

# Eating Tips for Weight Loss

## 1. Eat more often! (at least three times per day)

- Less hunger: Eat less at meals, but add snacks so you're not hungry
- Make good choices: When we are very hungry it's harder to make good choices and often eat too much
- Rev up metabolism: Eating regularly also helps keep your metabolism up and this helps you burn more calories.

## 2. Eat LOTS of fruits and vegetables

- Nature's Health Food: low in calories and very filling!
- Healthy Snacking: Switch fruits and veggies for chips and candy to fill your body with disease-fighting nutrients
- Hunger Check: If you're not hungry enough to eat a fruit or veggie, you're probably not hungry!



## 3. Choose light or low-fat options – but always check the label!

- Light: Usually means lower fat, sugar, and calories
- Low-fat: Less fat, but check the label for carbs and calories
- Low-carb: May be lower in carbs, but still have calories. Check the label
- Sugar-free: Does NOT mean “carb-free.” Check the label!

## 4. Make your favorite restaurant foods at home

- “Secret” Ingredients: Pizza, nachos, stir fry, pasta, burgers and fries...! Restaurants often make foods with extra fat, salts, sugar, and calories; making them at home can save you lots of calories.
- Healthier Ingredients: Use thinner crust, baked chips, low-fat cheese, lean meats, less oil or spray oil, light salad dressings, low-fat milk, bake instead of fry, etc.! Be creative!

## 5. Eat high fiber foods

- Full and Satisfied: Fiber helps fill you up faster and stay full longer - but does not contain any calories!
- On the Label: Look for things that have 3 grams or more of fiber per serving
- Typical Foods: Whole Grains, fruits, vegetables, nuts, seeds and beans (none in meat, dairy, or fats like oil/butter)



## 6. Drink plenty of water

- Thirst and Hunger: Sometimes we think we are hungry when we are actually thirsty
- Outsmart your body: Drink 8 ounces *before* each meal and snack

## 7. Use small plates

- Trick your Brain: Using a smaller plate will make you think you eat more than you do!

## Calorie Cutting and Higher Fiber Substitutions in Cooking

Recipe Calls for:	Substitute this:	Difference
Chips (potato or tortilla)	Baked chips	25% less calories
Oil for sautéing	Spray oil (i.e. Pam)	100% less calories
Cheese	2% or Fat Free Cheese	21% or 61% less calories
Salad Dressing	Light Salad Dressing or Salsa	60% or 94% less calories
Cream or Whole milk	Evaporated Skim Milk	40% less calories
Pasta	Whole Wheat Pasta or Spaghetti Squash	21% or 81% less calories
White Rice	Brown Rice or Quinoa	500% more fiber
Sandwich Bread	Sandwich Thins or low carb wrap	47% or 66% less calories
Sour Cream	Fat-free plain Greek Yogurt	72% less calories