



## 10 Tips For Weight Loss

1. **Regular moderation** – Eat small, frequent meals throughout the day. Avoid refined carbohydrates such as white bread, rice and pasta-choose wholemeal equivalents as these are high in fibre and keep you fuller for longer.
2. **Take 15** – When hungry, try distracting yourself with another activity for 15 minutes, as this will often help to subside it.
3. **Slowly does it** – Before you eat, take a few deep breaths and then slowly eat a small mouthful. Relish the sensation rather than wolfing it down.
4. **Polish your pegs** – Reach for your toothbrush instead of chocolate. Cleaning your teeth when you're peckish will stop you wanting sugary treats because you won't fancy them once you've a clean, minty mouth.
5. **Burst your thirst** – Dehydration is a key cause of fatigue and can make you want fast-energy foods that lead to blood-sugar imbalances. If you're hungry, have a large glass of water and wait 5 minutes to make sure you're not just thirsty.
6. **Chromium care** – Taking the supplement chromium may help balance blood-sugar levels and reduce hunger and cravings.
7. **Killer vanilla** - Some smells trick the brain into thinking it is not hungry. Wearing a vanilla scented patch reduces your cravings for sweets and chocolates (including vanilla ice-cream). Try sniffing a vanilla candle or some pot-pourri.
8. **Stop Sitting** - People get cravings when they are sedentary – often at work or in front of the TV. Go for a brisk walk outside, or run up and down the stairs. Exercise releases mood-boosting endorphins, so you'll feel better and distracted from food pangs.
9. **Don't skip brekkie** – breakfast kickstarts your metabolism for the day and is crucial for better energy balance. A piece of fruit along with muesli, porridge or an egg on wholemeal toast is ideal.
10. **Go nutty** – small snacks (such as dried fruit or nuts) between meals will stop you feeling hungry and keep your blood sugar levels constant. Eat dried fruit and nuts together, as the protein in the nuts helps steady the release of sugar from the dried fruit to balance your hunger pangs effectively.