

# *Simple Weight Loss Solutions*

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**Quiet the Noise** and ignore the diet and supplement industry. Focus in and determine what your goals are. Pay attention to what your body needs, and let your body be the guide.

2

**Shift Your Mindset** by reminding yourself that the slow and simple approach will instill true change that lasts a lifetime.

3

**Read Nutrition Labels.** Look for products with 9 grams of sugar or less. When it comes to yogurt, many unflavored (plain) options have much less sugar. Top with fresh berries and cinnamon to add flavor.

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**Choose Whole Foods.** Whole foods are full of nutrients, phytochemicals, and fiber that will fight disease, feed your cells, improve digestion, feed healthy gut bacteria, reduce inflammation, and support every organ in the body.

5

**Don't Believe Food Packaging.** Statements like “gluten free”, “all natural”, and “a low calorie food” can be deceiving. These foods can still be full of sugar, carbohydrates, and toxic ingredients. Always read food labels!

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**Choose Whole Grains.** Whole grains like barley and quinoa that are unprocessed and contain fiber and nutrients. Avoid white rice and white flours. White pasta, and white flours that have been stripped of fiber and nutrients.

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**Be Aware of Serving Sizes.** Remember, whole grains still have carbohydrates despite being healthy. Stick to the serving size on the package. Grains should take up the smallest portion on your plate, while protein and vegetables should take up the majority of the space.

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**Avoid Processed Foods.** Whole foods will always be the best option to support your weight goals. Whole foods will keep you feeling full, provide vitamins, antioxidants, and phytonutrients to support every aspect of your health.

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**Always Check Ingredient Labels.** If you do not recognize the ingredients to be real foods, do not buy it. You should be able to find the ingredients in your pantry.

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## 10

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