

# Tips to Kick-start your Weight Loss

## 1. Eat early: Kick-start the day with a power breakfast

- Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries or orange juice).

## 2. Eat regularly: Snack smart to curb the munchies

- Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

## 3. Eat bright: Fight disease with a rainbow of produce

- The nutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash) and purple (grapes).

## 4. Eat strong: Put some protein in every meal and snack

- Protein, more than carbohydrate or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than protein in a liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

## 5. Eat half: Re-size super-portions to fit your needs

- Today's portions – fast food, restaurant, vending and cookbook – have all been supersized. Many servings are two to four times what your body needs or wants. One simple solution: cut your food portions in two - eat half and save the rest for another time.

## Tips for home:

1. After arriving home, drink a glass of water this will make you feel less hungry.
2. While cooking, munch on veggies that you enjoy or chew gum.
3. If you have candy sitting in dishes in different areas of the house, put them on a high shelf and replace them with a fruit bowl.
4. Place tempting items out of sight in the refrigerator or cupboards (place them far back and in hard-to-reach areas).
5. Clean out tempting high-calorie foods from cupboards, drawers, and the refrigerator.
6. Keep healthy snacks ready and available.
7. Chop up veggies and fruits and keep them in the refrigerator.
8. Pre-portion items like crackers if you seem to overeat when eating out of a larger package.

## Tips for your car:

1. Instead of stopping at a fast food place, try taking some fruit, carrots, or string cheese to eat on your drive home or right before you leave so you won't be tempted.
2. Avoid the tempting 48 ounce big gulp by keeping a water bottle in your car.
3. If you need a little more flavor, try adding a slice of lemon or drink a lightly flavored water.

## Try some of these tips to avoid extreme hunger....

1. Have breakfast every day.
2. Take breakfast with you if you don't like to eat when you get up or if you are running out the door.
3. Take healthy snacks with you in a bag or a small cooler.
4. Eat one of your snacks midmorning or in the afternoon when you usually want to head to the soda or junk food vending machines.

5. Try an apple, pear, mini-bag of carrots, V-8 juice, string cheese, or almonds to keep you going.