

[EATING TIPS TO LOSE WEIGHT](#)



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Tip No. 13: Lose weight slowly. If you're losing weight but not as fast as you'd like, don't get discouraged. Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you don't lose weight fast enough.

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This is bad because you can go into a trance of sorts while watching the TV or computer and end up eating way more than you would have at the table. Tip #2 Eat slowly. It actually takes a while for the stomach to signal your brain that it is full. By eating slower you will consume less unnecessary food.

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