

SLIM DOWN WITH THESE 4 TIPS

Shessosavvy.ca

I'm sure it's the promise of nice weather, but lately, I seem to be having the same conversations over and over again with friends. What small changes can I make to look good and feel better for spring? It seems like everyone wants to lose 5-10 pounds but immediately, everyone just wants to get rid of the winter bloat to feel better in their clothes!

With this in mind I set out to see what kinds of foods I could eat to keep the bloat down. I came across these 4 tips from **Franci Cohen, a certified nutritionist and personal trainer out of New York**. These tips focus on what to eat in situations we all find ourselves in often:

Girl's night out: Have a large meal before hand to ensure you have enough fuel to get through the evening. Try this combo which will not give you bloat and it will give you the energy you need to dance the night away!

- 1 grilled chicken breast (approx 4 ounces)
- 1/2 cup cooked brown rice and lentils
- 1 cup steamed string beans

A dinner- date: Perhaps you're looking to impress and as such, are wearing something a bit too snug. Don't go for salad! The veggies in salad will actually bloat you. Instead go for a fish dish with one side of grilled veggies. Salmon, mackerel, sea bass and lemon sole are all good options. As for the veggies, try to steer clear of cruciferous veggies (such as cauliflower, broccoli) that can cause bloating. Instead opt for grilled zucchini, asparagus, or carrots – which will keep bloat at bay.

An afternoon luncheon: Eating a well-balanced lunch is essential for boosting energy and productivity; giving you power over that mid-day slump and keeping your metabolism active. Most people who are looking to slim down or lose weight will skip lunch all together. This is bad as the longer you go between meals, the more likely your body is to go into starvation mode and hold onto calories it could be burning. Instead, go for a salad chock-full of fresh veggies and greens, and topped with a piece of grilled fish, low-fat tuna salad, or fresh turkey breast slices. Throw a few walnuts or almonds on top and dress with a low fat/low sugar dressing, to finish off your delicious salad creation!"

For traveling days: With airports increasing their food court selections it can be tempting to give in to the convenience of fast travel food. But don't. The combination of a high-sodium from fast food and air travel equals a *very* bloated body from head to toe. If you can, eat before you leave for the airport. Franci suggests packing your carry-on with fruits, veggies, and granola bars. Trust me, these won't get confiscated at security and if they do, there are available at small airport shops and vending machines.

So there you have it. Personally, I'm going to start carrying around almonds in my bag. I'm hoping that when hunger strikes, I can reach for those to make myself healthier and save money by not buying an impulse snack!