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Nutrition Nibbles

Don't Sink Your Healthy Diet!

It's the start of a new school year; time for a clean slate. September is a wonderful chance to fall back into the usual healthy habits you may have vacationed from this summer. There are some common mistakes I see clients make that can end up sabotaging their healthy eating efforts. Read on for ways to avoid making these blunders...

Healthy Eating Blooper:

#1: Overeating or treating yourself because you exercised today. It's really easy to out-eat the amount of calories you burn in an exercise session. For example, if the average 30-minute brisk walk burns 150 calories, that is the equivalent of $\frac{1}{4}$ of a Costco blueberry muffin or one 12 oz can of coca-cola. Keep your portions in check, even on exercise days, to keep your waistline slim. To see how many calories you burn in a workout, click [HERE](#).

#2: You eat too many healthy foods. Sure, avocado and nuts are good for you...but they contain a lot of calories (1 cup of sliced avocado contains 230 calories and 23 almonds has 165 calories). While these are nutrient-rich, healthy foods, you still need to practice moderation. At the end of the day, ALL calories count, even from nourishing foods. Practice portion control.

#3: You believe if it isn't cardio, it doesn't count. It feels great to sweat during a good cardio session but other forms of exercise have their place in the weight loss journey as well. In particular, incorporating strength training into your routine will increase your lean muscle mass which allows you to burn more calories at rest (hello increased metabolism!) You will also redefine your body shape by looking more fit than flabby.

#4: You're a distracted eater. You may think of it as multi-tasking but doing anything else while eating (looking at your computer, texting on your phone, watching TV, reading a magazine) makes it a lot easier to overeat. When you're not focused on your food and really tasting it, you don't feel satisfied when it's gone...leading you to look for more. Allow yourself to enjoy the full pleasure a meal has to offer by eating distraction-free.

#5: You skip breakfast. Breakfast really is the most important meal of the day...to jumpstart your metabolism. Your metabolism (or internal fire that burns calories) slows down during the night while you're sleeping. Your body continues in that slow, sluggish state until you stoke the fire by giving it wood (food). Start your day off strong by eating a protein and fiber-rich combo. Tasty ideas include an egg with a slice of whole wheat toast and a piece of fruit, Greek yogurt topped with a little whole grain cereal and berries, or old-fashioned oats mixed with peanut butter and topped with a banana.

We'll take a look at a few more common healthy diet mistakes next month. Until then, take a hard look at your habits and crack down if you need to.

**Questions or Comments? Email me at
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