

METABOLISM BUSTERS- 3 Common Mistakes

Metabolism Monday - May 10 2010

1) **FREQUENCY: Not eating frequently enough.** Eating 5-6 small meals or snacks a day:

- keeps your metabolism up so you burn calories more efficiently. (eat every 2-3 hours)
- prevents hunger pangs
- curbs overeating
- food is also absorbed more efficiently and quickly when you eat regularly

2) **QUALITY: Not eating enough calories**

- if your daily caloric intake is too low your metabolism will seize up to conserve fuel
- use the online tools and figure your Basal Metabolic Rate (BMR) and daily calorie requirements. If you want to lose weight, drop the calories by 300-500 calories a day, but no more
- eat just enough to satisfy at each meal, but not get full

3) **COMPOSITION/ BALANCE: Not getting enough protein with each meal**

- protein helps build lean muscle, takes more calories to digest, and will fill you up and satiate
- all calories are NOT equal. An ALL fruit and veggie diet will be too high in sugar and will leave you hungry
- eat some lean protein at each meal. It helps preserve your muscle which boosts metabolism and burns fat
- each meal/snack should have protein

Best Sources of Protein

-protein powder(the best are whey protein and have low carbs and low fat and about 25 gm protein per scoop)

-eggs-especially the egg whites. One serving should be about 3 EW and 1 whole egg. Plus eggs have Omega-3's !

-poultry - chicken and turkey breast meat - boneless and skinless cooked with very little oil

-99% fat free ground turkey breast- THE BEST!

-Beef: lean cuts: top round, top loin, tenderloin, short loin, NY strip, any lean cut.

-Fish: Salmon, Tuna, Tilapia, white fish and cold water fish. **For those interested in hard core fat and weight loss tips check out this link:**

<http://www.bodybuildingforyou.com/bodybuilding-supplements-guides/fat-loss-tips-3.htm>