



20 Tips for Weight Control

Keep a food diary. Write down all the food and beverages you consume for one week. Note the circumstances and time of day (mealtime, watching TV, while upset, etc.).

Set realistic goals. Remember, you put the weight on one day at a time, and that is how it will come off. Two pounds is the maximum you should lose in one week.

Drink plenty of water. Try to drink between six and eight glasses every day.

Think nutrition. Choose foods that are high in nutritional value and low in fat and calories (e.g., vegetables, fruit and low fat dairy products).

Cut down on portions. Reduce the amount of food you put on your plate. Use a smaller plate. Eat slowly. Stop eating when you are full.

Eat balanced meals. Plan your meals to include foods high in complex carbohydrates (fruits, vegetables, grains and starches). Reduce the fat in your diet to below 30 percent per day.

Increase your exercise. This will burn extra calories by increasing your metabolic rate. It will also help decrease your appetite.

Remove temptations. Don't buy high calorie snacks. Throw out all candy, nuts, ice cream and junk food.

Make smarter choices. Stay away from fast foods. Include plenty of wholesome, nutritious foods.

Read labels. Fresh foods are a better choice for controlling the fat in your diet.

Change habits; don't just diet. Use a sensible, safe approach to weight control. For long-term results, concentrate on making gradual changes in your eating habits.

Cooking methods. How you cook is as important as what you cook. Broiling, baking, roasting and stewing are the best methods. Avoid frying.

Cut down on alcohol. Eliminate empty calories. Substitute water or low-calorie beverages.

Plan for difficult situations. Eat something before parties and other get-togethers. Avoid nibbling.

Join a group. Look for one offering nutritional education, behavior modification techniques and emotional support.

Grocery shopping. Make a list and stick to it. Stay away from the snack aisles. Eat before you go.

Determine your ideal weight. Take a body composition test. Learn how much of your weight is fat and how much is lean muscle mass.

Be aware of health consequences. A lifestyle that promotes excess weight is a lifestyle with added health risks.

Use substitution techniques. The key to successful weight control is replacing unhealthy foods with wholesome, nutritious foods.

Still need help? For additional information, ask your physician.

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