

Weight Loss Resolutions

New Year, new weight loss regimen. Forget starving yourself slim. These 10 easy, expert tips will have you looking fabulous in no time at all.

The New Year is a great time for reflection and goal setting. It is also the perfect time to shift the weight you have gained over the festive season. Fortunately, weight loss does not have to equal denial and deprivation. With some practical, expert tips, you will be able to enjoy a slimmer body in 2010 and beyond.

1. Ditch food saboteurs

Identify your saboteurs and remove them from your fridge and cupboards. These typically include biscuits, cakes, crisps, fizzy drinks (including diet ones) and any other processed foods. You are 10 times more likely to consume them if they are readily available, so avoid it by removing the temptation altogether. Replace them with healthier options such as fresh fruits, raw vegetables, hummus, oatcakes and dark chocolate.

2. Savour each mouthful

Slow down your eating speed. This tip alone will help you eat less in terms of both quantity and calories. If you chew each mouthful 20 times, you will be amazed how quickly you will feel full. Try it out next mealtime and expect to be surprised!

3. Share a dessert

There is no need to deny yourself a treat. However, instead of devouring a whole dessert, share it with your eating companion. Research shows that a couple of mouthfuls is all you need to satisfy the desire.

4. Cut down on calories, not taste

Remove the skin from poultry, trim the visible fat from meat and eat more vegetables. Swap your korma dishes with tandoori equivalents or a curry with a tomato-based sauce.

5. Eat yourself slim

Include foods which enhance weight loss naturally. Start your day with half a grapefruit. Follow it with a bowl of porridge with some seeds and sprinkled cinnamon for breakfast. Snack on apples or celery sticks and low-fat paneer. Eat lentils for lunch and white fish for dinner with plenty of green vegetables. Drink green tea, a natural slimming drink.

6. Exercise regularly

Exercise speeds up your metabolism which means you burn more calories. Find the exercise you enjoy and you will be more motivated to keep it up. Even 30 minutes of exercise a day can yield great results!

7. Take slimming supplements

Get a helping hand from slimming supplements. Chromium helps balance blood sugar levels and reduces sugar cravings. Coenzyme Q10 and L-carnitine stimulate the body to release fat and use it for energy. Rhodiola helps reduce stress levels and aids weight loss.

8. Prioritise meals

'Breakfast like a king, lunch like a prince and dine like a pauper' is still one of the greatest weight management tools. Make your breakfast the most important meal of the day, lunch the largest, dinner the smallest and you will never have to diet again.

9. Curb hunger pangs

It is all in the planning. You should never leave your house without the following: a bottle of water, an apple, some almonds, goji berries and oatcakes. Snack on these foods to ward off hunger between meals and prevent binge eating.

10. Reward yourself

Keep yourself motivated by rewarding yourself. For example, every time you lose 2kgs, choose something that's fun and pleasurable. Pamper yourself with a rejuvenating facial or a massage at a spa. This will turn your weight loss into an enjoyable experience. □



■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

