



Weight loss Tips

10 Evidence-based Tips for Healthy Weight loss

It is that time of the year again. Everyone seeks the perfect summer body and feel more motivated than ever to lose weight. But please be careful, the weight loss industry is full of myths.

Here are 10 evidence-based tips on how to lose weight:

1. Drink Water! Especially before meals

Studies show that drinking water can help you lose weight in 2 ways. First, it can increase your metabolism by 24-30% in a period of 1 – 1 ½ hours and this helps you to burn more calories. Second, it also helps you to eat less calories. Both ways contributing to weight loss!

2. Cut back on Sugar

Be vigilant and always check labels to see the sugar content of products. Aim for total sugar to be less than 5g per 100g of the product. Several studies shows that increased sugar consumption increase the risk of obesity, type 2 diabetes and heart disease. Be careful and always check labels because even so-called health foods can be very high in sugar!

3. Eggs for breakfast

Did you know that eating whole eggs can help you lose weight?

Two studies show that eating eggs instead of a grain-based breakfast helps you to eat less calories for the next 36 hours. If you are not a fan of eggs, don't stress, any source of quality protein will do.

4. Drink more Green tea

One of Green tea's many benefits is weight loss. Green tea contains small amounts of caffeine as well as a bunch of very powerful antioxidants called catechins. This antioxidant works together with the caffeine to enhance fat burning, helping you lose weight!

5. Consume less refined carbs

Yes, everyone loves pasta and white bread, but did you know that refined carbs can make your blood sugar levels spike rapidly? This might leave you feeling hungry with cravings that lead to increased calorie intake a few hours later. Just remember that not all carbs are bad, therefor if you eat them try to focus on the whole-wheat options.

6. Choose smaller plates

This might sound funny, but there is a study that show when you use a smaller plate it automatically helps you to eat fewer calories. Although this is more effective on overweight people, why not try it in anyway? You certainly can't lose anything, except weight!

7. Keep healthy food close-by incase you get hungry

Are you familiar with the term hangry? When you become so hungry that you get bad-tempered and irritable. During times like these you can easily give in to unhealthy comfort food. Always be prepared and keep healthy food or snacks nearby that are easily portable for when you become excessively hungry. This includes snacks like fruits, baby carrots, yoghurt or nuts.

8. Increase your fruit and vegetable intake

Everyone knows that fruit and vegetables are very nutritious and healthy, but did you know that studies show that people that eat a lot of fruit and vegetables, tend to weigh less? Yes, fruit and vegetables are very effective for weight loss, due to the fact that they contain a lot of fibre and very little calories. Fibre can help you to control your weight better over the long term by helping you to feel fuller after a meal.

9. Take a Probiotic Supplement

Probiotic supplements have various benefits. One of them is to reduce fat mass. If you would like to take a probiotic supplement, then buy one that contains bacteria of the Lactobacillus subfamily. Be careful not to buy any type, because L. acidophilus has been linked with weight gain.

10. Don't diet, eat healthy instead!

One of the biggest problems with diets is that it is not feasible to follow for long term. Usually what happens is that people lose a lot of weight in a short period of time, but as soon as they stop with the diet, they gain even more weight than what they have lost. Dieting is unfortunately a consistent predictor of future weight gain. Rather than going on a diet, why not make a few lifestyle changes and aim to become the healthiest, fittest and happiest version of yourself!

Do not deprive your body, rather nourish it and then weight loss will follow naturally!

