

## Here are a few key nutrition guidelines to follow when trying to lose weight:

1. **Always start your day off with breakfast.** It fuels your body for the day. This will help you lose weight and keep it off. Oatmeal, turkey bacon, greek yogurt, high fiber cereals.
2. **Eat 3 meals and 2 light snacks a day.** This will help you not feel hungry and keep blood sugar stable. Skipping meals reduces your metabolism and increases your risk of eating excessively after a long fast.
3. **PLAN meals and snacks ahead of time.** MAKE the time. Eat fresh fruit, vegetables, nonfat yogurt, cottage cheese, low-fat granola bars or peanut butter on whole grain cracker snack. Make fresh salad and top with raw nuts, tuna or a skinless chicken breast or a sandwich with fresh veggies for lunch. Set some time aside to ready a menu of meals you'll have for the week. Prepare dinner ahead, have ingredients ready.
4. **Keep a food diary.** Studies show that people who keep a continuous food diary successfully lose weight and keep it off. Know how many calories you need. Try **MYFITNESSPAL.COM**
5. **Measure your portion sizes and servings.** Too much of *any* food will result in weight gain, even fruit and low-fat snacks.
6. **Choose highly nutritious, low-calorie foods.** Chicken, turkey, vegetables, fruit, limit red meat, and if you eat meat pick sirloin or lean cuts.
7. **Clear your cupboards** of high calorie snacks like tortilla chips, cookies, candy, baked goods. Have whole wheat pretzels, low-fat granola bars, fruit canned in it's own juice, nonfat pudding, dried fruit, almonds available. Eliminate as much white flour and sugar products.
8. **Do not drink beverages with calories.** Some people drink over 500 calories a day from sugar-sweetened sodas, teas, juices or alcohol. Drink water instead. Aim for 8, 8-ounce glasses of water each day - add a splash of lemon or orange. Don't mistake dehydration for hunger. Drink water!
9. **Eat until 80% full, and take your time when you eat.** Focus on being *satisfied* after a meal – not *full*. You will be surprised at how much less food it'll take to satisfy you.
10. **Avoid eating 2 – 3 hours before you go to bed.** Eating before bed is like putting gas in a parked car - you don't need the fuel so it's going to sit in your tank and be stored as fat.