

5 Steps to Lose Weight, Feel Full & Become Healthier

This information is taken from *Halt Your Hunger* by Brierley Horton, MS, RD, in *CookingLight.com*, September 11, 2017. By following the five steps outlined by Brierley Horton, you can enjoy delicious meals, avoid the hunger pangs of crash diets, and consume foods that will help you become healthier.

1. **Proteins**

High-protein foods help you feel full and stay that way longer. Eating lean proteins, like grass-fed beef, wild fish and organic chicken, can prevent overeating and help you lose weight. One study found that increasing protein intake along with moderate exercise helped people burn more calories and lose more weight than those who did not increase their proteins. [\(R\)](#)

2. **Start with a Soup or Salad**

Ease your hunger by starting with a soup or salad before your entree. Start with a broth-based soup or a raw vegetable salad. This will add to nutrition without adding the calories of a cr me-based soup.



Ease your hunger by starting with a soup or salad

3. **Include low-density foods**

Low-density foods provide high nutrition with fewer calories. For instance, eating 100 calories of French fries doesn't provide the same amount of nutrition as eating 100 calories of blackberries, even though the number of calories are the same.

Incorporating low-density foods into meals and snacks means you'll be eating nutrient-rich foods with fewer calories but still feel full. The health benefits of eating low-density foods like kale, blueberries and salmon are enormous.

4. **High Fiber Foods**

Eating high-fiber foods decreases hunger and increases meal satisfaction. (See RejuvenatingLifestyle.com blog for a list of prebiotic foods.) In addition, high-fiber foods take longer to digest allowing you to feel full longer. These high-fiber foods get into the colon undigested where they work with probiotics to impart many health benefits including:

- lower risk for cardiovascular disease
- healthier cholesterol levels
- better gut health
- improved digestion
- lower stress response
- better hormonal balance
- higher immune function
- lower risk for obesity and weight gain
- lower inflammation and autoimmune reactions

5. **Fruits and Vegetables**

Not only do fruits and vegetables contain nutrients and fiber, they contain H₂O. This water increases satiety without adding the calories of pastries and similar desserts. Plums, melons, oranges, peaches and leafy greens are excellent choices.

Most importantly by eating proteins, low-density foods, high fiber foods, fruits and vegetables, and by starting lunch and dinner with either a soup or salad, you will not only lose weight, but you will become healthier.

Reference

Protein, weight, management and satiety ¹²³⁴ <http://ajcn.nutrition.org/content/87/5/1558S.long>



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