve. Do you want to live a healthy lifestyle and be fit well into your elder years? It is not hard to lose weight when you are on a good healthy diet plan and you care about yourself and your on health.

You don't want to just lose weight but you want to be healthier also.

Start to apply the snacking tips given above but also consider an overall healthy weight loss plan. If you don't have one and need a simple and easy overall weight loss plan to follow then check this one out:

Many diets can actually be dangerous to your health and you need to avoid these type diets. You don't want to deplete your nutrition level in order to lose weight and you don't have too. This is one of the problems with diets that utilize appetite depressants. You deprive your body of precious nutrition that it so badly needs, especially while dieting.

The Banned Food Diet is safe for your health and is a weight loss plan that really works. Learn more here.