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Nutrition Nibbles

Don't Sink Your Healthy Diet!

PART 2

Last month I covered some common mistakes I see clients make that can end up sabotaging their healthy eating efforts. It was a hit with readers! I've got a few more slipups to share this time around. Read on for ways to avoid making these blunders...

Healthy Lifestyle Blooper:

#6: You don't drink enough water. There is a link between drinking water, feeling great, and losing weight. Aim to drink about half your body weight in ounces of water daily; maximize your water-rich fruit and vegetable intake too. Staying well-hydrated wards off mindless nibbling by keeping you feeling full, fights water retention, and keeps your mind and muscles sharp (making your next exercise session a successful one).

#7: You think taking the stairs and walking to/from the parking lot is enough. While these actions are helpful in getting more steps into your day, they are not enough to promote a big weight loss or prevent disease. You want to get more purposeful in your movement. Treat yourself well by carving out a more significant chunk of time to enjoy a fun, physical activity. You'll burn more calories, improve your health, be less likely to overindulge after, have more energy, and lose more weight.

#8: You don't sleep enough. Running low on zzzzzzz's? Being sleep-deprived increases our appetite-stimulating hormones, making it very difficult to follow any kind of healthy eating plan. Make a point of getting 7-9 hours each night. Avoid sleep busters like falling asleep to the TV, looking at your phone/tablet in bed, and drinking caffeine or alcohol too close to bedtime.

#9: You love the "extras." Adding too many toppings to a salad, pouring the condiments on your sandwich, loading up your yogurt with goodies (even healthy ones!), or dipping everything in ranch dressing can up the calorie count quickly! For instance, 10 croutons has 100 calories, 1 Tablespoon mayo contains 90 calories, ¼ cup granola has 150 calories, 1 Tablespoon ranch dressing has 75 calories and 2 Tablespoons bacon bits contain 50 calories. It's not only what we eat but what we do to it that counts! Go easy on the extras.

#10: You always clean your plate. Many of my clients have a hard time leaving food behind, even when they're full. My suggestion? Serve yourself less! This allows you to practice portion control up front. Another great idea? Keep the food on the kitchen stove so you have to make more of an effort to serve yourself seconds or thirds. It's easy to eat more when it's staring you in the face on the kitchen table.

Take control of your healthy eating and lifestyle habits this fall by avoiding these common pitfalls--you'll feel better for it!

Questions or Comments? Email me at
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