

Eating for a Healthier Weight

- Eat Breakfast
- Eat Regular meals, trying to space them somewhat evenly apart
- Plan snacks – set yourself up to succeed by having good choices available.
- Eat slowly
- Don't prohibit foods or certain food categories. But do keep portions and frequency in perspective.
- Do not reward or punish or comfort yourself with food. (If you want motivators, make them non-food)
- Eat meals and snacks in kitchen; do not eat with the TV or other distraction.
- Incorporate regular exercise, daily should be your goal.
- Consume a variety of fruits (3-5, ½ cup servings daily), vegetables (3-5, ½ cup servings daily and whole grains (Half your servings or 3-4 per day).
- Include fat-free and low-fat dairy products
- Fish, legumes, poultry, and lean meats.

- Increase consumption of fiber, with a goal of 20-30 grams of fiber a day.
- Limit the use of “lunch meats” and large amounts of prepackaged processed foods.
- Limit use of commercially fried and baked goods.
- Limit Cholesterol-Raising fats
 - Saturated fatty acids – coconut, palm, palm kernel oil, meat fats and lard
 - Trans fats – stick margarine and foods with hydrogenated vegetable oil
- Choose Heart Healthy types of fats:
 - Mono-unsaturated fatty acids – olive, canola and peanut oil
 - Poly-unsaturated fatty acids – safflower, sunflower, corn, sesame oils or tub margarines
 - Omega-3 fatty acids – fish, flaxseed
 - Fats with Stanol and sterol Esters – Examples: Promise active Spread, Benecol spread

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