

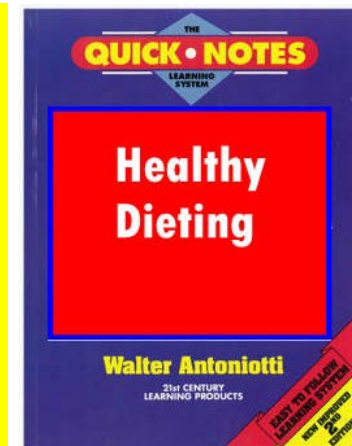


Healthy Dieting

Prelude [Weight Loss Misconceptions and Myths](#) Stay Current with [DietingMag](#)

Epilogue [Health and Lifestyle Internet Library](#)

Please link to, use to educate and [ShareThis](#) [ShareThis](#) Updated 5/3/18



#1 Learn High Calorie Foods (HCF)

#2 Find Substitutes for HCF

#1 Learn High Calorie Foods (HCF)

[Calories Requirements Calculator](#) measures calorie intake needed to stay even.

Loosing one put will require cutting 3,500 calories.

These calculator will show where to cut.

[Calories Counter](#) [Nutrition & Calorie Counter](#)

#2 Find substitutes for HCF

[Product Substitution Calorie Counter](#) will help you change from high to low calorie products. This chart is the academic version of my [Willie Sutton's "Fast Food" Substitution Diet](#). It provides low calorie substitute information for those that visit fast food store Burger King, MacDonald's, and Hardees. **Related Article**

[Soda Drinkers Consume More Calories](#) [7 Most Unhealthy Processed Foods to Avoid](#)

3 Follow Safe Practices

Live by the 80/20 Rule 80% Healthy, 20% that are empty but taste good from

[Weight Loss Tips You Can Incorporate That Work](#)

[What Science Says About Popular Diet Plans](#)

[MedlinePlus: Weight Loss and Dieting](#) from the National Institute of Health.

[Dieting from Wikipedia](#) is encyclopedic

[Is Dieting OK for Kids?](#) from Kids Health

[Howstuffworks "How Dieting Works"](#) explores many popular diet plans.

[Feeling Euphoric On A Low-carb Diet? The Effect On Your Brain Is Similar To An Illicit Drug](#)

3 Follow Safe Practices

#4 Online Help Makes Dieting Easier What I Learned Dieting

#4 Help Makes Dieting Easier

[Mayo Clinic Free Diet Plan](#)

[Diet Tips for Teenagers](#) 3:29 Video

[FitDay - Free Diet Journal](#)

customizing calorie counts to individual habits with a free diary.

[Nutridiary : Free Diet Diary](#)

allows recording foods eaten and guides user to better choices.

[Free Diet Plans at Spark People](#)

user input data helps with eating and fitness goals but they will try to sell you something.

Free Internet Apps Can Help

[fat secret](#) use app to plan menu, select foods, count calories for their menus

[lose it](#) app uses personality traits to help plan diet

[charity miles](#) motivates by donates to your chosen charity for each pound lost.

Related Article [US News Ranks Diet Plans](#)

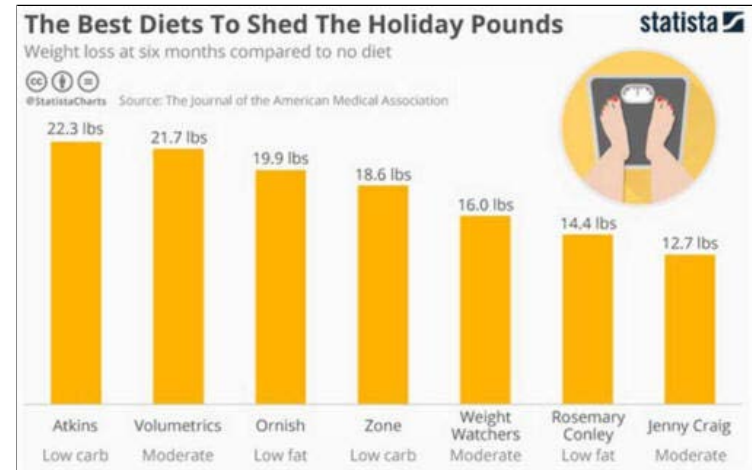
[America's Healthy Restaurants Chains](#)

[Unhealthy Restaurants Chains](#)

[These are the 10 Best Everyday Exercises for Burning Calories](#)

What I Learned Dieting

- 1) [Almond milk](#) is low in calories and taste great
- 2) I find sugar free yogurt as good as ice cream.
- 3) DiGiorno's Margareta Pizza Has Less calories
- 4) Mangos are a great substitute for sugar disserts.
- 5) The less I eat something I really like, the less I crave it, the more I eat something that is so, so the more I like it. On the high calorie side, potato chips and Taco Chips come to mind. Green beans and 2% cottage cheese come to mind on the low calorie side.
- 6) Research shows that spending eight weeks before you diet working on weight maintenance skills like portion size and calorie intake results in less weight regained when the diet is over. I like bananas but at 200 calories its a pear, apple or half a banana.



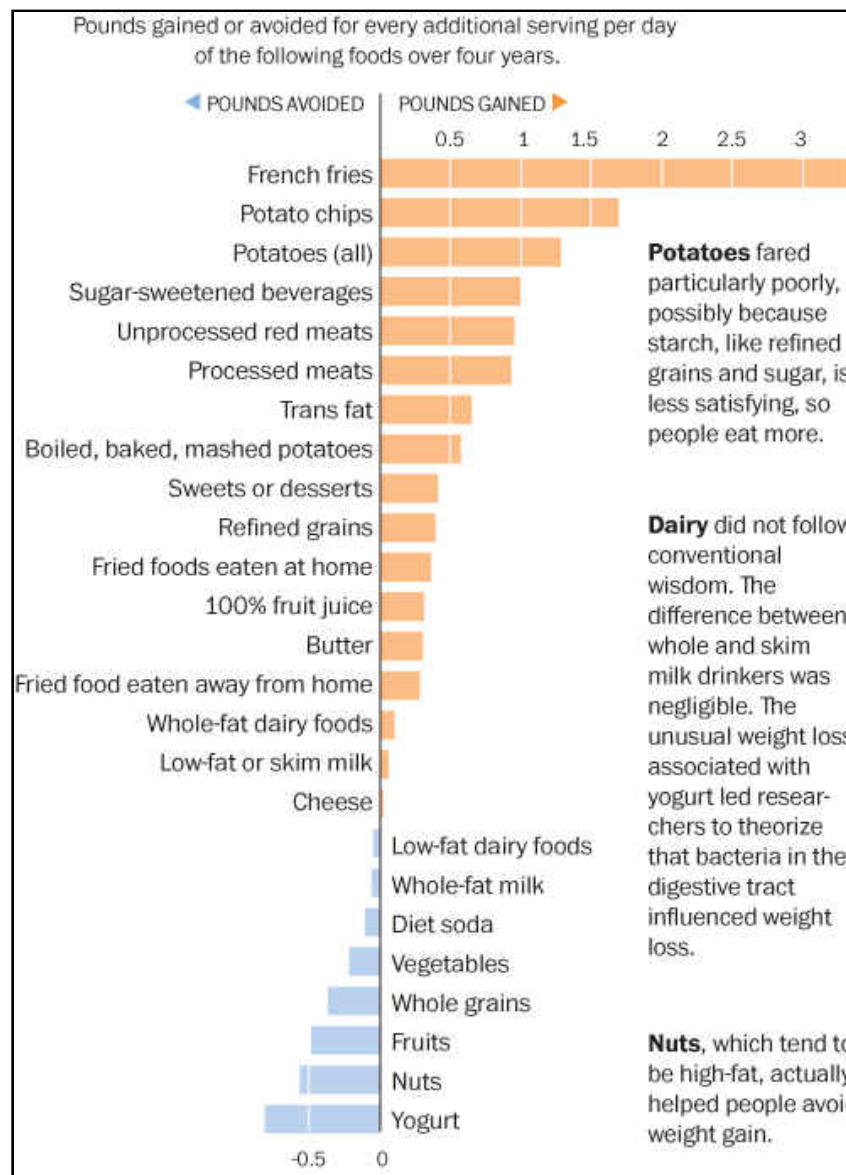
Margareta from DiGiorno's will save Pizza Lovers Calories

12 HEALTHY EATING HABITS THAT WORK

<p>1. Eat food you enjoy.</p> 	<p>2. Portion sizes are key.</p> 	<p>3. Pack your lunch.</p> 
<p>4. Choose protein and fiber.</p> 	<p>5. Go Mediterranean.</p> 	<p>6. Don't drink your calories.</p> 
<p>7. Give yourself options.</p> 	<p>8. Don't grocery shop hungry.</p> 	<p>9. Get a good night's sleep.</p> 
<p>10. Eat breakfast.</p> 	<p>11. Avoid diet drinks.</p> 	<p>12. Don't snack after dinner.</p> 

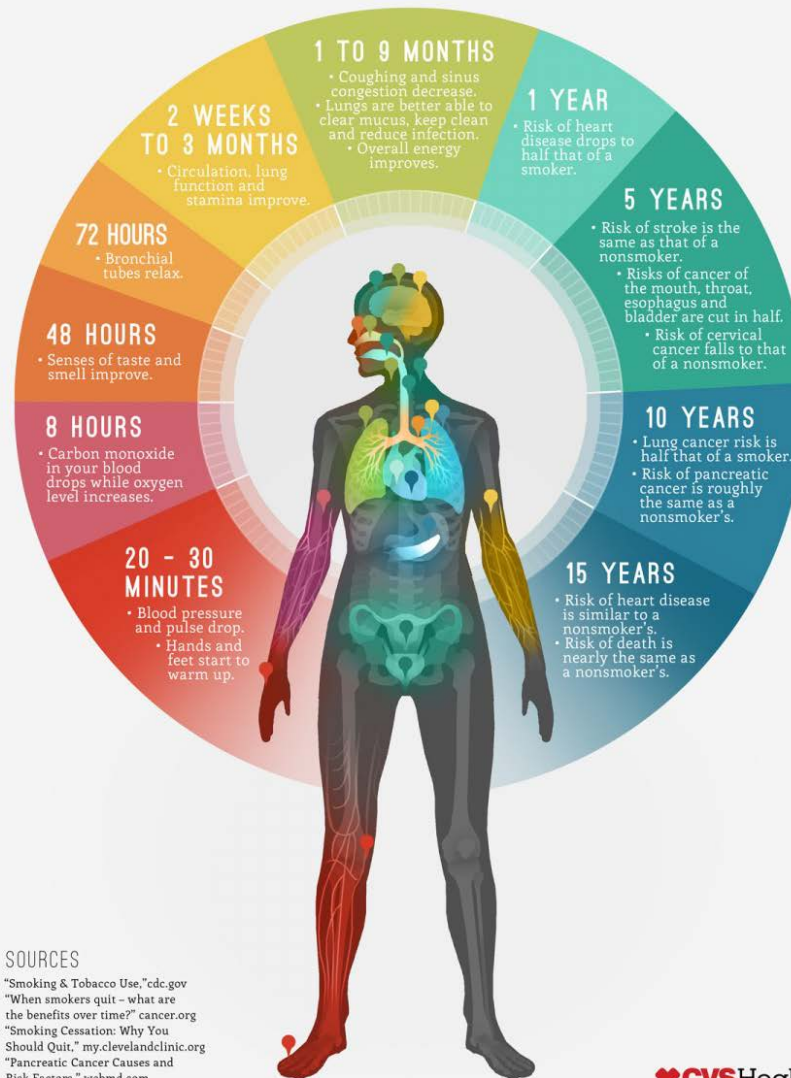
SOURCES: The American Journal of Clinical Nutrition, Obesity Society, US National Library of Medicine BUSINESS INSIDER





HOW QUITTING SMOKING CHANGES YOUR BODY

Here's what happens to your body after your last cigarette:



SOURCES

- "Smoking & Tobacco Use," cdc.gov
- "When smokers quit - what are the benefits over time?" cancer.org
- "Smoking Cessation: Why You Should Quit," my.clevelandclinic.org
- "Pancreatic Cancer Causes and Risk Factors," webmd.com

