

Healthy Ways to Keep the "Comfort" In Comfort Foods without Hurting Your Diet

The cold weather has finally turned warmer and with the warm weather comes plenty of opportunity for outdoor exercise and fitness. Lodi Station Outlets and many of its stores have some of the latest fitness gear and dietary supplements to help you stay on track and stay fit this spring and summer.

Comfort foods often cost dieters their hard earned weight loss progress. Many comfort foods are high in fat and calories and it's easy to overindulge in comfort foods. Luckily you can stick to your diet and keep losing the weight you want and still enjoy the many pleasures of your favorite comfort foods with a few simple tips.

Remember portion control – Many comfort foods are made in large batches. Be aware of the size of each serving. An organic meal replacement shake may be a great option for staying on track. Many are dairy and gluten free give you a base for adding additional fruits, such as bananas, strawberries, peaches, or blueberries, without feeling like you're eating "less".



Become friends with your freezer – Thinking along the lines of keeping portions under control; take the time to freeze any leftovers for future meals. Make it easier on your waistline by freezing servings in one to two helpings and warm them up when needed.

What can you substitute? Many ingredients can often be

substituted for lower calorie and lower fat options. When making a sweet comfort food recipe, opt for more fruit over sugar or use a sugar substitute. Adding ingredients such as Flax powder (available in many health, wellness and even vitamin stores) also gives a healthy boost to many foods.

Comfort foods are meant to be a treat and not used as part of our regular diet. By utilizing common sense and monitoring the foods you eat, you can enjoy those treats far more than if you add them to your everyday diet.



Lodi Station Outlets has a great selection of fitness minded stores to get you in the right mindset and onto a great weight loss journey without breaking the bank including **Vitamin World, Adidas, Reebok, Jockey** and more. Visit www.lodistation.com for complete details and upcoming sales information on these and other fabulous stores.



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