

Gain at your Weight Management using Simple Lifestyle

George F Grant*

Specialist in Integrative Medicine/Nutrition/Biofeedback/Pain & Stress, Canadian authority in Integrative & Functional and Nutritional Medicine Academy of Wellness, Canada

Researchers have firmly debunked the myth that all calories are identical, and that to lose weight all you need to do is expend more calories than you consume.

Research shows that what you eat can actually make a big difference in how much you eat. In a nutshell, research shows that calories gleaned from bread, refined sugars, and processed foods promote overeating, whereas calories from whole vegetables, protein, and fiber decrease hunger.

While it's true that most kids exercise too little, it's important to realize that your child cannot exercise his or her way out of a poor and metabolically toxic diet. Over the past 60 years or so, a confluence of dramatically altered foods combined with reduced physical exertion and increased exposure to toxic chemicals have created what amounts to a perfect storm.

The extensive use of refined sugar primarily in the form of high-fructose corn syrup, which is added to virtually all processed foods, is at the heart of it all. Fortunately, the US Food and Drug Administration (FDA) is now recommending a daily cap on added sugars, and food manufacturers may soon have to list the amount of added sugars on the nutritional facts label.¹³

The recommended goal is to limit added sugar to a maximum of 10 percent of daily calories. While reading labels can help, the easiest way to do this is to eat REAL food. Obesity, diabetes, high cholesterol, hypertension, and heart attacks are all diseases associated with a processed food diet.

The following short list of just three super-simple, easy-to-remember guidelines will not only improve your family nutrition, it will also help you avoid chemical exposures that can affect weight:

Eat REAL FOOD. Buy whole, ideally organic, foods and cook from scratch. First of all, this will automatically reduce your added sugar consumption, which is the root cause of insulin resistance and weight gain.

If you buy organic produce, you'll also cut your exposure to pesticides and genetically engineered ingredients, and in ditching processed foods, you'll automatically avoid artificial sweeteners and harmful processed fats. For more detailed dietary advice, please see my free Optimized Nutrition Plan.

Opt for organic grass-finished meats to avoid genetically engineered ingredients, pesticides, hormones, antibiotics, and other growth promoting drugs.

Opt for glass packaging and storage containers to avoid endocrine disrupting chemicals.

Additional Healthy Eating Tips

1. Eat foods that are filling and low in calories. That means, as often as possible, your meals and snacks should include whole grains, such as brown rice, whole-wheat bread, and oatmeal, as well as legumes, such as lentils and other beans. And don't forget to fill at least half your plate with fruits and vegetables.
2. When you eat meat, cut out fat and cut down portion sizes.

Choose lean cuts of meat and modest amounts about 3 or 4 ounces per serving (which is roughly the size of your palm).

3. Avoid fried foods. Frying foods adds fat and calories. For stovetop cooking, it's better either to stir-fry foods in a nonstick pan lightly coated with a cooking-oil spray or to braise them in broth or wine. Baking, broiling, and roasting are also great options they add no extra fat to your meals.
4. Choose low-fat or nonfat dairy foods. Milk, yogurt, and cheese are good sources of protein and calcium, but the whole-milk versions of these dairy products are very high in fat.
5. Avoid fast foods. Hamburgers, chicken nuggets, French fries, and other fast-food staples tend to promote weight gain for two reasons. First, they are high in fat, calories, or both. Second, the "value meals" available at many fast-food chains are often excessively large and tempt you to overeat.
6. Avoid high-calorie, low-nutrient snacks. Chips and other deep-fried snacks are high in fat and therefore calories. But even snacks labeled "low-fat" are often high in calories because they contain large amounts of sugars and other carbohydrates.
7. Watch what you drink. Regular sodas, fruit juices, and, especially, alcoholic beverages are high in calories.

*Corresponding author: George Grant, Canada's Wellness Ambassador, Specialist in Integrative Medicine/Nutrition/Biofeedback/Pain & Stress, Canadian authority in Integrative & Functional and Nutritional Medicine Academy of Wellness, Canada, Tel: 416-562-3140; E-mail: drgrantwellness@gmail.com

Received January 06, 2016; Accepted January 08, 2016; Published January 15, 2016

Citation: Grant GF (2016) Gain at your Weight Management using Simple Lifestyle. J Women's Health Care 5: e115. doi:10.4172/2167-0420.1000e115

Copyright: © 2016 Grant GF. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.