
Wii can help but need a healthy diet too

So I've lost about 10 pounds using diet and exercise, mostly from me playing Wii Sports or dancing. So I've included some points I've found helpful while working on losing weight. Before I started doing these things below I had a hard time losing weight even with exercise and playing Wii Sports Games.

Breading, breading everywhere!

I think we've all underestimated the amount of processed grains we eat. Delivery Pizza loaded with them, the crusts are always thick even on thin crust pizza, they even put additional sugar in the dough mix although its high carb already and turns into sugar in your bloodstream. Yeah and I pretty much forgot about fries and pasta unless very small servings.

Desert these Dessert Foods

Turns out we've been eating dessert foods as they are mainly breading or maybe I should call them "deserted" foods. And you can't go to a restaurant and order a meal without taking some home because they give you 2.5 servings on average, if I were to eat all of that it would be a "fat" day because it doesn't take much to gain weight but that extra 500 calories.

Skip these appetizers

Also when you eat lots of processed grains it acts as an appetizer and people will eat more on average than normally. And when I keep it light my body is not wasting energy to digest an unnecessary amount of food.

In conclusion, I still eat breads but in limited doses.