

Weight Loss Hints

Eating out:

Only eat kid's meal amount of food.

Or ask for your to-go-box at the beginning of the meal and split the meal in half.

At home:

Only eat in the kitchen, or dining room.

Never eat in front of at TV, computer or game.

Never eat out of a bag.

Eat off of smaller sized plates (salad plates).

Both:

Eat protein or fiber with every meal.

Keep a log (diary) of everything you eat and drink.

Drink mostly water, occasionally milk, never juice or sweet drinks. (Diet drinks or drinks with artificial sweeteners can make you hungry, so it is only OK to drink them with meals.)

Eat whole, fresh fruits (peel the orange yourself).

Exercise:

Exercise every day for the rest of your life (moderate yard or housework counts) for 30 minutes.

Do not exercise just to lose weight.

Snacks:

Only fruit.