



# Top 10 tips for weight management

## 1 Eat your food groups



- Make sure to follow MyPlate to get in all of your food groups
- Aim to get in at least 2 food groups in during snacks and 3 at mealtimes.

## 2 Meal prep

- Increases accessibility of foods
- Takes guessing out of meals for the week
- Increases chances of staying on track
- Saves money in the long run
- Make a plan and a list before you go grocery shopping
- Clean your fruits (*if appropriate*) and veggies as soon as possible when you get home
- Invest in containers for meal prepping- appropriate equipment for the 'job'
- Utilize resources at [CelebrateMore.com/](http://CelebrateMore.com/) Dietitians for more ideas & recipes

## 3 Don't skip meals

- It's much easier to give in to temptations when you are hungry!
- Case and point: have you ever grocery shopped on an empty stomach?
- Crave more unhealthy carbohydrates (sweet or salty)
- You are more likely to overeat

## 4 Dealing with food temptations

- It's much easier to give in to temptations when the food is within reach
  - Keep these foods out of your cupboards, desk drawers, purse or car
  - Helps you manage temptation
- Beat deprivation by using moderation
  - This doesn't mean you can never eat them
  - Going cold turkey is not always beneficial
  - Know you can always eat it, this helps prevent binge eating
  - Less sugar/salt we eat, the less we crave

## 5 Use your cravings to your advantage

- What's your craving?
- Choose healthier foods that satisfy that craving

### Sweet

- Apple with chocolate peanut butter (melt a few chocolate chips into PB)
- Berries with a spray of whipped cream
- Trail mix (unsalted nuts, unsweetened dried fruit, dark chocolate chips)

### Salty

- Beanitos (chips made from beans that taste salty with less sodium)
- Pre-popped popcorn (Boom Chicka Pop, Smart Pop, Skinny Pop)
- Tortilla chips (whole grain) with salsa

Turn over for more tips >

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## 6 Drink water

- Drinking water can serve as a distraction from food temptations
- You may just be thirsty!
- Try drinking:
  - Water
  - Sparkling water
  - Fruit-infused water
  - Unsweetened hot or iced tea
  - Water flavored with sugar-free water drops/packets
  - Stevia Leaf, Crystal Light, Food Club, Mio, etc.

## 7 Exercise and sleep

- Reduce stress
  - Distraction from foods
- We crave less when we are well-rested
- Often, we crave healthier foods when we are active
  - Think of fueling your body

## 8 Pay attention to hunger cues

- One way to prevent mindless eating is to start recognizing your hunger cues.
- Check in with your hunger before, during, after your meals and snacks.

### The Hunger Scale



- Take a look at this scale. You want to stay between 3 and 6 at all times.
- By not getting too hungry or too full, you are more likely to not overeat.

## 9 Actively set goals

- Active goal setting as opposed to passive, means that you write out your goals, you don't just set goals in your mind passively.
- How to set active goals:
  - 1. Set a long-term goal**
    - Example: Lose 30 pounds
  - 2. Engage in monthly, weekly, and daily goal setting and planning**
    - Example: Eat 5 servings of fruits and veggies per day
  - 3. Actively track progress**
    - Example: Track food intake using an app like MyFitnessPal
- Try It! Every morning create daily goals for yourself and identify tasks to help you meet them for the day.

## 10 Time management

- When we effectively manage our time, we have room for the activities that help us meet our goals.
- Tips for better time management:
  - Set clear goals
  - Get organized
  - Prioritize
  - **What's really important?** Watching TV for 3 hours or getting in 60 minutes of exercise?
  - Avoid procrastination
- Try It! Write down your daily activities and how long you spend on each one for a few days. Where are you spending your time (*goal-reaching activities or time-wasting activities?*).

 **registered dietitian team**

More information at [celebratemore.com/dietitians](http://celebratemore.com/dietitians)

Available at all

