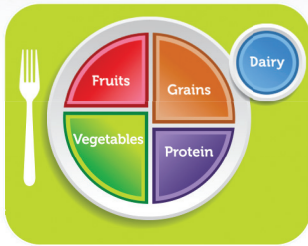




Top 10 tips for weight management

1 Eat your food groups



- Use MyPlate as a guide for consuming foods from all food groups.
- Aim to include at least 2 different food groups during snacks and 3 at mealtimes.

2 Meal Prep For Success

Meal prepping takes the guesswork out of meals for the week, saves money in the long run and increases your chances of consuming more nutritious foods.

Tips for meal prepping:

- Wash and cut your produce (if appropriate) as soon as you get home
- Invest in containers for meal prepping
- Cook staple ingredients like rice, meat, beans and vegetables in bulk and mix and match them throughout the week.

3 Don't skip meals

Skipping meals can lead to overeating later. Instead, aim for regular meals and snacks, focusing on balanced options to stay full and satisfied.

4 Dealing with food temptations

- Keep nutrient-dense foods easily accessible by stocking your pantry, desk, purse, or car. And on the flip side, limit temptations by keeping less nutrient-dense foods out of easy reach during the day.
- Beat deprivation by using moderation
 - Adopting an 'all foods fit' mindset can help prevent binge eating and intense cravings. Enjoy less nutrient-dense foods in moderation, and shift your focus from restriction to adding more nutrient-rich foods to your meals.

5 Use your cravings to your advantage

- Identify your craving then choose a better-for-you option to satisfy it.

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

- "Whole grain chips like Beanito's, Triscuits or Wheat Thins"
- Pre-popped popcorn (Boom Chicka Pop, Smart Pop, Skinny Pop)
- Tortilla chips (whole grain) with salsa

Turn over for more tips >

Top 10 tips for weight management

6 Hydrate! Hydrate! Hydrate!

- Try:
 - 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

- Exercise and sleep both influence stress, appetite, and food cravings, all of which affect weight management. Prioritize regular physical activity and getting enough sleep to support your goals.

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 and after your meals and snacks.

The Hunger Scale



- Take a look at this scale. Aim to stay between 3 and 6.
- Maintaining a balance between hunger and fullness can help reduce the likelihood of overeating.

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
 - Avoid procrastination
- Give it a try! Track your daily activities and how much time you spend on each for a few days. Notice where your time is going — are you focusing on activities that move you closer to your goals?

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

