

Straight from the Experts!

45 TIPS FOR WEIGHT LOSS AND HEALTHY EATING

Compiled by Elliot Hospital Dietitians



1. Brush your teeth right after eating. You'll be less likely to snack.
2. Plan your day: Where will you be at mealtime? Take healthy snacks along to avoid unhealthy choices when you become hungry.
3. Avoid foods that have high-fructose corn syrup, refined flour, simple sugars, or hydrogenated oils listed as one of the first five ingredients.
4. Eat a few nuts (6 walnuts, 12 almonds, or 20 peanuts) or protein 20 minutes before a meal to stimulate the "I'm full" signal sooner.
5. Slow down! It takes about 20 minutes after you start eating for your body to start feeling full. People who eat fast tend to overeat and get that stuffed feeling. Eat slowly, chew each bite well, and put your fork down between bites.
6. For a snack that travels well, measure an ounce of nuts (15-20 nuts) and place them in a baggie. Nuts are high in calories (around 170 calories for 1 ounce), but they are also a good source of protein and nutrients.
7. Drink water! Start the day with a 6-8 ounce glass of water. Drink at least 4 ounces of water before each meal or snack, and choose water as your preferred beverage throughout the day.
8. Choose unprocessed or minimally processed foods instead of convenience foods. Fresh fruits and vegetables require very little preparation.
9. Make large batches of healthy meals. Freeze some in small containers that you can defrost and use quickly.
10. When food is offered in a social situation, make a habit of checking with yourself: Am I hungry? Is this what I would like to eat? Thank the person who offered, but don't make eating automatic.
11. Stop part way through a meal or snack. Take a few deep breaths. Check in with yourself: Am I still hungry? Is this what I want? If the answer is yes, eat with enjoyment.
12. Choose a high fiber cereal for breakfast. Healthy ready-to-eat cereals are whole wheat flakes, muesli, rolled oats, steel-cut oatmeal and cracked wheat. Make half of your grains "whole grains." Foods that are high in fiber take longer to digest and can give you a feeling of fullness.
13. Enjoy a cup of low fat yogurt for an afternoon snack.
14. Sprinkle ground flaxseed into your morning oatmeal.
15. Make a fruit smoothie using 1/2 cup plain yogurt and 1 cup of frozen berries.
16. Include a source of lean protein with all your meals and snacks.
17. When eating out, eat half of your meal and save the other half for the next day.
18. Try a meatless burger instead of ground hamburger for dinner.
19. Choose brown rice instead of white rice.
20. Have carrots, celery sticks and pepper strips in your refrigerator for snacks.
21. Have a bowl of fresh fruit on your counter.
22. Eat regular meals. Do not skip meals or planned snacks.
23. Shop Smart: Make a list and buy only the foods on your list. Do not shop when you are hungry.
24. Use non-stick pans for cooking.
25. Yogurt or fat free sour cream can be substituted for regular sour cream in many recipes, including dips and dressings.
26. Fresh herbs will make lighter foods taste richer.
27. Skip or limit the appetizer, bread and alcohol when eating out.
28. Ask for gravy, sauce and salad dressing on the side. Be aware of how much you use.
29. When making a sandwich, use bread that is whole grain with 3g of fiber or more. The sandwich will likely stay with you longer and give you a feeling of fullness so you don't splurge later in the day.
30. Use snack bags to pre-portion food and limit your intake.
31. When baking, substitute 2 egg whites for 1 egg.
32. Use a butter spray on popcorn, vegetables, and baked potatoes.
33. Plan meals ahead to limit unnecessary, impulsive trips to fast food restaurants.
34. Use a non-caloric sweetener in tea or coffee to limit sugar intake and decrease calories.
35. Adding frozen vegetables to your pasta when it is almost finished cooking will help to bulk up your pasta serving, decrease your portion of carbohydrate, and add vitamins and minerals to your meal. Hold the garlic bread.
36. Eat breakfast! You will feel less hungry during the day. It doesn't have to be traditional fare: Low fat, low sugar yogurt layered with whole grain cereal, and fresh, canned or frozen no sugar added fruits, makes a healthy parfait with protein and carbohydrate. Meal leftovers or a sandwich are better choices than pastries.
37. Eat something nutritious like cheese, fruit, or nuts mid afternoon, if there will be more than 4 hours between lunch and dinner. It will help you to not feel so hungry while waiting for dinner.
38. Drink plenty of water or no-sugar flavored waters during the day. Many people think they feel hungry, when they are actually thirsty.
39. Avoid high sugar, high calorie power drinks when exercising. Water is the beverage of choice to replenish fluids.
40. Reducing fat from dairy foods reduces calories: 8 ounces of whole milk=150 calories, 8 ounces of fat-free or 1% milk=80 calories.
41. Eat at regular intervals during the day. Take the time to enjoy your food and don't use lunch to check e-mail or return phone calls. Eat only when seated at the table, not while watching TV or reading. If you eat while paying attention to something else, you will feel less satisfied.
42. Don't eat while driving. Drink water if you need something in the car.
43. Walk or exercise daily for at least 30 minutes. Research has shown that active people tend to eat less at meals.
44. Research studies show many health benefits of eating lots of fruits and vegetables. Make half of your plate vegetables and fruit. They fill you up, taste great, and can help prevent disease.
45. Don't be fooled by foods that are labeled "low fat" or "sugar free." Check the label! These foods may still have plenty of calories, and may be full of unhealthy ingredients.

For more information, contact Elliot Center for Advanced Nutrition Therapy at 603-663-4524.

 **The Elliot**
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This article was reviewed and updated December 2011. This article was first printed in Your Wellness Matters, Summer 2007 issue.