Five Massive Dinner Mistakes That Stop Fat Loss

Don't let poor dinner choices wipe out all the blood, sweat, and tears of your daily workout. Going to the gym to pump some iron, hitting the streets for a run, or sweating through hot yoga keeps you in shape, but are your evening food choices nullifying those calorie-burning activities? Don't fall prey to mistakes at dinner that can cause the calories to pile up or bring your metabolism to a screaming halt. Avoid these pitfalls and you will end your day in a fat-burning way:

- **Skipping dinner** - While dinner should be your smallest meal of the day, it doesn't mean you should skip it. When you skip a meal, your body may compensate for missed calories by burning fewer calories at rest. After time, this may lead to a lowering of your normal metabolic rate, meaning you burn less fat.

- **Salad only** - There's nothing wrong with having a salad at dinner time; however, your body needs a bit of protein at night to ensure your metabolism remains a fat-burning furnace. So along with that bed of mixed greens, toss in some grilled chicken breast or a can of tuna, add some olive oil and you will ensure your fat burning continues long after dinner is over.

- **No veggies** - While eating your veggies won't necessarily boost your fat-burning, they help fill you up without filling you out. Including non-starchy veggies like tomatoes, broccoli, and dark leafy greens with dinner will displace volume in your stomach and help you feel fuller.

- **Carb-heavy meal** - As you progress through the day, your carbohydrate intake should decrease. By keeping carbs low at dinner, you avoid having extra carbs your body may not need. Extra carbs have a good chance of being converted to fat and stored.

- **Large portions** - Any calories eaten in excess may be converted to fat and stored in the body. Keep your last meal small to ensure calories are kept in check. This will keep your metabolism from having to handle extra calories at night when it is usually starting to wind down.

Dr. Roger E. Adams
eatrightfitness®
7312 Louetta Rd - Suite B118 - #123, Spring, TX 77379
w: 832.713.8733
m: 214.289.7215
f: 208.475.5797
Email: roger@eatrightfitness.com
Web: www.eatrightfitness.com