

A Guide to a... Healthy Weight



**Keeping weight off requires making a lifestyle change
and not returning to old habits**

Where do I begin?

Ask yourself a question....

What triggers my bad eating?

1. Is it the candy dish that is always tempting me sitting on the counter?
2. Could it be the drive thru at the fast food place off the freeway calling to me after a long day at the office?
3. Have I skipped breakfast or lunch?
4. Do I let myself get too hungry when it is time to eat lunch or dinner?
5. Does my body seem to be saying, "Who cares if it has any vitamins or minerals, just give me something that will fill me up quickly?"
6. Do I find myself unprepared with healthy foods when it is time to eat?
7. Is my house filled with high-fat and/or high-calorie foods?

The TRUTH about weight loss...

1. Lose weight for good by doing it a little at a time, over a long period.
2. A loss of one or two pounds a week is a healthy goal.
3. Change the way you eat and move.
4. Changing your lifestyle is different than deciding to "lose weight."
5. Be realistic when setting goals.
6. Build up to five days a week of physical activity rather than setting an unreasonable weight goal.
7. Find an eating plan you can live with for the long term.
8. Gain control and confidence by eating slowly and eating smaller meals.
9. Search out foods that contain a lot of nutrients in relation to their calories.
10. Find new ideas on hearthishighway.org.

General Tips:

1. Many people overeat when extremely hungry.
2. People eat what is handy and you may consume more calories if healthy foods aren't available.
3. Learn more about why you eat (being bored), when you eat (like watching TV), and what you eat (being upset) to help you make healthy changes.
4. It takes time to lose weight.
5. A diet too restrictive and low in calories can make you irritable and cranky.

Make some changes in your environment.

Tips for home:

1. After arriving home, drink a glass of water and listen to your favorite CD.
2. While cooking, munch on veggies that you enjoy or chew gum.
3. If you have candy sitting in dishes in different areas of the house, put them on a high shelf and replace them with a fruit bowl.
4. Place tempting items out of sight in the refrigerator or cupboards (place them far back and in hard-to-reach areas).
5. Replace see-through containers with opaque containers to store foods.
6. Clean out tempting high-calorie foods from cupboards, drawers, and the refrigerator.
7. Keep healthy snacks ready and available.
8. Chop up veggies and fruits and keep them in the refrigerator.
9. Pre-portion items like crackers if you seem to overeat when eating out of a larger package.



Tips for your car:



1. Instead of stopping at a fast food place, try taking some fruit, carrots, or string cheese to eat on your drive home or right before you leave so you won't be tempted.
2. Avoid the tempting 48 ounce big gulp by keeping a water bottle in your car.
3. If you need a little more flavor, try adding a slice of lemon or drink a lightly flavored water.

Eat a variety

1. Fill your diet with colorful fruits and vegetables.
2. Eat whole grains. Whole grain breads, rice, cereals, and pasta contain more nutrients than refined products.
3. Eat low-fat dairy products and lean cuts of meat.
4. Fill half your plate with fruits and vegetables at each meal.

Try some of these tips to avoid extreme hunger....

1. Have breakfast everyday.
2. Take breakfast with you if you don't like to eat when you get up or if you are running out the door.
3. Take healthy snacks with you in a bag or a small cooler.
4. Eat one of your snacks midmorning or in the afternoon when you usually want to head to the soda or junk food vending machines.
5. Try an apple, pear, mini-bag of carrots, V-8 juice, string cheese, or almonds to keep you going.



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STROKE PREVENTION PROGRAM**
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