

Winning Health and Nutrition Tips from NBC's "The Biggest Loser" Chef Devin Alexander

The hit NBC series "The Biggest Loser" has helped its contestants drop more than 6,000 pounds over the past four seasons and inspired millions of viewers along the way. Playing a critical role in the show's winning weight loss program is choosing and maintaining a healthy diet. Chef and author of "The Biggest Loser Cookbook" Devin Alexander has helped many manage that daily struggle. Now, Devin offers her expertise on creating a healthy eating plan and tips for keeping the weight off so more fans can become their own biggest losers at home.

- Don't Deprive Yourself - Eat three meals and two snacks each day so that you aren't feeling hungry.
- Make Calories Count - Everyone needs calories because they provide the energy you need to get through the day but when trying to lose weight, you need to burn more calories than you consume. Don't just focus on counting calories but also focus on making calories count by choosing nutrient-rich foods and beverages, like lowfat or fat free milk.
- Think About Your Drink - Avoid soft drinks, fruit drinks and other sugary beverages that can add a lot of calories but little or no nutrients. Lowfat or fat free milk provides a much-needed nutrient boost while watching calories.
- Befriend Fruits and Vegetables - Fruits and vegetables provide key nutrients without a lot of calories. Try to eat four servings each day, half from vegetables and half from fruit.
- Get Moving - Dieting alone will help you shed pounds, but exercise will help you lose weight faster. You'll get fit and healthier by adding cardio and strength training to your routine.
- Don't Give Up - Sticking to a healthy diet plan will have its ups and downs. Set your personal goals and if you go off track, stay motivated and get right back on. Don't give up!

Chocolate-Cherry Breakfast Smoothie

Makes 1 (12-ounce) serving

Ingredients

3/4 cup frozen unsweetened sweet cherries (not thawed)
1/2 cup sugar-free, fat-free vanilla yogurt
1/4 cup fat-free milk
1 tablespoon unsweetened cocoa powder
4 ice cubes
1 teaspoon honey (optional)



Directions

In the jar of a blender, combine the cherries, yogurt, milk, cocoa and ice cubes. Blend on high speed or ice-crush setting for 30 to 60 seconds, or until smooth. Stir in honey, if desired. Pour into a glass. Serve immediately.

Nutrition

Per serving: 160 calories, 8 g protein, 33 g carbohydrates, 1g fat (trace saturated), 4 mg cholesterol, 4 g fiber, 97 mg sodium