

WEIGHT LOSS WOWS!

Look for Hidden Calories in:

- ❖ Sweetened Beverages such as sodas, sports drinks, and juice
- ❖ Processed/Packaged Foods
- ❖ Sauces/Salad Dressings



Slim down portions:

- ❖ Stop eating when you're full
- ❖ Use smaller plates (i.e. salad plate size)
- ❖ Use measuring cups
- ❖ Read Food Labels



Proper Portions:

3 oz. meat = size of deck of cards
3 oz. potato = size of computer mouse
1 cup pasta = size of a tennis ball
1 ½ oz. cheese = size of 3 dominoes

Move More (If able):

Food Preparation Tips:

Grill, Broil or Bake, but don't fry!

Pre-measure proper portioned snacks into plastic bags & store for a quick & healthy snack later!

- ❖ Take the stairs instead of the elevator
- ❖ Park further away in parking lots
- ❖ Lift light weights to strength train
- ❖ Find something you enjoy to keep you moving (i.e. walking, gardening, water aerobics)

- ❖ Eat 3 bites less of your dinner
- ❖ Walk an additional 15 minutes
- ❖ Eat one less dessert per week
- ❖ Cut out one snack a day

Other Weight Loss Secrets:

Sleep 8 hours
Eat Breakfast
Write down what you eat
Weigh
Find Support

Remember Weight Loss is ultimately achieved with

Eat Less & Move More!