

Improving Eating Habits for Health and Lasting Weight Loss

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August, 2014

Tip #1: Eat Breakfast

- Breakfast can make or break a diet.
- Jumpstarts metabolism for the day.
- Less likely to overeat at lunch.
- Cut back on the morning coffee. It is a natural appetite suppressant.



Tip #2: Eat at Least 3 Meals a Day

- Don't Skip Meals
- Skipping Meals:
 - allows our metabolism to slow
 - causes us to over eat at our next meal
 - leads to increased fat storage
- Eat around the same time every day.
- Healthy Snacks



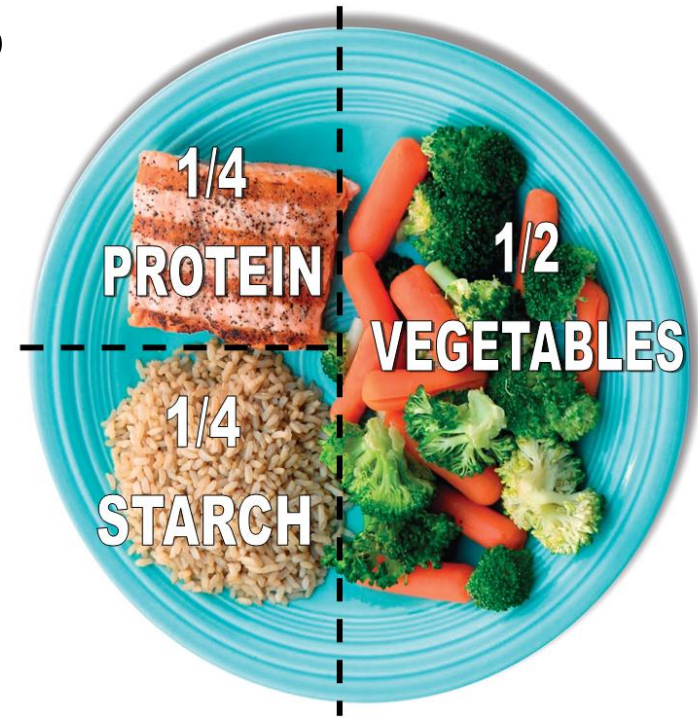
Tip #3: Eat Fruits and Veggies 5 A DAY!

- Low Calorie
- Fiber
 - Feeling of fullness
 - Reduces hunger and cravings
 - Controls blood sugar
- Antioxidants
 - Reduces risk of chronic disease and some cancers
 - Promotes healthy aging
- Phytonutrients, Trace Minerals
- Supplements **DO NOT** count!



Tip #4: Portion Control Tricks

- Plate Method
- Measure and Weigh
- Compare to Known Objects
 - deck or cards, a tennis ball, domino
- One Serving Only
- Use Smaller Plates/Bowls
- Drink Water Before a Meal
- Eat an Apple
- Avoid Family Style/Buffets
- Pre-Package/Single Serving Packs
- Listen to your Body



Tip #5: Know Your Calories


- How many do you need a day?
- How many are you consuming a day?
- Food Journaling/Tracking
- Free Food Tracking Apps
 - MyFitnessPal, Lose It, Fitbit
- Where are your calories coming from?




Tip #6: Read Food Labels

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Old



VS.



New

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans</i> Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Tip #7: Healthy Meals and Snacks at Work



- Nuts
- Fruit (Dried Fruit)
- Whole Grain Crackers
- Popcorn
- String Cheese or Laughing Cow
- Yogurt
- Tuna
- Oatmeal and Whole Grain Cereal (single serving)
- Natural Peanut or other Nut Butter
- Individually Wrapped Dark Chocolate Pieces

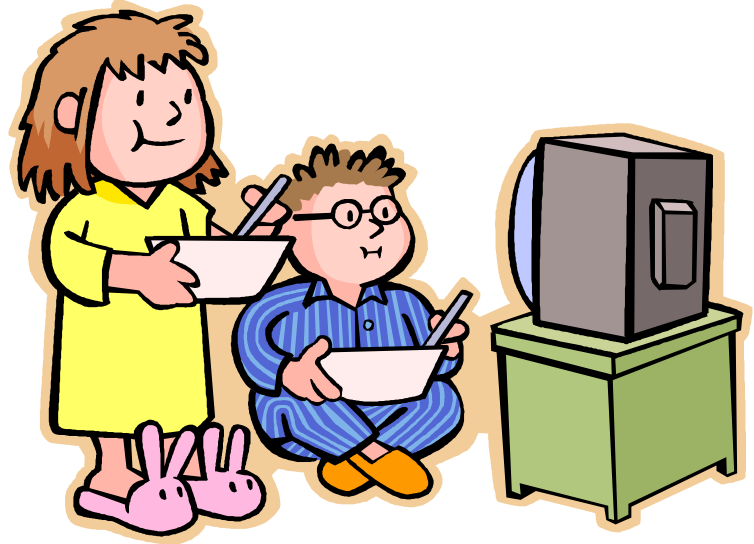


Tip #8: Don't Buy It, Don't Bring it Home, and Don't Give In



Tip #9: Mindless Eating

- Eating while
 - driving
 - talking
 - texting
 - working
 - watching television
 - boredom, loneliness, tension/stress, anxiety, depression, habit, reward...



Tip #10: Eating Out



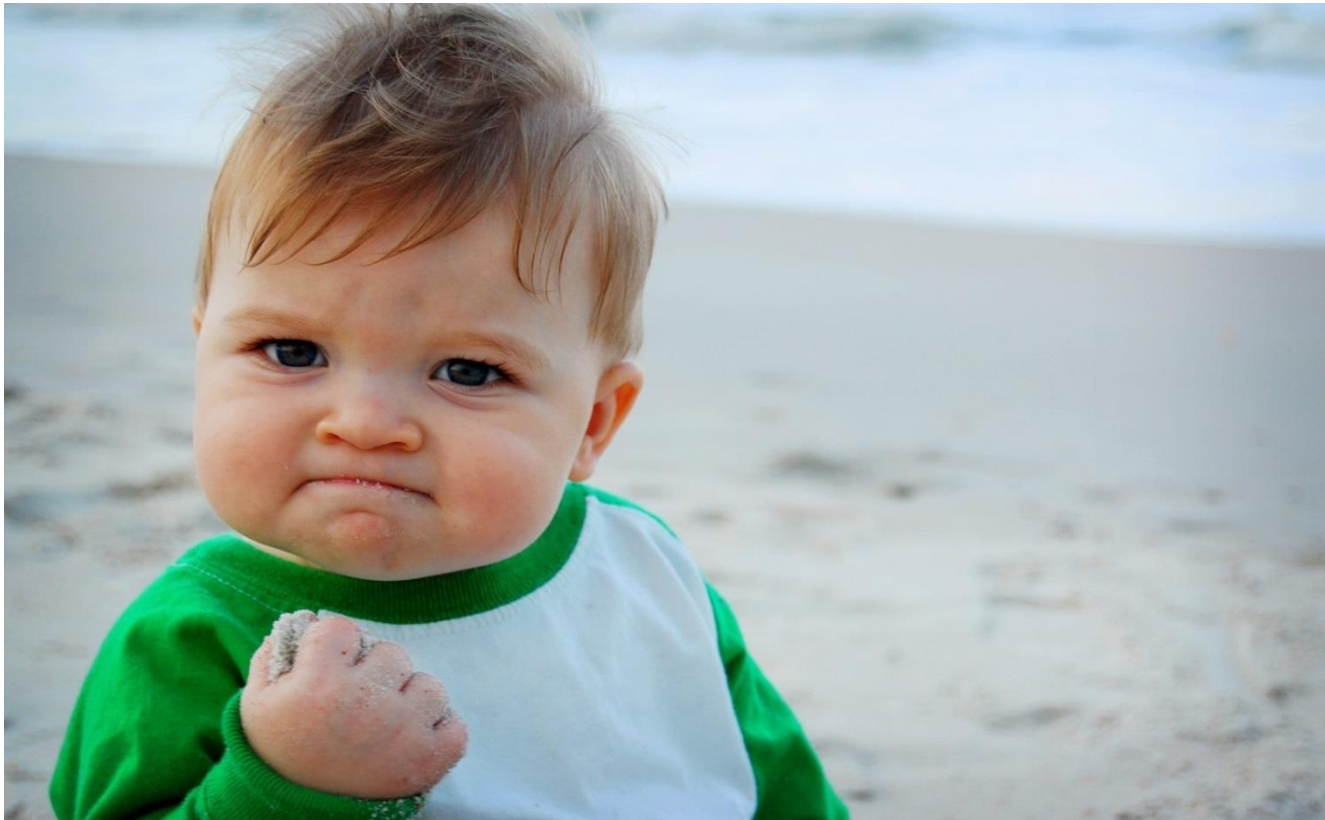
- Choose Your Restaurant Wisely
- Online Menu
- Eat an Apple and Drink Water
- Share a Meal
- Ask for a Box BEFORE the Meal Comes
- Ask for Substitutions
- Order from Starters or Appetizer Menu
- Order Al a Carte vs. Platters and Entrees
- Salads (dressing on the side)
- Put your Fork Down, Take a Drink of Water
- Eat Lower Calorie Items First
- Place Napkin on Top of Plate When Finished

Final Tip

- **Baby Steps**
 - Choose 1 or 2 goals to work on at a time.
- **Exercise and Activity**
 - Exercise does not negate the effects of too much sitting.
- **Support**



SUCCESS



*..because you too can own this face of
pure accomplishment...*