



# Phentermine-375.net Offers Weight Loss Tips for Weary Dieters

NEW YORK, NY, USA, September 24, 2013 /EINPresswire.com/ -- Phentermine-375.net is a website designed to help inform struggling dieters about the most prescribed [weight loss](#) pill in the USA as well as provide tips, success stories and diet tools for people looking to lose weight.

Generally speaking the best way to lose weight is to reverse the patterns that caused weight gain in the first place. That means making lifestyle changes to eating habits and adding increased energy through exercise. Weight loss is often a simple math equation; Burn more energy (calories) than consumed to take-off the weight. Look at the math:

More calories IN than OUT = weight gain

More calories OUT than IN = weight loss

The same amount of Calories IN (energy consumed) and Calories OUT (energy burned) over time = weight stays the same

Phentermine-375.net suggests these lifestyle changes to help [trim the pounds](#):

## Skip the Bread

People who eat a protein-heavy meal consume an average of 16 percent fewer calories than those who raid the bread basket or carb up.

## Limit the Alcohol

People who drink alcoholic beverage along with their meal eat an average of 192 extra calories. The body sees alcohol as a toxin and works to burn those calories first. Therefore, the calories in the food eaten alongside the alcohol are more likely to be stored as fat. Liquor also makes people eat quicker allowing them to consume more calories before feeling full.

## Be Restaurant Wise

Some restaurants offer a fixe-price special (a complete meal offered at a fixed price) or in fast food chains the combo-meal. Who doesn't like a bargain? However, with this upgrade for just paying a little more money the hidden cost is a lot more calories. People who take the special-priced complete meal typically spend 17% more money but consume 55% more calories. Better to choose a salad appetizer, fish entrée and fruit for dessert.

## Swap for Healthy Options

A pound of fat equals roughly 3500 calories. Reducing daily calorie intake by 250 calories will aid in the loss of one half pound per week. Even Weight Watchers allows dieters to have pizza but it is the kind of pizza eaten that can trip up weight loss. Thin crust pizza may have nearly a hundred calories fewer than thick crust pizza. Eliminate calories without lifting a finger just by swapping out for a healthier alternative.

Some easy swaps:

- Swap 2 tablespoons cream in coffee for 2 tablespoons 1% milk and save 30 calories. After one year save 3 pounds.
- Swap 12 oz latte made with whole milk for 12 oz latte made with skim milk save 80 calories or 6 pounds in one year.
- Swap 1 cup mashed potatoes for 1 medium baked potato and save 70 calories
- Swap a Sandwich with 1 slice cheddar cheese for a Sandwich without the cheese and save 113 calories or one pound in one month.
- Swap a fistful of nuts (1/2 a cup) for a cup of air-popped popcorn and save 376 calories.

Swapping a night snack alone can help shed 1 pound in as few as 10 days.

- Swap a hamburger bun for an english muffin and save 120 calories
- Swap mayonnaise for low-fat mayo and save 45 calories.
- Swap chicken for tofu and save 100 calories

Fill up on Veggies

Hidden [diet busters](#) are the aide dishes alongside the meal. Fill a plate with roasted vegetables, mixed greens with lo-cal dressing and skip the fat-laden mashed potatoes with butter or French fries. Fresh or steamed vegetables are not only low calorie but high in fiber. High fiber foods keep the stomach feeling full longer, which can prevent a dieter from reaching for extra calories in order to fill up.

The benefit of choosing fruits, vegetables, and other lower-fat foods is that nutrient-dense choices like fresh produce and whole grains can help prevent heart disease, cancer, and diabetes, while fat and sugar laden choices like candy, soft drinks and white bread can contribute to a whole host of health problems.

The math wins out again:

- Carbohydrates and protein have 4 calories per gram
- Fats have 9 calories per gram
- Alcohol has 7 calories per gram

High fiber foods that take more work to digest tend to be better for you. When it comes to weight loss, a calorie is a calorie, though when it comes to health, it's best not to blow calories on foods that lack nutrients.

Unfortunately, some people just don't have the discipline to stick with a weight loss plan. They

may require the support of a weight loss pill to help them initiate the process. For more diet tips and information on weight loss visit [Phentermine-375.net](http://Phentermine-375.net).

Phentermine-375.net is a website designed to help inform struggling dieters about the most prescribed weight loss pill in the USA as well as provide tips, success stories and diet tools for people looking to lose weight.

Press Release courtesy of Online PR Media: <http://bit.ly/16oXOZr>

Jennifer Hughes  
Phentermine-375.net

.

[email us here](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/169066524>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.