

Tips that Count

Wellness information for your journey to a healthier you!

Three Best Diet Tips Ever

Get your juice in the whole fruit

While juices such as orange juice do furnish a good dose of nutrients such as vitamin C, they are still loaded with far more calories than are in the amount of fresh fruit you'd eat to get the same amount of vitamin C. Look at the calorie counts of some popular beverages: apple, grapefruit and orange juice have 120 calories per 8 ounces; most sodas have 180 calories per 12 ounces. With several glasses, you might be drinking more than 500 calories a day! Instead, enjoy whole-fruit snacks, and when you're thirsty, reach for iced tea or water.

Counteract the snack attack

The worst snacking occurs in front of the TV: you may be grazing without realizing just how much you're taking in. There's nothing wrong with snacking, but stick to fresh fruit, raw vegetables, a few pretzels, or a bowl of popcorn (but only if it's plain and air-popped, not the butter-drenched microwave variety). If you do crave chips or higher-calorie snacks, pause to put a specific amount into a bowl rather than eating straight out of the bag.

Measure everything

Take out the measuring cup. Start by eating what you normally eat for a day, but measure everything. You may be surprised to learn that the hefty morning mound of cereal you thought was a reasonable serving size is really three servings! Keep measuring your food. After a while, you'll find you can realistically eyeball portions and know about how much you're having.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.