

10 Commandments of Weight Loss

Are you finding yourself wanting to lose weight? Make small, gradual, realistic changes that will build upon one another, creating a healthier future. Start today by reviewing these strategies to help you control your weight:

1. You should think “choose well” not “diet.”

Instead of trying to starve yourself, choose foods that allow you to fill up on fewer calories. These are foods that are:

- minimally processed
- high in fiber
- low in fat and sugar

Examples include fruits; vegetables; cooked whole grains such as barley, oatmeal, whole-wheat products and brown rice; and legumes. For protein, always pick leaner choices such as white breast meat of poultry (without skin); pork loin; lean beef; legumes; and seafood. Prepare these items with little added fat.

2. Try to make exercise fun.

- Take up several aerobic activities that are enjoyable, such as an aerobics class, walking, bike riding, swimming, running, hiking, softball, etc.
- Work out aerobically at least an hour a day, five or six days a week.

3. Only eat when you are hungry.

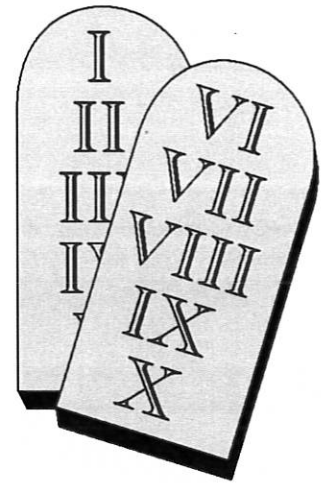
- Avoid eating to relax, cure boredom or overcome depression.
- Instead, take a walk or call a friend.

4. Take care when eating out.

- When you eat out, choose soup and salad or smaller dishes that are low in fat.
- Ask for sauces and dressings on the side. If portions are large, take half home.

5. Be a smart shopper.

- Fill grocery carts 2/3 full of whole foods instead of processed convenience foods. These include fat-free dairy, fruits, whole grains, vegetables, seafood, chicken and lean cuts of meat.
- Buy plenty of fruits and vegetables. Aim for 5+ servings of fruits and vegetables each day.



6. Snack for better health.

- Snack only when hungry.
- Instead of packaged snacks, think “out with the bag” and enjoy fresh fruits, vegetables with lowfat dips or fat-free, light yogurt. Baked potatoes, sweet potatoes and oatmeal also make great snacks.

7. Be a little adventurous.

- Be adventurous and expand your range of healthful food choices.
- Buy a lowfat cookbook to help you modify traditional high-fat favorites, and to introduce quick healthful dishes.

8. Use less fat when cooking.

- Prepare foods using lower-fat cooking methods such as baking meats on a rack, broiling, grilling, roasting or steaming instead of frying.
- Eliminate “extra” fats. Trim visible fats from meats. Rinse cooked ground meat. Remove skin from poultry.

9. Limit sugar & refined starch.

- Limit the amount of foods you eat that contain added sugars.
- Limit refined starch foods that are made with white flour and are low in fiber. Fill up instead with high-fiber choices such as corn, potatoes, yams, limas, peas, dried beans and whole grains.

10. Don't skip breakfast. Starting the day with a high-fiber, low-fat breakfast will help you consume fewer calories the rest of the day. Never skip breakfast!