

>tip

Eat Well for a Healthy Weight



Portion-Size Control

- > When buying frozen meals focus on fewer than 10 grams of fat and 350 to 400 calories
- > Purchase single serving snack items such as fruit cups, pudding cups, string cheese, granola bars, frozen fudge bars or tuna in a pouch
- > Choose smaller-size dinnerware for your plates and bowls
- > Eat just one serving of food

Appetite Control

- > Drink cool water all day long
- > Quench your appetite with tomato or spicy vegetable juice
- > Choose breakfast cereals with soluble fiber
- > Satisfy your appetite with whole grains, beans and lentils
- > Snack on raw vegetables and fresh fruit
- > Add a small serving of protein-rich foods to every meal
- > Serve skim milk with meals
- > Eat slowly

Calorie Control

- > Drink water and unsweetened tea in lieu of sugary drinks
- > Serve fresh seasonal fruit for dessert
- > Nibble on baby carrots for a mid-afternoon snack
- > Make sure every meal includes a vegetable
- > Fill over half your plate with vegetables
- > Choose baked items instead of fried
- > Freeze grapes and strawberries for a refreshing snack
- > Eat food from a plate or bowl rather than a bag, jar, or box
- > When you eat out divide your entrée in half to take home for a second meal

Increase Metabolism

- > Always eat breakfast
- > Eat at least three small meals a day
- > Enjoy three cups of skim milk per day
- > Be active and exercise regularly
- > Sip on green tea

Food for Thought

How many calories do you need a day?

Weight loss: Multiply by 12 to 13 calories per pound of body weight

Weight maintenance: Multiply by 15 to 16 calories per pound of body weight

Weight gain: Multiply by 18 to 19 calories per pound of body weight

Prepare most of your own meals

People who eat out at restaurants more than twice a week consume one-third more calories than people who eat out once a week or less.

Visualize serving sizes

Medium-sized fruit = tennis ball

1 oz cheese = 4 stacked dice

1 serving pasta, rice, cereal = hockey puck

1 oz nuts or candy = 1 small handful

Medium potato = computer mouse

2 tbsp peanut butter = a golf ball

1 cup vegetables = size of fist

1 tbsp salad dressing = a quarter

3 oz of meat = size of deck of cards

1 tsp margarine = size of a penny

