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# **A Simple Way To Lose Weight And Keep It Off**

Isn't it strange how excess pounds seem to creep up without us noticing? Then, all of a sudden, it seems like they've all been added at once. Maybe it was your reflection in the mirror, or a comment from a friend or work colleague. No matter what causes it, you instantly want to lose weight in order to look and feel better. But there is so much opposing data concerning the most effective means of losing weight. What can you do?

What follows isn't at the top of everyone's list of ways to lose weight quickly, however it does work. At the very least it ought to be added to the rest of your weight loss armoury to help shed those excess pounds. Some of the information might sound illogical, but the results are indisputable. So, what is it? Put simply... portion control. I know, it sounds like a real drag! Especially since when people talk about portion control we tend to think of reducing our food intake. But in reality portion control can be fun!

For starters, once you concentrate on portion control, you don't need to carry a calorie counter when you dine out. I hated using them, because I felt self conscious, like the other diners were watching me; judging me for how fat I was.

The most basic method of portion control involves putting less on your plate. Easy peasy lemon squeezy right???... Hmm, perhaps not! If it were that simple nobody would be overweight. Yes, we SHOULD put less on our plate, but doing so isn't always easy. Here are some portion limiting tricks to help you lose excess weight.

Don't worry about eating everything on your plate. It's better to make a habit of leaving several mouthfuls on your plate. This was an issue for me, rather than 'waste' food I would continue eating. Even my family gave me their left overs because they felt I had a large appetite when. I had to learn to say no, I don't want any more. Speaking of plates, using smaller dishes creates the illusion of extra food. In the last thirty years dish sizes have increased from 8" to 10" which experts believe has contributed to increasing rates of obesity. Look around for smaller dinner plates. Oddly enough, this technique works as it tricks the brain into thinking there is more food on the plate which leads to a greater feeling of satiation.

Another issue for many people is eating too quickly. This results in the body having enough calories and nutrients long before it has a chance to register that it feels full. Which means they end up consuming excess calories. Reduce your eating speed. Doing this will allow your body enough time to signal the brain that it has had enough.

Another aspect of portion control to keep in mind is nutrient balance. Your diet should be based on a balance of 50% carbohydrate (preferably high fiber), 30% protein and 20% fat. Many people make the mistake of adding extra carbohydrate as 'filler' to satisfy hunger... whether that be in the form of extra potato/chips, bread, pasta or whatever. These are actually the wrong fillers as they are the most easily digested and converted into fat cells. It's better to increase the portions of meat and vegetables.

The great thing about portion control is that it allows you to consume your favorite foods, just in smaller quantities. You should increase consumption of healthy, natural foods, however you don't have to relinquish your favorite foods if you control the portion sizes. It is important to consume natural foods compared to processed foods as these foods contain less fat, sugar AND calories. Once you become accustomed to it, portion control provides almost automatic weight loss. Just imagine feeling good when you see your reflection in the mirror, or being complimented by a friend the next time you see them.

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