

Disclaimer: I am not a doctor, nutritionist or a dietician.

Credentials: I have maintained normal weight for 35 years.

Tips are generic. Please consult a dietician for in-depth personal diet plan if needed.

Call me at 732-672-1954 for personal help – 10pm to midnight and all day weekend.

Mindset

You will re-program body and mind to eat healthy.

Eat for the body, not for the taste buds.

Overall health and fitness should be the objective, not just weight loss.

Key

Always remember this equation:

Calorie stored (s) = Calorie intake (i) – Calorie used (u)

Weight will reduce only if (i) < (u) consistently.

To lose one pound, you must burn 3,500 more Calories than you take in as food.

Diet and exercise complement each other. You must do both.

Diet

1. Unless you have a medical condition such as diabetes, do not deprive yourself of any food.
2. Eliminate all fancy diet programs, weight loss pills, drugs, and gadgets.
3. Quit smoking.
4. Ban soda, processed juices, and alcohol except at parties.
5. The best drink is plain water – about 64oz (8 cups) per day.
6. Become a vegetarian.
7. Reduce sweets, sugar and salt.
8. Reduce fats – butter, cheese, ghee, oil, heavy cream, sour cream, ice cream.
9. Reduce carbohydrates and starches – rice, sabudana khichadi.
10. Switch from white to wheat, whole-grain or multi-grain bread and pasta for more fiber.
11. Incorporate proteins in each meal – non-fat yogurt, hummus, low fat cottage cheese, pulses, peanuts, and almonds. This will help you curb hunger.
12. Switch to 2% or skim milk from regular.
13. Increase vegetable and fruit servings.
14. Reduce tea and coffee.
15. Get used to a big salad (with minimal dressing) as entree.
16. Look at food for what it really is (eg: see shrikhand and ghee as fat)- this controls intake.
17. Stay away from vitamins, calcium, and protein supplements.
18. Reduce eat-outs/take-outs/fast foods – cook at home for better control on ingredients.
19. Reduce portions.
20. Share – eg: one ice-cream cup for husband and wife.
21. Read labels. Avoid anything that contains the word “hydrogenated”, corn syrup and fructose.
22. Weigh yourself everyday – this alerts you before it is too late.

With all these rules, can we really enjoy food? Yes, even more so, knowing that we eat healthy.

Exercise

1. Priority for exercise must be equal to air, water, food and sleep.
2. At least 1 hour/day, 5 days/week.
3. Focus on aerobics: running, swimming, biking, spinning, elliptical, dancing, hiking, and walking.
4. Exercise efficiently eg: 1 hour running burns 550 Cal, 1 hour walking burns only 275 Cal.
5. Do lots of physical work – house cleanup, gardening, landscaping.
6. Stand up instead of sitting down and keep moving. Be active.
7. Park far away, take the stairs.
8. Weight training will increase your weight initially – highly recommended for long-term fitness. This will speed up your metabolism, as muscle uses more Calories.

-- Good Luck --

Estimated Calories burned per hour of activity for a person weighing 150 pounds. Sorted left to right ascending Calorie. Source: www.healthstatus.com.

Sleeping 63	Sitting / resting 72	Reading 72
Writing 72	Standing 80	Driving 144
Shopping 161	Cooking 180	Hatha yoga 189
Housework 198	Frisbee playing 206	Lifting weights. –general 234
Stretching 270	Walk / run play with kids 270	Table Tennis 270
Raking lawn 270	Water Aerobics 270	Tennis – doubles 288
Walking 3 mph 297	Badminton 306	Situps/crunches–moderate 306
Painting House 342	Kayaking 342	Cricket 342
Walking 4 mph 351	Pilates intermediate 351	Ashtanga yoga 351
Power yoga 351	Gardening 369	Hiking 405
Dancing aerobic, modern 405	Tennis – singles 413	Lifting weights.– vigorous 413
Aerobics - low impact 413	Swimming – moderate 413	Shovel Snow 413
Chop Wood 413	Rearranging Furniture 450	Jogging 477
Stair Step Machine 477	Racquetball casual 477	Rowing machine moderate 477
Stationary bike/spinning-moderate 477	Soccer casual 477	Step aerobics -low impt.477
Aerobics - high impact 477	Vinyasa yoga 594	Walking - up stairs 549
Running 5 mph 576	Step aerobics - high impact 720	Biking 12-14 mph 594
Rope jumping 684	Elliptical trainer 773	
Rock climbing 747		
Stationary bike/spinning-vigorous 773		

Calorie

calorie (small c) is the amount of energy required to raise the temperature of 1 gram of water by 1 °C (metric system). 1 kilo calorie (kcal) = 1000 calories. kcal is a scientific unit, and Calorie (capital C) is its popular version used in the food and weight loss world. When we burn 1 Calorie, it is the same as burning 1000 calories.

How does Calorie relate to food? Without going too much into the Physics, food is a form of energy measured in Calorie. Food is actually burned in a calorimeter, and the heat generated is measured, hence the term “burning Calorie”.

To reduce 1 gram of fat, you need to burn 9 Calories.

To reduce 1 gram of protein or 1 gram of carbohydrate, you need to burn 4 Calories.

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