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## WEIGHTLOSS TIPS

Weight loss is not one size fits all approach. What works well for some may not work well for others. Here are some helpful tips that will hopefully get you started on the right path to not only losing weight but becoming a healthy person and just overall feeling better.

1. Avoid fad diets. They may work in the short term but are rarely sustainable. The key is to just eat real foods. If there was one diet that I would recommend it would be the Whole 30. We need to get back to eating real foods the way God made them. Avoid fake, processed foods. If you can't hunt it, fish it, pick it, farm it or gather it, then don't eat it. Does that mean you can never enjoy a sweet treat and a tasty snack, no, but in moderation and not on a daily basis.
2. Avoid all sugary drinks, this includes artificially sweetened drinks as well. While diet drinks will not increase your blood glucose levels, they will not do you any good when trying to lose weight. Stick with water, unsweetened coffee and tea. An occasional sweet beverage is ok but avoid drinking them daily. Part of the afternoon slump we feel is ingesting too much sugar early in the day. Which brings me to tip 3
3. Start the day with a high protein breakfast. Avoid the high processed high carb nutrient deficient breakfast foods the food industry is trying to push on us. Suggestions are eggs (add veggies for an added bonus), Plain Greek yogurt with berries and a keto granola. Overnight oats with chia seeds or extra boost of omega 3. Vegetable hash.
4. Eat more vegetables, fiber is so important for our gut health and I have found many people do not eat any vegetables in a day. Half of your diet should consist of vegetables and in fact they should be eaten first during your meal. Eating your fiber first will help fill your stomach so you feel full faster and longer. Fiber also takes longer to digest than carbs. When you eat your carbs first they are generally overly processed and digested quickly leading to you needing to eat more to feel full and also to a large glucose spike which when it starts to crash leaves you feeling tired and hungry and wanting to grab a

sweet snack shortly after you just ate. Eating your fiber first will prevent a large glucose spike. Follow The Glucose Goddess on facebook or Instagram for more on glucose spikes. But I don't like vegetables! Try to find new easy ways to prepare them. I have found for kids simple is best, steamed veggies with salt and pepper is what we eat most at our house. I also like to pan roast a variety of veggies with seasoning and sometimes cheese on top and the kids can pick out the vegetables they like. Also letting your kids pick the vegetable you have for dinner will increase the chances they will eat it.

5. Avoid having dinner as the largest meal of your day. The bulk of your calories should be eaten early in the day and dinner should be the smallest meal of the day. When you eat a large dinner and then go sit on the couch watch tv and go to bed you have no need for those calories as energy so they just get stored away as fat. You need good nutrient dense calories early to power you through the day.
6. Intermittent fasting, this may work well for some but not others. I have found that those it does not work well for are breaking their fast the 2<sup>nd</sup> part of the day. Again getting all your calories in late in the day just to go to bed a few hours later. I recommend if you are doing the intermittent fasting to break your fast in the morning and stop eating late afternoon. For example if you are doing a 16:8 fast you would eat from 7am – 2 pm and fast from 3pm – 7am.
7. I put exercise last because while it is very important for your health, your diet is more important for your weight loss. If you enjoy going to the gym then by all means do it. But do realize that if you are just starting to work out you may not notice the pounds dropping. Muscle does way more than fat so as you are building muscle you may not notice the scale decreasing. Taking measurements is the best way to track your progress. All the exercise you need to aide in your weight loss journey is a 15-20 minute walk each day. Outside is best so you can get your vitamin D and fresh air at the same time. The best time to walk is right after your largest meal of the day. If you have a desk job and not able to take a 15-20 minute walk outside then set you watch to alert you every 30 minutes and get up, even if it is just working at your desk standing or walking in place, take a lab around the office but do not sit for hours without getting up and moving around.

This is not an exhaustive list of tips for weight loss but just some basic with simple changes you can make to start on your weight loss journey. I recommend picking one tip and starting with that for 1-2 weeks before starting on the next one. This is about making a lifestyle modification and the long term goal, but you need to take small steps to get there. You want these tips to become habit, so you do not end up falling back into your old eating habits. You should also start food journaling. I have found most patients think they are eating healthy or hardly eating until they write it out and look at it on paper.