

## **Weight Loss Tips**

What works for losing weight? Here are some tried and true strategies you can try.

1. Write down everything you eat. Weigh yourself weekly. You don't need to weigh yourself more often as any fluctuations in weight that are less than one week are usually due to water.
2. Learn what a portion is, and control your portion size. Read labels so you learn about calories and serving sizes, and also about the fat, sugar, and salt content of the foods you eat.
3. Prepare your meals from scratch, as much as possible, rather than eating processed foods that tend to be high in fat, sugar, salt, and calories.
4. Use whole-grain versions of bread, pasta, and rice.
5. Eat more vegetables—two types with dinner.
6. Make meat no more than one quarter of what's on your plate.
7. Think of your eating plan as a lifestyle rather than a diet. Plan your menus and snacks.
8. Use a list—and stick to it—when you grocery shop. Get your whole family involved and onboard with your plan.
9. Check restaurant menus online before you leave home, and plan what you'll order. Many restaurant websites provide nutritional and calorie information.
10. Focus on small goals, which will seem more manageable. When you meet those, set new goals.

Please contact us with any of your ideas and any questions.

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