

Tips for Healthy Weight Loss

Provided by your Neighborly Care Network Dietitian

It's the beginning of the new year. The holidays were a time of gaining (weight), as well as giving. So now you have a few extra pounds to shed. Here's some advice as to how to reduce calories without giving up good nutrition.

Tips for a Healthier You:

- Use vegetables and whole grains as the focus of your meals.
- Keep healthy snacks visible and within reach. You will be more likely to snack on them.
- Add nuts and fruit to your salads, oatmeal, or cereal.
- Use fruit as dessert; fruit and yogurt make a great parfait!
- If lunch is on the run, choose healthier options/restaurants, and bring your own sides (fruit, vegetables, trail mix).
- Check out your local grocery store for healthy convenience items that require little or no preparation.
- Most convenient stores and gas stations sell fresh fruit, low-fat milk, and yogurt.
- Choose healthy oils, such as olive and vegetable.
- Bake, broil, and grill, instead of frying. Steam veggies to preserve nutrients.
- **READ FOOD LABELS** and ingredients; limit food items with hydrogenated and partially hydrogenated oils.
- Increase your whole grain consumption; choose items that have whole grains listed as the first ingredient.
- Watch your portion sizes; use your measuring cups for a few weeks until you can eye the amounts.
- Exercise at least 30 minutes per day most days of the week.



Good luck!