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MAKEOVERS LIFE FOOD DIET TIPS

- **Portion sizes:** Imagine that you have just arrived in Dietville, U.S.A. This city looks like Times Square in New York City with all the colorful, fun, flashing billboards. All these billboards say the same thing: portion control + eating slowly = successful diet. It cannot be stressed enough how important it is to eat slowly and to eat small portions. The stomach is a magic machine. Once it gets used to a smaller portion, it gets full enough. During snacks, do not stuff your mouth full of food. Learn to take small bites and chew slowly. For example, when you are eating trail mix, do not stuff fistfuls into your mouth. Slow down so that you can stay within the limit of the portion.
- **Eating slowly:** The stomach can take in lots of food very quickly. It takes a while to register in the brain that you are full. This is why it is important to eat slowly. Also, when food is mixed with saliva and chewed thoroughly, it takes up more room in the stomach. Don't wait until you are starving to eat. By that time, it's too late to watch how and what to eat. Impulse takes over and control is lost. In the Makeovers-Life Food Diet Plan section, the sandwiches for lunch are not put together in order to get you to eat slower. When you take a bite of a sandwich, it is eaten too fast. However, when you eat small bites of half a sandwich, you slow your food intake way down. So go ahead, enjoy good food, but eat slowly. Savor every bite and you will master the golden rule of successful dieting.
- **Hot liquids versus cold liquids:** People that drink cold liquids with their meals have a much harder time digesting their food. As soon as that cold icy liquid hits the food in your stomach, it hardens it and digestion slows down...way down. The way to give the digestive process a little magic boost is to drink something warm with your meal like decaf tea. The food is digested easier. Save the cold drinks for a snack.

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- **Diet foods:** Low fat, fat free, sugar free, diet, lower carbohydrates are all buzzwords put on foods next to pictures of fresh fruit, vegetables, or dairy products to make us believe that we are doing good by cutting bad carbohydrates, calories, or fat. These foods are made with fillers like whey protein, sugar substitutes and processed oils that are not good for our health whether we are on a diet or not. So buyer beware. The only way to eat is to stick to the basics.
 - * Butter versus margarine
 - * 2% milk, whole fat yogurt, half/half, heavy cream, sour cream, a variety of cheeses versus low fat/fat free counterparts.
 - * Sugar versus sugar substitutes.
 - * Mayonnaise versus lowfat/fat free mayonnaise.
 - * Real fruit juice-no sugar added versus fruit juice sweetened with corn syrup and/or juice made from concentrate.
 - * Your home baked goods with your ingredients like unbleached flour, sugar, eggs, butter, baking powder, vanilla, etc. versus bleached flour, corn starch, processed oils, leavening agents, a rainbow of preservatives, added vitamins and minerals.
 - * Corn oil, sunflower oil, and olive oil versus hydrogenated soybean oil.
 - * Good cuts of meat like chicken, pork, beef and seafood versus lower grade cuts of meat. Processed foods like cold cuts, frozen dinners, and canned food.

FOOD

FOOD

FOOD

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- * Whole wheat pasta, egg noodles, white pasta, and rice versus already cooked pasta like in frozen dinners or boxed foods.
- * Sauces made at home from meat and vegetable stock, butter, unbleached flour, and spices versus processed sauces like gravies out of a can, jar or in powder form made with thickening agents, corn syrup, processed oils, animal fats from lower grade cuts of meat and preservatives.
- * Cream sauces made at home with butter, cream and real cheeses versus cream sauces in powder form or in jars that have soy fillers, processed oils, whey protein, and a variety of preservatives.
- * Snack foods like dried fruit, raisins, cherries, cranberries, popped at home in the air popper popcorn, chips fried in expeller pressed sunflower oil, chocolate chips, mixed nuts, nut butters versus candy bars with corn syrup, processed sugars, processed oils. Snack bars and processed baked goods like cakes, pies and snack cakes.
- * Real nut butter versus nut butter with soybean oil as a filler.
- * Pizza made at home from pizza dough, real cheese and better quality sausage, pepperoni, fresh mushrooms, and fresh veggies versus frozen pizza made with bleached flour and soybean oil.
- * Tomato sauce made with olive oil, crushed or pureed tomatoes, and spices versus tomato sauce made with fillers like corn syrup and soybean oil.

FOOD

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- Most of the processed foods today have to be made in large quantities. Therefore, the quality of ingredients is compromised to sustain the shelf life of the product. The food we cook at home with fresh ingredients is delicious without being processed and shipped to your local grocery store. Home cooked food would never make it on a truck in a box across town or even worse, cross country. It's not supposed to. It's meant to be eaten as soon as it's prepared. That's why it tastes so good and it is so good for you.
- The Makeovers Life Diet Program promotes only wholesome foods. Foods on the grocery store shelves that are meant for cutting fat and calories are not part of this program. Use only real ingredients. It is a wonderful way to do your body good by getting your vitamins and minerals directly from your food. It is the best way to eat.
- **The scale:** Buy a scale. Put it in your bathroom. While you are bringing your eating habits back into balance, weigh yourself naked every morning about an hour after you wake up. The scale is an important tool in losing weight so that you can keep track of your progress.
- **3 meals and 5 snacks a day:** In order to lose weight, we must cut our food intake at every meal, make better food choices, and eat more often so that our bodies don't feel deprived. Eating smaller meals means that we will get hungry again much faster. Eat three small meals every day-breakfast, lunch, and dinner. Five snacks spread throughout the day and evening is the key to success in balancing your eating habits. The food choices in the diet plan menu are varied, natural and delicious. Use this plan whenever your scale tips in the wrong direction.

**MAKEOVERS LIFE FOOD
DIET TIPS**

- **Get going in the morning:** The most important meal of the day is breakfast. Your body's digestive system starts as soon as you eat. It is in fasting mode until you give it food. It is best to start your stomach in the morning with a glass of warm decaf tea-no sugar. If you give your body sweets first thing in the morning, it is going to crave sugar all day long. The warm tea is a gentle and soothing way to cleanse your stomach and prepare it for the work that it has to do for you from morning to night. Eating breakfast to stop the fasting process gets your metabolism going earlier and burning more energy throughout the day. When the body stays in fasting mode, it hoards energy instead of releasing it in order for you to lose weight. Eating breakfast is a great diet tip.
- **Cut up fruit and vegetables when you're snacking.** It is more enticing to eat fruit and vegetables when they are cut into bite size pieces. There is no rhyme or reason why this is true; it just is. Cutting up an orange to take with you on the go makes it much more likely that you will actually eat it. Having to peel it and get juice all over the place is messy. However, reaching into a plastic bag and eating the nice cut pieces is a delicious neat trick. Cut up all of your fruit and vegetables into bite size pieces.
- **Animal fat versus vegetable/processed margarines:** There is a simple old fashioned test that shows which kind of fat your body absorbs and digests easier. When you smear a pan with grease like butter or bacon, you can wash it off with really warm water. It leaves no residue on the pan at all. When you try to do that same test with margarine, shortening or vegetable (soybean) oil, the grease does not wash off the pan with warm water. It lingers leaving everything greasy and sticky. The body absorbs animal fat because it is natural. Processed grease is not. That does not mean anyone should eat a ton of animal fat. The right amount keeps your brain healthy and the body running in balance. Not getting enough animal fat throws your body out of balance.

FOOD

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FOOD

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- **Check your progress often:** It's easy to gain weight especially when you like to eat as most of us do. When you see the scale going up 2 or 4 pounds, start your diet plan and watch the weight drop to your desired level. It is much easier to lose 2 or 4 pounds in a few weeks than it is to try to lose 10 or 20 pounds that you've ignored for a few months. Keep up with your weight in order to keep your body in good shape and your spirit joyful.
- **Once you learn how to bring your eating habits back into balance, you can always return to it as you need it.** The best part about learning to eat healthy on a diet is that you never have to starve or turn to processed food to lose some weight. It is like riding a bike. All of us crave junk food. After all, it tastes sinfully delicious. Most of us grew up with it before we knew any better so it's also comfort food. Who doesn't like the taste of a greasy cheeseburger, French fries, and an icy cola to wash it down? **Home made food is an acquired taste.** However, once you get used to it, there is nothing like it. We all get lazy and want to take the easy out and go out to eat. When going out and eating gross food gets old and it does, the Makeovers Life Food program is here for us...waiting unconditionally like an old friend to help us get back to good.