



Cutting Back on Fat.

We all know that too much fat in our diets can be a very bad thing. Common sense tells us that. After all, fat is the very stuff that accumulates in our bodies and makes us overweight. However, it's more complicated than that. Otherwise we could all just stop eating anything with fat, and problem solved. What complicates the matter is that there is also good fat--fat that our bodies need in certain measures to be healthy.

So once again the need for balance enters the picture, if we are to achieve and maintain our weight loss goals. We want to find that Goldilocks range of "just right" with our fat intake: just the right kinds of fats, in just the right amounts. If you happen to be a Barix customer, you'll have a much easier time achieving this balance. That's because as part of your long-term weight loss program, you receive personal help from a nutritionist.

It's important that you take very seriously your recommended number of fat grams per day, and per meal. If you have forgotten those numbers, no worries, because your nutritionist hasn't--a simple call and you're back on track.

Meanwhile, remembering other ways to reduce fat in your diet can help as well. Read labels. All labels. You might be surprised to know where high-fat content is lurking. For instance, many protein bars are loaded with it. Stick with the low-fat, reduced fat, and non-fat products.

Eat more fiber-rich foods, like vegetables, fruit, whole grains, and beans. That will naturally reduce your intake of fat. Limit your intake of butter (use the spray stuff), margarine and peanut butter. Use sugar-free jam and jelly on your bread instead. And be careful what you put on those potatoes. Fat-free toppings are best. Or try salsa, chili, or mashed beans. For salad dressings, work with lemon juice and spices. Low-fat microwave popcorn makes a great snack.

When cooking, use non-stick pan spray and sauté with broth rather than butter and oil. Broil, bake, or grill instead of frying. Remove the skin from chicken and excess fat from other meats. And use only the whites from eggs, or egg substitutes.

While you may not be used to eating in these ways, you probably will be pleasantly surprised how much you come to like it, and may even prefer it within a very short while.

Fat doesn't want you to know this, but healthy food has a way of being pretty delicious in its own right.

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