



# Weight Loss Tips

## Rule of 10

- #1** Only eat when hungry. When planning to attend a special feast, offer to bring items that you know are best for you.
- #2** Eat a small meal (approximately 300-500 calories) at least every 3-4 hours during the daytime hours. Ask your dietitian what calorie range is appropriate for you. Athletes have different requirements.
- #3** When deciding if you want a dessert, wait 20 minutes to see if you are still hungry.
- #4** Do not replace a meal with a drink unless recommended to do so by a nutritionist. Drinking high calorie drinks as a means to lose weight only leaves you hungry leading to consuming excess calories.
- #5** Choose lean meats (90% or higher), low-fat cheese and fat-free (skim) or low-fat (1% dairy if in your chosen diet).
- #6** Include high-fiber , low calorie, fruits and vegetables daily. 3 cups of fruit and 3 cups of vegetables daily is an appropriate goal for most people.
- #7** Drink a minimum of 2 liters per day. You may need more with regular exercise. Ask your dietitian what is appropriate for you if you have a chronic condition. Avoid high-calorie fruit juice (100 calories or more per 8 oz) and regular sodas.
- #8** Avoid or limit consumption non-alcoholic (beer, wine and liquor) Even non-alcoholic beer can have up to 100 calories per cup.
- #9** Pick foods that you enjoy eating and feel you can eat long-term. Set yourself up for success by choosing foods you traditionally enjoy. You can always be open to trying something new.
- #10** Set realistic goals that do not exceed more than 2 lbs/week weight loss. Losing large amounts of weight too fast can lead to health problems and gaining the weight back.



## Food Prep

- Pick one or two days out of the week to grocery shop, chop, and store food for later use.
- Cook only enough for one day of meals for you and your family. Avoid leftovers.
- Freeze one day portions in freezer safe packaging separating meat from fruits and vegetables. (Do not freeze with seasonings). Raw steaks can be frozen up to 6-12 months. Uncooked ground beef can be frozen up to 3-4 months. Raw chicken and turkey can be frozen 6-12 months. Most fish can last 4-6 months.
- Avoid excess fat when cooking by baking, broiling, roasting or boiling. Use non-stick cooking sprays instead of butter or oil. Low sodium chicken broth can also be used as a substitute in many dishes.
- Try to cook and grocery shop when you are not hungry.
- Skip or limit the salt to no more than 1 teaspoon per 8 cups of food (ie. soups, stews). Excess salt can make your body retain water and increase body weight.
- When packing your lunch, include containers for 1 cup of fruit and 1 cup of vegetables.



## Mealtime

- Use 6-inch dessert plates when possible to fit your meal. Many regular dinner plates are 10 to 12 inches in diameter.
- The "plate method" endorsed for weight loss as well as diabetes management by several health promoting institutions is a popular approach to weight loss and weight management. This method includes using a 9-inch plate. One half of the plate consists of fruits and vegetables. 1/4 is for protein including animal products or plant-based proteins and 1/4 is for starches and grains.
- Leave food on the stove or countertop away from the dinner table. This will make it less tempting to eat in excess.
- Take your time chewing and tasting your food. Some studies suggest chewing at least 30 times before swallowing to assist in weight loss.
- Cut your food one bite at a time and try putting your fork down between bites.
- Use small separate dipping bowl for salad dressing instead of pouring the dressing on the salad a one time. Dip your salad bite one at a time to control calories.
- Replace pastries or other high sugary desserts with fresh fruit. Top with low-calorie dairy whip for added flavor.



## Snacks

- Keep low-calorie snacks in a special part of the refrigerator. Some ideas:
  - Pre-washed bite-sized pieces of raw vegetables such as cucumbers, broccoli heads, cauliflower and carrots.
  - Fresh fruit such as berries, pineapple pieces, watermelon and melon chunks and green grapes.
  - Low-calorie dairy such as string cheese, low-fat yogurt and fat-free milk.

## Fluids

- Aim for a minimum of 2 Liters per day. (Most people can tolerate up to 3 Liters per day)
- Use measuring cups and drink beverages in bottles or cans with the fluid content listed.
- Keep a log and add up ounces at the end of the day or within a 24-hour period.
- Break your day into sections for a goal of fluid for each section. (ie. 16 oz every 4 hours).
- When you are in hot weather or exercising, especially when sweating heavily, remember to replace with at least 8 oz of water every hour.
- If you are prescribed a diuretic (medication to increase urine), you will need to drink more water to avoid dehydration and low Potassium levels which can both lead to cardiac arrhythmias.