

Bright Smile Beautiful You

What's News



Quirky Weight Loss Tips

BY: Jackie Newgent

Need to slip on a swimsuit or squeeze into shorts anytime soon? Hopefully you're already on a healthful eating and exercise plan. But if you're still looking for a little extra boost, forget about the latest and not-so-greatest fads. Try one of these unconventional weight loss tips that *really* work.

1. Chew gum. Research has shown you may be able to save more than 60 calories by midday just by chewing sugar-free gum for one hour in the morning. Other studies have found links between gum-chewing and reduced calorie intake, appetite management and decreased snack cravings. Carry sugar-free gum and have a piece when you're done eating any meal; it'll help keep you from eating more than you need and it'll kick up calorie burning. And grab a stick instead of reaching for an unplanned snack.

2. Eat nuts with shells. Plan to enjoy nuts as a healthful, weight-friendly snack, but opt for those in the shell. Research finds that you're likely to eat significantly fewer calories by choosing a snack-sized portion of in-shell pistachios instead of those already shelled. You'll eat about 40 percent fewer calories *and* still feel satisfied! The visual cue provided by the empty shells and the extra time it takes to eat shelled nuts give you more of an indication of when you're actually full.

3. Have a chuckle. Real laughter may increase energy expenditure by 10 to 20 percent, according to research. So the more you laugh, the more you can lose. All of those calories will eventually add up in your efforts to slim down.

Disclosure Note: Jackie Newgent is on the Pistachio Health Consumer Advisory Board.

Tags: [food](#) , [health](#)



Jackie Newgent is a registered dietitian, chef and award-winning author of *The All-Natural Diabetes Cookbook* and *Big Green Cookbook*. She frequently appears as a culinary nutrition expert on television. Past appearances include ABC's "Good Morning America" and NBC's "Dateline". Visit her website, JackieNewgent.com.

StudioOne
Networks

[Copyright © 2011 Studio One Networks. All rights reserved](#)