

## The “Skinny” on Weight Loss

Finding a weight-loss solution can be intimidating. Successful weight loss takes commitment and behavior modification. Choosing a few wise strategies for your eating plan can help. To start, select a few and integrate them into your lifestyle. As these healthy habits become a part of your routine, continue adding them for a healthier and leaner you.

•**Find an on-line weight-loss buddy.** Studies show that online weight loss buddies help you keep the weight off, more so than those who met face-to-face in a support group.

•**Walk for 45 minutes each day.** Thirty minutes a day will prevent weight gain, but 45 minutes will burn an additional 300 calories a day. This could help you lose 30 pounds a year without changing your eating habits.

•**Drink water.** Skip the juices, and sodas and fancy coffee with extra calories. Research shows that drinking water can help you feel full...so you eat less. Water benefits your body by helping you stay regular, eases joint pain, and will boost your energy level.



•**Eat cereal for breakfast five days a week.** Studies show that people who develop this habit are less likely to be obese or have diabetes. Choose a high-fiber, low-sugar cereal.

•**Add veggies to your meals.** Up the volume of your food with extra vegetables, and add fresh veggies to your omelet, pasta, soup or meatloaf.

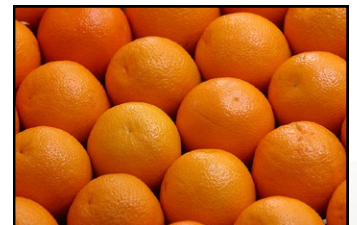
•**Use salad plates.** Serve your dinner on salad-sized plates. The less food in front of you, the less you will eat, regardless of how hungry you are.

•**Eat most of your meals at home.** You are more likely to veer from your diet with larger portions, higher-fat and higher-calorie foods.

•**Take a walk before dinner.** A great strategy because you burn calories, and you also diminish your appetite.

•**Eat the majority of your calories before noon.** This gives you a longer time to burn calories during the day.

•**Eat fruit instead of drinking fruit juice.** Eating whole fruit gives you the additional fiber and the satisfaction of chewing. It will keep you fuller longer.



•**Spice it up.** Adding spice to your meals instead of creamy sauces adds fewer calories. Spicy seasonings turn up your metabolism briefly so you burn more calories.

•**Brush your teeth after every meal.** It will signal your brain that you are done eating and you will be less likely to snack.

•**Always order small.** Order the smallest portion available. Try the kid's meals to get smaller portions.

•**Try a frozen dinner.** Look for weight-loss dinners that have appropriate portions with lower fat and lower calories.

•**Close your kitchen.** After the evening meal, put food away, wash dishes and leave the kitchen. Late-night snacking can add 300+ calories a day.

•**Avoid the vending machine.** Snack on healthy alternatives like baby carrots, low-fat yogurt, fruit, seeds, nuts and raisins. Eating a snack with protein helps to satisfy hunger.

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- **Use a pedometer.** Try to log an extra 1000 steps a day to boost your weight loss.
- **Eat 5 or 6 small meals** or snacks throughout the day instead of 3 large meals. Eating this way keeps your blood sugar level from making large up-and-down fluctuations. Studies show that people who eat this way are better able to control their appetite.
- **Avoid white food.** Simple carbohydrates from white flour and sugar can wreak havoc on your blood sugar and lead to weight gain. Instead of white bread and white rice, switch to whole grains and brown rice.
- **Vegetable platter.** Serve a veggie platter with your evening meal. Cut up carrots, celery, cucumbers, zucchini, and tomatoes. Eating high-fiber, water-rich vegetables throughout the meal will help you feel fuller, faster.
- **Leave serving dishes off the table.** Choose your portions carefully and don't go back for seconds.



For more information please see the following websites:  
<http://www.mayoclinic.com/health/weight-loss/HQ01625>  
<http://www.webmd.com/diet/default.htm>