

GETTING STARTED WITH WEIGHT LOSS

...Slow and steady wins the race!

WHAT YOU NEED TO EAT

- **NEVER skip a meal.**
- **Reduce your food intake by 15% with each meal.**
Start each meal with an 8 ounce glass of water and you will still leave the table feeling full.
- **Eat out or “bring in” less often.**
- **Reduce your fat intake.**
Trim the visible fat off food before cooking.
Broil, boil, or grill meats to decrease the fat.
Throw away the chicken skin (it's all fat and cholesterol)
- **Reduce your sugar intake.**
Drink fewer regular sodas (1 soda a day = 10 pounds/year!)
Choose foods with less sugar such as diet Jello or sugar free puddings.
Use sugar substitutes in place of sugar.
- **Cut back on the number of calories you eat every day.**
Reduce snacking or select lower calorie snacks (limit to 100 calories each) such as fresh fruit, raw vegetables, rice cakes, low fat popcorn or pretzels.

WHAT YOU NEED TO DRINK

- **Drink at least 3 glasses of water a day.**
- **Drink water or sugar free beverages in place of regular soda, iced tea, lemonade, and fruit juice. Examples include sugar free Kool Aid, sugar free lemonade, and sugar free iced tea made with Sweet and Low or Equal.**
- **Drink skim or 1% milk.**
- **Avoid alcoholic beverages.**

HOW YOU NEED TO MOVE

- **Start with 2- 5 minutes of some type of activity that you enjoy doing every day.**
- **Slowly add 30 seconds to 1 minute of exercise to your session each week until you have increased to at least 20 minutes of exercise a day.**
- **Cut down on television watching, videos, and video/computer game time**
- **Spend time outdoors.**
- **Get your family involved in daily exercise.**

... Minor changes now will make a big difference in the long run!