

QUICK TIPS FOR WEIGHT LOSS

- ✓ Keep a Food Diary – Write down every food or beverage you eat or drink
- ✓ Increase Vegetables and Fruits
 - Eat at least 3 Servings of Vegetables and 2 Servings of Fruit per day
 - Wash and Chop your Fruits and Vegetables ahead of time
 - Fill half your plate with vegetables
- ✓ Choose more Whole Grain products, look for 100% Whole Wheat
- ✓ Eat Small Meals throughout the Day Rather than Large Meals
- ✓ Keep “Junk Food” and “Trigger Foods” out of the house or at least out of sight
- ✓ Use Low Fat, Fat Free and Lean Dairy Products, Dressings and Lean Meats
- ✓ CHEW Your Calories rather than DRINKING them – Increase Water, Choose Sugar-Free Beverages:
 - Limit Juices, Regular Sodas, Sweet Tea, Sports Drinks and any Beverage that has Sugar added to it.
- ✓ Plan Meals and Snacks Ahead
 - Keep 100 calorie Snacks and Prepackaged Snacks Handy
 - Prepackage your own Snacks
 - Take your meals to work with you at least 3 days per week
 - Cook ahead and freeze
- ✓ Decrease Serving Sizes
- ✓ Avoid Fried or Greasy Foods – Bake, Boil or Grill your Foods
- ✓ Choose Wisely When Eating Out – Compare Nutrition Facts / Share High Calorie Entrees and Desserts / Get a to go Box
- ✓ Exercise 30 minutes to 1 hour at least 3 to 5 days per week (any exercise is better than none)