Helpful Hints for a Healthy Weight

You may feel that losing weight is hard to do. Few people have the time or interest to count calories or fat. Others have no time for dietary limits or complex diets. And even fewer are interested in exercising regularly. But you can lose a lot of weight by making small changes in your diet. These don’t have to require record keeping or a food scale. Use these tips to help you lose unwanted pounds.

Healthy Habits

• Prepare a healthy shopping list before you go to the store and stick to the list.
• Eat your meals in the dining room or at the kitchen table.
• Do not eat right out of the store package. Always serve snacks on a plate or in a bowl instead of eating directly out of a box or bag.
• Freeze leftovers right after a meal so you can’t raid the fridge later.
• Drink 6 to 8 glasses of water a day. Try to include a glass right before meals. Water helps you feel full faster and longer. It also helps your body break down food.
• Limit alcohol intake. Alcohol is packed with calories. It also increases cravings and reduces your drive to avoid the wrong foods.
• Begin lunch or dinner with a broth-based hot soup. It forces you to eat more slowly and fills you up so you don’t overeat.
• Eat more slowly. Rushing through meals doesn’t give your brain enough time to tell you when you’re full.
• When eating out, ask for sauces and dressings to be served on the side. This way you can use as much or as little as you want.
• Never leave home hungry when heading out for a restaurant meal. Before you go, eat a light snack. Include foods like a piece of fruit, a carrot, or drink a glass of tomato or vegetable juice.
• Don’t eat while watching TV. Watching the TV and not your plate can lead you into overeating; so will the food and snack commercials.
• Stick to your own plate. Nibbling off someone else’s dish may seem harmless but the calories add up.
• Choose healthy foods if you eat fast food. To do so, avoid fried foods and “super-sized” portions.
• Don’t go food shopping on an empty stomach. Eat a little something first or you’ll be tempted to buy more than you should.
Cooking Light

- If a recipe calls for a quarter-cup of oil, cut that amount in half. Your taste buds won’t know the difference, but your waistline will.
- Sauté foods in chicken broth, low-salt soy sauce, wine or water instead of fat.
- Broil, bake, roast, boil or stir-fry instead of frying, deep-frying or breading and frying.
- Use nonstick pans and nonstick oil spray instead of oil or butter for sautéing.
- When sautéing with oil, try a flavorful one such as olive oil or sesame oil. You’ll need less.
- Add a pinch of grated Parmesan or blue cheese to recipes. You’ll add flavor, but not many calories.
- Replace mashed bananas, prunes or applesauce for oil when baking.
- Add spices to your meals instead of fat. Fresh herbs perk up any dish without adding calories. Experiment with different ethnic foods and seasonings; they’re often full of flavor, not fat.

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