



# Weight Management *fact sheet*

## 20 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 low-fat, light or fat-free 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.
20. Give lower calorie products another chance. Food manufacturers are constantly reworking their products and improving the taste.