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WEIGHT LOSS: PRACTICAL TIPS

Avoid sweet drinks. These include:

- Regular soft drinks, fruit juices, fruit drinks, energy drinks, sweetened iced tea, and flavored milk.

Avoid fast foods. These include:

- French fries, hamburgers, chicken nuggets, and pizza are high in calories and can cause weight gain.

Other Tips:

- Eat a healthy breakfast. People who skip breakfast tend to weigh more.
- Don't watch more than two hours of television per day.
- Chew sugar-free gum between meals to cut down on snacking.
- Avoid grocery shopping when you're hungry.
- Pack a healthy lunch instead of eating out. This will help control what and how much you eat.
- Eat a lot of fruits and vegetables. Aim for about 2 cups of fruit and 2 to 3 cups of vegetables daily.
- Be more active. Small changes in physical activity can easily be added to your daily routine. For example, take the stairs instead of elevators and park farther away from a store's entrance when you go shopping. If you have a desk job: Get up and walk around at least once per hour. If using pedometer/Fitbit – 7,000 steps per day.
- Ideally should get 150 minutes of exercise per week of walking or 75 minutes per week of jogging or 100 minutes of fast walking.
- Best weight loss is aerobic PLUS resistance training
- Take a walk with your family. A daily walk is a great way to get exercise and to catch up on the day's events.
- Eat at the kitchen table or dining room table only. Do not eat in front of the TV.
- Keep a daily food diary
- Weigh daily
- Increase fiber
- Adequate sleep (7-8 hours per night)
- Eat smaller portions and reduce overall food eaten
- Eat fewer fatty foods
- Create menu/grocery list once a week

Mediterranean Diet Principles:

- 4-5 servings of fruits and vegetables per day
- More legumes (e.g. beans in pods, peanuts, peas, French green beans, sugar snap peas)

- More whole grains
- Good quality oils (e.g. Olive oil. Canola oil – will need to measure. Use sprays – use less quantity)
- Good quality fish
- Less red meat but good quality
- Dairy – fermented products such as yogurt & cheese (can also get calcium from green leafy vegetables)

APPS:

- LoseIt
- MyFitnessPal
- Fooducate

Web site: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/dine_out.htm
Healthier Eating While Saving Money

Breakfast examples:

- Yogurt with blueberries and almonds (can be made night before and place in mason jar)
- Oatmeal with brown sugar (prepackaged oatmeal has a lot of sugar in it)
- Peanut butter banana smoothie (almond milk, 2 tbsp. peanut butter, frozen banana)
- Cereal – less than 5 grams sugar
- Smucker's natural peanut butter on wheat toast (can put banana on top)
- Sunflower butter alternative to peanut butter
- Hard-boiled egg