

DIETING TIPS

101 EASY TO FOLLOW AND PROVEN DIET
TIPS THAT WILL HELP YOU LOSE
WEIGHT IN 7 DAYS (AND THERE AFTER),
WITHOUT STARVING YOURSELF



Robert E. Baines, Jr.

Dieting Tips: 101 Easy to Follow and Proven Diet Tips That Will Help You Lose Weight in 7 Days (and Thereafter), Without Starving Yourself

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Introduction

Are you tired of having to search all over the internet for quality information about how to eat in a healthy way? Would you like to have a concise and helpful collection of easy to follow and proven dieting tips at your fingertips? Well, you are in luck.

The purpose of this report is to share my researchⁱ findings regarding dieting tips. As a student of health and fitness, I find that diet (or what we eat) is essential to living a healthy life.

As you study this report, please keep the following five items in mind:

1. Make sure you consult your physician, before you make any drastic changes to your diet or exercise routine.
2. Because there is a significant amount of conflicting information on the internet, you would do well to explore the rationale behind the tips that you want to implement.
3. I would urge you to experiment with a tip. If it works for you, great. If it doesn't work for you, don't fret. Try something else.
4. I would urge you to try one or two, no more than three tips at a time to avoid being overwhelmed and to let you see what is working and not working for you. Remember that what works for others, may or may not work for you. You have to experiment.
5. *Since this report is free and so many people would benefit from reading this information, please share the report (i.e., email, social media, etc.) with your network.*

For the sake of organization, I have organized my *over 101 tips* into six categories. I would recommend that you skim over the entire list and then try to focus on the top two or three that you want to focus on first.

Without further ado, here is my list

101 Dieting Tips

Preparatory Issues

- Fill your mind with positive messages. Meditation, affirmations, and placing motivational signs around your house, car, office, and eating areas may be helpful.
- Self-hypnosis may be helpful. Some swear by this method.
- Before you stray from your healthy eating habits, ask yourself, “Is it worth it”? Normally, the answer to this question is “No.”
- Develop a strong “why statement” for eating a healthy diet. Your statement may include how you want to be able to play with your grandchildren, enjoy a trip around the world without carrying around a whole bag of medicine, or continue serving a cause that is dear to your heart (e.g., youth programming, poverty reduction, community uplift, etc.).
- Educate yourself. Read great books, so you can know not only what to do, but how to do, and perhaps most importantly – why to do. [I recommend *Fat Burning Kitchen*, as a great starting point for educating yourself about how to eat in a healthy way.](#)
- Visualize yourself being at your ideal weight. It may be helpful to clip out a picture of someone who is the size and weight that you want to be. A picture can speak 1,000 words.
- Adopt the philosophy of “eating to live, not living to eat.” Don't just eat something because you feel like eating it. Ask yourself whether your body really needs it.
- Do what works for you. Everyone is different. Experimentation is important.
- Don't compare yourself to anyone else. You are not racing against those who weigh less than you do. You are on your own journey.

- Watch what you eat. Food journaling can be very helpful. Make a daily entry about what you eat, emotional state, exercises, and the like. Calorie counts can be added.
- Chart your weight weekly. Some people like to weigh themselves every day. However, you need to at least weigh yourself weekly at the same time, so you can have an apples to apples comparison about how you are doing.
- Get a decent scale. A digital scale is probably better than the old time dial type scales.
- Take before, during, and after pictures. Again a picture can be worth 1,000 words.
- Take your measurements before, during, and after. Key areas to measure would include your chest, waist, and thighs.
- Mix up your diet and exercise routines. This will take some of the boredom out of what you are doing.
- Reward yourself. Some people like to purchase themselves an outfit that is a little smaller than they used to be able to wear. Others like going to a movie or some entertainment event. Binging on chocolate and ice cream is a self-sabotaging behavior. Don't do that.
- Set realistic weight loss goals. Many people like to aim for two to three pounds per week.
- Don't get discouraged and quit. If you push your body too hard, you may be so discouraged by your sore muscles and lack of weight loss that you don't even try anymore.

Healthy Foods

- Boost your metabolism. Getting adequate iodine for your thyroid is important.
- Consume plenty of fiber to aid digestion and elimination. Fruits, vegetables, and water are helpful in this area.

- Try smoothies with Greek yogurt and fruit. Some people like kefir (i.e., a milk product). Some like frozen fruits.
- Consider supplements, minerals, and multivitamins. This could be an entire report by itself. I would urge you to study and experiment with the advisement of your doctor.
- Instead of skipping a meal, drink a protein or “greens” shake. There are protein powders. The greens can be collard greens, kale, spinach, or other vegetables.
- Choose a variety of foods from all food groups every day. This can help prevent deficiency diseases. The variety will also help you avoid being bored with your diet.

Fruits and Vegetables

- Eat all of the vegetables that you want. They are filled with nutrition and low in calories.
- Try to eat your vegetables fresh and raw. Cooked or canned vegetables lose some of their nutritional value and may have additives (calories) added for taste.
- Try to stick with pesticide free or organic vegetables. Avoid as many chemicals as possible.
- If you have to do something to the vegetables for taste or to break up the monotony, try boiling or steaming them. This is especially recommended for vegetables like cabbages, cauliflower, and artichokes.
- If the vegetarian diet is too much for you. Try doing it at least three times a week and adding another day or two when you can, so that your non-vegetarian eating will be simply a weekend situation. [Click here for a great resource that shows you how to relax your eating every five days and still maintain a healthy weight.](#)
- Try carrying parsley with you. Some people report that not only is it a good source of vitamins, and it also helps to make your breath fresher.

- See your consumption of fresh vegetables and fruits as a part of your fiber intake plan. Fiber is very important to keeping your digestive track functioning properly and managing your weight.
- Eat fresh fruits instead of processed fruits. Processed and canned fruits have less fiber and more sugar/calories than fresh fruits.
- Choose fresh fruit over fruit juices. If you have to have fruit juice, try making your own, without adding sugar or other calories.
- Include fruits that have a high water content like tomatoes (listed as a fruit because of its seeds) and melons. These foods contain 90% or more of water, so they can help to fill you up, without adding weight.
- Eat fruit and vegetables with every meal. Make salads, fruit cups, and vegetable soups your friends.
- Eat food in season and locally. This will help your local economy, while enjoying food at better prices and taste.
- Eat what some call negative calorie foods. They are so named, not because they have a negative calorie count, but because it takes more calories to digest them than the calories found in the foods. Celery, apples, blueberries, broccoli, and more foods would be on this list.

Water

- Drink at least a half an ounce of water per pound of your body weight every day. So if you weigh 200 pounds, you would drink 100 ounces or a little less than three liters of water every day. Water helps to flush out toxins and helps you to feel as if you are full, which helps you avoid over eating.
- Start your day with a glass of water. It helps to get your digestive juices flowing.
- Drink a glass of water before you start your meal. This will help to fill some of your stomach space and help you to avoid over eating.

- Have another glass of water, while you are having the meal. Try sipping it throughout the meal, instead of drinking it all at one time. If this tip works for you great. Please note that some people find that drinking water during their meal dilutes their stomach acids for digestion.

- Drink ice water. Your body burns calories maintaining your body temperature. Every calorie burnt is another calorie that is not holding on to your waist (smile).

Tea and Coffee

- Try to stick to black tea and/or coffee. When you add the cream and sugar, you are adding calories.

- Try to drink a cup of black coffee before your workout. Some have reported that it helped them with fat burning.

- Try to drink tea as a regular beverage throughout the day. Too much caffeine can make you jittery. And decaffeinated coffee normally still has some caffeine in it. In fact, tea can have some caffeine in it, but it generally has less than decaffeinated coffee.

- Try green tea. Some studies show that it helps with fat burning.

Substitutes

- Change from table butter to cholesterol free butter. The taste is about the same. But the latter is healthier for you.

- Try changing frying into baking without fat. Baking is much healthier, especially since it uses less fat.

- Try using whey protein instead of soy protein drinks. Waist circumference studies showed that whey protein did better than soy protein, according to livestrong.com. However, the jury is still deliberating.

- Try using sea salt or crystal salt, instead of sodium chloride chemical salt. Sea salt is less processed than table salt, according to mayoclinic.com.

- Try using low fat substitutes or no fat substitutes. Since trans-fats are bad, your heart will thank you.
- Choose white meat rather than red. White meat includes fish and fowl. Red meat includes beef and pork. Some would argue about pork being labeled as red meat.
- Choose high fiber multigrain breads over white breads. [Read *Fat Burning Kitchen* to learn more about the danger of white bread and even whole wheat bread.](#) Your body will benefit from both the fiber and protein.

Shopping Habits

- Buy only healthy foods when eating out. Focus on salads with dressings on the side, so you can control how much you put on the salad. Focus on broth based soups with vegetables in them. Baked fish, turkey, and chicken breast are good options.
- Buy whole grain items. They can help with your fiber needs and helping you to feel full.
- Buy healthy convenience foods. This list should include things like nuts, yogurt, fruits, and carrots.
- Buy only healthy foods when food shopping. [Click here to learn more about how proper eating, exercising, and having a healthy mindset can make a huge impact in just three weeks.](#) Make sure your list includes plenty of fruits and vegetables. Make sure your list excludes the sugary drinks and high carb foods.

Calories, Protein, Carbohydrates, and Fat

- Aim for 50 to 55% of your diet being carbohydrates. Carbohydrates are a ready source of energy. Each gram of carbohydrate has 4 calories. Read the label to see how many carbs are in the food to help determine the percentage of the calories that are carbs. For example, if the food has a total calorie count of 175 and 10 grams of carbs then the percent of carb is 23% ($10 \text{ grams} \times 4 \text{ cal} = 40 \text{ cal} / 175 = 22.87$ or 23%).
- Aim for 25 to 30% of your diet being proteins. Proteins help with building up muscles, recovery from activities, and recovery from diseases. Eggs and omega 3s

are sources of protein. Each gram of protein has 4 calories. Read the label to see how many grams of protein are in the food to help determine the percentage of the calories that are protein. For example, if the food has a total calorie count of 175 and 9 grams of protein then the percent of protein is 21% ($9 \text{ grams} \times 4 \text{ cal} = 36 \text{ cal} / 175 = 20.57$ or 21%).

- Aim for 15 to 20 % of your diet being fat. Each fat gram contains 9 calories, so by reading the total calories on a food and knowing the quantity of fat, you can estimate the percent of fat. For example, if the food has a total calorie count of 175 and 6 grams of fat then the percent of fat is 21% ($6 \text{ grams} \times 9 \text{ cal} = 54 \text{ cal} / 175 = 30.86$ or 31%). Avoid foods that exceed 30% fat.

Eating

- Work on eating at a slower pace. There may be as much as a 20 minute lag time between what you put in your mouth and your brain acknowledging that the body is no longer hungry. Work on chewing each portion that you put in your mouth thoroughly. This will help you with digestion (saliva gets more time to work) and with eating less food.

- Try putting some extra spices in your food. Experiment and find the taste that you like. The reasoning behind this tip is that it will help to increase your saliva, which will improve your digestion.

- Eat smaller portions. Some like to get the super sizes because it seems like they are getting more for their money. However, you are also getting more calories and weight for your money. Your digestive system can handle smaller portions better than larger portions.

- Use smaller blue plates. If you were taught to eat all of the food on your plate then the reason for having a smaller plate should be obvious. Some suggest that eating off a darker plate leads to us eating less food. Try it and see. If it works great.

Timing

- Eat a high protein breakfast. There is significant research that supports the importance of having a good breakfast. This may be especially the case for those who are simply trying to maintain their weight.

- Avoid eating within the three hours before bed time. Heartburn, insomnia, and eating high calorie foods are some of the concerns.
- Avoid skipping meals. A shake replacement is better than no meal at all. The hunger that comes from a skipped meal can influence over eating at the next meal.
- Trying eating on a schedule. Schedule at least your three meals and two or three snacks. This will keep you from having to deal with severe hunger pains.
- Snack on vegetables, if you feel as if you have to have an unscheduled snack. Even with the calories found in carrots, they are better than a candy bar.

Mindful Eating

- Enjoy your food. Learn to focus on the look, taste, smell, and texture. This is as opposed to focusing on other issues or simply entertaining random thoughts.
- Eat at the table. Eating at the table allows for more focus on the food. Whereas, eating in front of the computer or television distracts us from mindful eating.

Emotional Eating

- Be aware of your eating triggers. For many people, stress leads to needless eating and caloric intake.
- Work on reducing your stress, so you can reduce your stress based eating. Doing things that you enjoy and focusing on constructive goals can be helpful.
- Work on proactively enjoying your life. When you are sad or bored, you can be tempted to over eat.
- Work on developing healthy conflict management skills. When you get angry and remain angry for a significant amount of time, these emotions can lead to overeating.

Exercise and Activity

- Do some muscle developing exercises three times a week. [Read F4X and learn how you can develop your muscles with light to moderate weight and less than 20 minute workouts.](#) Muscles burn calories long after the workout. You don't have to work out for long hours and with back breaking heavy weights to develop muscles.
- Take the stairs up, instead of the elevator. Be intentional about adding a few extra steps and movements to what you do. You will be surprised how a few extra steps can add up to a mile.
- Park further away and walk. Not only can this help with calories, but it can be a nice way to get a little more sunshine.
- Set a timer to get up and stretch and walk (i.e., even if in place) about every 30 minutes, if you have a sitting job. On my phone, I set a 30 snooze. So when I hit the snooze button on my timer, I am already set up for my next 30 minutes.
- March in place during television commercials. [Read *Body Weight Flow* to learn about how in just two minutes, you can get your body to start burning extra calories.](#) If you are more advance you may want to try jumping jacks, jogging, or something more intense.

Bad Foods

- Avoid foods with MSG (Monosodium glutamate). According the Mayo Clinic, it can lead to headaches, flushing, and sweating. It is often used as a flavor enhancer in Chinese food, canned vegetables, soups, and processed meats.
- Avoid soy products unless fermented. Some say that it has influenced health problems like breast cancer, thyroid disorders, and even kidney stones.
- Avoid margarine that has too much trans-fat in it. You have to read the labels because all margarines are not the same.
- Be careful with fake sugars like aspartame, Nutrisweet, and Sweet and Low. The jury is still out about does the lack of calories compensate for the other unknowns.

- Avoid using excessive amounts of omega-6 oils like corn, sunflower, canola, soybean, and peanut. Too much of these items have been linked to arthritis, inflammation, and even cancer, according to Wikipedia.
- Beware of fancy drinks like lattes, Frappuccinos, and cappuccinos. These drinks can have a large number of calories.
- Avoid HFCS (High Fructose Corn Syrup). As with sugar, there is controversial concern about diabetes, weight, and heart issues.
- Avoid any food without significant nutritional value (i.e., junk food and fast food). Avoid those foods that are high in sugar, calories, or fat. Read the labels.
- Avoid most restaurant desserts because of the high level of sugar and/or fat. Cake, pies, and brownies are almost always unhealthy in restaurants.
- Be careful with pasteurized and homogenized milk. The concern is that these processes have stripped too many of the nutrients away. However, there is still much debate in this area, according to huffingtonpost.com.
- Limit your sugar intake. [Read *Fat Burning Kitchen* to learn more about the danger of ingesting too much sugar.](#) Not only is it high in calories, which leads to fat, but it also causes insulin spikes and its challenges.
- Limit your simple carbs intake. Simple carbohydrates are composed of simple-to-digest, basic sugars with little real value for your body. Of special note in this area are soda, candy, artificial syrups, and sugar, according to Everydayhealth.com.
- Avoid fried foods. The oil or fat is not good for you. Even when you try to drain external oil away, there is still a lot of hidden oil in them.
- Reduce your intake of pork. Pork includes products like bacon, ham, and sausages. The concern with pork is the toxins in the meat, according to draxe.com.
- Keep your egg consumption down to no more than one egg a day. The fat and cholesterol along with an absence of fiber are concerns according to forksoverknives.com.

- Use cheat foods for flavor, instead of avoiding them altogether. Occasional consumption is much better for your health than regular consumption. This includes chocolate.
- Limit your salt intake. Too much salt is linked to obesity.

Soda, Sweet Drinks, Alcohol

- Stay away from sweetened bottle drinks, especially sodas. There are hidden calories that don't satisfy your hunger.
- Avoid even diet sodas because they have sugar substitutes that can be just as bad as sugar.
- Avoid or limit your alcoholic beverages. Whereas, beer can be fattening, other alcoholic drinks can have too many calories, and they can impair your judgment about making good dietary decisions.
- If you have to have wine, try dry wine, instead of sweet wines. Sweet wines include unfermented sugar and calories.

Miscellaneous

- Get a full night's sleep. The body and mind need a chance to recharge. Thankfully, your muscles will continue to burn calories, even when sleep. [Read *Old School, New Body* to learn more about how your muscles burn calories, even while you are sleeping.](#)
- Use non-stick frying pans for cooking. This allows you to avoid the use of added oil.
- Avoid crash diets that don't teach you how to maintain after the crash diet phase. Some have reported that without a maintenance plan, not only does the weight come back, but many have even gain additional weight.
- Avoid smoking. There is a mountain of research that shows this is a terrible unhealthy and costly habit.

- Aim to have at least one bowel movement a day. You cannot eat every day and eliminate once a week and expect to lose weight. The fiber of fruits and vegetables along with plenty of water will be helpful in this area.

Conclusion

Well that is 106 tips to get you started. I pray that these tips prove helpful to you and your social circle. ***Please share this free report with others, by way of email and social media.*** Everybody can afford free ... smile.

Recommended Resources

3 Week Intensive. A revolutionary system that guarantees to help you lose body fat faster than anything else you've ever tried. The system includes not only eating and exercising directions, but there is also a guide book on mindset.

25 Day Fat Loss Program. Completely transform your body to look to look awesome in only 25 days. You can whatever you want every 5 days!

The Fat Burning Kitchen. How to turn your body into a 24 hour fat burning machine. Lose the fat without counting calories, eating "diet foods," or fad diets.

F4X Youth-Enhancing Body Shaping System. This resource is for men and women. It takes only 90 minutes a week.

Body Weight Flow. Men and Women of all ages and health backgrounds will increase their flexibility and burn 53% more calories in only 2 minutes. The routines works for you with no required equipment, special diets, pricey weight loss supplements, or overly intimidating workouts!

About the Author

Hello and thank you for reading my report. My name is Robert E. Baines, Jr. At the time of this writing, I am a 48 year old man who is getting more serious about getting my health together. I recently became a grandfather, and I really want to be around and in good health to enjoy my grandson.

I am also the Pastor of Southern Baptist Church, in Cincinnati, Ohio. As a Pastor I see so many people who work hard all of their lives, but then are too physically broke down to enjoy their wealth. My hope is that the information in this report and other information that my wife and I will publish proves to be helpful to them and those in their social circles. My wife, Daphene Baines, is a certified personal trainer and has earned a certificate in nutrition and wellness coaching.

We enjoy using a portion of the proceeds from our reports and websites to donate towards charitable causes like diabetes, MS, prostate cancer, and breast cancer. In addition to give towards poverty reduction, we sponsor our own annual scholarship and academic incentives for young people.

We really appreciate your support and sharing this report with those in your social circle.

End Notes

ⁱ The following articles were consulted and/or cited throughout the this report:

- http://www.huffingtonpost.com/2015/04/29/brad-lamm-eating-styles_n_7170554.html?utm_hp_ref=health-fitness&ir=Health+and+Fitness
- <http://www.health.com/health/gallery/0,,20809521,00.html>
- http://en.wikipedia.org/wiki/Healthy_diet
- <http://www.101diettips.com/diet-plans/101-diettips/>
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- www.MayoClinic.com
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- www.forksoverknives.com
- www.livestrong.com