

## Strategy and lifestyle

1. **Set realistic goals for yourself.** Don't expect to lose weight overnight. Work gradually toward your goal. If you fail to achieve your goals the first time, don't be too hard on yourself. Keep trying!
2. **Use teamwork by involving friends and family.** The more allies you have in your endeavor the better. It's also a good idea to start instilling good eating habits in your children by serving as a role model.
3. **Establish regular meal times.** Don't skip meals because skipping meals tends to lead to overeating later. If you're hungry and it's not yet time for a meal, do something else – go for a walk, call up a friend, or read a book. Drink water between meals to help stave off the hunger.
4. **Avoid places and situations that make you hungry.** If that donut shop you pass on your way to work is enticing, change your route. Replace the candy on your desk with fruit instead.
5. **Increase your physical activity.** Instead of driving, try walking or biking. Instead of the elevator, take the stairs.

## Shopping for and preparing food

1. **Prepare a shopping list before grocery shopping keeping proper nutrition in mind.** Don't buy any items that aren't on that list! This way, you can avoid impulse snack purchases and you won't overstock your house with food that you'll feel obligated to eat later.
2. **Do not shop when you are hungry.** Again, you will be less likely to make impulse snack purchases and overstock your kitchen with food.
3. **Check nutritional facts of the food you buy.** Pay attention to portion size, number of calories in each portion, and amount of saturated fat. Buy fewer foods high in calories and fat – use that money to buy fruits and vegetables instead.
4. **Avoid frying.** Bake, broil, poach, or grill your food instead.



**A healthier you!**

## Eating style

1. **Create a proper eating environment.** Keep mealtime stress-free and without distractions – no arguing, no doing work, and no TV! Many people don't remember what they've eaten when distracted.
2. **Before eating, drink a glass of water.** You'll feel fuller and less inclined to overeat.
3. **Eat more slowly.** Put down your utensil between bites and pick it back up only after you have swallowed your bite. Eating slower will allow your stomach to tell you it's full before you start to overeat.
4. **Pre-portion your food.** Serve foods in set portions directly onto your plate. Avoid seconds by putting extra food away before you begin eating. If you feel like you're full, stop eating. You don't have to clean your plate!
5. **Feel free to throw away things you know are unhealthy.** When eating meat, trim off the fat and remove the skin. If you drink coffee, cut down on the cream and sugar or use low-fat milk and sugar substitute instead.

## Eating out

1. **Avoid buffets!** They may be tempting, but they are not good for the waistline. If you do happen to go to a buffet, stop eating when you are full. Do not feel obligated to get your money's worth.
2. **Ask the restaurant to substitute healthier foods for foods you know are not good for you.** If a dish comes with french fries, ask to replace them with steamed vegetables. If the entrée comes with a thick, creamy sauce, ask for the sauce on the side or ask for a lighter, thinner sauce instead.
3. **Don't order fried foods.** Stick to dishes that are baked, broiled, poached, or grilled. If you don't know how a dish is prepared, ask.
4. **If a restaurant serves large portions, share with someone.** This way, you won't have the opportunity to overeat.
5. **It's okay to bring home a doggie bag.** Many restaurants serve inappropriately large portions. If you feel full halfway through a meal and you don't want to waste food, ask to have it packed to bring home.