

# 10 Tips for a Healthy Weight

## 1. Don't go on a very low calorie diet!

When your body does not get enough energy, it slows down how fast you can burn calories. So, rather than helping you to lose weight, very low calorie diets can make it easier to gain weight. Instead, focus on getting 4-5 small meals a day so that your body has a constant source of energy to utilize.

## 2. Eat a variety of foods!

By eating foods from each of the five food groups, your body gets all the energy and nutrients it needs to look good and feel great.

## 3. Eat more fruits and vegetables!

- When you are thirsty, grab a piece of fruit, which is naturally high in water and low in calories, instead of a soda or juice.
- Pack portable fruits and vegetables like carrot sticks, apples, and baby tomatoes for snacks.
- Make half your plate fruits and vegetables at meals.
- Blend fruits and vegetables into smoothies.

## 4. Snack smart!

Keep healthy snacks with you so when you are hungry or on the go, you will have a healthy option to eat instead of relying on whatever is available, which may not be healthy.

## 5. Enjoy your favorite foods in moderation!

When you deny yourself your guilty pleasure food, you may spend time and energy thinking about it. Later, you may end up eating more than you would have if you had just eaten a small portion of it in the first place.

## **6. Read nutrition labels!**

Nutrition labels are a great resource to compare brands and tell you exactly what is in packaged food. Look for foods with nutrition labels indicating less saturated fat, trans-fat, sugar, and sodium.

## **7. Listen to your body!**

- Eat when you feel hungry and stop when you are full. Remember, it takes about 15 minutes for our bodies to process the sensation of feeling full. Eat slowly and give your body time to recognize it is being fed.
- Learn to distinguish when your body is craving something else besides food. Instead of eating, try:
  - Sleeping when you are tired.
  - Getting exercise when you need energy.
  - Breathing deeply when you are stressed.
  - Doing an activity when you are bored.

## **8. Don't sabotage yourself!**

- Don't leave prepared food at the table.
- Don't put food on very large plates.
- Don't eat out of unportioned packages (chip bags, cookies, etc.)

## **9. Be mindful while you eat!**

Try not to mix eating with other activities, like watching TV, which can cause overeating. If you have to snack while watching TV, choose healthy snacks like plain popcorn, pretzels, or fresh fruit and vegetables.

## **10. Get up and move!**

Being physically active is a great way to feel and look good. Aim for approximately 3 hours of physical activity every week!