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How To Snack Without Getting Fat

By Kim Beardsmore

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Did you know that when you are on a diet, if you eat something and no one sees you – it doesn't contain any calories!

Are you a secret snacker? Do you eat when you are bored, upset, angry? Does every day mean a chocolate bar for you? Snacking...the secret sins of most people wanting to lose weight.

As a wellness mentor I find that people are often feeling so guilty about snacking they are embarrassed to talk about it openly. Women in particular laugh nervously when I ask them what happens to their food consumption around 4pm. This often is the time of the day when the "Snack Monster" rises up and takes control of them! Often these women berate themselves with ideas about being weak and out of control. They either eventually give up on their diet altogether or develop counter thoughts so they don't feel so bad. "It didn't really matter – it is fat free". Or, "if no one notices, the calories don't count".

Your diet does not have to be like this.

You can lose weight without being hungry. You can learn to take control of the "Snack Monster" and your program can be one to set you up for success, not failure.

An important key is to learn how to recognize what your body requires, the signals it gives you, and learn how to respond to those signals appropriately - diet and guilt are two words that do not belong together.

Hunger is the body's way of telling us we need to replenish depleted nutrients. Unfortunately our body can't say "I need more vitamin D". That would make things so easy! Many of us interpret hunger pains as our body saying "I need more fat", "I need more sugar".

How To Snack Without Getting Fat

The keys to healthy snacking are: Know what foods to avoid, and Planning - get yourself organized.

What is a healthy snack? One that contains little or no sugar, little or no salt (sodium), no white flour and no saturated fat. Check the food labels to see what is inside. Many foods are now labeled 'fat free' but are laden with sugars and will still cause an influx of calories. Do not assume that 'fat free' means healthy! Western societies are eating more and more fat free foods, and yet obesity levels are rising faster than ever.

Healthy snacks do not live in a vending machine.

Here are some healthy snack ideas.

Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini may be served with a lowfat dip.

Fresh fruit in season.

Lowfat quick breads and muffins, such as pumpkin, zucchini, banana or bran.

Non-sugared cereals, snack mixes made with popcorn and whole grain cereal.

Lowfat yogurt with fresh, frozen or canned fruit.

Shakes with lowfat milk or yogurt and fruit.

A few squirts of butter-flavored spray and a sprinkle of garlic or onion powder on popcorn

Organize yourself to stay on track.

Plan to have a small snack mid morning and mid afternoon. It is much better to curb your hunger than to starve yourself.

Plan your snacks as part of your overall daily food plan.

Organize your week - especially if you work outside the home. Write a list of snacks for the entire week and make sure you shop ahead. Buy enough to last the whole week.

Buy a variety of healthy snacks so you don't get bored.

A report has shown that people who have a healthy intake of food in four of five episodes throughout the day are less prone to obesity than those who eat three or less times during the day.

Snacking CAN be good for you!

Kim is successful a wellness mentor. She has been assisting people achieve excellent health through

cellular nutrition. For those wanting to lose weight she uses a proven amazing, approach that enables people to have a boost in energy and block to cravings while they are losing the weight. She has a Bachelor of Science majoring in Biochemistry and Histology. Visit

What Kind of Fat Can You Eat?

By Renee Kennedy

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Research has shown that you not only need to watch the "amount" of fat that you eat in your diet, but also the "types" of fat you eat. This article will help you minimize the negative effects that fat has on your health.

1. Basic Terms:

- "Bad" cholesterol clogs your arteries and causes heart disease.
- "Good" cholesterol helps collect up the bad cholesterol and get it out of your system.
- Saturated fat is "bad fat" that increases the bad cholesterol in your body.
- Polyunsaturated fat is "good fat" that lowers both good and bad cholesterol.
- Monounsaturated fat is "really good fat" that helps lower the bad cholesterol, but leaves the good cholesterol alone.
- Fatty acids are the building blocks of fat.
- Trans fatty acids are made in the production of partially hydrogenated vegetable oils used to make margarine and many snack foods and processed foods.
- Whole foods are unprocessed food that occur in nature... nuts, meat, milk, poultry, eggs, fish, seeds, grains, rice, fruits, vegetables.

2. Why Fat is Bad:

Fat is calorie–dense, it contains more than twice the number

of calories as carbohydrates. A high fat diet has been linked to several chronic diseases such as cancer and increased risk of coronary heart disease. Saturated fats can increase bad cholesterol.

3. Why Fat is Good:

It gives taste and texture to foods. Unsaturated fats can decrease the bad cholesterol in your body.

4. How Fat in Your Diet Affects You:

Fat in your food can affect you differently depending on your particular health issues.

If you are at risk for heart disease, saturated fat is something you want to avoid. According to the American Heart Association, a heart healthy diet can contain up to 30% of calories from fat, as long as most of the fat is unsaturated. More on the heart-healthy diet: <http://www.nutricounter.com/articles/garrett3.htm>

If you are diabetic, you want to lower the trans fatty acids and raise the polyunsaturated fatty acids. Consider reducing the amount of processed foods and increasing the amount of whole foods you consume. More on the diabetic diet: <http://www.nutricounter.com/articles/garrett4.htm>

If you are on a diet to lose weight, it's a good idea to lower total fat in your diet. Losing weight comes down to the calories in versus calories out and fat has more than twice the amount of calories as other foods.

5. Types of Fat You Should Choose:

- Polyunsaturated fats are found in flax, corn, safflower, soybean, sesame, and sunflower oils. (These nonhydrogenated fats are liquid at room temperature.)
- Polyunsaturated fats found in fish.
- Monounsaturated fats found in olive oil and canola oil.

Read this article for more information on fat in animal meats: <http://www.nutricounter.com/articles/howard1.htm>

6. Types of Fat You Should Try to Avoid:

– Any type of hydrogenated fat. This is man-made fat and you will find it in snack foods, margarine, bakery products and other processed foods.

– Man made fat substitutes like Olestra (you might find fat substitutes in fat free snack foods). Even if scientific research could solidly prove that fat substitutes weren't hazardous to your health, these products just perpetrate bad eating habits.

– Animal fats including whole milk, butter, poultry skin, and fatty cuts of meat.

Fat doesn't have to be a bad thing if you choose your fat wisely! If you can choose whole foods over process foods, you will be eating a much healthier diet. Also, for any type of special diet, use your NutriCounter (<http://www.nutricounter.com>) to help you keep track of your total fat and saturated fat intake.

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!<http://www.nutricounter.com>

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