

Tipping the scale to a healthier you forever



Track your habits

- Keep food, fluid, and activity records to help you decide what changes are needed.
- Track your food and fluid intake as you eat and drink during the day.
- Compare your food, and fluid choices to the suggested amounts.
- You may lose track of the tiny bites you take throughout the day, but these bites add up in calories.
- Decide what type of record works best for you – written, electronic, or check sheet.

Plan meals and snacks throughout the day

- Skipping meals tends to lead to eating too much later in the day. Also, you are less likely to eat foods from all the food groups when you skip meals.
- Start the day with breakfast, which helps your body burn more calories, improves focus, and boosts your energy level.

- If meals are more than 4-5 hours apart, add a snack to keep you from eating too much at the next meal.

Keep an eye on portion size

- Measure your portions so you know just how much food and fluid you are taking in. Often the portion we eat counts as more than 1 serving; e.g, 1 cup of rice is equal to 3 servings of starch.
- Try using smaller plates, bowls, and glasses so smaller portions will look bigger.
- Use the plate method where you fill half the plate with veggies and the other half you divide between protein and starch.
- Do not eat out of boxes, bags, cartons or jars. Instead, take out your portion and put the rest away.

Eat healthy

- Eat a variety of foods from all the food groups including fruits, vegetables, starches, lean proteins, fat free or low fat dairy and heart healthy fats.
- Include protein, and/or fat at every meal to feel full.
- Include fiber-rich foods that fill you up.
- Limit foods that are high in calories and low in nutrients such as cakes, cookies, pies, pastries, candy, chips, and fried foods.
- Keep healthy snacks on hand that are low in calories, but nutrient dense such as fruits, vegetables, whole grain cereals, popcorn or light yogurt.
- Choose unprocessed whole foods over packaged foods.

Think your drink

- Aim for 9-13 cups of fluid per day.
- At least half your fluid should be water, and the rest can be any low calorie fluid such as seltzer water, unsweet coffee or tea, sugar free flavored water, or diet soda.
- Be aware that juice, juice drinks, sweet tea, and lemonade have as many calories as regular soda.

Practice mindful eating

- Eat slowly without distractions. This will help you to enjoy your food and allow your brain to realize you are full.
- Choose one spot to eat in your home and at work and eat all your meals and snacks at the chosen spot.
- Make the meal special by setting a place and savoring each bite.
- If you don't have time to sit down, you don't have time to eat.

Move more, sit less

- Exercise burns calories, tones muscles, and makes you less hungry.
- Find ways to become more active more often e.g, take stairs instead of elevators, park further away or even fidget more.
- For every hour you sit, take a 2-5 minute activity break.
- Aim to be active on a daily basis, but start small and slowly work your way up to 45-60 minutes per day.
- Use a step counter to measure your activity. Learn how many steps you take each day, and then slowly work your way up to 10,000- 12,000+ steps per day.
- Choose activities you enjoy.

Step on the scale

- Weighing yourself daily or weekly helps to keep you focused, and allows you to take action sooner than later.
- People who weigh on a regular basis, do better at losing weight.

Chill out

- Learn new ways of handling your emotions that do not involve eating.
- Make a list of 20 things you could do instead of eating.
- Set a timer for 20 minutes and do at least 2 things on your list before eating.

Schedule sleep time

- Aim for at least 7-8 hours of sleep per day.
- Lack of sleep may lead to eating too much or changes in your hormones which can lead to weight gain.

Be sensible

- Avoid making vows of always or never. Instead, set short term goals you can reach.
- Aim for a gradual weight loss of ½ to 2 pounds per week.
- Measure your progress not only in pounds lost, but in inches lost, how clothes fit, and how you feel.

Be adventurous

- Look for new ways to enjoy your food.
- Include a variety of tastes, textures, colors and smells in your food choices.
- Mix up your meals; try soup or a sandwich for breakfast, cottage cheese and fruit for lunch and eggs and toast for dinner.
- Look for fun ways to get fit. Join a gym, take a class, or find a family member or friend to be active with.

Be realistic

- Small changes over time equals a healthier you.
- If you get off track one day, then try to get back on track the next day.
- Eat 100 fewer calories each day for 1 year and lose 10 pounds.
- Walk an extra 2000 steps each day for 1 year and lose another 10 pounds.