

# Weight Loss Tips and Strategies

Simple appetite-satisfying weight loss tips



Weight loss can often be a discouraging and over-whelming process. But cutting calories need not be so difficult that your quality of life changes, especially if you follow our simple appetite-satisfying weight loss tips.

Our straightforward weight loss strategies will help you get on the right track. Although we'll help you trim excess calories, you won't be shorting yourself of nutritious, energizing foods. Let's get started.

- **Start each day with a high-fiber breakfast!** Research shows breakfast-eaters tend to be leaner, eat fewer calories over the entire day, miss fewer workdays from illness, and perform better on tasks than abstainers. A warm bowl of high-fiber oatmeal topped with fresh fruit is one way you can curb your appetite and get the day started on the right foot.
- **Eat small, frequent meals.** Your body burns the calories you eat more efficiently if you break them into four to five meals and snacks. Skipping meals only has the opposite effect.
- **Pack your lunch most (if not all) days of the week.** Fill your lunch sack with tasty turkey and vegetable wraps made with a whole grain tortilla. Serve with fresh vegetables, a serving of fruit and nonfat yogurt.
- **Too busy to take a lunch break?** Reconsider and take the time to enjoy a healthy lunch away from your workspace. Give your body the fuel it needs to keep you going throughout the afternoon.



- **Read food labels.** Don't "guess" at a serving size – look on the Nutrition Facts panel to determine the correct serving size. While you're there, scan the label and see how many calories and fat the serving provides. If it seems like too much, pass it up and search for a lower-calorie and fat alternative.
- **If you really want to get a handle on portion sizes, eat out less often.** Restaurants serve more than double, sometime quadruple a normal serving size, resulting in excess calories the body stores as fat.
- **Stock your pantry or office with healthy grab-n-go snacks** like fresh fruit, vegetables with a low-cal dip, low-fat cheese and whole grain crackers, or a small handful of nuts.
- **Drink plenty of calorie-free water throughout the day,** and at least eight ounces at every meal.
- **Never go grocery shopping hungry!** Make yourself a list, stick with it, and avoid tempting items that you know will put you in caloric-excess later in the week.

- **Eat dinner at home most (if not all) days of the week.**

If you don't have time to prepare your own meals, that's OK. Heinen's Healthy Appetite™ gourmet prepared entrees and sides are a healthier choice than getting take-out. Just portion your plate so that vegetables take center stage (about ½ the plate), your lean protein is the size of your palm (3-4 ounces), and your starches (preferably whole grain) are the size of your closed fist (about 1 cup).

- **When you do dine out, consider sharing your meal with a friend**, or eating only half and taking the rest home for lunch the next day. Just think, two meals for the price of one!

- **Want to feel satisfied at the end of a meal?** Bulk it up with vegetables! The water and fiber content of veggies provide fullness, but few calories, to a meal. Toss vegetables into your favorite pasta sauce, casserole, omelet, soup or pilaf and fill up on antioxidants, not excess fat.

- **Try not to graze on snack foods all evening long.** It's best to stop eating at least two hours before you hit the sack.

- **Avoid “liquid” calories.** To shave excess calories, try drinking your coffee or tea black, limit your fruit juice to an 8-ounce serving, and limit your alcohol intake. Soda, fruit punch, specialty coffee drinks, and other calorie-laden beverages should be avoided.

- **Every chance you get, stay active.** If you have some free-time during the day, go for a short, brisk walk, take the stairs instead of the elevator, walk to the store instead of drive, and put a little more oomph into your daily tasks.

- **Aim for 30 to 60 minutes of moderate intensity physical activity each day.** Cycling, jogging, walking, roller-blading, or joining an aerobics class are all ways to get your heart pumping and the calories burning.
- **Add some weight training to your exercise routine.** Building muscle mass means you'll burn more calories at rest.
- **Get at least seven to eight hours of restful sleep each night.** Lack of sleep can result in a sluggish mind and metabolism.
- **Keep track of your daily food and exercise habits with a diary.** You'll be amazed at how much it reveals and motivates you to keep on track.



### **Here's to Your Good Health**

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit **[www.heinens.com/healthyappetite](http://www.heinens.com/healthyappetite)**. Here's to your good health!

# Healthy Appetite

Bringing you  
the resources of  
Cleveland Clinic and Heinen's

This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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