Tips For a Healthy Weight

Reduce Calories In

Eat Smaller Portions

- Use a 9 inch plate or smaller
- Chew each bite 15-20 times

Increase Fiber

- Fiber helps you feel satisfied and you will eat less
- Eat whole grains: bread, rice, pasta, cereal, tortillas
- Eat more vegetables!
- Enjoy fruit in moderation
- Choose beans, lentils and garbanzos

Don't Drink Your Calories

- Drink water, at least 64 oz per day
- Drink 1% or fat free milk (no more than 16 oz/day)
- Calories from soda, juices, sport drinks, drink mixes make it hard to lose weight, fruit juices can have as much sugar and calories as soda
- Fruit juices have just as many calories and sugar as soda
- Reduce or avoid alcohol

Increase Daily Activity

- Walk wherever you can: on errands, on a break at work
- Keep active at home, limit screen time to less than 2 hours
- Count your steps, use a pedometer

Reduce Fat

- Use low fat dairy, 1% or skim
- Cook lean meats: skinless chicken or turkey, fish, Loin cuts of pork or beef
- Use healthy cooking methods: Bake, Boil, Steam or Grill

Enjoy 100 Calorie Snacks

- Snacks can help with weight loss only if they are healthy and low in calories

Remember! Healthy weight loss is about changing habits to eat fewer calories and increasing physical activity

Increase Calories Out

Exercise More

- Join an exercise class, like Zumba
- Go on a walk at a brisk pace, include your kids
- Include activities that build muscle mass, like lifting weights
- Aim to exercise five days per week

100 Calorie Snacks

1/2 an apple, 2 teaspoons peanut butter

14 almonds

1/3 an avocado

1 Orange with 2 walnuts

3 cups air popped popcorn

4-6 oz lowfat plain yogurt

10 baked corn chips with salsa

10 dry roasted peanuts, no salt

Remember

- *Weight loss should be slow, 1-2 pounds a week*
- *Small changes add up for big results*
- *You can prevent many diseases if you lose 10% of your current weight*

Updated 10/2016, MFB and SK