



WEIGHT MANAGEMENT AND BODY TRANSFORMATION

Part 1: Dietary intake modification for successful weight management

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With the holiday season behind us, there is no better time to discuss weight management! In a “From the 4Life Labs” three-part series, we will explore the central elements that make up an excellent weight management program—healthy diet, proper exercise, and smart supplementation. In this article, we delve into the components of a healthy diet.*

As many of you already know, to get faster, longer-lasting results in any weight management program, modification to your dietary intake is essential. The current obesity epidemic in the United States can be attributed to excessive caloric intake of high-fat foods, increased portion sizes, and diets high in simple sugars and high-fructose corn syrup.¹

Proper food choices and portion sizes are key to weight management. Therefore, eat five to seven healthy protein and fiber-packed small meals and snacks every day to help reduce cravings for unhealthy food choices.

Tips:

- Use a small (9 inch) plate. Half of your meal should be vegetables, preferably raw or lightly cooked, and fresh fruit. The remaining half should consist of $\frac{1}{4}$ protein (lean meat, poultry, or fish the size of your palm and about $\frac{1}{2}$ inch thick) and the other $\frac{1}{4}$ a fist-sized portion of complex carbohydrates (brown rice, sweet potato, or whole grain pasta).² Note: If your goal is weight loss, you can reduce the complex carbohydrates portion and increase the protein portion.
- Avoid processed foods such as white bread, pastries, doughnuts, and other fried, high-fat, and sugary foods, even though labels might say, “enriched, fat free, or sugar free.”
- Avoid added sugars, especially those in sugary drinks and juices.

Besides dietary factors, there are numerous other lifestyle components that affect weight, including stress, toxins, hormonal imbalance, lack of sleep, alcohol intake, smoking, and lack of exercise, which we will address in the next article in this series. It’s important to keep these in mind for a successful weight management program.

4LifeTransform[®] App offers great meal plans and snack ideas to help you in your transformation. Download it today on the App Store or Google Play.



1. Bray, GA et. al. *Am J Clin Nutr* 2004; 79:537-43.
2. choosemyplate.gov

