

Healthy Weight Tips

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Right before the holidays is a good time to seriously think about your eating behaviors and habits. Many people gain weight during this time and then start efforts to lose weight in January. This year, you can try to make it easier on yourself by not gaining the weight with a few learned healthy habits.

It all starts with a decision first and then behavior to follow it up. You can change your behavior in a step by step approach, making one change a week for instance, or do it by going for an all out approach with a redesign, such as clearing out your pantry and donating to charity all food items that don't fit in your new plan.

Keep motivated by remembering that even losing a few pounds or preventing further weight gain will provide you with health benefits.

To get a personalized eating plan you can go to www.ChooseMyPlate.gov. Or if you want to go the simplest route, fill half your plate with vegetables, one fourth of your plate with lean meat, poultry, fish, beans, or nuts, and one fourth with grains. Add a serving of fruit and dairy for a well balanced meal.

Switching to a smaller plate helps you feel more satisfied with less calories. Start to be aware of when you feel full and stop eating then; not when you have cleaned the plate. Slow your eating so your brain can tell you when you are full. This feeling of fullness usually only registers after 20 minutes of eating.

Get plenty of fiber to help you feel full from fruits, vegetables, beans, nuts, seeds, whole grains. Drink enough water or unsweetened beverages to keep hydrated. Avoid added sugar as much as possible.

Rethink whether you really need that snack between meals or at night. Consider if you are just bored rather than hungry and find an alternative activity than eating. If you must have a snack, consider a healthier option such as unsalted nuts or seeds, unsweetened yogurt, fresh fruit or vegetables.

We will be providing you with website links for additional tips and information in the upcoming weeks. There are multiple resources to help you with any lifestyle eating changes you want to make. You can pick out which resources are more helpful to you. Please feel free to email me with any questions or if you would like additional information sent to you. My email address is yhampton@ppgh.com.

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/eating-right-isnt-complicated>

<http://www.diabetesforecast.org/2015/adm/diabetes-plate-method/healthy-grocery-list.html>

<http://www.choosemyplate.gov/tools-daily-food-plans>

