



## How to Lose Weight and be Healthy?

Eldo E Frezza<sup>1</sup> and Fatma Haney<sup>2\*</sup>

<sup>1</sup>Nutrition Center, USA

<sup>2</sup>Pediatric Care Center, USA

### Introduction

Weight problems are now becoming an everyday problem. The fast pace of our daily life brings terrible habits and bad diets. Nobody is immune. If we act carefully and consistently, we can still lose weight and have a normal life. Every few years or so a new diet come to surface and then disappear for a while and again to re surface. There is no perfect diet. It is important therefore to understand principles than to search for the ideal menu, which probably will never exist. The question, therefore, comes to mind is: what can we do? The answer is that there are many things we can do. We need to plan and follow a regimen. Where to start? Here are the important points: We need to

1. learn how to prepare our meals
2. Log what you eat and drink
3. Log and plan your daily exercise (morning-afternoon etc.)
4. Drink a gallon of water a day.

In this short paper, we would like to outline some principles on how to lose weight by eating correctly and how you can have a flat abdomen.

### Tips to lose weight

Do not skip breakfast, have some good High protein and Low Carb. Avoid sugar in the drinks specifically fruit juice. Drink two glass of water a half hour before meals. Eat soluble fiber, if they are sticky is better (flaxseed). Drink coffee or tea. Eat unprocessed foods. Eat and chew slowly. Stay away from sodas.

### Lose your belly fat

No sugar and no sugar. I don't know I can make it clearer. Decrease carbs from your diet. 100 gr of pasta or rice a day is the most. The tremendous long-term strategy to reduce belly fat is to eat more proteins. Reduce your calorie intake. If you want a flatter stomach, you need to reduce your body fat, and you do that by burning more calories than you consume. Choose lean proteins. Start meals with hot soup or lots of water. Eat foods rich in fiber, especially viscous fiber. Exercise to reduce the belly fat can be done with daily abdominal exercise (minimum 30 min). Don't drink cold drink room temperature or warm. A gluten-free and dairy-free diet will help in decreasing gas production from your intestine. Avoid snacks at all cost. Not snack, candy, chewing gum, fruit gums, packages healthy "snacks". They are not healthy. Get a friend with low sugar content fruit (strawberry) or vegetable like celery. Eat more fiber raw and cooked (celery, bokchoi, spinach leaves, broccoli, the fiber part of the asparagus, etc. Sodium increases the retention of water in your body therefore, keep your sodium intake low Chew your food at least 33 times to make it more digestible for your intestine. Don't buy into belly-fat- food from shops they are false myths.

### Food, proved friendly

Whole Eggs Boiled. The fear of cholesterol from the yolk is thinking of the past. Eat Greens with a large leaf, the source of fiber and make you feel full. Boiled or baked yams. Eat more Salmon and Tuna. Eat more whole Vegetables eat the whole, have more fiber as they fill you up and regulate your intestine. The entire asparagus, the delicious part, the green part is the best tasting but not the best for your fiber intake. The bottom is Eat Lean Beef and Chicken Breast or Turkey breast. White meat has the right amount of protein no fat and cholesterol. Eat 1-2 can of Tuna: can of tuna fill you up, good protein intake with no fat and the taste, well, it is not that good, so you need to dress it with vinegar, oil, etc. This combination will make your stomach feel very full and no need to eat for hours. It works. Try it. Our stomach does not like them. Eat Beans and Legumes: soup or salads with some protein and stomach fullness come with that. Does not use package dressing, use only dressing your

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#### \*Correspondence:

Fatma Haney, Pediatric Care Center,  
USA,

E-mail: eefrezza@msn.com

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eyes can see through.

### Current Calories Intake Recommendation

Current government calorie recommendations are as follows:

Women (aged 19-30) – 2000

Women (aged 31-50) – 1800

Men (aged 19-30) – 2400

Men (aged 31-50) – 2200

These amounts are for weight maintenance (neither losing nor gaining weight) and assume little or no physical activity. As we age, our basal metabolism lowers, as does our muscle mass.

### Exercise and diet

If you do a lot of muscle exercise, you need to eat. If you have a low-calorie diet, you cannot exercise as much. Cardio exercise can be associated with low-calorie intake but not when you do muscle circuit. Due to the low number of Calories in the fast ten diets, bodybuilding exercise should be kept to a minimum, just light weight and repetition or cardio.

### Zone diet

The Zone diet is a low carbohydrate diet developed by biochemist Barry Sears. It is based on balanced carbohydrates and protein at every meal. The revolution of the diet is suggested to eat Five times a day. I recommend six times a day small meal, kind of many snacks but with real food. These include protein such as meat and poultry three times a day plus whole grains, fruits, and vegetables. It limits milk and many dairy products, fruit juices, and many grain foods such as pasta and rice. This diet was designed to avoid the consequences of eating a high proportion of processed carbohydrates. The processed carbohydrates are like eating pure sugar, and the effects are insulin fluctuations. Pre-diabetes and diabetes status and weight gain. In my office we recommend about 1,500 calories per day for an average male and 1,200 calories for an average female with 1:2:3 ratio of fat to protein to carbohydrate at every meal.

### The keto diet

- The Ketogenic Diet is a special type of high-fat diet to turn the people metabolism from carb burn to fat burn.

- The fat cells while burning are releasing fatty acids, which your liver will then breakdown to produce what are called "ketones."

- The increase in ketones helps lower blood sugar and balance fat-burning hormones, which enables the body to burn more fat for fuel every day.

- The result can be a dramatic decrease in inches around many problematic areas (e.g., belly, hips, and thighs), which turns to much lower numbers on the scale.

### Losing weight fast

You will likely lose weight on any diet if you eat less than 1200 calories a day. But losing 10 pounds in 3 days is both unlikely and unhealthy. Start your meal with two glass of water and every time you are hungry drink more water. Walk after your meals. Do not eat after 5-6 pm, or at least 4 hours before going to bed. Eat more fiber from the morning: flaxseed in your drink or shake or green leafy vegetables. Eat at Home: home cooking is the best, avoid all the condiments of the restaurants and the side effect. Restaurants make things tasty using butter and other ingredients that we need to avoid. Eat less Salt: Cardio at least 30 min a day five days a week. Do Push-ups/Squats and abs. Keep count of your calories in take. Significant no cheating! Any diet that recommends dieters eating less than 1200 calories a day is considered unsafe unless supervised by medical staff. If you do it, you need to get vitamins, mineral, fruit vegetables and protein every day.

### Calories

It's about the calories. Just substitute a protein for a protein and a vegetable for a vegetable etc. It's recommended that we consume around 4 liters of water a day through food and drink sources. While water doesn't have calories, those only drinking when the diet tells them to will most likely experience more weight loss because they will have lost more water weight due to slight dehydration. People with diabetes should always consult their doctors before starting any new diet. Because of the very low-calorie amounts could be dangerous for diabetics.