

Nutrition Tips for Weight Loss

Set realistic goals and eat with awareness

Successfully losing weight does not have to mean giving up foods you love. Establishing healthier habits the majority of the time allows you to occasionally enjoy those foods. Start a food diary by jotting down everything you eat, how much, when and why. Simply writing it helps you gain awareness of your current habits (eating to relax, cure boredom or overcome depression), helps you listen to your hunger and fullness cues, and can help you determine the eating behaviors you want to change.

Start the day with breakfast

Breakfast really is one of the most important meals of the day. It is important to “break the fast” and jump-start your metabolism. Try a breakfast high in fiber and protein – such as a whole grain cereal with berries and skim milk – or an egg white omelet with low fat cheese and veggies.

Eat smaller portions, more frequently

An important part to losing weight is to reduce your portion sizes and eat smaller, more frequent meals. Try using a smaller plate, fork and spoon to help you control your portion sizes and slow down how quickly you eat. It takes our brain 20 minutes to realize our stomach is full. Try eating five to six smaller meals and small, healthy snacks per day and try not to go more than three hours without eating. This helps reduce cravings later in the day and keeps your metabolism going. Want something sweet? Buy single serving sweet treats such as 100-calorie pack cookies or miniature candy bars to help limit portion sizes and prevent overindulging in sweets.

Drink smart

High calorie drinks such as fruit juice, fruit flavored beverages, soda and alcoholic drinks can fill your body with extra empty calories. Choose water, seltzer, unsweetened tea or calorie-free soft drinks the majority of the time.

Stay active

At least 30 minutes of physical activity daily is an important piece of weight maintenance. Get fit by finding activities you enjoy such as walking, playing organized sports, dancing, swimming, riding a bicycle or doing yoga. Make sure you get approval from your doctor before starting any exercise program.



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