

## Ten Steps for Keeping the Weight Off

1. Stock up on healthy snacks.
  - Replace potato chips, with crunchy baby carrots, apples and celery.
  - Replace candy, with fat-free popcorn, sugar free jell-o or pistachios in a shell.
  - Replace soft drinks with lots of water to flush toxins out of your body.
2. Limit yourself to low-cal choices when eating outside your home.
3. Eat smaller portions to the point where you feel satisfied, not full or stuffed. This may mean eating 5-6 times per day instead of 2-3 large meals. Portion control is key.
4. Drink a large glass of water before each meal.
5. Avoid fast-food restaurants or other 'tempting' places when possible. When fast food is the only alternative, follow the fast-food alternatives list:

Instead of these:	Choose These:
French fries or curly fries; Potato wedges, hash browns or tater tots, onion rings	Baked potato; salads with fat free or low-fat dressing; fresh fruit
Large hamburger with all the 'fixings', cheeseburger; hotdogs or sausages; bologna, pastrami, fried meat sandwich; pork barbecue sandwich with slaw	Turkey, roast beef or lean ham sandwich; grilled chicken sandwich; chicken tacos
Fried chicken; breaded chicken strips; fried chicken wings	Grilled, roasted or smoked poultry (white meat, no skin)
Fried fish sandwich, fried fish nuggets; fried clam strips	Broiled seafood platter; boiled shrimp
Sundaes, banana splits; cakes, brownies; pies	Soft serve ice cream cone; low-fat frozen yogurt
Regular soda, whole milk, sweet tea, fruit punch, lemonade	Water, diet soda and unsweetened tea, low-fat or fat free milk, 100% juice, sparkling flavored waters

6. Avoid foods and drinks that remind you of smoking.
7. Eat s-l-o-w-l-y and mindfully. It takes 20 minutes for your mind to sense that you are full.
8. Eat at a table – not in front of the TV. Never eat “on the run” or while driving!
9. Try not to deny yourself an *occasional* food treat...we are much more likely to “binge” when we feel denied that occasional favorite food. Here are some creative ideas for low calorie treats that can replace high calorie treats that put on weight: Frozen pops in a paper cup - use applesauce, or combination fruit juice and chopped fruit, or just fruit juices. Put wooden stick in center after 1/2 frozen. Enjoy when frozen hard. Instead of a candy bar or chips, try toasted whole wheat bread lightly spread with honey. Chocolate cravings can be satisfied with instant, no-sugar chocolate pudding. You may also try keeping your mouth busy with calorie-free mints, gum, toothpicks, a straw, a cinnamon stick.
10. Take a *daily walk, and work your way up to 30 minutes of brisk exercise every day*. If you exercise at least three times per week along with your new dietary program, you will find that weight gain will probably be manageable.

