

SUGGESTED BEHAVIOR CHANGES FOR WEIGHT REDUCTION

Grocery Shopping

- ❖ Plan out your meals for the week and make your grocery list to match.
- ❖ Shop from a list and stick to that list. Take only enough money to pay for the food on your list.
- ❖ Don't shop when hungry.
- ❖ Do not buy high calorie desserts or snacks.



Meal Times

- ❖ Eat in one room of the house and in one place in that room only.
- ❖ Don't watch TV, read, or do anything else while eating.
- ❖ Serve food on small plates.
- ❖ After serving yourself, put the remaining food into storage containers and directly into the fridge. ~OR~ Fix just enough food for one meal. Avoid nibbling on leftovers!
- ❖ Use your left hand to eat if you are right handed, and use your right hand to eat if you are left handed.
- ❖ Leave the table soon after eating.
- ❖ Eat on a regular schedule. Don't skip meals.
- ❖ Eat a variety of foods so you won't feel deprived.



Avoid Overeating

- ❖ Stop eating half way through your meal, wait two minutes, and begin eating again if you are still hungry.
- ❖ Chew slowly. Put your fork or food down between bites. Swallow food completely before taking the next bite.
- ❖ Brush your teeth immediately after eating. You won't be as tempted to snack.
- ❖ If you know you might be in a situation where you will overeat, write down why you DO want to lose weight. This may help prevent overeating.



- ❖ Weigh yourself once a week.
- ❖ Have a family member or friend help watch your eating habits.
- ❖ Arrange for family or friends to give you a non-food reward for following your diet like clothes, workout outfit or a hair cut.
- ❖ Do not start a long-term weight control program shortly before a holiday.
- ❖ Use measuring cups and spoons and a scale until you KNOW how much food you are getting; then weigh and measure one meal per week, just to make sure your eye hasn't "grown".
- ❖ Find outside interests that don't involve food. Find activities you enjoy which burn calories such as riding a stationary bike while watching TV.



- No single food is fattening, nor will any food "burn fat".
- There is NEVER a time when calories do not count.
- If you eat more than 3500 calories a week than you burn through exercise, you'll gain a pound of body weight. Every little bit counts...just one extra slice of plain bread per day for five years will cause a weight gain of over 35 pounds!!
- Every little bit of activity will also count. Take the stairs instead of the elevator, park far away from the door to the store, etc.

