

Kathy Freston Quotes

*Animal, Giving, People, Littles, Years, Perfection, White, Breakfast, Heart,
Want, Discipline, Hunger, Thinking, Needs, Grit, Weight, Cutting, Progress Not
Perfection, Car, Hate*

Though I'm vegan and advocate that others eat a plant-based diet, I know that many people aren't quite ready to take that step in whole.

~Kathy Freston

Personally, I enjoy a bowl of brown rice for breakfast most of the time.

~Kathy Freston

In the middle of it all, pause and look around you. Appreciate what's beautiful. Take in the love. Nod to what's good and true. And then move forward one step at a time.

~Kathy Freston

The reason fiber helps us control our weight is that it fills the belly yet yields few calories since fiber is, for the most part, not something that we can digest.

~Kathy Freston

If you want to feel more comfortable and happy, work on making the people around you more comfortable and happy.

~Kathy Freston

Vegetarian is the New Prius!

~Kathy Freston

So if you serve a whole chicken to your family like grandma did, you may be serving them 10 times as much fat than the days of yesteryear. That's a whole lotta fat, and big trouble for the waistline.

~Kathy Freston

You get tons of phytonutrients and antioxidants from plant-based foods, very little saturated fat, and you avoid cholesterol entirely!

~Kathy Freston

Most diets would have you cutting things out from your diet; they are

about denial and discipline.

~Kathy Freston

The goal is progress, not perfection!

~Kathy Freston

I was weaned on chicken-fried steak and hominy grits with goopy gravy all over. I loved meat and wore fur.

~Kathy Freston

And check this out: If every American had one meat-free day per week, it would be the same as taking eight million cars off American roads in a year.

~Kathy Freston

What you want is to rev up your metabolism so that you are burning fat and calories, not preserving fat and calories.

~Kathy Freston

I grew up in Doraville, Georgia and I ate barbecued ribs and chicken fried steak, and all kinds of cheesy grits, you know, and I never even thought twice about it.

~Kathy Freston

...you need not do and be everything.

~Kathy Freston

You can do something as simple as drinking two cups of water before a meal to fill your belly a bit so that you don't overeat, or change up your cheese from dairy to nondairy.

~Kathy Freston

We all thought of chicken as lean, protein-rich food that's good for weight watching, but the truth is chicken might actually be making us

fatter!

~Kathy Freston

Here's the secret to weight loss: It's all about crowding out, not cutting out.

~Kathy Freston

Hunger and self-control do not go hand in hand.

~Kathy Freston

I think that food ties us to our community and our traditions, and it's the thing that makes us feel good and connected.

~Kathy Freston

Related Links:

- Animal Quotes
- Giving Quotes
- People Quotes
- Littles Quotes
- Years Quotes
- Perfection Quotes
- White Quotes
- Breakfast Quotes
- Heart Quotes
- Want Quotes
- Discipline Quotes
- Hunger Quotes
- Thinking Quotes
- Needs Quotes
- Grit Quotes
- Weight Quotes
- Cutting Quotes
- Progress Not Perfection Quotes
- Car Quotes
- Hate Quotes