

# Keys to Successful Weight Loss

**EASY BUT HARD:** Keys to Losing Weight are Easy to Understand, but can be Hard to Implement. You need to educate yourself and work it. It is a process.

**OBESOGENIC SOCIETY:** Losing weight is not easy because you are living in an Obesogenic Society. An environment that promotes obesity. People are obsessed with food. Nationally, 41.9 percent of adults have obesity. Black adults had the highest level of adult obesity at 49.9 percent. Hispanic adults had an obesity rate of 45.6 percent. White adults had an obesity rate of 41 percent.

**CAUSE OF DEATH:** Obesity Second Leading Cause of Preventable Death Smoking is #1

**DECREASE LIFE EXPECTANCY:** Just being moderately overweight decreases life expectancy by 10-20 years. **DECREASES QUALITY OF LIFE BECAUSE OF LACK OF MOVEMENT AND MUSCULOSKELETAL PAIN.**

**FOOD INDUSTRY IS NO HELP!** They make us fatter. I.e: "Portion Distortion" We eat Double the Portions than the past. American eat 140 pounds more food per year than a decade ago. What you think is the right portion is probably double of what you need and it actually is.

**DIET INDUSTRY IS NO HELP!** Weight loss is a 20 billion dollar industry that does not deliver results. Over 100 million dieters, where more than 92-95% of people who set out to lose weight do not succeed. **ONLY 5-7% SUCCEED AT LOSING WEIGHT.**

LACK OF NUTRITION EDUCATION, PEOPLE HAVE NO CLUE: One of the reasons for the lack of weight loss success is lack of nutrition education ([research](#)).

## NUTRITION

When it comes to weight loss “one size does not fit all”. Basic differences such as age, sex, body type, underlying medical issues, physical activity, genetics, past experiences with dieting, nutrition knowledge and food preferences and selection can influence a person’s ability to lose weight and keep it off. BUT CALORIES MATTER: It is all about reducing dietary calories and moving more when it comes to weight and fat loss. It's quite common to hear that calories don't matter and calorie counting is a waste of time. This is far from the truth. Good example why is the [Twinkee Diet](#). This diet showed that you can eat junk all day long, but if the calories are less than what you need you can lose weight and your blood profile can improve. Bottomline, **when it comes to your weight, calories do count**. This is a fact that has been proven time and time again in scientific experiments called overfeeding studies. To lose weight, your “calories in” need to remain fewer than your “calories out.” Some factors can make calories seem irrelevant for weight loss, but research controlling for these factors shows that weight loss always requires a calorie deficit. DON'T BE FOOLED. Different diets affect muscle and water losses differently, which can make it seem as if they are more effective for fat loss when this isn't truly the case. Different foods can impact hormones, hunger, feelings of fullness, and metabolism differently, regardless of the number of calories they contain. Thus, when it comes to your **health**, not all calories are created equal. Foods rich in protein or fiber are more filling than foods containing lower amounts of these nutrients, while similarly, those high in sugar tends to increase levels of the hunger hormones. From a strictly biological perspective, the “calories in versus calories out” model matters for weight loss. All of this being said calorie for calorie, nutrient-dense foods benefit your health much more than nutrient-poor ones. The “calories in versus calories out” model fails to take this into account, reducing its relevance when it comes to your health. So take in less calories if you are looking to lose weight, but make them healthy.

NO BEST DIET FOR WEIGHT LOSS: Research shows that One Diet does not work for all. Find out what works for you as long as it is Healthy and You Can Do It for Life. I highly recommend these top four diets.

PEOPLE LAPSE: Most People Lapse in a Year no matter what Diet they do, especially the popular low carb diets. Do not get discouraged if you do. DO NOT EAT ZERO CARBS.

NEED AT LEAST 400 CALORIES FROM CARBS A DAY: As a health coach I can not advocate anything less than 400 calories a day from carb and that is low.

IMPORTANCE OF CARBS: Predominant fuel source for your brain and nervous system. #1 Fuel source during exercise. It is hard to burn body fat without having carbs present in your body ([fats burn in the flame of carbohydrates](#) ).

WATER WEIGHT LOSS: Most of the weight loss initially with a low carb diet is water weight and not fat. Why do people lose a lot of weight fast initially when on a low-carb diet? Your body has a reserve of carbohydrates (storage form called glycogen) of around 1000 to 3000 grams. For every gram of carbohydrate stored you store 2.2 to 3 grams of water with it. When you don't eat carbohydrates your body depletes its carbohydrate reserves therefore water is lost, which can be a few pounds. When you introduce carbs back you gain back water weight. DRINK WATER AND EAT VEGGIES AND FRUIT.

MOST TRENDING DIETS ARE ELIMINATION DIETS. TRENDING DIETS TEND TO END IN FAILURE: Be it eliminating carbs, fats, certain type of food or Eliminating Diets like the Paleo, Atkins, Detox, etc. Most elimination diets based on research seem to fail and/or may be unhealthy.

INSTEAD OF ELIMINATION or TRENDING DIETS EAT A HEALTHY, LOWER PORTIONED DIET FOLLOWING THE HEALTHY PLATE. It is pretty simple to understand. Harvard developed [the Harvard Healthy Eating Plate](#) as a model for meal planning and for overall balanced diet. Imagine a round dinner plate with a line running vertically down its center

dividing it evenly in two. One half of the plate should be taken up by equal portions of whole grains (not refined grains like white bread and white rice) and healthy protein (such as fish, nuts, beans and poultry—not red meat or processed meats). Two-thirds of the other half should be filled with vegetables, with the remaining portion consisting of fruit. Try to inject a lot of variety into this half of your plate (or half of your diet)—eat fruits in a variety of colors and vegetables of all types (but don't count potatoes or French fries as vegetables). To one side of the plate, picture a glass of water, since that's the best drink for weight loss and for overall health (At some meals you can substitute coffee or tea with little to no sugar). Don't drink more than a serving or two of milk each day. To the other side of the plate, imagine a vessel containing healthy oils such as canola or olive oil. Use it for cooking or at the table instead of butter. Harvard as well as myself ask you to r when you're contemplating what to eat for a specific meal, when you're grocery shopping, or when you're strategizing about how to lose weight and keep it off. Adhering to its guidelines will optimize your chances of remaining healthy and of maintaining a desirable body weight.

**INTERMITTENT FASTING:** One Trending Diet that seems to work is Intermittent Fasting. If you want to give intermittent fasting a try make sure to discuss it with your doctor first, especially if you have diabetes or take medication. I would advocate time-restricted eating (only eating between 10 am to 6 pm) more than alternate-day and whole-day fasting (where you only eat 400 to 600 calories 2 or more days per week). If you looking to build muscle or physically perform better I would not suggest intermittent fasting. [Learn more here](#) , [Research](#)

**UNDERSTAND SATIETY (FULLNESS) IS A MAJOR KEY TO SUCCESS:** Important key to weight loss is to understand satiety (fullness) and how to increase it with healthy food. Vegetables and fruit are keys to increasing satiety. Most Americans only eat 1-2 servings a day. You should have several servings of veggies and a couple servings of fruit a day. I recommend vegetable or a fruit with every meal. Try to make half your plate veggies and/or fruit.

**SATIETY AND WATER:** Drink water to increase satiety and for overall health. There are so many health benefits to drinking water. One weight

loss benefit is that it can make you feel full. Sometimes you feel hungry because you are actually thirsty. Water found in food can make you feel full. Veggies and fruit are loaded with water and fiber. Fun fact: You burn more calories if the water is cold.

**SATIETY INDEX: TRY TO UNDERSTAND IT:** Foods with a high satiety index will make you feel full. Try to implement some of them into your diet. Please review [Satiety Index](#) .

**SOUPS INCREASE SATIETY:** Research show that healthy soups are great for weight loss. Soups because of their water content can make you feel full more so than just drinking water. Find a heathy soup you like (poultry or vegetable based, not cream).

**SOLUBLE FIBER AND SATIETY:** Soluble fiber foods ranks high on the Satiety Index: Soluble fiber attracts water and turns to gel during digestion, this slows digestion. A study found that instructing participants to eat an apple or a pear (high soluble fiber) before meals resulted in significant weight loss where people ate up to 30% less at their next meal. Foods that I enjoy that are high in soluble fiber are oats, barley, potatoes, broccoli, beans [see more](#). Soluble fiber helps with high cholesterol as well.

**THE GUT AND FIBER:** The health of your gut bacteria—and therefore your overall health—is directly impacted by the fiber you eat. Advancing research shows that maintaining a healthy balance of bacteria in your gut can help in weight loss and prevent weight gain and metabolic problems like diabetes. Healthy gut bacteria thrives on digesting fiber, especially soluble fiber as energy (this is known as the prebiotic effect). The bacteria in the guts of lean people is different from those who are obese. **FEED YOUR GUT FIBER.**

**INTRODUCE FIBER SLOWLY TO YOUR DIET:** If you new to a higher fiber diet introduce fiber slowly to your diet. You could have adverse outcomes by adding fiber too quickly. Add a few grams a day extra each week.

**PROTEIN INCREASES SATIETY:** Protein is another key to increasing satiety. I recommend protein with every meal. Shoot for 15-30% of calories from healthy protein sources daily ([see list](#)). I can not recommend very high protein diets >30% of calories. My go to proteins are seafood, yogurt, beans, chicken, and turkey.

**THERMIC EFFECT OF FOOD:** Another reason why protein is key to weight loss besides increased satiety is it increases the thermic effect of food (23-30% of the calories in the protein you eat goes to digesting it, while carbs is 5-12%, and fats are only to 2%). In other words your body consumes a lot of calories in digesting protein.

**OTHER FOODS THAT MAKE YOU FEEL FULL:** Low fat dairy, oats, eggs, nuts, also makes you feel full.

**LIQUID CALORIES:** Liquid calories do not make you feel full. Limit/abstain from all liquid calories especially alcohol. Alcohol effects body weight negatively in many ways. It impacts sleep, hormones, and appetite so that you gain weight. **AVOID LIQUID CALORIES.**

**DEVELOP YOUR OWN STRATEGIES TO INCREASE SATIETY:** It is key to weight loss. Example: having protein and veggies / fruit at every meal with water before and after.

**UNDERSTAND FAT PORTIONS:** Dietary Fat has a very high caloric density and low thermic effect so understand fat portions. Example: just 1 tbs of oil has 120 calories, 2 tbs.of peanut butter has 188, and 20 almonds have 163 calories. Shoot for 20-30% of calories from fat. [See list of healthy fats.](#)

**KETOGENIC DIET:** A Ketogenic Diet is made up of 90% of calories from fat. As a Health Coach can never recommend such a diet. Medical provider may since it helps in certain medical conditions. Most people based on research can not adhere to this plan.

**MACRONUTRIENT RANGES:** I can not recommend anything beyond these ranges: Carbohydrates 45-65 % of total calories, Protein 10-35 % of total calories, Fats 20-30 % of total calories. Research on weight loss and dietary fat suggest 25% as a good target. You should have a healthy fat at every meal, but remember that they are high in calories. Most oils, nuts, seeds, peanut butter, and avocados are healthy fats. [See more here](#)

**THREE HEALTHY MEALS A DAY:** I highly suggest having 3 meals a day following the [MyPlate](#) , [Harvard Healthy Plate](#) , [Mediterranean Diet](#) , or [Dash Diet](#).

**SIMPLE RECOMMENDATIONS FOR WEIGHT LOSS:** Reduce but not eliminate carbs and fat and reduce portion size that cuts calories. Start by cutting unhealthy carbs-added sugars and white flour-that most people overdo. Get most of your carbs from fresh or frozen vegetables and fruit. Pick a diet that you can stick with for the long haul.

**HAVING THE SAME SET MEALS EACH DAY WORKS FOR WEIGHT LOSS:** Create 1-2 breakfasts, lunches, and dinners that you know the calories of, that you enjoy, that is healthy, and that you can stick with following the [Healthy Plate Guidelines](#). I typically eat the same 4 healthy meals day that I know the calories of. 1. Oatmeal (oatmeal, Greek yogurt, tbs. peanut butter, berries made with unsweetened almond milk) 2. Smoothie ([see](#)) 3. Egg Sandwich (2 pieces of toasted whole wheat bread, 2 tbs of hummus spread on toasted bread with one egg, 4tbs egg whites, baby spinach that was cooked in a microwavable lightly spread with oil bowl) 4. Chicken Stir Fry ([see](#)) or a Healthy Bean Based Soup ([see](#)).

**MAKE A SHOPPING LIST OF WHAT YOU NEED FOR THOSE MEALS AND DO NOT DEVIATE FROM IT.**

**CALORIE SUGGESTIONS FOR WEIGHT LOSS:** Generally decrease calories by 500 to no more than 1000 calories a day from what you currently take in. Even though the 500 calorie deficit myth is not totally accurate this is a good place to start. Women and men should take in no less than 1200 and 1800 calories a day respectively. Only a physician can prescribe less than 800 calories a day. Women may have 3 meals a day

at 300-400+ calories with 20-30 grams of protein per meal. Men may have 3 meals a day at 400-600+ calories with 25-35 grams of protein per meal. Research shows a diet of less than 1,000 calories a day generally fails to provide the balanced nutrition your body needs, and it can lead to vitamin and mineral deficiencies associated with serious health issues ([cite](#)). Eating far fewer calories than you need causes your body to break down its own muscle and organ tissues for fuel; less lean tissue mass you have, the slower your metabolic rate, which is not ideal for overall health and weight loss.

FOOD SUGGESTIONS FOR WEIGHT LOSS ( The Why ): Hormones send signals to the brain that influence our cravings, hunger, and body weight. Foods that we eat can impact these hormones. **Protein** fills you up quickly and keeps you full for a long time. It also decreases post-meal secretions of the hunger hormone ghrelin, thus reducing feelings of hunger. Protein also takes more energy to digest and increases lean muscle mass, both of which help boost metabolism. **Fiber**, which is found in fruits, veggies, and whole grains. slows digestion and ensures a gradual rise in blood glucose levels, which triggers a slower release of the fat-storage hormone insulin. As fiber moves through the digestive system, various satiety hormones (like ghrelin) are released, sending signals to the brain to reduce hunger and regulate food intake. Prebiotic soluble fiber, which is found in fruits and veggies, also feeds the beneficial bacteria living in your large intestine, which improves gut health. Good gut health is not only linked to a stronger insulin response (which decreases fat stored around the midsection), but also can help decrease inflammation and improve immunity. **Ultra-processed foods** are low in nutrients and fiber, so they're digested quickly, which causes a rapid rise in blood glucose levels, which triggers a significant release of insulin. The safest and most sustainable way to lose weight is to enjoy whole, unprocessed, high-quality foods. Not only do these foods naturally control your hunger, increase your metabolism and promote fat burning, they improve overall health.

BE A GRAZER AND NOT A GORGER: I have often pointed to previous studies, which have shown that people who eat small, frequent meals ate a healthier diet and that this eating pattern may improve your blood lipid profile and prevent diabetes and heart disease. But when it comes to weight loss, [Diabetes Management](#), cites a study suggesting that grazing

may not be all that it's cracked up to be. So again this is one of those nutrition areas of finding what is best for you because the research into this area is not consistent. Medical News Today has a position stance on having frequent small meals or three large ones, which is based on recent research. They suggest certain groups may benefit because no substantial evidence supports one eating pattern over the other. One of the problems with this research they suggest is that there is no universally accepted definition of what a meal or snack consists of. This can have an impact on study outcomes. Either way having frequent or 3 meals a day can be beneficial as long the primary focus is on healthful eating habits.

## MAKE YOUR DIET SIMPLE, SAFE, AND SUSTAINABLE

### EXERCISE

**EXERCISE ALONE DOES NOT WORK:** Exercise helps keep the weight off, but it will probably not help take it off without dietary changes

**INCREASED CONSUMPTION WITH EXERCISE:** An increase in physical activity is offset by an increase in calorie intake, unless conscious effort is made. So be aware of that and try to keep your portions under control after exercising.

**WEIGHT DOES NOT CHANGE MUCH WITH EXERCISE:** Body composition can change dramatically through exercise where the scale does not change, because you gain muscle as fat is lost.

**SUCCESSFUL LOSERS EXERCISE:** The Weight Loss Registry which tracks successful losers found most successful losers exercise aerobically 60 minutes a day. They also eat breakfast and count their calories.

**SPOT REDUCTION DOES NOT WORK BUT RESISTANCE TRAINING DECREASES BELLY FAT:** Spot reduction does not work, but research shows resistance training decreases belly fat. A Harvard study found that

resistance (weight) training had the biggest positive effect on your waistline compared to aerobic exercise or not exercising at all. [Research](#)

**INCREASE NON-FORMAL EXERCISE:** Informal Exercise = NEAT-non-exercise thermogenesis. Moving throughout the day, even standing, burns calories and has health benefits. Standing for a few hours a day is better for your health than 30-60 minutes of moderate aerobic activity and then sitting and burns 200-400 calories.

**EXERCISE FOR HEALTH AND FITNESS BUT DO NOT EXPECT WEIGHT LOSS UNLESS YOU RESTRICT CALORIES.**

## **BEHAVIOR MODIFICATION**

**BEING MINDFUL:** Be mindful and make sure your health goals and decisions come from you through knowledge and feeling competent. Ask yourself “Do I really need to eat this?” “On a scale of 1 to 10, how much do I want this?”

**UNDERSTAND BARRIERS TO YOUR GOALS:** Could a busy schedule get in the way of going to the gym? Wake up an hour earlier. Has an empty pantry prevented you from cooking at home? Look up some healthy recipes, then head to the grocery store armed with a list of ingredients you’ll need to prepare them.

**READINESS TO CHANGE:** If you are a 4 on a readiness to change scale of 1-10 then get knowledgeable before making a change

**SELF CONTROL IS HIGHEST IN THE MORNING:** People who exercise or diet in morning stick with it.

**LIFESTYLE CHANGE TAKES TIME:** It takes 16 to 26 weeks to make a lifestyle change. Lapses will happen just get back up. Be aware of physical versus emotional hunger.

**IDENTIFY WHEN YOU ARE HUNGRY AND SATIATED:** Do you eat when you feel something physical in your body that responds to food? Or do you eat when you are stressed, bored, tired, sad, or anxious? Try to stop eating BEFORE getting full (it takes about 20 minutes for your brain to register “stop eating” signals from your stomach). Foods that can help you feel fuller include high-fiber foods such as vegetables, whole grains, beans, and legumes; protein (fish, poultry, eggs); and water.

**UNDERSTAND CURRENT HABITS:** Do you relax and reward yourself by snacking in front of the TV? Do you skip lunch only to feel starved by mid afternoon, ready to eat anything in sight? Do you finish everything on your plate even after you start to feel full?

**MAKE CHANGE A HABIT:** If you make it a habit you’ll have less need for self control - example: eat veggies at every meal, only buy what is on a grocery list, have fruit in car.

**BEHAVIORAL STRATEGIES WORK:** Chew gum. Serve yourself healthy stuff first, eat less of the other stuff. Keep unhealthy snacks and foods out of sight or not in the house. Always order the small. Eat slowly. Eat Breakfast. Drink water. Plate color matters (the more the food blends in with the plate color, the more food you’re likely to take).

**STRESSED!:** Do not start a weight loss program when you are stressed: It will increase stress. Lifestyle change is hard enough. Coping when stressed takes a great deal of self-control.

**GO WITH THE 80/20 RULE:** Stay on track 80% of the time, but leave some room for a few indulgences. You don’t want to feel deprived or guilty.

**EAT SLOWLY:** Enjoy the entire experience of eating. Take the time to appreciate the aromas, tastes, and textures of the meal in front of you.

**SLEEP:** There is extensive scientific evidence linking sleep restriction to weight gain and obesity. Sleep deprivation increases the appetite-stimulating hormone, ghrelin, and decreases the satisfaction hormone,

leptin. Decreased sleep results in increased fatigue, which may lower capability for exercise. Obesity increases the risk for sleep disorders, which may compromise sleep quality ([research](#)). GET QUALITY SLEEP.

DAILY AND WEEKLY WEIGH INS WORK! Research shows that people who weigh themselves every day have even more success with weight loss than those who weigh in once a week. Another benefit is that you may feel more driven to stay on track when you see small losses throughout the week ([research](#)).

LOGGING AND HEALTH & FITNESS APPS WORK: Research suggests yes, but the results may be better if you're using devices with goal-setting and other supportive features ([cite](#)). A 2021 study found that those who frequently logged their weight, exercise, and food using an app reduced five percent of body weight sooner than those who did not.

MAKE REASONABLE GOALS: 1-2 pounds. a week is a reasonable goal with the ultimate goal of decreasing your weight by 5 to maybe someday 10%. Professionally I can not recommend more than a 2 pounds per week loss per week Rapid loss usually is associated with rapid regain. Rapid loss is associated with a decrease in muscle mass and a decrease in metabolic rate which will both contribute to easier weight regain.

**BE MINDFUL OF WHAT YOU EATING AND HOW YOU FEEL, PRACTICE THE ART OF DISTRACTION AT TIMES WHEN HUNGRY, WEIGH IN OFTEN, IF YOU LIKE USE A LOG OR APP TO TRACK, AND MAKE REASONABLE GOALS.**

## **BEHAVIOR CHANGE**

Research does support certain universal behaviors for people who are trying to lose weight. These include cutting out soda and sugary drinks, avoiding a sedentary lifestyle, and focusing on food quality rather than simply on calories.

Here are 10 behaviors that can support efforts for weight loss and healthful eating according to Harvard Health:

**1. Know where you are starting.** Keep a food and activity record for three days. Identify how often you move and you are eating away from home, eating takeout, or buying food on the run.

**2. Home in on your goal and make a plan.** What is your goal? Do you want to lose weight to improve your health? Be specific and start small. 5% Weight Loss is a great goal.

**3. Identify barriers to your goals — and ways to overcome them.** Could a busy schedule get in the way of going to the gym? Wake up an hour earlier. Has an empty pantry prevented you from cooking at home? Look up some healthy recipes, then head to the grocery store armed with a list of ingredients you'll need to prepare them.

**4. Identify current habits that lead to unhealthful eating.** Do you relax and reward yourself by snacking in front of the TV? Do you skip lunch only to feel starved by midafternoon, ready to eat anything in sight? Do you finish everything on your plate even after you start to feel full?

**5. Control your portions.** Refamiliarize yourself with standard serving sizes. Did you know that one serving of poultry or meat is 4 ounces, or the size of a deck of playing cards? Or that one serving of pasta is only 1/2 cup?

**6. Identify hunger and satiety cues.** Be aware of physical versus emotional hunger. Do you eat when you feel something physical in your body that responds to food? Or do you eat when you are stressed, bored, tired, sad, or anxious? Try to stop eating BEFORE getting full (it takes about 20 minutes for your brain to register “stop eating” signals from your stomach). Foods that can help you feel fuller include high-fiber foods such as vegetables, whole grains, beans, and legumes; protein (fish, poultry, eggs); and water.

**7. Focus on the positive changes.** Changing behavior takes time — at least three months. Don't give up if you slip up along the way. Get support from others and take the time to acknowledge the changes you have made.

**8. Go with the 80/20 rule.** Stay on track 80% of the time, but leave some room for a few indulgences. You don't want to feel deprived or guilty.

**9. Focus on overall health.** Walk, dance, bike, rake leaves, garden — find activities you enjoy and do them every day. Ditch the “diet” aisle and focus on seasonal, whole, high-quality foods.

**10. Eat slowly and mindfully.** Enjoy the entire experience of eating. Take the time to appreciate the aromas, tastes, and textures of the meal in front of you.

Keep in mind that the field of nutrition and weight management is continually evolving, so it's essential to stay up-to-date with the latest research and recommendations.

## SUMMARY

The keys to successful weight loss can be summarized as follows:

- **Understanding the Challenge:** Losing weight is easy to understand but hard to implement. It requires education, commitment, and is a gradual process.
- **Obesogenic Society:** We live in an environment that promotes obesity, with high rates of obesity among adults, especially in certain demographics.

- **Health Impact:** Obesity is the second leading cause of preventable death and significantly decreases life expectancy and quality of life.
- **Food and Diet Industry:** Both the food and diet industries can be unhelpful, often contributing to weight gain or failing to deliver sustainable results.
- **Nutrition Education:** Lack of nutrition knowledge can hinder weight loss efforts.
- **Nutrition:** While there's no one-size-fits-all diet, calorie control is essential. Calories in must be fewer than calories out for weight loss to occur.
- **Diet Variety:** Different diets work for different people, but they should be healthy, sustainable, and tailored to individual needs.
- **Persistence:** Many people experience lapses in their weight loss journey, and it's important not to get discouraged. Zero-carb diets are not recommended.
- **Importance of Carbs:** Carbs are necessary for brain function, exercise, and effective fat burning. Water weight loss can occur with low-carb diets.
- **Avoid Elimination Diets:** Trendy diets that eliminate certain food groups are often unsustainable and may not be healthy.
- **Healthy Plate Guidelines:** Following a balanced and varied diet is recommended, such as the Harvard Healthy Eating Plate.
- **Intermittent Fasting:** Some trending diets, like intermittent fasting, can be effective, but consult a doctor before trying them.
- **Satiety:** Understanding how to increase satiety with healthy foods, such as vegetables and fruit, is crucial.
- **Hydration:** Drinking water can increase satiety, and water-rich foods like fruits and vegetables are filling.

- **Soluble Fiber:** Foods high in soluble fiber increase satiety and can aid in weight loss.
- **Gut Health:** A healthy gut, supported by fiber, can aid in weight loss and overall health.
- **Protein:** Protein increases satiety and has a high thermic effect, helping with weight loss.
- **Beware Liquid Calories:** Liquid calories, especially from alcohol, don't promote fullness and can lead to weight gain.
- **Develop Strategies:** Creating personalized strategies to increase satiety and control portions is essential for success.
- **Manage Fat Intake:** Understand the caloric density of fats and manage fat portions.
- **Ketogenic Diet:** Extreme diets like the ketogenic diet are not recommended for most people.
- **Macronutrient Ranges:** Stay within recommended ranges for carbohydrates, protein, and fats.
- **Regular Meals:** Having three healthy meals a day is recommended.
- **Simple Recommendations:** Start with small changes, like reducing unhealthy carbs and portion sizes.
- **Exercise:** Exercise is essential for health and weight maintenance but may not lead to significant weight loss without dietary changes.
- **Resistance Training:** Resistance training can reduce belly fat and improve body composition.
- **Non-Formal Exercise:** Informal exercise, like standing and moving throughout the day, is beneficial.
- **Behavior Modification:** Mindfulness, understanding barriers, and setting achievable goals are essential.
- **Self-Control:** Self-control is highest in the morning, so make healthier choices earlier in the day.

- **Lifestyle Change Takes Time:** Changing habits takes time, and it's important to be patient and persistent.
- **Quality Sleep:** Quality sleep is crucial for weight loss and overall health.
- **Weigh-In and Tracking:** Regular weigh-ins and the use of health and fitness apps can be beneficial.
- **Reasonable Goals:** Aim for 1-2 pounds of weight loss per week with a focus on overall health.
- **Healthy Eating Behaviors:** Focus on behaviors like cutting out sugary drinks, avoiding a sedentary lifestyle, and prioritizing food quality.

Remember that individual factors can influence weight loss success, and it's important to find an approach that works for you, taking into account your unique needs and preferences.