



COLLEEN GERG NUTRITIONIST/TRAINER

“DIET MISTAKES AND HOW TO CORRECT THEM”

- **Lack of patience – trying to do too much too soon and change everything overnight.**
Tip: Take it slowly – you can trick your body by cutting out a little of the foods you crave.
- **Focusing too much on what you can't eat.**
Tip: Crowd out the foods that sabotage your diet by adding healthier choices. Every person is different but these are good places to start: leafy greens, berries, nuts, salmon and whole grains.
- **Thinking you have to cut out large food groups.**
Tip: You should avoid foods containing trans fats (check for partially hydrogenated oils) and foods containing refined carbohydrates like high fructose corn syrup. You can eat other foods in moderation.
- **Overdoing your workouts.**
Tip: Increase your workout gradually by a quarter to half of what you're currently doing. Try to do 30 min. a day, 4 days a week and 1 to 2 more days as you progress.
- **Comparing your weight loss to others.**
Tip: Everyone is different and especially women and men – stick to your program and you WILL see results.

Colleen Gerg is a registered dietician with a Master's degree in nutrition education. She also maintains certification as a personal trainer through the American Council on Exercise.