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Do you need to lose weight?

Losing a little of fat can help you gain lots of good health. All you need to do is a little exercise every day and plan your meals so you have a healthy diet. You need to be persistent in spite of difficulties and not become discouraged.

Diet

Eat a variety of foods.

Eat salads, fruit, vegetables, low-fat milk and dairy products, fish and a moderate amount of meat, small amounts of bread, rice and potatoes.

Eat high-fiber foods.

Cut back on fats, oils, sauces, fried and breaded foods, sugar and sweets. Use olive oil.

Drink 1,5-2 liters of water a day.

If you have soft drinks, make sure they are sugar-free and avoid drinking any alcohol.

Shopping and cooking

Shop with a list. Don't keep things you don't want to eat in the house. Cook when you don't feel hungry. Plan your meals (especially during the holidays).

Meals

Eat 5 meals a day, at set times, that way you won't be so hungry at your main meals.

Use small plates, eat moderate amounts.

Sit down to eat and don't rush. If you can, try to eat always in the same place.

Take small bites and chew slowly.

Don't watch television while you eat. You may have a piece of fruit before lunch so you don't feel so hungry.

If you're hungry between meals, you may chew sugarless gum, have some herbal tea with an artificial sweetener, a low calorie soft drink, fat-free milk or yogurt, or sliced chicken.

If you have to eat in a restaurant, order salads or vegetables.

Exercise

Develop an exercise plan. Do an exercise that you like, such as walking at a good pace for 20 minutes or going to the gym or swimming pool. Regular exercise will help you to lose fat, improve your health and make you feel better. Your weight may go up slightly because you gain muscle but the important thing is that you will lose fat and gain health.

How much weight do you need to lose?
Don't try to lose weight too fast.

To lose 0,5 -1kg per week is reasonable and if you lose 1 kg per month, that also adds up to quite a bit.

Weigh yourself every 7-15 days, not every day.

Some diets are very restrictive. You may bounce back and gain weight when you stop dieting.

You're better off adopting healthy habits that will help you to reach your goal weight and maintain it.