

Reducing Fat in Your Diet

These are some things you can do to cut fat in my diet, which of course leads to a lower caloric intake and ultimately a reduction in body fat.

- Substitute plain low-fat or non-fat yogurt and lemon juice for mayonnaise in salads like tuna, chicken, and potato. I use low-fat yogurt. Greek yogurt works best due to the consistency.
- Substitute plain low-fat yogurt for sour cream as a topping or in dips. 2 tbsp. of light sour cream has 2.5 g of fat 2 of which is saturated compared to 1 cup of plain low-fat yogurt which has 2 g of fat and 1.5 is saturated.
- Instead of using store bought salad dressing use vinegar and olive oil and add herbs if you'd like. Also always ask for dressing on the side at restaurants. A serving size is two tbsp. which has anywhere from 11 to 18 g of fat. Most restaurants give you about 4tbsp.
- Use whole grain products. The less refined a grain is, the longer it will sustain your body. If you eat refined grains your glucose level drops more rapidly than if you eat whole grains consequently, you become hungry sooner. Use brown rice, whole-wheat pasta, and whole-grain breads.
- Until you get your portion size under control, drink a glass of water 5–10 prior to your meal. It will help curb your appetite.
- These are high volume, low-fat foods and should make up the majority of your diet.
 1. Grains – brown rice, wild rice, oats, oat bran, barley (makes a great cold salad with celery, carrots, vinegar and olive oil), bulgar, corn, couscous. All of these products have great recipes on the packages.
 2. Beans are extremely nutritious and when combined with a grain they are also a complete protein.
 3. Vegetables
- Use only very lean meats like chicken breast, turkey breast, fish. If you want beef make sure it is a lean cut like sirloin. You should only have beef a couple of times per week. Make sure you are eating 3oz serving.
- Use fruit only jams instead of butter or jelly.
- Saute' foods in broth or wine instead of using oil.
- Eat nonfat yogurt instead of ice cream.
- If you bake, use equal amounts of non-sweetened applesauce in place of oil.
- Don't deprive yourself. If you want a snack or junk food make sure you have had real food first. That way you will eat less junk. Have it in moderation.
- Good breakfast items
 1. Kashi cereal w/ blueberries (frozen is ok)
 2. ½ bagel or a piece of toast with a piece of fruit and skim milk
 3. Oatmeal w/ walnuts
 4. Smoothies made from 1 cup of skim milk ½ banana and another fruit (blueberries, strawberries, peaches) and 5 or 6 almonds. I like soymilk so sometimes I use that.

Most of all don't let yourself get hungry. That's when you'll over eat and most likely eat high caloric, low nutrition foods.

If you are fairly active you can take your current body weight and multiply it by 15. That will give you the number of calories it takes to sustain your current body weight. If you knock 5 or 10 pounds off of your current body that will tell you the number of calories you need to take in to get to that weight. You want to do this in 5 to 10 pound increments so not to decrease your metabolic rate.

Example current weight - $128 \times 15 = 1920$

ideal weight - $120 \times 15 = 1800$