

Weight Management Tips

1. Start your day with breakfast
2. Get some form of exercise on most days
3. Eat a variety of foods
4. Pay attention to hunger cues
5. Eat without distractions
6. Eat 2 servings of dairy each day
7. Increase your fiber intake
8. Eat whole grain bread instead of white bread
9. Bring your lunch to work
10. Be careful of hidden calories
11. Eat more beans. Beans are an excellent source of fiber and protein
12. To help with portion control, try eating dinner on a salad plate
13. When dining out:
 - a. Order an appetizer as a main entrée
 - b. Skip the bread basket
 - c. Start your meal with a salad
 - d. Take half of your meal home for leftovers the next day
14. Drink at least 8 glasses of water per day
15. Get 8 hours of sleep per night.
16. Pack healthy snacks when you are on the go
17. Excellent low fat snacks: popcorn, low fat yogurt and fruit
18. Keep a food diary to keep track of what and how much you are eating.
19. Understand why you are eating at that time. Are you bored, tired, sad, or hungry?
20. Eat at scheduled times
21. Practice conscious eating
22. Know your trigger foods
23. Measure out your portions
24. Sit down while eating
25. Don't eat in the car
26. Have a designated eating spots in the house
27. Grocery shop from a list
28. Don't go grocery shopping when hungry
29. Plan out your meals each week
30. Abandon the idea of diets. Think in terms of a lifestyle change. Ask yourself, "Is this something I can do for the rest of my life?"