



Do's
and
Don'ts

Weight Loss Tips

Simply follow this 7 week Meal Plan and watch the pounds disappear. The key to achieving your goal is strict adherence to the Plan.

Breakfast, Lunch and
Dinner



Weight Loss Tips Sheet

I asked 4 of our consulting dietitians what their best weight loss tips were, and here's what they told me. Make sure you are following as many as these as possible, maybe highlight your favorites and pin it on your fridge.

- **Never shop hungry.** The hungrier you are while shopping, the more high calorie and fat snack foods you'll pick up. You'll make better choices in the grocery store if you make a list and shop when you're appetite has been satisfied.
- **Never go too long without eating.** The hungrier you are, the more you'll eat. Eating smaller meals more frequently might help you control the tendency to overeat.
- **Never skip meals or snacks.** Skipping a meal or snack means you'll be hungrier when you come to your next meal. Plus, you might think you can eat even more since you skipped a meal. It's likely that you'll over exceed your caloric needs when you do sit down to eat.
- **Sit down to eat and enjoy your meals.** Try not to eat on the run. You're likely to eat high calorie or fat foods when you're trying to grab something quick. Learn to

savor every bite and experience the full flavor and texture of foods while eating slowly in a relaxed setting.

- **Check your Pantry.** Get rid of or limit the amount of high calorie and high fat snack foods such as chips, cookies and candies you keep in your pantry. If it's not there you can't eat it.
- **Pack a lunch for work.** Restaurant foods are usually much higher in calories and fat than foods you can prepare healthily at home. Learn to plan ahead. A packed lunch will not only save you calories but money as well.
- **Keep a stash of healthy snacks at work.** Keep fresh fruit, vegetables, whole grain, crackers or rice cakes, pretzels or a serving of nuts in or around your desk at work.
- **Take a brisk walk during a break.** A brisk walk during your break will improve your concentration and focus and help you to burn some needed calories.
- **Make suggestions.** If you know of an upcoming conference or meeting where food will be served, make healthy, low calorie suggestions to the organizer. Recommend they at least have some healthier choices like fruit and mini bagels for a breakfast instead of just donuts or muffins.
- **Choose your beverages carefully.** Calories are hiding everywhere especially in beverages. Even 100% juices provide unwanted calories. Drink more water but beware of diet products. Though diet beverages are calorie free, you might inadvertently consume more calories from food because you believe you're doing yourself a great favor by avoiding regular beverages.
- **Choose lower calorie breads for sandwiches.** Sure a bagel sandwich would taste great, but who can afford to eat the nearly 300 calories found in a typical bagel. Try making your sandwiches with whole grain English muffins or

hamburger bun. These contain about ½ the calories of a bagel. You can also make an open-face sandwich with only 1 slice of whole grain bread.

- **Spread it on thin.** It's easy to spread too much jelly, butter or margarine, peanut butter or cream cheese on your toast. Read the labels to find out the portion size for the calories for each spread. Use a tablespoon or a teaspoon to help you better portion control your spreads. If you must spread it on thick, use fat-free cream cheese or no sugar added jelly and jam.
- **Leave the serving dishes in the kitchen.** Instead of filling your supper table with serving dishes filled to the peak with food, leave the food in the kitchen. Serve your plate from the kitchen and bring only your dinner plate to the table. You'll be less likely to keep dipping for more while you converse with your family or friends.
- **Keep healthy, low calorie foods readily available.** Empty out your pantry filled with high calorie and high fat snacks and deserts. Instead, place a bowl of fruit in a visible place in the kitchen or keep pre-cut vegetables with low calorie dip available in the fridge.
- **Eat more Salad.** Start your lunch and dinner meal with a garden salad with low calorie dressing. High fiber vegetables such as the ones used for salads will help fill you up and keep you from eating larger portions of higher calories starches or meats.
- **Read Labels.** Reading labels will educate you about how many calories are in different foods. You can then make better choices about the foods you buy and the portions you consume.
- **Eat more fruits and vegetables.** Not only are fruits and vegetables a great source of fiber and fiber rich foods give you a feeling of fullness, but they are also low in calories and are good sources of several nutrients and phytochemicals.

- **Eat slowly and chew your food thoroughly.** Sit down and take time to enjoy your meal and relish every bite. Just slowing down will help you eat less and allow your brain to register that you are full before you consume excessive calories.
- **Use smaller plates.** Stop eating from large plates and bowls. It's likely that you'll eat less because your plate looks fuller.
- **Learn appropriate portion size.** Knowing what a tablespoon or cup portion size looks like is helpful. Serve yourself from measuring spoons or cups to help you make sure you serving healthy and not excessive portions of food.
- **Eat until you feel satisfied.** Eating until you feel full or stuffed usually means you've overeaten. Wait a few minutes before serving yourself second helpings to allow your body to register the amount of food you've already consumed.