

TIPS FOR LOSING WEIGHT...AND KEEPING IT OFF**1. Exercise**

Starting/maintaining an exercise program is the number one key to losing weight permanently. Attempt to make exercise a part of your everyday routine. Do anything you find enjoyable: walking, swimming, biking, etc.. If you have not been exercising, start slow (5 minutes) and work up to a goal of at least 30 minutes, 3 or more times a week.

2. Avoid Fad Diets

While fad diets sound appealing and often cause rapid weight loss, the weight loss is usually not permanent. You will lose a lot of weight in the form of water and muscle mass, instead of fat. Your metabolism often drops which makes you gain weight back easier. These diets are typically hard to follow long-term. Any diet that sounds "too good to be true" is most likely a fad diet.

3. Eat Well

Avoid overly-restricting your calorie intake. In the long run this causes more harm than good by causing your metabolism to drop. While a slight decrease in your calorie intake will probably be necessary, you should be eating enough to satisfy yourself. You should not feel constantly hungry.

4. Eat More Fruits And Vegetables

Most people eat too few fruits and vegetables. Work hard to eat at Least 5 servings a day. Fruits and vegetables are nutritious and fat free.

5. Watch Your Portion Sizes

It's not so much what you eat but how much you eat that can negatively affect your weight. Large portion sizes lead to extra calories and extra weight. Measure your food so you are more aware of normal portion sizes. Beware of restaurants and fast food establishments that push large "super size" portions. Order "small" or take some home with you for later.

6. Limit High Fat Foods

While fat should not be completely avoided, limit your intake of high fat items. High fat equals high calorie which makes weight loss efforts more difficult. If you are eating a higher fat item, keep the portion size small.

TIPS TO LOSE WEIGHT:**Instead of:**

Supersize fries
Taking the elevator
Heath Breeze (medium)
Fast food fish sandwich
Pizza, supreme (1/3)
Watching TV

Choose:

Small fries
Take the stairs
½ cup soft serve
Small hamburger
Pizza, vegetable (1/3)
Spend ½ hour walking

Benefit:

Save 330 calories/42 gms fat
Increased muscle tone/ Increased calorie burn
Save 570 calories/13 gms fat
Save 224 calories/16 gms fat
Save 60 calories/5 gms fat
Burn an extra 80-200 calories (this equals a 4 to 9 pound weight loss in a year)

FOOD SELECTIONS FOR WEIGHT LOSS

Food Item	Eat More Often	Eat Less Often
Meats	Leaner cuts of meat (ground round, sirloin, pork tenderloin, lean cuts) Chicken/turkey without the skin Fish Lower fat lunch meats (turkey breast, roast beef) Baked, grilled, roasted meat items	Prime cuts of beef (prime rib) Pork ribs, sausage, bacon Chicken or turkey with skin High fat lunch meats (bologna, salami) Fried meat items
Milk	Skim or 1% milk Low fat/non-fat ice cream & yogurt Reduced fat sour cream Reduced fat cheeses	Whole milk and items made from it: Premium ice creams Regular yogurt Sour cream Cheeses
Vegetables	All vegetables Dried beans/peas	Any in a cream or cheese sauce or with large amounts of added fat. Fried vegetables (onion rings, french fries)
Fruits	Fruit Juice Fresh/canned fruit	Fruit drinks
Bread/Cereal	Breads, especially whole wheat Dinner rolls Most cereals, especially whole grain (bran flakes) Rice Pasta Noodles	Doughnuts, croissants. Rice, pasta or noodles made with cream or cheese sauce
Beverages	Water Unsweetened beverages Diet sodas Skim/1% milk	Regular sodas Whole milk Sugar sweetened beverages
Desserts	Low fat ice cream/sherbet Pudding made with skim milk Angel food cake Vanilla wafers Animal crackers	Chocolate Regular ice cream High fat cakes, pies, cookies
Misc.	Pretzels, low fat popcorn Baked chips/tortillas	High fat snack foods (chips, tortillas) Nuts