Tips *for* Weight Management

Lose Weight Gradually

Gradual weight loss of one to two pounds per week is considered to be the most safe and successful method for losing weight.

Don't Diet, Change Habits

Regular exercise and healthy food choices are lifestyle changes. Choose healthy habits, not temporary solutions to weight loss, such as dieting.

Drink Plenty of Water

Try to drink plenty of water every day. It is the best choice for staying hydrated and helping you to feel full.

Control Portion Size

Limit your overall food intake to avoid weight gain. Use a smaller plate and try not to go back for seconds.

Eat Slowly

Eating slowly helps you feel more satisfied with smaller amounts of food and can prevent you from overeating.

Exercise Regularly

Adding exercise to your daily routine has many health benefits. It can help fight off disease, improve your health and manage a healthy weight. Check with your doctor before beginning a new fitness program.

Remove Temptations

Replace high-calorie, high-fat snacks with healthy options such as fruit, vegetables, lean protein, whole-grain crackers or pretzels, and low-calorie beverages.

Plan Ahead

Ensure healthy foods are available when you are hungry by planning meals and shopping in advance.

Start a Food Journal

Take time to write down everything you eat and drink each day. This will help you track calories and the amount of food you are eating.

Read Labels

Pay attention to the serving size and avoid foods high in calories, saturated fat, trans fat, sodium, cholesterol, and sugar.

Cook Healthy

Use methods such as baking, broiling, poaching, roasting, or steaming to keep from adding fat to your food.

Choose Wisely When Dining Out

Order a healthy appetizer as your main course, request salad dressings and sauces on the side, share an entrée, or ask your waiter if a menu item can be altered to make it healthier.

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