

Adapted from: <http://www.absolutethai.com/healthful-foods>

## *Healthful Foods Instead of a Fad Diet*

Fad diets will lead to successful weight loss if you follow them exactly as they are designed. That doesn't mean every food that fits into that particular diet is good for you, but it does mean you have to change your eating patterns to fit that diet's rules. Rather than worry about following a **fad diet**, think about your health and your lifestyle instead. Choose foods that are good for you and eat them in the right amounts. The closer a food is to its natural state, the better it is for you. Fresh fruits and berries will satisfy a **craving** for sweets. Whole green, orange, and yellow vegetables have lots of vitamins and minerals. Steam them, or eat them raw, to retain the **nutritional** value. At least half of your pasta, cereals or baked goods should be made from whole grains. Avoid sugary snacks like cookies and pastries. Shop for lean meats, poultry and fish.

Once you learn which foods are good for you, you need to look at your eating habits. If you're an emotional eater, keep the junk food like potato chips, tortilla chips, ice cream, and candy out of the house. Keep healthy snacks like fruits, crunchy vegetables with dips, or nuts handy.

### **A.** \_\_\_\_\_

It can be difficult to maintain your health if you dine in restaurants frequently, especially fast food restaurant that serve huge greasy burgers and gobs of French fries. If you can't hold your resolve to order just a salad, then compromise. Pick out an appetizer that you love, combine it with a salad or a cup of soup, and skip the larger entrees. You can also share a meal or take half of it home. You could die for dessert? Order as small a size as possible, or maybe just one **scoop** of ice cream, rather than a larger, heavier dessert. Try a dish of mixed berries topped with nuts and a small bit of whipped cream. Be careful with the after-dinner drinks as well. Maybe just have one glass of wine with your meal instead.

### **B.** \_\_\_\_\_

If you skip breakfast, you may find that you lose energy by midmorning. Rather than skipping breakfast completely, split it in half. Eat a small breakfast early, such as an egg, small **serving** of oatmeal, or a slice of whole grain bread. Have a small snack on hand such as raisins and 10 or 12 almonds to eat at midmorning. This split breakfast is a much better solution than reaching for coffee and candy bars to perk yourself up.

### **C.** \_\_\_\_\_

Our stomachs really aren't that big. Without stretching, the stomach will hold about two cups of food, but because the stomach will stretch, it can hold considerably more food than we need at any given meal. When you eat at home, serve your meals on individual plates rather than family style at the table. You will be less likely to reach for "seconds" that way. At restaurants, ask for "take home" containers and take half of your meal home to heat up tomorrow. Avoid buffets, unless you are very disciplined. It is way too tempting to **load up** three or four plates plus dessert.

### **D.** \_\_\_\_\_

Do you feel like you can't live without your chocolate? If there are foods you won't give up, enjoy them in smaller amounts. Buy one **tiny** high quality piece of candy and enjoy it, but don't buy a bag full of snacks to take with you. Limit other treats or favourite foods that aren't healthy, maybe let yourself eat them one time per month, or search for healthier versions at natural foods markets.

### **E.** \_\_\_\_\_

If you can't transform your unhealthy diet overnight, don't despair. Most people can't. Start **implementing** some of these ideas, even just one at a time. Every change you make will be one step in the right direction.

### **I. Match the headings with the paragraphs:**

1. *Things You Won't Give Up*
2. *Don't Skip Meals*
3. *Nutritious Foods When Eating Out*
4. *Rome Wasn't Built in a Day*

## 5. Control Portion Size

### **II. Decide if the sentences are true or false (T/F):**

1. You should avoid whole grains in your diet .....
2. An emotional eater should always have some fruit or nuts at home.....
3. You may enjoy a glass of wine with your meal.....
4. It is a good idea to have a candy bar instead of regular breakfast .....
5. The size of stomach of an adult person remains the same at all times .....
6. Try not to eat the whole meal in a restaurant .....
7. You must stop eating chocolate even if you love it .....
8. You should expect the results immediately .....

### **III. Match the highlighted words with the definitions:**

1. providing nourishment - \_\_\_\_\_
2. putting into effect - \_\_\_\_\_
3. appetite - \_\_\_\_\_
4. very small - \_\_\_\_\_
5. spoon-shaped vessel - \_\_\_\_\_
6. portion - \_\_\_\_\_
7. fill up - \_\_\_\_\_
8. eating patterns aimed at quick weight loss - \_\_\_\_\_
9. portion - \_\_\_\_\_

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