

12 Tips for Permanent Weight Loss

1. **Eat three healthy meals** during the day, including a good breakfast.
 - a. Meals should consist of one lean protein and at least two colors (fruits & vegetables)
 - b. Skipping meals causes increased hunger + mindless nibbling throughout the day
2. **Eat healthy when hungry.** If you are hungry, you may have any of the non-starchy vegetables (red, green, yellow bell peppers, cucumbers, radishes, celery, broccoli, cauliflower, green beans)
3. **Eat fruits and vegetables daily.** Make sure you consume four fruits daily and at least four vegetables daily
4. **Keep snacks healthy.** Snacks should consist of lean proteins and fruits + vegetables. Snacks should not be dessert items.
5. **Avoid keeping comfort foods in the home.** Availability of those foods will increase your consumption of them.
6. **Avoid sugary drinks.** Recommend drinking water, tea, black coffee, low sodium V-8 juice, and skim milk.
7. **Reduce the amount of grains** in your diet. Decrease whole wheat breads, rolls, toast, bagels, muffins, waffles, pastas, etc. (or avoid them all together)
8. **Weigh yourself regularly.** This will assist you in seeing small weight gains and adjusting your diet to prevent larger gains.
9. **Monitor portions.** Serve meals already dished on plates instead of in serving bowls.
10. **Exercise 30 to 60 minutes each day.** If time is limited, exercise for several brief periods throughout the day – for example, three 10 minute sessions rather than one 30 minute session.
11. **Increase your daily activity and vary your activities.** Perhaps adding a 10 minute walk or run over your lunch hour or 10 minute stair climbing exercise while at work.
12. **Reward yourself.** Losing weight and keeping the pounds off is a big accomplishment. Set goals and reward yourself with non-food rewards. Examples: new running/walking shoes, CD, new exercise outfit, book, clothes, golf outing, etc.