



MHealthy Weight Management:  
**POSITIVE POINTERS  
TO MANAGE YOUR  
WEIGHT**

1. **Take small steps to modify eating habits** and make lifelong changes to lose weight at a reasonable and safe rate, 1-2 pounds/week.
2. **Eat slowly!** It gives your brain a chance to send the 'I'm full' signal before you overeat.
3. **Move more for better health.** Moving more also burns more calories.
4. **Incorporate more whole grains.** Oatmeal for breakfast, whole wheat bread for lunch and brown rice for dinner.
5. **Lower calorie soups and vegetable salads** eaten before a meal may help you eat less.
6. **Trying to make healthy meat choices?** Choose skinless white poultry, fish and cuts of meat with the words loin or round. Eat a 3-4 ounce portion, which is the size of a deck of cards.
7. **Keep healthy, crunchy foods available.** Try baby carrots, fresh apples, graham crackers, breakfast cereals, pretzels or any of your lower calorie favorites.
8. **Resign from the 'clean plate' club.** If you have had enough, leave food on your plate.
9. Choose **3 cups of nonfat milk or yogurt** daily
10. **Remember to use light salad dressings.** Regular dressings may have more than 150 calories in two tablespoons.
11. **Steam, stir-fry or microwave vegetables.** For great taste and few calories, spice them up with herbs, spices, lemon juice or vinegar.
12. **Ask yourself why you are eating?** Am I bored, angry, sad, or really hungry?
13. **Don't forget breakfast!** This is a proven weight management strategy.
14. **Look for the words, '100% Whole Wheat'** on breads to get more nutrients and filling fiber.
15. **Put one serving of a snack food into a bowl** and put the container away rather than eating directly from the bag or package!
16. **Still hungry?** Have seconds on vegetables. These low calorie treasures add lots of beneficial nutrients and phytochemicals.
17. **Learn to compensate!** If you eat too much, consider cutting back the next day.
18. **Be aware of beverages** since most are not filling and the calories add up quickly.
19. Want to eat healthier? **Record what you eat**—it works:
  - [sparkpeople.com](http://sparkpeople.com)
  - [loseit.com](http://loseit.com)
  - [myfitnesspal.com](http://myfitnesspal.com)