

# Lorraine Matthews-Antosiewicz, MS RD

helping you live a healthy weigh of life

DON'T JUST EAT, NOURISH YOURSELF by acquiring healthy habits around food. Making a few strategic changes can help to naturally reduce your appetite and speed up your metabolism. These changes involve eating real food that is both satisfying and delicious. Put an end to your constant cravings and hunger and allow your body to shift from fat storage to fat burning by focusing on the quality and composition of your food as well as a few key lifestyle habits. **Empower yourself** with these 10 proven strategies.

STOP DIETING and get to your natural healthy weight in a natural healthy way.

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## 10 STRATEGIES TO END YOUR WEIGHT LOSS STRUGGLES

### 1. Limit Highly Processed Foods

Processed foods are usually high in added sugars, artificial sweeteners, unhealthy fats, and empty calories. In addition, they are engineered by food manufacturers to make you want to eat more. They are much more likely to cause cravings (and overeating) than whole and minimally processed foods.

Use these guidelines to cut back on highly processed foods:

- Limit refined grains such as white bread, white pasta, white rice, breakfast cereal, crackers and chips, doughnuts, cookies, cakes, and pastries. Eat [whole grains](#) most of the time.
- Avoid foods with added sugar. To distinguish added sugars from naturally-occurring sugars in the food you eat, start by reading the ingredient lists. You'll need to be a clever food detective since there are more than [60 different names](#) for the sugars used in processed foods and beverages. And they're all pretty much the same thing as far as

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your body is concerned – not healthy if consumed in excess. Once you become familiar with all the different names for added sugars, go through your pantry and fridge. Take note of everything that has any form of sugar listed as one of the first three ingredients, as well as products that list some form of sugar more than once. Do your body a favor – stop buying them and limit consumption of these highly processed foods.

- Avoid artificial sweeteners. Data in both animal and human [studies](#) suggest that the effects of artificial sweeteners may contribute to metabolic syndrome and the obesity epidemic. Although artificial sweeteners like aspartame (NutraSweet, Equal) and sucralose (Splenda) are calorie-free, they are hundreds of times sweeter than natural sugar. If consumed regularly, they can dull the taste buds for less sweet foods such as fruit and ramp up the desire for more intensely sweet foods. Another concern with these artificial sweeteners is that they make it difficult for the body to gauge how many calories are being consumed. They provide a sweet taste without any calories. This results in a desire for more sweets; and the more you eat, the more you want making it virtually impossible to kick the sugar habit. Avoid this vicious cycle altogether by staying away from artificial sweeteners.
- Avoid products in boxes, cans, bags, and bottles that contain more than 5 ingredients.
- Avoid eating at “fast foods” restaurants.

Most whole foods are naturally very filling, making it much easier to eat reasonable portions.

## **2. Eat More Fruits and Vegetables**

Whole fresh (or frozen) fruits and vegetables are extremely healthy. In addition to being high in water, nutrients, and fiber, most are low in calories. This makes it possible to eat larger portions without consuming too many calories. Numerous studies have shown that people who eat more fruits and vegetables tend to be at a healthy weight.

## **3. Eat Adequate Protein – especially at breakfast**

Increased protein in your diet can boost metabolism and reduce hunger especially when eaten at breakfast. A veggie omelet made with whole eggs is a much better options than the traditional starch and sugar combo like a muffin or sweetened cereal that can cause a rapid blood sugar rise and fall resulting in hard-to-resist sugar cravings. In addition, protein helps to increase muscle mass if you are exercising. As a result, you will burn more calories around the

clock. The best way to get in adequate protein is to have it with every meal. Healthy protein sources include beans and lentils, nuts and seeds, seafood, eggs, dairy products, chicken, and lean meat.

#### **4. Make Fat Your Friend**

Contrary to popular belief, eating fat does not make you fat. In fact, regularly eating the right type of fat will help you achieve and maintain a healthy weight. The right fats increase metabolism, stimulate fat burning, cut hunger, and reduce fat storage. In addition, healthy cell walls made from high-quality fats are better able to metabolize insulin, which helps to regulate blood sugar and prevents excess fat storage.

The right type of fat includes:

- Avocados
- Nuts—walnuts, almonds, pecans, macadamia nuts
- Seeds—pumpkin, sesame, chia, flax, hemp
- Fatty fish, including sardines, mackerel, herring, and wild salmon
- Unrefined extra virgin olive oil
- Grass-fed or sustainably raised animal products

It's important to note that not all fats are healthy. Unhealthy fats include trans-fats and commercially processed industrial seed oils. Trans-fats are often hidden in convenience food and fried foods such as microwave popcorn, cupcakes, cookies, donuts, fried foods, pizza, baked foods, and frozen foods. Avoid packaged foods that list trans-fat on the label as well as foods that contain "hydrogenated" oils.

Commercially-processed industrial seed oil including corn, soybean, safflower, and cottonseed oils can cause inflammation in the body when consumed in excess. You will find that most highly processed foods contain this type of oil (also known as omega-6 oil). Read food labels and limit consumption of foods containing these omega-6 oils.

#### **5. Load Up On Fiber**

There is a growing body of evidence that people who eat more fiber tend to have a healthier body weight. Fiber has no magical fat-burning properties. It simply helps you feel full without adding a lot of extra calories to your diet. Fiber fills your stomach, stimulating receptors that tell your brain that it's time to stop eating. When you have an apple (with skin) instead of an apple pastry, for example, you're not only eating fewer calories - you're less likely to feel hungry again an hour later.

The best type of fiber to fill you up is called soluble fiber. Foods that contain this type of fiber include fruits, vegetables, beans, nuts and seeds. Just be sure to drink plenty of water along with these high fiber foods. This is very important to move the fiber through your digestive system, and keep you feeling full.

Fiber may control your appetite in other key ways as well. For example, soluble fiber leaves your stomach and small bowel slowly because it is so viscous (gel-like). By slowing the rate of food absorption from the gut to the bloodstream, the amount of insulin produced after a meal will be less, which also controls your appetite. Also, fiber feeds the friendly bacteria in our gut; and a healthy gut has been linked to a reduced risk of obesity.

## **6. Drink Plenty of Water**

Drink at least eight glasses of clean, pure water throughout the day to help with appetite control and flush out metabolic and environmental toxins through your kidneys. Water is particularly good for weight loss when it replaces other beverages that are high in calories and sugar like soda, sports drinks, and iced tea. Without a doubt, water is the best way to stay hydrated. It is thirst quenching and calorie-free. To make a flavored fizzy drink, start with seltzer and flavor it by adding fresh herbs (e.g., mint, lavender, ginger, and basil), pieces of fruit (e.g., lemon, lime, orange, watermelon, and berries) or even slices of cucumber.

## **7. Check in With Your Feelings of Hunger and Fullness.**

Every time you eat, ask yourself, "*Am I actually hungry?*" If you are not physically hungry, consider why you are eating. When you are truly hungry, aim to eat until you feel just satisfied – not too full or stuffed. Using a [hunger and satisfaction guide](#), can help you become more aware of just how hungry or full you actually are before, during, and after your meal so you can gauge how much to eat. Each of us is born with internal cues that tell us when to start and stop eating; however, we can lose touch with these feelings especially after years of dieting. By increasing awareness of our bodies' physical hunger and satisfaction cues, we can return to 'normal' eating and achieve a healthy weight.

## 8. Eat Mindfully

Multi-tasking while eating – watching television, driving, or working for example – can result in overeating. Whenever possible, sit down to eat in a calm environment with minimal distractions. Give full attention to your food while you are eating. Chew eat bite thoroughly, swallow, and take a slow deep breath before taking the next bite. In other words, pay attention.

## 9. Get a Minimum of 8 Hours of Sleep a Night

Getting enough sleep is incredibly important for achieving and maintaining a healthy weight. Studies have shown that sleep-deprived people are up to 55% more likely to become obese, compared to those who get enough sleep. This is partly because sleep deprivation disrupts the daily fluctuations in appetite hormones, leading to poor appetite regulation.

Two hormones, ghrelin and leptin, are closely linked to hunger. Ghrelin triggers the hunger sensation, while leptin causes feelings of satiation. With prolonged sleep deprivation, leptin production plummets, and ghrelin production increases, causing the body to feel hungry and increasing the likelihood of reaching for the food. Sleep-deprived people find it more difficult to say ‘no’ to sweets because of the effect sleeplessness has on the reward centers of our brains. When we’re overtired, we look for something that makes us feel good. And consistently giving in to these sugar cravings will eventually result in weight gain. To control your appetite, reduce food cravings, and maintain a healthy weight, get adequate sleep on a regular basis.

## 10. Practice Stress Management

If you’re like the rest of us humans (and you probably are), you’ve got a lot on your plate and it’s causing you to feel stressed every day. Unfortunately, stress has a very negative impact on our health. Stress can lower immunity and increase susceptibility to disease, lead to depression, and contribute to weight gain. Stress is a major culprit in the accumulation of belly fat. This happens because stress triggers the adrenal glands to produce cortisol – a stress hormone. Research shows that consistent high cortisol levels increase appetite and contributes to the accumulation of abdominal fat. To help combat this, engage in [activities to manage stress](#) such as controlled breathing, meditation, and yoga.

Even with all the right information and the best of intentions, eating healthy is challenging. I GET IT. I've helped many people improve their eating habits, achieve their personal best weight, and maintain it with ease; and I'd love to help YOU too. [LET'S DO THIS TOGETHER!](#) I'll give you the all the tools, support, and motivation you need to succeed.

[Click here](#) to learn more about my programs and how we can work together.

## Lorraine Matthews-Antosiewicz, MS, RD



**Lorraine Matthews-Antosiewicz, MS, RD** is a food and nutrition expert with a private practice based in central New Jersey. She is passionate about health, nutrition, and living a balanced life. Lorraine incorporates scientifically-based nutrition and health information with specific techniques and strategies proven to be effective in motivating change. She uses a hands-on approach and extends learning from her office to the grocery store and kitchen. Side-by-side, Lorraine works with her clients to plan simple nourishing menus, shop for healthy food, and cook easy delicious meals for themselves and their families.

She wholeheartedly believes that every person has their own personal best weight that is healthy, easy to maintain, and can be achieved without dieting. Her positive, compassionate, non-judgmental style of counseling and coaching empowers clients to get off the diet roller coaster and eat for pleasure, nourishment, and genuine wellness.

Lorraine completed her undergraduate degree in Foods and Nutrition at Montclair State University in New Jersey; her dietetic internship at the New England Deaconess Hospital in Boston; and her Master's Degree in Nutrition at Boston University.

Lorraine is an active member of the Academy of Nutrition and Dietetics, the Nutrition Entrepreneurs Dietetic Practice Group, the Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group, and the Integrative and Functional Medicine Dietetic Practice Group. She was named "Recognized Young Dietitian of the Year" by the New Jersey Dietetic Association.

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