

# Warm Weather Weight Loss Tips

(NAPSA)—To make the most of bikini season, you may want to trim the waistline—and there's no time to waste, says eDiets.com chief nutritionist Susan Burke. She offers the following tips:

- **Think thin:** Look in the mirror and say, "I can do this, one pound at a time, one day at a time."

- **Be realistic:** You can't lose 20 pounds in a month.



**Setting realistic goals can keep you from getting discouraged while you diet.**

- **Dump the fried foods:** These have at least twice as many calories as baked, broiled or grilled fare.

- **Can the juice and soda:** A glass of juice has as many calories as a glass of soda and drinking an extra soda a day works out to an additional 10 pounds per year.

- **Eat more often:** People who eat smaller meals more frequently are more successful.

- **Stay high on fiber:** This helps to fill you up, lowers high cholesterol and stabilizes blood sugars.

- **Share the entrée or doggie bag half.**