

# Tips for Weight Loss



## 5-2-1-0

- Get at least **5** servings of fruits/vegetables a day
  - Less than **2** hours of television/computer time daily
  - At least **1** hour of physical activity daily
  - **0** sugary beverages (soda, juice etc.) daily
- 
- **Don't drink your calories.** Water, water, water! Unsweetened ice tea, club soda, flavored seltzer (La Croix) are all okay.
  - **Increase your water intake.** When hungry try drinking a glass of water first.
  - **Shop the perimeter of the grocery store:** produce, meats and dairy. The inner aisles contain mostly processed foods.
  - **Limit eating out as much as possible.** When you do eat out, ask for the food to be modified (without salt or butter, dressing/sauces on the side and switch out carbs for vegetables), skip the bread basket or ask for ½ to be boxed up before it comes to the table.
  - **Limit portion sizes.** Use a smaller plate during meals. Fill half of your plate with vegetables.
  - **Cut back on carbs.** Major carbs include: Rice, potatoes, pasta and bread. Limit portions and try to not have a major carb with every meal.
  - **Avoid foods that are fried, breaded, creamy, battered, glazed, buttery, cheesy or crispy.** Instead look for foods that are broiled, steamed, baked, roasted, light, fresh, or grilled.