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Pre-Load

I think it's time to start adopting some important habits. Cutting calories by 20% is still an excellent idea, but our goal is to change our lifestyle for good. One of the things that's important is to add fiber to our diet. On top of that, if our timing is good, it may help us control our appetite.

We all need more fiber in our diet. The typical adult needs 25 to 30 grams per day; the average intake is about 12 grams. Here are two simple changes you can make to increase your fiber intake and maybe curtail hunger. So far, no one has complained about being hungry, but at some point, it may happen and you need a strategy to deal with it.

The simplest change is to eat a small- to medium-sized apple about 15 minutes before you eat. It will only be about 75 to 100 calories, but it will contain about four grams of fiber. Research has shown that when people eat an apple, they eat less at their next meal.

The second is to use a fiber cocktail that contains soluble and insoluble fiber. Soluble fiber would be inulin or dextrin, and insoluble fiber would be psyllium. Use at least four ounces of water, and mix in about a teaspoon of each type of fiber. Drink it down right away because if you let it sit, the soluble fiber will absorb liquid and you'll have to eat it with a spoon. The fiber cocktail will provide six to ten grams of fiber. Just make sure that you drink a full glass of water after the fiber cocktail.

Pre-load your stomach and you may find that eating 20% less is easier than you thought.

What are you prepared to do today?

Dr. Chet

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