



What mistakes are you making?

5 Weight loss Mistakes - are you making them?



MEET ANDREA

ANDREA METCALF

"As a nutritionist and fitness expert, I spent over 35 years helping people eat, move and live better. Let me share my passion for living healthier with your team."

Celebrity Fitness Expert as seen on



Andrea Metcalf is a best-selling author, speaker, national fitness expert as seen on the Today Show, Oprah.com and Huffington Post and helps motivate people to live healthier, active lives.



**WHAT DO
YOU REALLY
KNOW
ABOUT
YOUR FOOD?**

**HOW
MUCH
SUGAR?**



39 grams

10 sugar cubes



**HOW
MUCH
SUGAR?**



10 grams

2 sugar


cubes





WEIGHT

GAIN

A person wearing a white button-down shirt is shown from the chest up. They are holding their chest with both hands. A bright red glow emanates from the center of their chest, indicating a heart-related issue. A blue ECG (heart rate) line is overlaid on the image, starting from the left and ending at a small blue dot on the red glow. The background is a plain, light gray.

RISK HEART

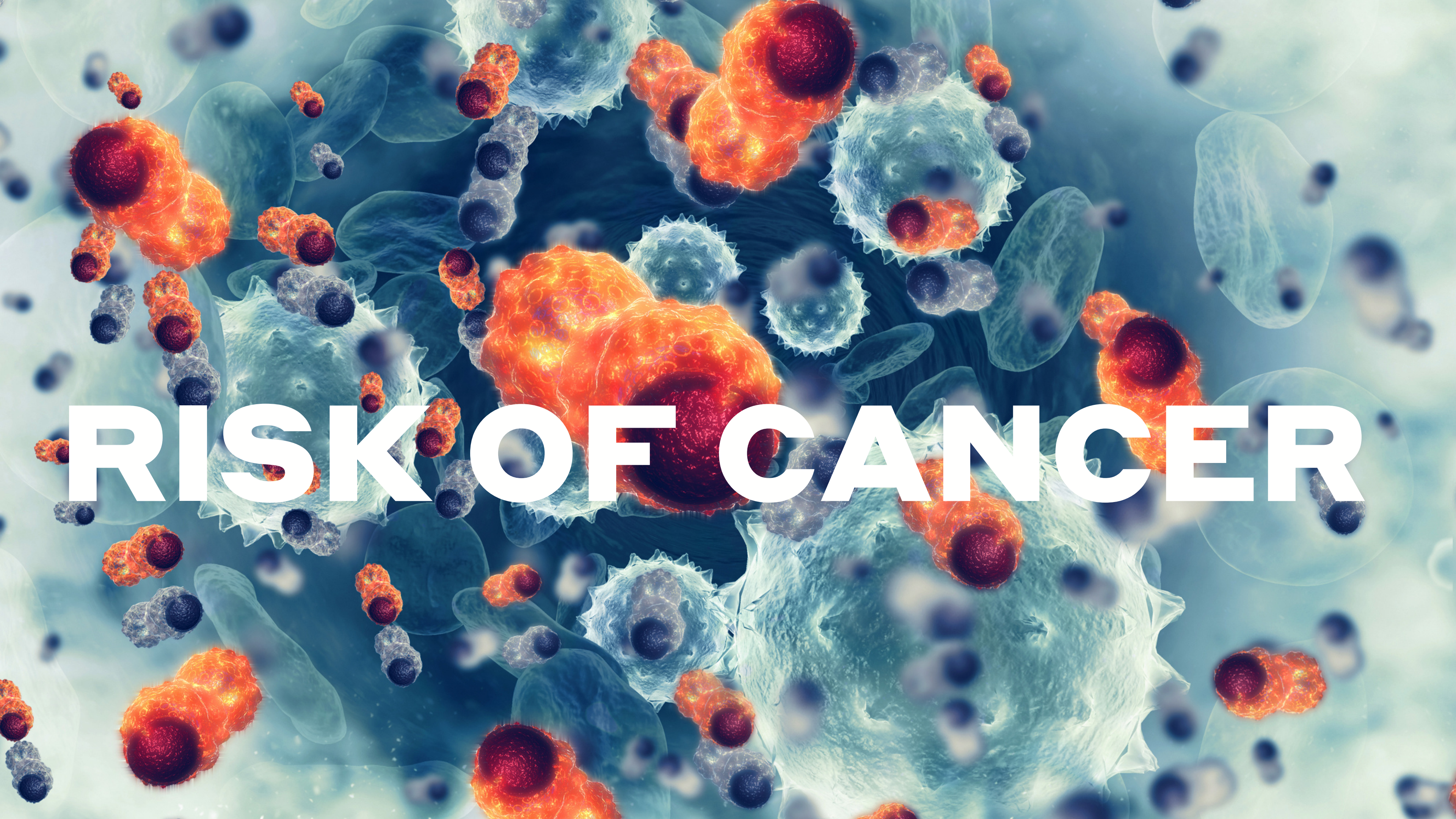
DISEASE



**RISK OF
DIABETES**

A silhouette of a person sitting on a chair, leaning forward with their head resting on their hand, set against a teal background. The person is positioned on the left side of the frame, and the chair is also visible. The overall mood is somber and contemplative.

DEPRESSION



RISK OF CANCER

cut back



5 biggest weight loss

Mistake



mistake #1



EXTREME DIETING

for example

- CRASH DIETS
- SEVERE CALORIC RESTRICTION
- ELIMINATING ENTIRE FOOD GROUPS

results

- LOSS OF MUSCLE
- SLOWED METABOLISM
- NUTRIENT DEFICIENCIES

mistake #2

**LACK OF
PORTION
CONTROL**



for example

- SUPERSIZING
- BIGGER THAN YOUR FIST
- LARGER PLATES & CUPS
- DRINKING CALORIES
- JUICING – HEALTHY
HIGH CALORIES
- SNACKING –HIGH
CALORIES

-

solutions

- SWITCH TO SMOOTHINGS
- SHARE A MEAL
- ORDER SIDES AS A MAIN
- TAKE HALF HOME WHEN ORDERING

mistake #3

SKIPPING MEALS



for example

- INTERMITTENT FASTING
- COFFEE FOR BREAKFAST
- MULTI-DAY FASTING

results

- LOSS OF MUSCLE
- SLOWED METABOLISM
- NUTRIENT DEFICIENCIES
- TIRED, CRABBY, MEAN

mistake #4

OUT RUNNING
YOUR CALORIES



for example

- EXCESSIVE EXERCISE
- TRUSTING THE MACHINE

results

- INJURY
- HOW MANY CALORIES ARE YOU BURNING
- KNOW YOUR BMR

mistake #5

A woman with long brown hair, wearing a red and white striped shirt, is sitting on a grey couch. She is holding a large glass bowl of popcorn in her left hand and a single popcorn kernel in her right hand. She has a pained or distressed expression on her face, with furrowed brows and a slight frown. The background shows a brick wall and a wooden chair.

IGNORING
EMOTIONAL
EATING

are you hungry?

- ANTS
- EMOTIONS
- FEAR
- TIRED

how can you tell?

- HUNGER IS YOUR BODY'S NATURAL SIGNAL THAT IT NEEDS NOURISHMENT AND ENERGY. RECOGNIZING HUNGER CUES IS IMPORTANT FOR MAINTAINING A HEALTHY AND BALANCED DIET. HERE ARE SOME COMMON SIGNS THAT CAN HELP YOU IDENTIFY WHEN YOU ARE HUNGRY:
 - STOMACH GROWLING
 - INCREASED AWARENESS OF FOOD
 - PHYSICAL WEAKNESS OR LIGHTHEADEDNESS

how can you tell?

- IRRITABILITY OR MOOD CHANGES
- DECREASED ENERGY
- EMPTY OR HOLLOW FEELING IN THE STOMACH
- CRAVING FOR SPECIFIC FOODS: HUNGER CAN COME WITH SPECIFIC FOOD CRAVINGS.
- LOSS OF APPETITE: IN SOME CASES,

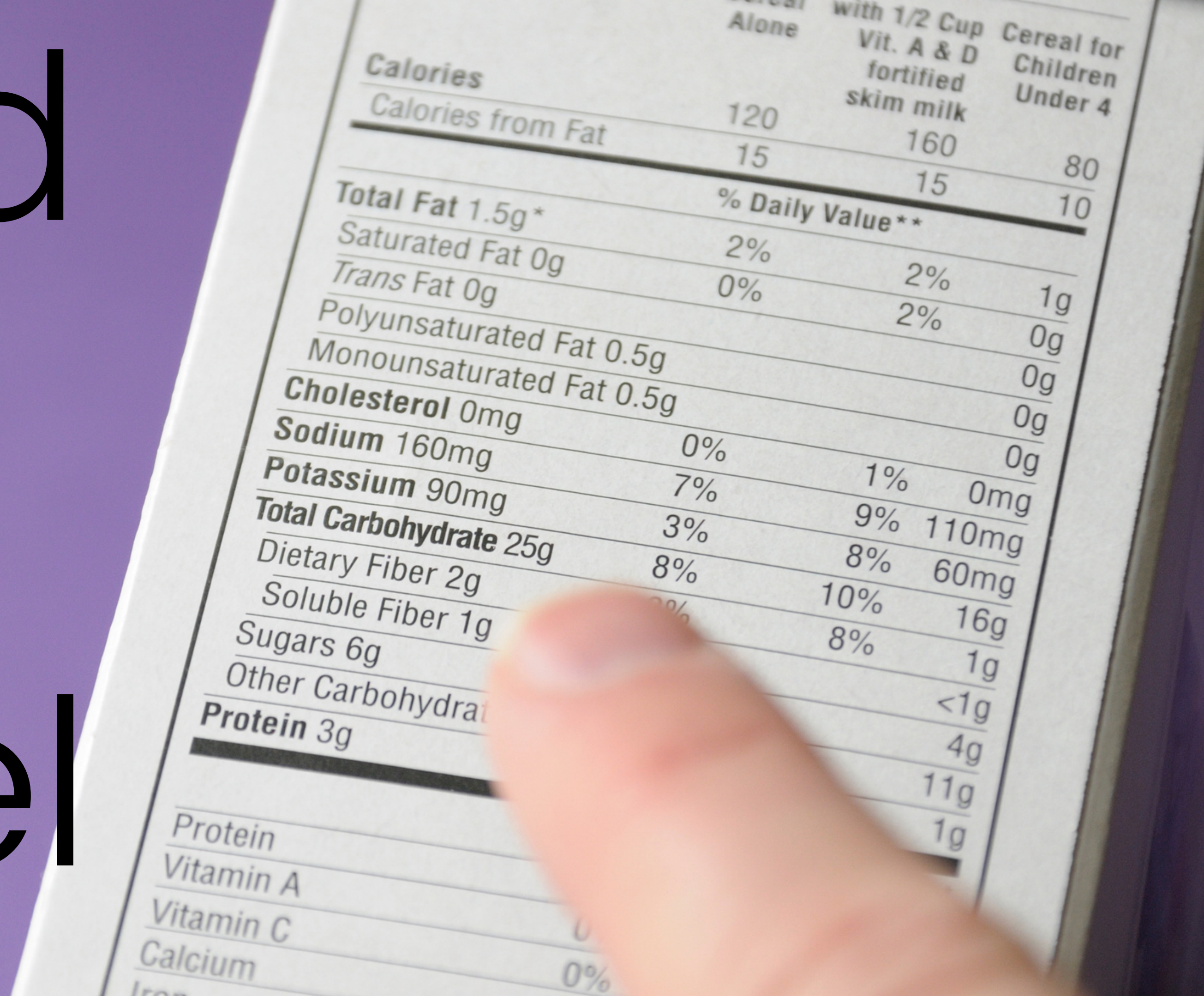


drink more



eat more

read
the
label



A close-up photograph of a nutrition label on a cereal box. A person's finger is pointing to the 'Total Carbohydrate' row. The label is tilted and shows various nutritional values and percentages. The background is a solid purple color.

	Cereal Alone	with 1/2 Cup Vit. A & D fortified skim milk	Cereal for Children Under 4
Calories			
Calories from Fat	120	160	80
<hr/>			
	% Daily Value**		
Total Fat 1.5g*	2%	2%	1g
Saturated Fat 0g	0%	2%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 160mg	7%	9%	110mg
Potassium 90mg	3%	8%	60mg
Total Carbohydrate 25g	8%	10%	16g
Dietary Fiber 2g		8%	1g
Soluble Fiber 1g			<1g
Sugars 6g			4g
Other Carbohydrate			11g
Protein 3g			1g
<hr/>			
Protein			
Vitamin A			
Vitamin C			
Calcium	0%		
Iron			

Try ginger, allspice,
cinnamon or nutmeg.



GOOD NUTRITION



carbs

fruits

veggies

starches

processed

foods



protein

fast food

legumes

beans

nuts



fats

good fats

bad fats



EATING HEALTHY

WHAT WE ARE EATING



2.5 CUPS A DAY**

WHAT WE SHOULD BE EATING*



9-11 SERVINGS A DAY

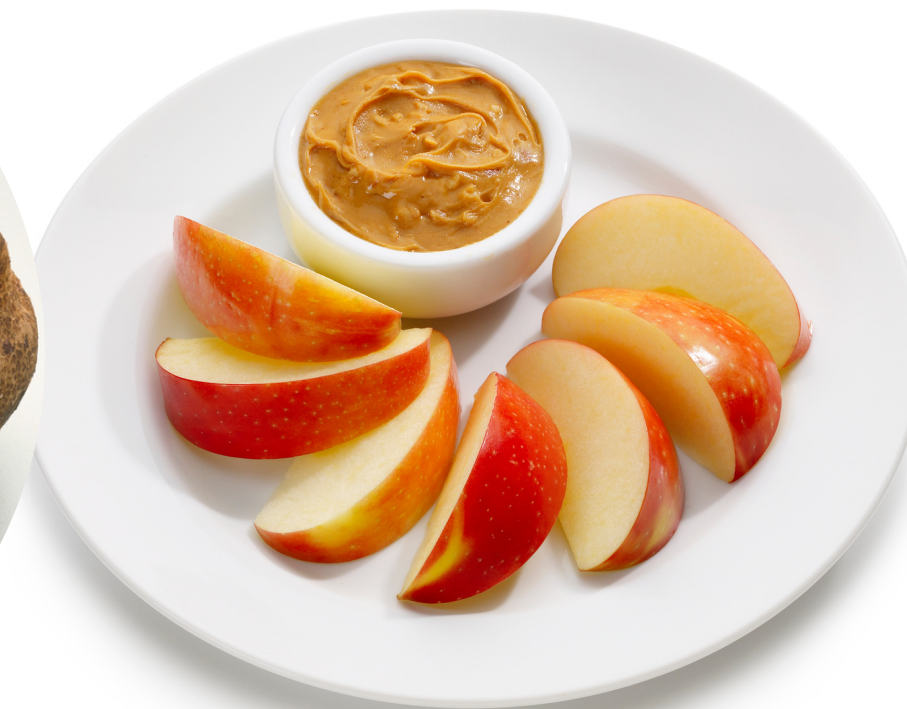
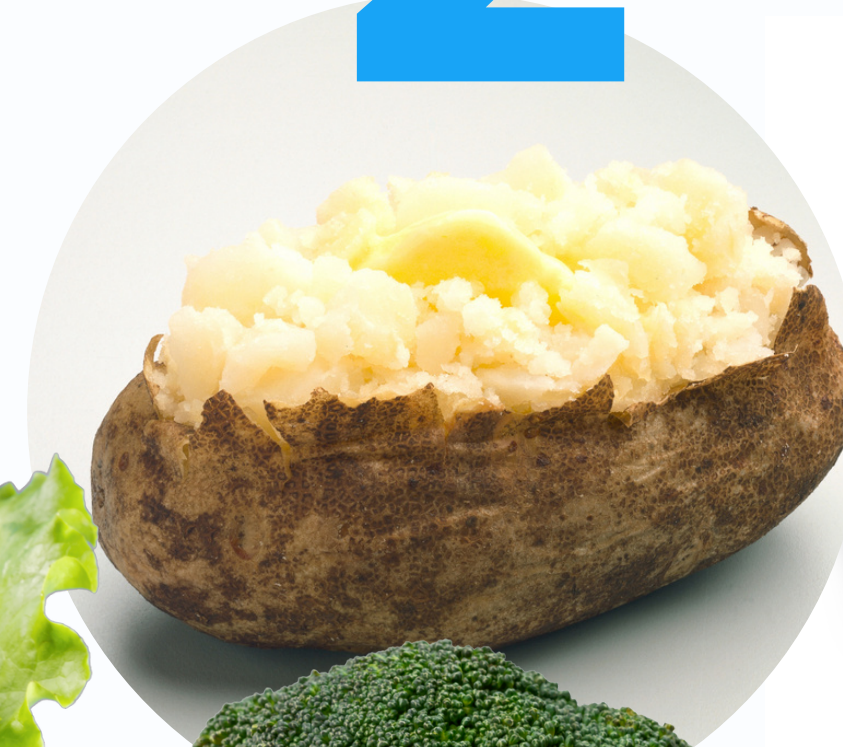
SIMPLE RULE FOR CARBS



4



2



1



3



SIMPLE RULES FOR PROTEINS

80 GRAMS



DON'T FORGET THE FIBER

25 GRAMS



**Kitchen is
right
around the
corner**

Making Choices

Why are you hungry... or
are you?

Preparation

What do you currently
have in your kitchen



blood sugar drop
tired
bored

WHY SNACK?

Increase nutrient intake

Opportunity to improve the quality of
your diet

Sustain energy levels

Recover from exercise

HOW TO PICK THE RIGHT SNACK

200 calories

4 grams of protein or fiber



KEEP
IT
SIMPLE



YES PLEASE





QUICK FIXES

peppermint

popcorn

cottage cheese

iced tea (cold drinks)

hot drinks (hot cocoa)

chocolate pudding

greek yogurt

edamame

olives

miso soup

dates

protein bites

fresh fruit





PROTEIN BITES

peanut butter 1/2 cup

oatmeal 1 cup

chocolate chips 1/4 cup

protein powder 2 scoops

flax seeds 1/4 cups

chia seeds 1/4 cup



BANANA BREAD POWER

Basic banana bread recipe plus collagen protein scoops.

CAPRESE SUMMER

cherry tomatoes

arugula

mozzarella

basil

drizzle of balsamic vinegar or

glaze

lemon squeeze

drizzle of olive oil

salt & pepper to taste



BANANA ICED

2 frozen bananas
vanilla 1 teaspoon
kiwis sliced



POWER SMOOTHIE

peanut butter 1/2 cup
cocoa powder 1/4 cup
almond milk/kefir 8 ounces
protein powder 1 scoop
2 frozen bananas

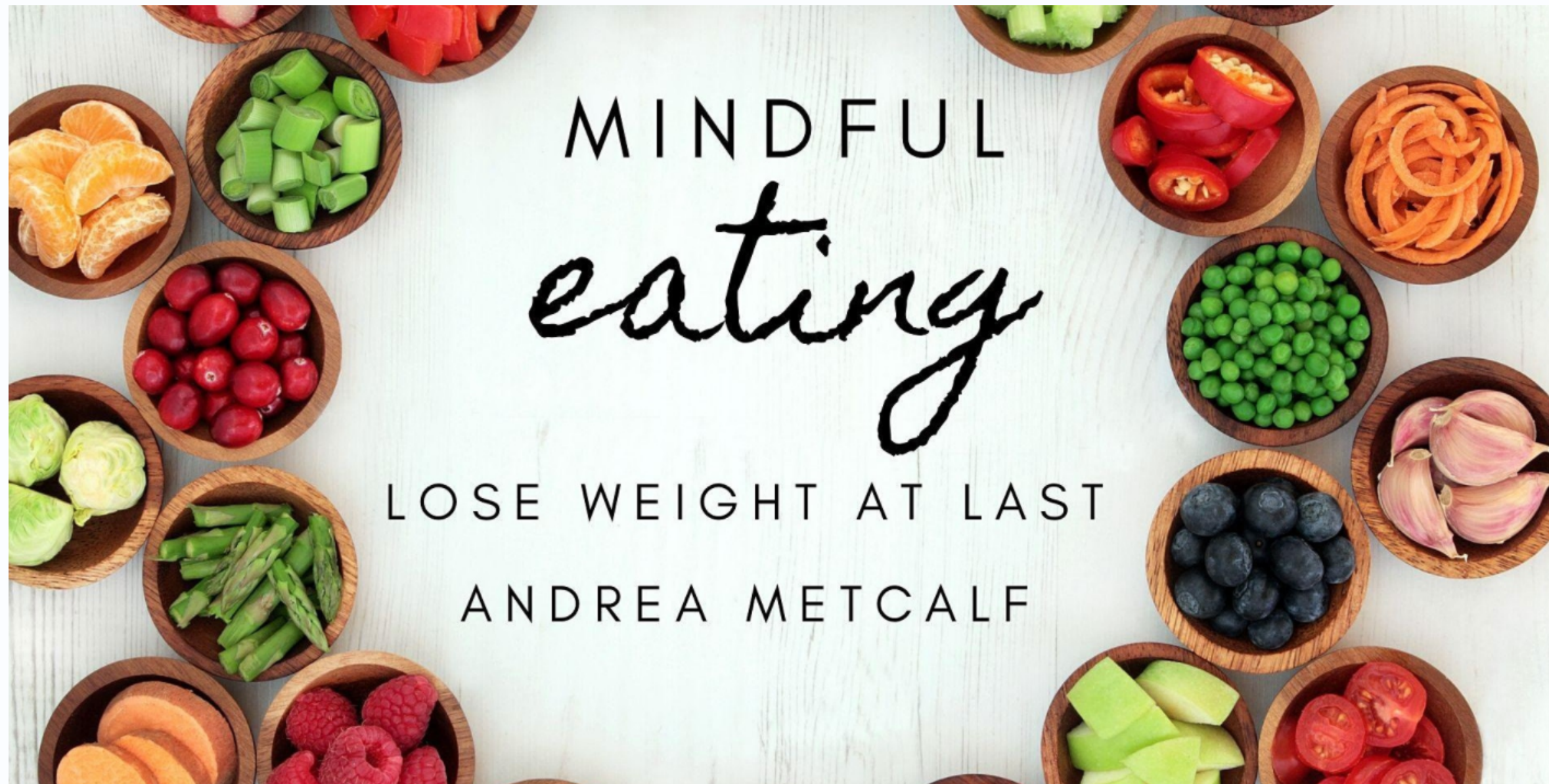


good snacks before bed



- Low-fat milk or cheese
- Seafood, meat or poultry
- Whole grains, such as a bowl of cereal with skim milk
- Scrambled eggs
- A peanut butter sandwich
- Yogurt with granola sprinkled on top
- A sliced apple with one ounce of cheese





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