

Is Oatmeal = Weight Loss?

Oatmeal is filling so it can be used for weight control. But many instant oatmeals are heavily processed and though it may result in weight loss, few work for long term. The key to weight loss is what goes on in your mind and so hypnosis can help.

June 22, 2009 - [PRLog](#) -- A study found that people who eat cereal for two out of their three daily meals could lose more than 4lb in six weeks.

In addition, it was found that those who combined different varieties of cereal lost more weight than those who stuck to one type of cereal.

Detailed analysis of the nutrition content of a cereal meal shows that this kind of food has very low in calorie and fat content. For example, when we compare a cereal breakfast (which contains cereal, corn grits, enriched and cooked with water and salt) with a typical breakfast eaten in a fast food restaurant (such as steak and egg with cheese bagel), we find that a breakfast in a fast food restaurant has more than 4 times in calorie value than a cereal breakfast (640 vs 143) besides having higher in sodium (1540 mg vs 540 mg), saturated fat (12 g vs 0 g) and cholesterol (265 mg vs 9 mg), which are bad to our health.

In recent years, there has been increasing interest in eating oatmeal for weight loss.

The oat is a species of cereal grain. Oatmeal is a product made by processing oats. Oatmeal means any crushed oats, rolled oats or cut oats used in recipes such as oatmeal cookies. The porridge made from this is also called oatmeal.

The soluble fiber in oatmeal absorbs a considerable amount of water, which significantly slows down the digestive process. For one cup (219 g) of cooked oat bran, for example, it has 6 g of dietary fiber. And so oatmeal is filling. You can feel full longer. This, together with the fact that oatmeal is a low-fat food mean that oatmeal can be used as a weight control diet.

From another research study, we found that breakfast eaters are more successful at losing weight and maintaining that weight loss compared to breakfast skippers.

Based on these findings, we can infer that if we do not skip breakfast and eat cereals or oatmeal instead of meats for breakfast, we should lose weight easily.

In fact, breakfast cereals are easier to incorporate into the diet as this requires only a simple change in diet. And so we can achieve our target of weight loss without much effort. Is that so?

Nowadays, many kinds of instant cereal meal or oatmeal tend to be heavily processed, leaving it lower in fiber, but higher amounts in fat, sugar. and salt than the unprocessed, whole ones. And so it is no longer as healthy as expected. It is necessary to keep check the ingredient content per serving before eating.

Actually, cereal meal and oatmeal are only a simple, decreased calorie diet. By following a regimen of decreased calorie consumption, any food specific diet will lead to weight loss.

While this diet may result in weight loss over a period of time, few work in the long term because they don't focus on the sustainable strategies of balanced nutrition, exercise and personal motivation. This requires persistence and motivation.

In fact, the key to weight loss is not what you put in your mouth. It is what goes on in your mind. What goes into your mind affects your thinking, your thinking affects your behaviors. When you choose behavior, you choose consequences. You create your own experience by what you choose and do. As mind controls our body and behaviors, if our mind can guide us to the proper way of eating, we would then have the weight we desire naturally.

“The way to get rid of unwanted behaviors is not to try and stop them with will power. This will only guarantee the behaviors persist because you are given them the attention and energy. Find another, better way to satisfy the intention is what you need to do. This is how hypnosis comes in to solve the problem of overeating or other bad eating habits,” says Frank, the director of <http://www.LossWeightEbook.com> and the author of an eBook “Learn Hypnosis for Weight Loss in One Day”, available at <http://www.LossWeightEbook.com>.

Under the hypnotic state, the suggestions go directly to our subconscious mind. As our subconscious mind is more powerful than our conscious mind, if the suggestions related to our eating habit go straightly to our subconscious level, the change would take place more effectively and permanently.

Moreover, we need to have a belief that we can actually do something before we are likely to succeed. And change thought change physiology. The behavior you choose creates the results you get. In this regard, hypnosis can help us to remove any limiting belief about the ability to lose weight successfully. The belief may be deeply ingrained in your mind ever since your childhood.

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LossWeightEbook.com is to provide healthy and natural solutions to human problems such as obesity. It is believed that the use of hypnosis together with healthy diet and exercise should help lose weight and maintain a healthy body with good shape.

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