Rec Tip of the Week March 5, 2014

A March 4, 2014 FoxNews.com article lists 5 steps to rescue those diet slip ups

1. Eat Breakfast: A fiber and protein rich breakfast will help keep you satisfied longer throughout the day.

2. Drink Water: often that sense of hunger felt throughout the day is truthfully thirst. When hungry drink an 8 oz glass of water first to make sure you weren’t just thirsty. Staying hydrated also helps regulate metabolism.

3. Fill up on Fiber: Fiber is important for satiety and for proper digestion. Filling up on high fiber foods is a great way to feel full longer without high calorie counts. Fruits and Veggies are great fiber choices.

4. Grab a snack: having a small snack midmorning and late afternoon is a great way to not overdo it at lunch and dinnertime. Keep snacks small and include protein and fiber in the snack.

5. Go light at night: eat more protein and fiber at your nighttime meal and lower your intake of carbs in the evening.