



Nutrition, Juicing & Weight Loss

24

**Quick And Easy
Weight Loss Tips
For Women, Men
And Children**

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24 Quick And Easy Weight Loss Tips For Women, Men And Children

Are you fed-up with fad diets that simply don't work? Have you had enough of spending money on 'miracle' pills and potions, while the pounds still pile on? Or how about the frustration of picking up all the weight you have just lost, within a few weeks of eating normally again?

What if I told you that you could easily lose 100 pounds in a year and keep it off, without the misery of one day's dieting? Best of all, the whole family can join in the fun and turn healthy eating into a no-cost, common-sense game!

Ready to find out how? Let's get started!

12 Food-Related Weight Loss Tips!

1. Become A Substitute Expert

Search the internet for lower-calorie substitutes for your favorite foods. You will be amazed by what you will discover and how easy it is to save calories without depriving yourself. As promised above, you can lose 100 pounds or more in a year, without going on a formal 'diet', simply by replacing full-fat foods with lower-calorie substitutes! Sounds too good to be true? Not at all! Ideas to get you started are included in the rest of these food-related tips.

2. Skip The Whole Milk, Grab The Skim Milk

Whole milk comes with a whopping 4% fat content, compared to skim milk's less than 0.5% fat. One cup of skim milk contains 86 calories, compared to whole milk's 149 calories. By making this simple switch (1 cup per day), you will cut roughly 60 calories per day without even noticing it. This saving translates into a massive 22,000 calories per year. This one simple change can help you to lose around 6 pounds of body weight in a year.

3. Cut Down On The Mayonnaise

Be a tad less generous when dipping into the Mayonnaise. Cut out

just 1 tablespoon of creamy Mayo per day, and you will be saving almost 90 calories daily, or a staggering 32,800 calories in one year. This little piece of self-discipline translates into 9 pounds of body weight lost per year. If you change to a low-fat version, you will be losing even more weight. All this while still enjoying tasty, healthy recipes.

4. From Full-Fat Yogurt To Fat-Free Treats

Without a noticeable change in taste, choosing 6 ounces of fat-free yogurt rather than your daily full-fat tub will make a 100 calorie difference per day. In a year this becomes a saving of roughly 36,500 calories, or another 10 pounds of flab gone in the most painless way possible.

5. Say No To Sugar-Laden Soda

Here's a really simple one. Cut out just one 12 ounce (355ml) sweetened soda serving per day and you will save a mind-boggling 65,700 calories in a year. That means that 18 pounds of bumps and blubber will miraculously melt away, while you still enjoy your regular meals. You may see even better results, as many folks guzzle down 20 ounce or 42 ounce containers daily, without giving it a second thought. This is roughly between 8 and 35 teaspoons of sugar, or up to a massive 250 cups of sugar per year. How's that for a scary statistic!

You will see other health benefits from this one change. Your digestive system may improve. Soda contributes to an acidic body environment, which is likely to turn your insides into the perfect breeding ground for all sorts of nasties. Drop the soda habit, and your body's PH will improve significantly, together with your general

wellbeing. Your dentist bill will probably also shrink with you! Replace these drinks with water, vegetable juice or one of the delicious unsweetened iced teas on the market. Your body will relish this bit of health news and the healthy hydration.

6. Coffee And Tea And Sugar And Me

Do you mindlessly dump two to three heaped teaspoons of sugar into your tea or coffee a number of times every day? Just by reducing your sugar intake by 1 teaspoon three times a day, you will be saving 75 calories daily. This is 27,375 calories a year, equal to losing almost 8 pounds. You will very soon get used to the slightly less sweet taste. In fact, within a week or two you probably won't be able to tolerate excessively sweet tea or coffee.

7. Wining And Dining

Although there is evidence that wine has certain health benefits, drinking it every day adds loads of calories to your diet and nutrition plan. Reduce your daily intake by 4 fluid ounces or roughly 120 milliliters, and you immediately save 100 calories per day, or 36,500 calories per year. That is another fairly painless 10 pounds a year gone.

8. Low-Sugar Spreads

Swapping your two teaspoons of sugary jam or preserves for a healthier low-sugar alternative twice a day can save you in the region of 64 calories daily, or 23,360 calories per year. Yet another comfortable way to get rid of 7 pounds of unhealthy flab.

9. Pick Popcorn Rather Than Potato Chips

One small bag (1 ounce or 28 grams) of potato chips comes at a cost of roughly 150 calories. These are also extremely high in fat. Choose to swop that for 1 cup of fiber-rich, fat-free air popped Sour Cream & Chives popcorn at 50 calories, and you save 100 calories. Do this three times a week, and it adds up to 15,600 calories per year, or 4,5 pounds.

10. Drink More Water

Feeling peckish? Drink a glass of water and wait a while to see if the craving you are experiencing is actually just a sign of thirst. This may sound extremely simple, but you will be surprised by how often we eat, when we are actually only thirsty! Drinking water also helps to fill you up. If you only taste water when you are brushing your teeth, your body may be in serious trouble! Water is crucial for almost every function in your body. Being dehydrated can also lead to tiredness. So, this is an important tip to keep in mind even if you don't have to lose weight.

11. Serve A Smoothie

While veggie juice is great, using your blender to come up with a gloriously thick smoothie can be very satisfying. Frozen fruits, ice or frozen yogurt will give you added thickness. The kids will grab these in an instant and will soon learn to swop sodas for smoothies. These can be a fiber-rich, low-calorie substitute for milkshakes. And they are yummy! Many of the fruits that are not suitable for juicing, such as bananas, put on a superb performance in [smoothie recipes](#).

You can use low-fat milk, yogurt, fruit juice or veggie juice as your

fluid base. Then you can add honey, raisins or even dried prunes (remove the pit) to sweeten the drink. You are not limited to adding fruits to this mix. Why not try other healthy options such as oats (cooled after soaking it in boiled water), peanut butter and even a variety of nuts. Be adventurous and experiment until you have a collection of recipes that work for your whole family.

Try this recipe for a start (simply blend everything together in your blender):

2 Ripe bananas
1 Peach (pitted) if available
2 dried prunes (pitted)
1/2 cup low-fat yogurt
1/2 cup low-fat milk
1 tbsp raw honey

12. Invest In A Vegetable Juicer

A vegetable juicer can become your new best friend if you are trying to lose weight. A glass of juice is extremely filling and can sometimes be used as a meal replacement. Alternatively, drink a glass of juice about 20 minutes before your main meal. This will help you to be less hungry by the time you get to the dinner table. Fresh juice can also help to satisfy a craving for something sweet. In addition, you can know that it is a no-fat snack. ([I get most of my juicing recipes here](#))

Okay, now for 12 common-sense tips...

12 General, Common-Sense Weight Loss Tips For The Whole Family!

1. Never, Ever Skip Breakfast!

Remember that by the time you get up in the morning, your body has been through a whole night without nourishment or something to rev up your metabolism. Your body will not be in an optimal condition to burn fat if you don't feed it. Even if you just grab a handful of nuts and some yogurt on your way out the door, just make sure you eat something! If you don't eat breakfast, you are almost sure to binge later in the day, because you will be famished. This is number one in the top ten of great weight loss tips.

2. Try To Stop Eating Earlier At Night

Have your last meal or snack about 3 hours before you go to bed. Keep busy in any way you can. Try to distract yourself. Get involved in a hobby. Go for a walk. Anything to take your mind off mindlessly stuffing your face in front of the television. This is one tip that WILL pay off big time if you stick to it. Put a notice on the fridge, saying 'Out Of Bounds After 7pm' or something that will make you think about opening it yet again for a snack. If you must have something, try a piece of fruit or prepare a no-fat glass of veggie juice.

3. Brush Your Teeth!

The minute you become aware of a craving, grab your toothbrush! Yes, I' m serious! Nothing chases away the munchies like a fresh, minty taste in your mouth. This is a super-easy way to take away the craving for something sweet.

4. Use Smaller Plates

We are all wired to fill our plates to the maximum and to eat every last morsel - after all, weren't we taught not to waste food? By using a smaller plate, you can still have the satisfaction of filling your plate and eating everything on it, while continuing to lose weight.

5. Get MOVING!

Any kind of exercise will boost your metabolism, helping you to burn that fat at a faster clip. Go for bike rides with the kids, go for a swim, take the dog for a walk, beg your partner to go dancing, or put on something with a beat while vacuuming and move those hips. Of course, if you can work with weights and build muscle, your results will be stunning! This is the quickest way to change your shape and the results can easily be long-term if you follow a maintenance program.

What will your pay-off be? If you manage to do this for thirty minutes five times a week, you will be crunching in the region of 98,800 calories per year (roughly 380 calories per day). The calorie count will depend on your weight, the type of exercise you choose, and the intensity level. This equals just about 28 pounds of weight loss, all without a single day of dieting!

The secret behind losing weight is that you should aim to burn more calories during the day than what you are consuming. That's it. No other secret formula. No magic pill. If you can get your mind around that simple sentence and follow through on it, you will be well on your way to the figure you desire!

6. Slow Down While Eating!

Get into a new habit of eating S-L-O-W-L-Y, savoring every morsel. Most of us just mindlessly shovel the stuff in. Become aware of every taste, every texture. Put your fork down between bites. It takes about twenty minutes for your brain to register that your stomach is full, so allow for that before going for seconds. Bring back the dinner time conversation. This will also help to slow things down.

7. Slipping Up Doesn't Have To Mean Giving Up

If you have had a slip-up one day and ate too much, don't give up or throw in the towel. It isn't the end of the world. It just means that you are human. Accept the glitch and simply try to eat light meals the next day. Perhaps you can just snack on some nuts, fruit and yogurt, while adding your own freshly made veggie juice to make sure you get all your nutrients. In fact, eating normally one day and skimping the next, is one of the better ways of approaching a 'diet', if you feel that you need to be on a diet. It can be a really simple, effective, cheap and doable way of losing weight, [as is explained here](#).

8. Exercise Before Having Down Time

Watching your much-loved soapie may be your favorite activity every day, but it doesn't help you to burn calories. However, if you simply

engage in some kind of exercise before you settle down in front of the television, your metabolism will be revved up and your body will continue to burn the blubber even while you are vegging out. Just don't plonk yourself down next to a bowl filled with a fattening snack!

9. Prepare For That Party

If you are going out to a buffet or a party, fill up on a healthy snack before you leave home. If you arrive famished, you are sure to overeat on all those fattening goodies, without giving it a second thought. Keep your hands busy by holding a glass of water in one hand and a plate in the other. It will make it difficult to stuff yourself with such ease!

10. What's In Your Kitchen?

Make sure that you clean up your environment. Get a friend involved and go through each other's kitchens and pantry areas. Exercise some tough love here! Read the labels. You will know what belongs in a healthy kitchen and what doesn't. Don't fool yourself. If it is there and available, you are going to eat it at some point. Throw it out without thinking too much about it.

11. Gear Up For Gym-Time

Make sure that you feel as good as possible in your workout clothes. Come on, are you still using that ugly, faded t-shirt that has traveled with you since college? Buy yourself an eye-catching new outfit that will motivate you to get into it often.

12. Don't Diet

This is a funny one. Don't diet? Yes, drop this word from your vocabulary, as if it is one of the no-no four-letter words. A diet is something you start and something you stop at some point - and then you simply get all those pounds and more back. Aim to learn about food, start to read labels and experiment with a healthy eating plan you and your family can stick to for life.

If you want to discover even more about how to eat for permanent fat loss and appetite control, you may want to check out this [Metabolic Cooking Cookbooks & Fat Loss System](#):

