



7. Eat Often

Eat small amounts every few hours. It will speed up your metabolism and help your body burn calories instead of holding on to them.

8. Pick Protein

Protein will keep you feeling full longer, it burns calories as it digests, and helps your muscles recover.



9. Beat Bloat

Avoid excess salt and processed foods. Also, add lemon to your water (it acts as a natural diuretic).



For more information check out these helpful websites:

- www.choosemyplate.gov
- www.eatright.org
- www.cdc.gov



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9 Tricks to Cut Calories



Looking for ways to slim your waistline?



Enhance your weight-loss and healthy eating habits

by following these diet tips from Leslie Bonci, R.D. M.P.H, director of sports nutrition at the University of Pittsburgh Medical Center. These simple strategies make it a cinch to shave calories, curb cravings, and drop major pounds. But don't forget to exercise! Along with healthy eating habits, exercise will help keep those unwanted calories off. The Center for Disease Control suggest that adults should obtain at least 30 minutes of exercise each day in addition to muscle-strength activities 2 times per week.

1. Take Note

A study found that those who kept daily food logs lost twice as much as those who didn't. Many people underestimate how much they eat— seeing it all in black and white can be a reality check.



2. Find Balance

Instead of counting calories, keep it simple by dividing your plate into thirds: 1/3 protein, 1/3 vegetables, and 1/3 whole grains.



3. Swap Smart

Restricting foods can increase your cravings and lead to off-the-wagon binges. Craving a cookie? Have it, but swap it for your afternoon caramel macchiato.



4. Scale Back

Serve dinner on a salad plate and pour cereal into a mug rather than a bowl. Experts say you'll think you're eating more than you actually are. Pay attention to serving sizes!



5. Slow Down

Sip water and set your fork down after every few bites. There's lag time between your stomach feeling full and your brain getting the message.



6. Soup for Starters

Opt for a broth-based soup as your appetizer. It can curb cravings and also prevent overeating during your meal.

