

Top 10



Weight Loss Tips You Can Start TODAY

Why Does A Vegan Weight Loss Diet Work?

First and foremost, when people go vegan they tend to lose weight right out of the gate. Why is this? FIBER. Giving your body a constant supply of fiber means you are always cleaning out the pipes. On the other hand, animal products contain ZERO fiber. And YES that means ALL animal products including red meat, chicken, turkey, fish, eggs, milk, cheese. As long as you continue to eat these foods, you will find it difficult to lose weight.

A vegan diet is EASY. It's a LIFESTYLE CHANGE. And IT WORKS. Not only to lose weight, but to experience [many positive health changes as well](#).

Isn't A Vegetarian Diet Far Enough To Go?

Some people choose to go vegetarian. Vegetarians simply give up the "meat" and continue to eat eggs and use dairy products (milk, cheese, yogurt).

While it's a step in the right direction (and quite commendable!), some of the biggest culprits to weight gain are dairy products. Think about it, if cow's milk is used to grow a calf to such an immense size, don't you think it might (just MIGHT!) cause YOU to grow too? I mean, why would the milk from a cow have a different effect on you? And cheese is simply CONCENTRATED cow's milk. Cow's milk may be the WORST food you can possibly eat to lose weight!

Here are some tips that you can start using TODAY:

1. DON'T simply switch out your meat and dairy for vegan meat and dairy substitutes (soy meats and cheeses). While it is okay to occasionally eat these foods if you go vegan and have NO weight to lose (always buy organic or non-GMO soy foods), it's not ideal if you DO have weight to lose. Many of these "faux foods" are high in fat and sodium, which go against your weight loss efforts. Much better to teach yourself how to create a whole foods vegan menu from the get go;
2. DO experiment with whole grains.

[But not all whole grains are created equally](#). Some are fairly difficult to digest (such as wheat) and others are much easier to digest (like pseudo-cereals such as buckwheat, which is not a wheat at all). Be aware that the easier a food is to digest, the quicker it will go through your intestines, which is the goal when you have some pounds to lose. So while you should eat whole grains every day, just be aware of the effect they have on you, experiment with different whole grains and pseudo-cereals and find the fit that works best for you;

3. Cut back on your sugar intake. Overuse of sugar can lead to problems with an overgrowth of yeast in your body, and when that happens look out because it becomes NEARLY IMPOSSIBLE to lose weight until you clear out the yeast. Really take a look at your diet -- where might you be adding unnecessary sugars into your daily or weekly menu?
4. DON'T drink fruit juice! This is one source of "sugar" that you need to rid yourself of. Fruits are fantastically good for you, providing you the water-rich fiber your body needs, along with so many important nutrients as well. But if you drink the juice, and eliminate the fiber within (such as OJ, apple juice, pineapple juice, etc.), then you are basically mainlining all the simple sugars naturally contained in the fruit. Much better to eat the fruit as is, or opt for fresh vegetable juice instead;

5. DO eat lots of green leafy veggies. Foods like kale, collard/mustard/turnip greens, broccoli, bok choy -- these types of foods provide vital nutrients including CALCIUM which is needed to lose weight. If you are lacking in calcium, your vegan weight loss efforts could be hampered;
6. DO drink a BOATLOAD of water. All those amazing [fiber-rich foods you should eat need water](#) to aid them in the job they need to do. Two-three glasses a day is NOT going to cut it for you. The range of your water intake should be 6-12 (8 ounce) glasses per day. Shoot for the lower range if you eat lots of water-rich fruits and veggies and smoothies, and the higher range if you don't.
7. Nuts provide important HEALTHY fats we need, and are high in vegan protein. Raw nuts provide important enzymes we need. Toasted nuts tend to taste a little more interesting and make the protein more available for your body. So I recommend eating some raw nuts and some toasted nuts to get the best of both worlds. Just don't go crazy with them -- 1/4 cup nuts per day if weight loss is your goal;
8. DON'T be a slave to your scale. SCALES LIE! Did you know you can lose INCHES but still GAIN WEIGHT? As you enjoy a vegan diet combined with exercise (!), you will begin to build muscles where you didn't have them before. No, not "he-man" muscles, but muscles which help you tone to get rid of the flab. Muscle is denser than fat; therefore, as the muscles grow and the fat is burned off you will see a reduction in inches while the scales remain where they were. Hide your scale away, and pull out your measuring tape instead;
9. DO start an aerobic exercise program as well as a weight-lifting program. **Of course you have to exercise for weight loss!** Do you really think diet alone will cause the lasting vegan weight loss you seek? There is no diet in this world that will work if you don't exercise regularly. If you go to the gym and walk on a treadmill for 30 minutes, that's certainly better than nothing at all. But you need to WORK UP A SWEAT to lose the fat.

I recommend "warming up" for 10-15 minutes as you slowly bring your heart rate up. Then work to keep that heart rate up for at LEAST 30 minutes. Usually a combination of, say, jogging with short 1-minute bursts of fast running, works beautifully as you challenge your body to go farther with each workout. Then, "cool down" for 10-15 minutes as you bring your heart rate back to normal. A heart monitor is the key here so you can keep track of your heart rate.

Muscle burns fat. But before you begin lifting weights, be sure to get advice from a pro (such as an instructor at your gym). You can hurt yourself if you don't know what you're doing.