



January 27, 2010 – Grand Rapids, MI

Write It Down

I've talked to several readers both live and in email about different approaches they could use in reaching their 30-pound weight loss goals. Like me, they've been around the weight loss block several times and if they couldn't do it last time, they wonder what will make it work this time? If that's your situation, you may be feeling discouraged.

Well, it's time to change that. This is a process, and we have to gather information in order to determine the best approach. What I recommended to those readers and what I'm recommending to you is to write down everything you eat in a journal for the next week or two.

If you've done that before, your eyes maybe rolling back in your head, but hear me out. Measure or weigh everything you put in your mouth, no matter how low you think the calories are. You weigh what you weigh because of the habits you've had. So indulge me—measure, weigh, and write it down. Then go to www.nutritiondata.com and check out the calories and write those down.

You need a daily caloric deficit of about 500 calories to lose a pound a week. When you add it all up, you may be eating a lot more than you think because you haven't been keeping track or because you've been kidding yourself.

You don't have to keep track forever, and if the 20% approach is working, keep at it. But if you feel your weight loss effort isn't working as well as you'd like, write down what you eat. You may surprise yourself.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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