

# The 10 Commandments

## OF WEIGHT LOSS

**A**re you finding yourself wanting to lose weight? Make small, gradual, realistic changes that will build upon one another, creating a healthier future. Start today by reviewing these strategies to help you control your weight:

### 1. Thou shall think “choose well” not “diet.”

Instead of trying to starve yourself, choose foods that allow you to fill up on fewer calories. These are foods that are:

- minimally processed
- high in fiber
- low in fat and sugar

Examples include fruits; vegetables; cooked whole grains such as barley, oatmeal, whole-wheat products and brown rice; and legumes. For protein, always pick leaner choices such as white breast meat of poultry (without skin); pork loin; lean beef; legumes; and seafood. Prepare these items with little added fat.

### 2. Thou shall make exercise fun.

- Take up several aerobic activities that are enjoyable, such as an aerobics class, walking, bike riding, swimming, running, hiking, softball, etc.
- Work out aerobically at least an hour a day, five or six days a week.

### 3. Thou shall not eat for boredom.

Avoid eating to relax, cure boredom or overcome depression. Instead, take a walk or call a friend.

### 4. Thou shall eat out wisely.

When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, take half home!

### 5. Thou shall shop smart.

- Fill grocery carts 2/3 full of whole foods instead of processed convenience foods. These include fat-free dairy, fruits, whole grains, vegetables, seafood, chicken and lean cuts of meat.
- Buy plenty of fruits and vegetables. Aim for 5+ servings of fruits and vegetables each day.

### 6. Thou shall snack right.

- Snack only when hungry.
- Instead of packaged snacks, think “out with the bag” and enjoy fresh fruits, vegetables with lowfat dips or fat-free, light yogurt. Baked potatoes, sweet potatoes and oatmeal also make great snacks.

### 7. Thou shall be adventurous.

- Be adventurous and expand

your range of healthful food choices.

- Buy a lowfat cookbook to help you modify traditional high-fat favorites, and to introduce quick healthful dishes.

### 8. Thou shall use less fat.

- Prepare foods using lower-fat cooking methods such as baking meats on a rack, broiling, grilling, roasting or steaming instead of frying.
- Eliminate “extra” fats. Trim visible fats from meats. Rinse cooked ground meat. Remove skin from poultry.

### 9. Thou shall limit sugar & refined starch.

- Limit the amount of foods you eat that contain added sugars.
- Limit refined starch foods that are made with white flour and are low in fiber. Fill up instead with high-fiber choices such as corn, potatoes, yams, limas, peas, dried beans and whole grains.

### 10. Thou shall not skip breakfast.

Starting the day with a high-fiber, low-fat breakfast will help you consume fewer calories the rest of the day. Never skip breakfast!





# 10 Bright Ideas for Weight Loss

**A**re you finding yourself wanting to lose weight? Make small, gradual, realistic changes that will build upon one another, creating a healthier future. Start today by reviewing these strategies to help you control your weight:

## 1. You should think “choose well” not “diet.”

Instead of trying to starve yourself, choose foods that allow you to fill up on fewer calories. These are foods that are:

- minimally processed
- high in fiber
- low in fat and sugar

Examples include fruits; vegetables; cooked whole grains such as barley, oatmeal, whole-wheat products and brown rice; and legumes. For protein, always pick leaner choices such as white breast meat of poultry (without skin); pork loin; lean beef; legumes; and seafood. Prepare these items with little added fat.

## 2. Try to make exercise fun.

- Take up several aerobic activities that are enjoyable, such as an aerobics class, walking, bike riding, swimming, running, hiking, softball, etc.
- Work out aerobically at least an hour a day, five or six days a week.

## 3. Only eat when you are hungry.

Avoid eating to relax, cure boredom or overcome depression. Instead, take a walk or call a friend.

## 4. Take care when eating out.

When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, take half home!

## 5. Be a smart shopper.

- Fill grocery carts 2/3 full of whole foods instead of processed convenience foods. These include fat-free dairy, fruits, whole grains, vegetables, seafood, chicken and lean cuts of meat.
- Buy plenty of fruits and vegetables. Aim for 5+ servings of fruits and vegetables each day.

## 6. Snack for better health.

- Snack only when hungry.
- Instead of packaged snacks, think “out with the bag” and enjoy fresh fruits, vegetables with lowfat dips or fat-free, light yogurt. Baked potatoes, sweet potatoes and oatmeal also make great snacks.

## 7. Be a little adventurous.

- Be adventurous and expand

your range of healthful food choices.

- Buy a lowfat cookbook to help you modify traditional high-fat favorites, and to introduce quick healthful dishes.

## 8. Use less fat when cooking.

- Prepare foods using lower-fat cooking methods such as baking meats on a rack, broiling, grilling, roasting or steaming instead of frying.
- Eliminate “extra” fats. Trim visible fats from meats. Rinse cooked ground meat. Remove skin from poultry.

## 9. Limit sugar & refined starch.

- Limit the amount of foods you eat that contain added sugars.
- Limit refined starch foods that are made with white flour and are low in fiber. Fill up instead with high-fiber choices such as corn, potatoes, yams, limas, peas, dried beans and whole grains.

## 10. Don't skip breakfast.

Starting the day with a high-fiber, low-fat breakfast will help you consume fewer calories the rest of the day. Never skip breakfast!

