

# ***Tips for Weight Loss***

## **Monitor Your Progress**

Keep a food and activity record.

### **Read food labels to compare calories/fat.**

Look for the terms low-fat, non-fat and fat-free on the package.

### **Weigh yourself first thing in the morning, but no more than once a week.**

Plan your meals in advance.

## **Change How You Think About Food**

Set realistic goals.

### **Visualize yourself losing weight.**

Love and accept yourself.

### **Don't give up. Take one day at a time.**

If you feel like you've fallen off the wagon, get back on.

### **Think positive thoughts.**

Be patient with yourself.

### **Politely refuse, rather than feel obligated to eat something you shouldn't.**

Reward yourself (not with food) for making progress.

### **Make a list of reasons why you want to lose weight and review it often.**

## **Support**

### **Make an appointment with a Registered Dietitian.**

Ask your family and friends to be supportive of your weight loss efforts.

### **Join a support group.**

Call a friend when things get tough.

### **Pick up new hobbies.**

## **Manage Your Stress**

Don't eat for emotional reasons (anger, depression or stress).

## **Healthy Food Choices**

Don't skip meals. It sets up overeating later.

### **Choose calorie-free beverages.**

Packaged snack foods should have less than 3 grams of fat per serving.

### **Use low-fat cooking methods.**

Choose non-fat and low-fat dairy products.

### **Choose lean meats.**

Take the skin off chicken and turkey.

### **Don't eat fried foods.**

Skip the butter, margarine and mayo (or use low-fat versions).

### **Choose high fiber foods.**

Eat at least 5 servings of fruits and vegetables daily.

### **Fill at least half of your dinner plate with vegetables.**

Snack on raw vegetables and low-fat dip.

### **Limit sweets and desserts.**

Have fresh fruit as a dessert.

### **Keep healthful snacks handy.**

Start your meal with a salad, use low-fat dressing.

### **Drink at least 8 cups of fluid daily.**

Don't eat a large portion just because it's a reduced-fat version.

### **Avoid fad diets.**

When at a restaurant, ask the server which items are lower in fat.

## **Reduce Eating Cues**

Don't shop for food when hungry or tired.

### **Don't buy tempting foods.**

Shop from a list. Don't buy impulsively.

### **Don't eat on the run.**

Don't eat at your desk (at work).

### **Don't eat standing up.**

Don't eat standing in front of the refrigerator.

### **Don't eat in front of the TV.**

Don't eat in the middle of the night.

### **Don't go to sleep right after eating.**

Don't skip breakfast.

### **Eat only when you're truly hungry.**

Stop eating when you're satisfied.

### **Limit fast food dining.**

Share meals and desserts when dining out.

### **Take a walk instead of having dessert.**

Brush and floss your teeth right after you eat.

### **Don't be a member of the clean plate club.**

Schedule main meals 4-6 hours apart.

### **Schedule snacks 2 hours after a main meal.**

Wait at least 15 minutes after the meal to decide if you'll have seconds.

### **Use a small teaspoon to sample food while you cook.**

Package and freeze leftovers for future use.

### **Make crafts instead of baked goods.**

## **Control Your Portions**

Serve food from the stove and not from serving bowls at the table.

### **Use smaller plates, cups, bowls and glasses.**

Take small bites and savor each bite before swallowing.

### **Eat slowly.**

Set your fork down between bites.

### **Drink a glass of water before each meal or snack.**

Choose smaller portions of high-calorie foods and larger portions of low-calories foods

### **Keep meat portions the size of the palm of your hand, up to twice a day**

Keep fat portions the size of your thumb for each meal

### **Use measuring cups to accurately determine portions**

When served large portions, put half of the meal in a to-go bag before you eat.

### **Divide your food evenly throughout the day.**

### **Limit heavy evening meals.**

If you eat a high-fat, high calorie food, limit the portion.

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