

I recently read an article by David Zinczenko, the author of *Eat This, Not That*. The article was titled “25 Best Nutrition Secrets” and it gave some great tips on simple changes to make in your diet that can help you lose weight. If you want to read the entire article, you can probably find it on line. I will share some of those tips with you in this article.

One is to keep the serving dishes off the table. Instead, leave the food in the kitchen and everyone simply fills their plate before coming to the table. Research shows that by following this rule, you will eat 35% less.

Another is to think about your last meal before you grab a snack. This seems to reduce the need to snack between meals.

Protein is also an important component of every meal, especially for breakfast. Unfortunately many of us eat more carbs than protein. Eggs are the best breakfast food for getting good quality protein. Studies show that individuals who eat eggs rather than a bagel ate 264 fewer calories over the course of the day.

Cutting portion size by 25% reduces the calories that are consumed, but doesn't seem to increase hunger. Also not watching TV during a meal has proven to reduce the amount of food eaten.

Working out before a meal reduces hunger and the amount of food consumed. So does putting your fork down between bites.

A tip that was not in this article, but I have mentioned before, is to ask for a take home container at the beginning of a restaurant meal. Put a portion of your meal in the container and close it up before taking a bite. Restaurant portion sizes are bigger than ever, so doing this can save a lot of calories and not reduce the satisfaction of the meal.

By following these tips most people can lose weight without making any dramatic changes in their diets.