

How to Make This Your Very Last Diet

By Susan Pesek Member and moderator, PhenForum.com

What drove us to Phenforum in the 1st place was numerous failed diet attempts; right? Maybe you have lost and regained hundreds of pounds over your lifetime. Do you choose clothes on one criteria~Does this make me look fat? Are you sick of doing that same diet over and over every Monday? Are you aware that if you do things differently your entire life will change? You will be so proud of yourself and if you diet correctly this one last time, it will be the last diet you ever have to go on.

Basics:

1. Make your plan on paper of 'before and after' and begin to implement it today, this minute. Write down everything you eat or drink, every day.

- Don't get impatient about losing weight. It makes you go to extremes, either cutting calories too far, having an unrealistic goal or working out too hard. Impatience and unrealistic expectations are among the key reasons [diets](#) fail.
- A short-term solution doesn't last and if you try one, you're almost guaranteed to fail. It's not easy work and it requires some sacrifices. This journey will be slow and steady but the results can last a lifetime.
- Find a plan you can live with long-term. Fad diets, a major pitfall, can't sustain you daily. Your plan must make room for some of the foods you like in lesser quantities than before. After all, you can live with that for the long haul and be less likely to fail.

2. Count your calories. They matter. If you feel empowered at all by your diet medicines, use this time wisely. Teach yourself new habits.

- Write everything that you consume. Conscientious eating always produces a real decrease in food consumption. This can mean a huge difference.
- **Eat enough!** At least 1,000 calories a day and more if you're active. Don't reduce below that or your body will respond by lowering your metabolism rate and slowing your weight loss.

3. Eat breakfast; eat smaller portions 5-6 times a day and always eat a protein source.

- **Carbohydrates** should be complex. Whole oats, whole grain breads, beans, peas, sweet potatoes, green veges~ Find a list at the bottom of the page. Eat only whole

grains. Kashi Go Lean Crunch is my favorite for breakfast-7 whole grains and yummy. Remember that breakfast jump-starts your engine to burn calories.

- **Proteins** - When you are losing, if you always eat a source of protein, you're more likely to lose fat, not muscle. Eat some form of protein each time you eat. There are so many sources: chicken, turkey, fish, lean beef and pork, eggs, protein bars and shakes, yogurt, skim milk, fat-free cottage cheese, nuts, beans, tuna, fat-free franks (mine have 40 cal. each). The body uses protein in such a way that eating it helps curb hunger pangs. You can find a list of protein source suggestions at the bottom of the page.
- **Fats** - Olive Oil is #1 because it's unsaturated, and contains no trans fats. Be sure to read nutrition labels when you are shopping to make sure you don't buy foods high in saturated fats.

4. Take time to plan your foods and snacks for the day and avoid spontaneous eating.

- Eat proteins with vegetables and fruit for volume. Eat big salads made with Romaine lettuce, tomatoes, carrots, mushrooms, chopped up $\frac{1}{4}$ c apple, sweet bell peppers, broccoli slaw and anything else you like and keep it ready at all times to eat with fat-free salad dressing. A neat trick is to dip your fork in the dressing, then into a bite of salad.
- Cook healthy meals ahead of time. Have your salad and snacks made and in the frig. Don't eat from the box or bag. No fast food to get you through. Go home or go to your bag, where you have a snack ready. When healthy meals are near, you're more likely to reach for them.

5. Exercise for some period of time, every day.

- 1 minute of conscientious exercise is better than 0 minutes. 2 $\frac{1}{2}$ minutes at the top of every hour is nearly an hour's worth by the end of the day! As you go along your body will want to push farther and do more.

6. Drink at least 100 ounces of water a day.

- Try water with lemon all day long and a full cup before any mini-meal.

7. Journal your feelings and emotions in a forum like PhenForum where you will have a great network of support and encouragement.

8. Eat a properly nutritious blend of food groups.

- Fats and proteins are much slower to digest than carbs. Carbs digest in about two hours, protein takes four hours to digest and fat takes up to six hours, which explains why people on low-carb [diets](#) experience less hunger than those on low-fat

diets.

- People who keep their blood sugars level this way experience better hunger control.

9. Manage emotional eating. Work to develop healthy habits. Avoid mindless eating with TV or movies. Make eating a separate activity and you'll eat less.

- Enjoy your eating but don't use it as a stress reliever. Work on stress by exercising, listening to music or drinking 8 ounces of water before eating.
- No more fast foods. Find time to prepare and eat your meals slowly and without any hurry.

10. Indulge in the healthiest foods: I do not even count these calories on my maintenance diet, yet it works!

Vegetables

- Asparagus
- Green beans, snap beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas - limit
- Kale
- Leeks
- Mushrooms
- Mustard greens
- Olives -limit
- Onions
- Parsley
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer
- Squash, winter

- Sweet potatoes -limit
- Swiss chard
- Tomatoes
- Turnip greens
- Yams -limit

Fish & Seafood

- Cod
- Halibut
- Salmon
- Scallops
- Shrimp
- Snapper
- Tuna

Fruits

- Apples
- Apricots
- Strawberries
- Bananas-limit
- Blueberries
- Blackberries
- Raspberries
- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Prunes
- Raisins -limit
- Raspberries
- Strawberries
- Watermelon

Low Fat Dairy foods are proteins.

- Cheese, no-fat
- Eggs
- Milk, skim or 1%
- Milk, goat

- Yogurt , no fat
- No fat cheese sticks

Beans are proteins, too.

- Black beans
- Dried peas -limit
- Garbanzo beans (chickpeas)
- Kidney beans -limit
- Lentils
- Lima beans -limit
- Miso
- Navy beans -limit
- Pinto beans limit
- Soybeans
- Tempeh
- Tofu

Poultry & Lean Meats

- Beef, lean
- Lean pork
- Chicken
- Lamb
- Turkey
- Venison
- Eggs are proteins, too

Nuts & Seeds - proteins in limited quantities because of the fats' calories.

- Almonds
- Cashews
- Flaxseeds
- EVOO
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Pecans

Grains - only eat whole and multi-grain!

- Barley
- Brown rice
- Buckwheat
- Air popped PopCorn
- Millet
- Oats

- Rye (Pumpernickel)
- Whole wheat

Spices & Herbs

- Basil
- Black pepper
- Cayenne pepper
- Chili pepper, dried
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Ginger
- Mustard seeds
- Oregano
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric

Sweeteners

- Equal or equivalent
- Splenda(for cooking, too)

Other

- Sugar free Jell-O with non-fat, no calorie dairy with topping
- [Green tea](#)
- Soy sauce (tamari)
- [Water](#)

NOW GO FOR THE GOLD, BABY!