

# Weight Management

## Tips for success:

- Want to change and know why: You need to really want to succeed and it has to be entirely YOU who wants to -- not your partner or your doctor.
- Balance your Food Checkbook: It helps to write a food diary. If you bite – WRITE IT! Be honest.



- Identify problem areas: Highlight areas such as high-sugar or high-fat treats, alcohol, meal-skipping, large portions, skipping healthy snacks or eating late at night.
- Set key goals: "Losing weight" is not a goal. Eating more regularly, eating more vegetables or drinking no alcohol during the week are actionable goals.
- Make a plan: Decide what you need to do in order to achieve your goals. If you need to eat more vegetables, you need to buy vegetables. If you don't grocery shop regularly, set a day you do this every week. If you need to eat snacks or eat lunch, plan to set them out the night before and take them with you for the day.
- Get organized: Write a meal plan. In fact, write three weeks' worth of meals and snacks and write a grocery list for each week. Do it on the computer so you can edit. Most people have 10 key dinners they rotate during each month. Take into account you may eat out some meals or eat leftovers for others so you don't need to plan to cook more than five dinners in a week.



- Be accountable: Keep tabs on yourself at first or check in with someone. Seeing a dietitian or personal trainer can help you with this and keep you motivated and inspired with new ideas.
- Measure your food: Do this for a day so you can see what you are actually eating vs. what you thought you were eating. You may be eating really healthy foods but just too much of them. Cover 50 per cent of your plate with vegetables so you eat less of the other higher calorie foods.
- Get rid of it: Remove the junk food from your cupboards. If you love ice cream after dinner, remove temptation by getting it out of your freezer.



- Don't try to be perfect: Nobody can be perfect 100 per cent of the time. Aim to eat well 90 per cent of the time and not so well 10 per cent of the time. This way there is still room for some of your favorite foods without guilt. Remember, deprivation often leads to bingeing and feelings of guilt and failure.
- Remember, you're the boss: You decide what you are going to put into your mouth. Each choice you make takes you one step closer or one step further from your goals. You're in charge.
- Exercise: Stop spending so much time thinking about food and spend more time exercising and feeling better about yourself.

## HEALTHIER CHOICES

Instead of pastries and doughnuts, have oatmeal with blueberries or high protein cereal.



Trade potato chips for microwave light popcorn – 3 cups is a serving.

Skip the cola and have a small amount of pure fruit juice mixed with soda water instead.

Instead of salami, bologna and high-fat sausages, have sliced baked chicken or turkey from a roast.

Replace ice cream with frozen homemade fruit and yogurt smoothie or try low-fat low-sugar ice cream.

Substitute dried unsweetened fruit or frozen blueberries for candy.



### **HABITS TO AVOID**

Snacking in front of the TV.

Drinking caloric beverages without compensating by eating less food.

Smothering foods with sauces and dressings. (Replacing full-fat salad dressing every day with a lower-fat version could result in five pounds of weight loss in three months if everything else were to remain the same.)

Not counting treats like licorice or a hard candy as part of your daily intake.

"Dieting" well all week and using the weekend as a binge time.

Eating until you are stuffed.